

Curriculum Vitae
(last revision: September 2021)

Kyle Davis, Ph.D.

Licensed Clinical Psychologist
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EDUCATIONAL HISTORY

- 2006-2013 **University of Colorado at Boulder**, Boulder, CO
Doctor of Philosophy, Clinical Psychology
- 2006-2008 **University of Colorado at Boulder**, Boulder, CO
Master of Arts, Clinical Psychology
- 2002-2006 **Oklahoma State University**, Stillwater, OK
Bachelor of Science, Psychology

PROFESSIONAL EXPERIENCE

Staff Psychologist (9/2021-current)

St. Luke's Center for Lifestyle Medicine, St. Luke's Health System

Responsibilities: Provide group health education classes regarding health behavior change, cognitive restructuring, emotional eating, pain management, healthy sleep, and physical activity. Co-lead shared medical appointments for participants in lifestyle medicine program.

Staff Psychologist (3/19-9/2021)

St. Luke's Center for Lifestyle Medicine, St. Luke's Health System

Responsibilities: Provide assessment and individual and group psychotherapy (CBT-I) targeting insomnia and related conditions. Provide group health education classes regarding insomnia, health behavior change, cognitive restructuring, emotional eating, pain management, healthy sleep, and physical activity. Co-lead shared medical appointments for participants in lifestyle medicine program.

Speaker (4/15-current)

Pfizer Speakers Bureau, Pfizer Inc.

Responsibilities: Provide training in health behavior change and motivational interviewing to clinical staff in oncology practices.

Staff Psychologist (4/16-2/19)

St. Luke's Idaho Pulmonary Associates, St. Luke's Health System

Responsibilities: Provide assessment and individual psychotherapy (CBT-I) targeting insomnia and related conditions. Assist patients in tapering off hypnotic medications using principles of CBT-I and motivational interviewing. Provide staff training in motivational interviewing and help develop strategies to improve adherence to CPAP.

Staff Psychologist (4/16-2/19)

Physician Services, St. Luke's Health System

Responsibilities: Provide consultation and data analysis regarding behavioral health in a regional healthcare system. Coordinate with Data and Analytics team to collect data and build reporting tools in an Electronic Health Record. Coordinate with Electronic Health Record build team to develop and implement tools for behavioral health providers. Provide training to behavioral health providers in evidence-based treatments and use of tools in an Electronic Health Record. Research and develop implementation strategies for integrating behavioral health providers in primary care and specialty clinics. Provide clinical supervision to behavioral health care managers in primary care clinics. Assess and analyze data regarding clinical and program outcomes for primary care mental health integration implementation. Coordinate with lead primary care providers and site managers to improve delivery of behavioral health services in primary care. Maintain electronic tracking tools for behavioral health providers in primary care.

Staff Psychologist (2/15-12/18)

St. Luke's Healthy U, St. Luke's Health System

Responsibilities: Provide program consultation and classroom and virtual education for an employee wellness weight management program. Provide training in Motivational Interviewing to employee wellness staff. Provide in-service education regarding topics in health psychology (behavior change, insomnia, chronic pain, etc...) to healthcare system employees.

Staff Psychologist (4/15-4/16)

Heart Health and Rehabilitation, St. Luke's Meridian

Responsibilities: Provided training in Motivational Interviewing to clinic staff. Assisted with group facilitation and data collection and analysis for Metabolic Syndrome Prevention Program. Provided consultation to clinic staff regarding incorporating principles of Motivational Interviewing into clinic processes.

Staff Psychologist (9/14-4/16)

Hemophilia Treatment Center (grant funded position), St. Luke's Mountain States Tumor Institute

Responsibilities: Provided individual psychotherapy regarding chronic disease management and psychological well-being. Developed and implemented assessment tools regarding chronic disease management. Provided education to staff regarding Motivational Interviewing and psychosocial issues related to chronic disease and disorders such as hemophilia.

Postdoctoral Fellow in Primary Care Mental Health Integration (7/13-7/14)

Center of Excellence in Primary Care Education, Boise Veteran Affairs Medical Center

Director of Training Center of Excellence: C. Scott Smith, M.D.

Responsibilities: Collaborated with primary care treatment team to provide comprehensive patient centered health care. Provided time limited empirically supported treatments for a wide range of psychological and comorbid physical health conditions in the primary care environment. Other responsibilities included co-leading interprofessional shared medical appointments for patients with diabetes, providing telemedicine services in primary care to patients in rural community-based outpatient settings, developing a treatment protocol for weight management

utilizing mobile technology and health coaching, and implementing group-based CBT-I in primary care.

Predoctoral Internship in Clinical Psychology (7/12-7/13)

UCSD/VA Psychology Internship Training Program, Department of Psychiatry, University of California, San Diego, VA San Diego Healthcare System

Directors of Training: Sean Drummond, Ph.D. and Sandra Brown, Ph.D.

Responsibilities: *Mood and Sleep Disorders Rotation:* Provided assessment of insomnia and mood disorders in an outpatient specialty mental health clinic. Provided time-limited empirically supported treatments in individual and group formats. Therapies included Cognitive Behavioral Therapy for Insomnia, Cognitive Behavioral Therapy for Depression and Bipolar Disorder, Dialectical Behavior Therapy for Depression, and Behavioral Activation for Depression. *Behavioral Medicine Rotation:* Completed psychosocial evaluations for individuals under consideration for bariatric surgery, implantable pain management devices, and opiate-based pharmacotherapy in the management of chronic pain. Instructed psychoeducational classes in the Managing Obesity in Veterans Everywhere (MOVE) series. Provided time-limited empirically supported treatments in individual and group formats. Therapies included Motivational Interviewing, Acceptance and Commitment Therapy, and Cognitive Behavioral Therapy for individuals with comorbid medical and psychological disorders, chronic pain, and obesity.

Employee Assistance Program Counselor (6/10-5/12) Department of Commerce, Boulder, CO

Supervisor: Emily Richardson, Ph.D.

Responsibilities: Provided time-limited, outpatient therapy for employees of the National Oceanic and Atmospheric Administration, the National Institute of Standards and Technologies, and the National Telecommunications and Information Administration.

Clinic Intake Coordinator (7/09-5/12) Raimy Psychology Clinic, University of Colorado at Boulder

Supervisor: Emily Richardson, Ph.D.

Responsibilities: Conducted telephone interviews of students, faculty, and staff of the University of Colorado as well as community members of the greater Boulder area seeking psychological services through the departmental training clinic. Screened clients for symptom severity and appropriateness for clinic and assigned clients to appropriate therapists based on level of expertise and treatment modality of therapists' practicum.

TEACHING EXPERIENCE

Staff Psychologist (9/14-current) St. Luke's Health System

Description: Develop and present trainings in Motivational Interviewing for hospital staff including physicians, nurse practitioners, physician assistants, exercise physiologists, dietitians, and nurses. Other teaching experience includes teaching classes on health behavior change for the Best U Weight Management Program.

Postdoctoral Fellow (7/13-7/14) Center of Excellence in Primary Care Education, Boise Veteran Affairs Medical Center

Description: Provide interdisciplinary education to Center of Excellence in Primary Care Education medical residents, nurse practitioner students, pharmacy residents and psychology fellows and interns.

Teaching Assistant (9/06-5/12) *Department of Psychology and Neuroscience*, University of Colorado at Boulder

Description: Instructed laboratory sections for undergraduate and graduate courses, developed lesson plans, provided individual help as needed, and constructed and graded assignments and exams. Courses taught include: Psychopathology, General Statistics, Abnormal Psychology, History of Psychology, Clinical Judgment and Decision Making, and Personality Measurement and Assessment.

INVITED PRESENTATIONS

- Davis, K.** When Sleep Hygiene is Not Enough: What You Can Do to Help Patients with Insomnia. Ada County Medical Education Consortium Grand Rounds. Boise, ID. May 26, 2021.
- Davis, K.** Psychopathology 101. Southwestern Idaho Peer Support Connection Conference. Boise, ID. April 30, 2021.
- Davis, K.** Introduction to Motivational Interviewing. Southwestern Idaho Peer Support Connection Conference. Boise, ID. November 6th, 2020.
- Davis, K.** Introduction to Motivational Interviewing. Southeastern Idaho Peer Support Connection Conference. Boise, ID. August 21, 2020.
- Davis, K.** Meeting the Mental Health Needs of Men in 2020. Office of Consumer and Family Affairs. Boise, ID. June 12, 2020.
- Davis, K.** Men's Mental Health in 2020. Office of Consumer and Family Affairs, Boise, ID. June 11, 2020.
- Davis, K.** Strategies to Promote Physical Activity in Primary Care. Ada County Medical Education Consortium Grand Rounds. Boise, ID. May 27, 2020.
- Davis, K.** Application of Principles of CBT-I for Management of Insomnia in Primary Care. Nurse Practitioners of Idaho Conference. Boise, ID. October 18, 2019.
- Davis, K.** Application of Principles of CBT-I for Management of Insomnia in Primary Care. Ada County Medical Education Consortium Grand Rounds. Boise, ID. October 2, 2019.
- Davis, K.** Strategies to Overcome Negative Reinforcement in the Use of Hypnotic Medications. Sun Valley, ID. September 22, 2019.
- Davis, K.** Application of Principles of CBT-I for Management of Insomnia in Primary Care. ECHO Idaho: Behavioral Health in Primary Care Lecture Series. Meridian, ID. June 5, 2019.
- Davis, K.** Strategies to Overcome Negative Reinforcement in the Use of Hypnotic Medications. Specialty Medicine for the Primary Care Provider Lecture Series. Boise, ID. February 7, 2019.
- Davis, K.** Application of Principles of CBT-I for Management of Insomnia in Primary Care. Specialty Medicine for the Primary Care Provider. Sun Valley, ID. September 23, 2018.
- Davis, K.** Healthy Sleep and Cognitive Behavioral Therapy for Insomnia. Office of Consumer and Family Affairs, Boise, ID. May 23, 2018.
- Davis, K.** & Winterswyk, A. Applying Principles of Cognitive Behavioral Therapy for

- Insomnia and Cross-Tapering Strategies to Assist Patients in Tapering Off Hypnotic Medications. Hindson Winter Conference. McCall, ID. January 12, 2018.
- Davis, K.** Introduction to Motivational Interviewing. Project for Assistance in Transition from Homeless In-Service Training. Boise, ID. October 10, 2017.
- Davis, K.** Individual Level Behavior Change Strategies to Promote Physical Activity, Idaho Office of Consumer and Family Affairs, Boise, ID. May 18, 2017.
- Davis, K.** Improving CPAP Utilization with Strategies from Motivational Interviewing. Sleep Professionals Association, Boise, ID. September 30, 2016.
- Davis, K.** Introduction to Motivational Interviewing for Peer Support Specialists, Idaho Office of Consumer and Family Affairs, Boise, ID. August 18, 2016 and September 6, 2016.
- Davis, K.** Cognitive Behavioral Therapy for Insomnia in Patients Affected by Cancer. The Cancer Connection, Boise, ID. November 17, 2015.
- Davis, K.** Cognitive Behavioral Therapy for Insomnia. Boise State University, PSYC 331-The Psychology of Health, July 16, 2015.
- Davis, K.** Cognitive Behavioral Therapy for Insomnia in Patients with Cancer. St. Luke's Mountain States Tumor Institute. May 5, 2015.
- Davis, K.** Integrating Evidence-Based Practice in a Primary Care Weight Loss Intervention. Social Work Continuing Education Conference. Boise Veterans Affairs Medical Center. June 19, 2014.
- Davis, K.** Motivational Interviewing in Nursing. Idaho State University. March 30, 2014.
- Davis, K.** Physical Activity and Primary Care Workshop. Governor's Office of Connecticut. March 22, 2013.

HONORS AND AWARDS

2019 Mayor's Award to Good Neighbors. Boise, Idaho. September 27, 2019.

MEMBER OF COMMUNITY ASSOCIATIONS

Region IV Behavioral Health Board, Hospital Representative, 2017-2019

MEMBER OF PROFESSIONAL ASSOCIATIONS

Society of Behavioral Medicine, 2018-present

Society of Behavioral Sleep Medicine, 2016, 2018-present

Idaho Psychological Association, Member, 2014-2016, 2018-present

American Psychological Association Division 38 Member, 2014-2016, 2018-present

Collaborative Family Healthcare Association, Member, 2013-2014

Association for Behavioral and Cognitive Therapies, Member, 2009-2012

PUBLICATIONS

Weppner, W.G., **Davis, K.**, Tivis, R., Willis, J., Fisher, A., King, I.C., & Smith, C.S. (2018). Impact of a complex chronic care patient case conference on quality and utilization. *Translational Behavioral Medicine*, 8(3), 366-374.

Sordahl, J., King, I.C., **Davis, K.**, Tivis, R., Smith, S.C., Fisher, A., . . . Weppner, W.G. (2018). Interprofessional case conference: Impact on learner outcomes. *Translational Behavioral Medicine* ibx018, <https://doi.org/10.1093/tbm/ibx018>

Weppner, W.G., **Davis, K.**, Sordahl, J., Willis, J., Fisher, A., Brotman, A., . . . Smith, C.S.

- (2016). PACT ICU – Interprofessional care conferences for high risk primary care patients: Effects on trainee knowledge and referral patterns. *Academic Medicine*.
- Davis, K.**, Goodman, S.H., Leiferman, J., Taylor, M., & Dimidjian, S. (2015). A randomized controlled trial of yoga for pregnant women with symptoms of anxiety or depression. *Complementary Therapies in Clinical Practice, 21*, 166-172.
- Davis, K.J.**, Hubley, S., & Leiferman, J. (2012). Individual level exercise behavior change strategies to promote physical activity. In Meyer, A. L. & Gullotta, T. P. (Eds.). *Physical Activity as Intervention: Promoting Health and Preventing Disease*. NY: Springer.
- Kwan, B.M., **Davis, K.J.**, & Dunn, A. (2012). Prevention of depression through exercise. In Meyer, A. L. & Gullotta, T. P. (Eds.). *Physical Activity as Intervention: Promoting Health and Preventing Disease*. NY: Springer.
- Davis, K.J.** & Dimidjian, S. (2012). The relationship between physical activity and mood across the perinatal period: A review of naturalistic and clinical research to guide future investigation of physical activity-based interventions for perinatal depression. *Clinical Psychology: Science and Practice, 19*(1), 27-48.
- Dimidjian, S. & **Davis, K.J.** (2009). Newer variations of cognitive behavioral therapy: Behavioral activation and mindfulness-based cognitive therapy. *Current Psychiatry Reports, 11*, 453-458.

CONFERENCE PRESENTATIONS

- Nappi, C.M., Ferriter, C., Campos, M., Wilkins, K., **Davis, K.** (2012). *Dialectical behavioral skills group for depression among Veterans: An effectiveness study*. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, 17th Annual Conference, National Harbor, MD.
- Rogers, A. & **Davis, K.J.** (2012). *Can mindful yoga increase self-compassion in postpartum mothers with a history of PPD? A small pilot study*. Poster presented at the International Symposia for Contemplative Studies, Inaugural Meeting, Denver, CO.
- Kwan, B.M., Stewart, C.E., **Davis, K.J.**, & Dimidjian, S. (2009). *Exercise as an activating stimulus in the mitigation of symptoms of depression*. Symposium presented at the Association for Behavioral and Cognitive Therapies, 43rd Annual Convention, New York, NY.
- Stewart, C.E., Kwan, B.M., & **Davis, K.J.** (2009). *Symptoms of depression and the relationship between exercise-related emotion and volitional control of exercise behavior: a diary study*. Poster presented at the Society of Behavioral Medicine, 30th Annual Meeting and Scientific Sessions, Montreal, QC.
- Kleiber, B.V., Hubley, S.H., **Davis, K.J.**, Gallop, R., & Dimidjian, S. (2008). *The role of coping styles in the treatment of depression*. Poster presented at the Association for Behavioral and Cognitive Therapies, 42nd Annual Convention, Orlando, FL.
- Davis, K.J.**, Hutchison, K.E., Kaiser, A.L., & Selling R.E. (2007). *The C957T SNP of the DRD2 gene and the hedonic effects of alcohol*. Poster presented at the Research Society on Alcoholism, 30th Annual Scientific Conference, Chicago, IL.

SPECIALIZED CLINICAL TRAINING

Empowered Relief Instructor Certification Workshop (December 2019; 15.5 hrs) presented by Beth Darnall, PhD., online synchronous training.

Cognitive Behavioral Therapy (June 2017; 19 hrs) presented by John Ludgate, PhD., Portland, OR.

Telemental Health Skills Training (January 2014; 4 hrs) presented by Department of Veterans Affairs and VHA Office of Mental Health Services

Motivational Interviewing (July 2012; 8 hours) presented by Martha Carlson, Ph.D., University of California, San Diego

Grief Counselors Training (July 2011; 2 hours) presented by Kim Mooney, HospiceCare of Boulder and Broomfield Counties

Mindfulness and Acceptance-Based Behavioral Therapies for Treatment of Anxiety Disorders (May 2011; 7 hours) presented by Lizabeth Roemer, Ph.D., University of Massachusetts, Boston

Mindfulness-Based Cognitive Therapy (Spring 2008; 40 hours) presented by Sona Dimidjian, Ph.D., University of Colorado at Boulder

Process-Oriented Group Therapy (2008-2009; 60 hours) presented by Elizabeth Olsen, Psy.D., Wardenburg Health Center, Department of Psychological Health and Psychiatry, University of Colorado at Boulder