

Lauren Mehok

Lmehok@iupui.edu

Education

Doctor of Philosophy Clinical Psychology, Purdue School of Science Indiana University-Purdue University Indianapolis, Indianapolis, IN	Aug 2016-Present
---	-------------------------

Master of Science, Clinical Psychology, GPA: 4.0 Purdue School of Science Indiana University-Purdue University Indianapolis, Indianapolis, IN	December 2018
--	----------------------

Bachelor of Science, Psychology and Sociology, GPA: 4.11 College of Liberal Arts and Sciences, Department of Psychology College of Liberal Arts and Sciences, Department of Sociology Arizona State University Tempe, Arizona	December 2014
---	----------------------

Honors and Awards

IUPUI Elite 50 Award	<i>April 2020</i>
Pain SIG Student Abstract Award	<i>April 2020</i>
Society of Behavioral Medicine Meritorious Abstract	<i>April 2020</i>
School of Science Graduate Student Travel Award	<i>March 2020</i>
IUPUI Travel Fellowship	<i>April 2019</i>
Young Investigator Travel Award, American Pain Society	<i>Jan 2019</i>
Travel Award, International Association for the Study of Pain	<i>June 2018</i>
Graduate and Professional Educational Grant	<i>Sep 2018</i>
Lifewell Behavioral Health Oak Employee of the Month	<i>Aug 2015</i>
Dean's Medalists for College of Liberal Arts and Sciences for Psychology	<i>Dec 2014</i>
New American University Scholar-Deans List Scholar	<i>2011-2014</i>
Graduating with Summa Cum Laude	<i>2014</i>
Student United Way at ASU Speaking Bureau Speaker of the Year Award	<i>2013</i>

Professional Membership

International Association for the Study of Pain

Student Affiliate

Indiana Psychological Association

Student Affiliate

Society of Behavioral Medicine

Student Affiliate

Research Experience

Research Coordinator: IUPUI Pain Lab

Aug 2016-present

Supervisor: Adam T. Hirsh, Ph.D.

Research Projects:

- Treatment Disparities in Exercise Recommendations for Chronic Pain patients*
 - The Role of Expectation in an Experimental Pain Task*
 - Effectiveness of Emotional Awareness and Expression Therapy for Chronic Pain*
 - The role of emotional expression and gender in peer support*
-

Undergraduate Research Experience

Research Assistant: Social Addictions Impulse Lab

July 2014-Aug 2016

Supervisor: Julie Patock-Peckham, Ph.D.

Research Projects:

- Developed items on new scales: Conceptual Secrets Measure, Verbal Abuse*
 - Formatted large scale surveys for collaboration with Yale Medical School*
 - Time Perspective mediating the effects of Parental Style on Alcohol Use*
 - Affect-Free and Negative Urgency predicts motivation for Alcohol Consumption*
 - Supervision of new students in the Lab*
 - Perfectionism and self-medication: An exploration of drinking motives, impaired control, alcohol use and problems*
-

Research Assistant: The Dynamics of Perception, Action, & Cognition Lab

Jan 2013-Jan

2015

Supervisors: Eric Amazeen, Ph.D. & Nia Amazeen, PH.D.

Research Projects:

- Perception, Coordination, and Time Estimation*
- Weight Perception*
- Wrote and Adapted Protocol Techniques*

Publications

Mehok, L. E., Miller, M. M., Trost, Z., Goubert, L., De Ruddere, L., Hirsh, A.T. (2019) Pain intensity and attribution mediate the impact of patient weight and gender on activity recommendations for chronic pain. *Journal of Pain Research*

Patock-Peckham, J.A., Walters, K.J., **Mehok, L. E.,** Leeman, R.F., Ruof, A. K., Filson Moses, J. (2018) The direct and indirect influences of parenting, the facets of time perspective and impaired control along the alcohol- related problems pathway. *Substance Use and Misuse*

Manuscripts in Preparation

Mehok, L. E., Meints, S. M., Miller, M. M., Ashburn-Nardo, L., Hirsh, A.T. (submitted) The relationship between beliefs about race differences in pain and actual race differences in experimental pain tolerance. *Journal of Pain*

Mehok, L. E., Walsh, K. T., Miller, M. M., Anastas, T. A., Hirsh, A. T., (in preparation) Exercise and dietary recommendations for women with chronic pain: What's weight and race got to do with it?

Presentations

Conference Oral Presentations and Conferences Papers

Mehok, L. E., Walsh, K. T., Miller, M. M., & Hirsh, A. T. (April 2020) Exercise and dietary recommendations for women with chronic pain: What's weight and race got to do with it? Accepted as an oral presentation at Society of Behavioral Medicine 41st Annual Meeting and Scientific Session in San Francisco, California. Conference canceled due to COVID-19.

Woller, S. & **Mehok, L. E.** (November 2019) Healing the mind and the body in psychotherapy: Using emotional awareness and expression therapy to address centralized pain disorders. Presented at the 2019 Indiana Psychological Association Fall Conference & Annual Meeting, Indianapolis, Indiana.

Conference Poster Presentations and Abstracts

Mehok, L. E., Meints, S. M., Miller, M. M., Kimberly, E. E., Walsh, K. T., and Hirsh, A. T. (April 2019) The role of self-other comparisons in race differences in pain tolerance. Poster presented at the 38th Annual Scientific Meeting of the American Pain Society, Milwaukee, Wisconsin.

Mehok, L. E., Meints, S. M., Miller, M. M., Hollingshead, N. H., Walsh, K. T., Kimberly, E., Ashburn-Nardo, L., and Hirsh, A. T. (September, 2018) Development and preliminary

test of a measure assessing implicit beliefs about race differences in pain. Poster presented at the 17th World Congress on Pain in Boston, USA.

Mehok, L. E., Nowlin, L., Wheelis, T., de Ruddere, L., Liesbet Goubert, L., Hirsh, A.T.(May, 2017) Interaction between sex and weight on exercise recommendations. *Journal of Pain*. Poster presented at the 36th Annual Scientific Meeting of the American Pain Society, Pittsburg, Pennsylvania.

Patock-Peckham, J.A., Warner, O.M., **Mehok, L.E.,** Evans, P.T., Brazones, K., & Leeman, R.F. (June, 2015) The gender specific role of anxiety sensitivity among men as a mediator of permissive fathering on impaired control over drinking. *Alcoholism: Clinical and Experimental Research*, 39(S0, 154A-154A. Poster presented at the annual conference for the Research Society on Alcohol, San Antonio, TX.

Warner, O.M., Jackson, K.K., Patock-Peckham, J.A., Walters, K.J., **Mehok, L.,** & Filson Moses, J. (2015) What role does time perspective play in internalizing pathways such as stress and depression along the road to alcohol-related problems? *Alcoholism: Clinical and Experimental Research*, 39(S0, 154A-154A. Poster presented at the annual conference for the Research Society on Alcohol, San Antonio, TX.

Patock-Peckham, J.A., Walters, K.J., Bradfield, A.R., Medina, M.C., **Mehok, L.,** & Leeman, R.F. (June, 2015) Trying to be perfect and self-medicating with alcohol: An exploration of drinking motives, impaired control, alcohol use and problems. *Alcoholism: Clinical and Experimental Research*, 39(S0, 154A-154A. Poster presented at the annual conference for the Research Society on Alcohol, San Antonio, TX.

Castillo, A., Rogoff, L., **Mehok, L. E.,** Cash, D., Likens, A.D., Gibbons, C. T., & Amazeen, A, G. (December, 2014) Dynamics of Multifrequency Coordination Among Dyads. Arizona State University

Clinical Experience

Richard L. Roudebush VA Medical Center, Practicum Trainee

August 2020-Present

Supervisor: Katherine Fedele, PhD, HSPP

Setting: Primary Care Mental Health Integration

Responsibilities:

- Conduct individual therapy for veterans with physical and mental health complaints
- Conduct clinical interviews with new patients
- Use evidence-based intervention in a primary care setting
- Conduct in-person, telehealth, and telephone appointments
- Participate in intern clinical didactics
- Learn about the MOVE weight loss program, smoking cessation, and CBT-I

Indiana Polyclinic, Practicum Trainee

August 2019-July 2020

Supervisor: Ari Gleckman, PhD, HSSP
Setting: Multidisciplinary Pain Treatment Facility

Responsibilities:

- Conduct individual therapy for patients with chronic pain
- Collaborate with other medical providers to create patient treatment plans
- Complete psychological assessments for diagnosis or surgical decisions
- Participate and present at case conference
- Facilitate group therapy for patients with chronic pain
- Conduct individual therapy for patients with PTSD related to chronic pain
- Conduct therapy in-person and through telehealth technology (Doxy me)
- Use therapy techniques from CBT, ACT, DBT, EAET, CPT, and Mindfulness

Tests Administered:

Minnesota Multiphasic Personality Inventory -II (MMPI-2)

Richard L. Roudebush VA Medical Center, Practicum Trainee
Supervisor: Shannon E. Woller, Psy.D., ABPP, HSPP
Setting: Outpatient-Patient Mental Health

July 2018-March 2019

Responsibilities:

- Conduct individual therapy for veterans with depression, anxiety, and other disorders
- Conduct clinical interviews with new patients
- Co-facilitate weekly Chronic Pain group therapy sessions
- Complete treatment plans for all patients
- Use therapy techniques from CBT, ACT, DBT, EAET, and Mindfulness

Tests Administered:

Montreal Cognitive Assessment (MoCA)

Indiana University Neuropsychology Clinic, Practicum Trainee
Supervisor: Dan Rexroth, Psy.D. HSPP
Setting: Outpatient Neuropsychology Clinic

July 2017-July 2018

Responsibilities:

- Perform structured clinical interviews
- Build rapport to promote a supportive testing environment
- Conduct clinical neuropsychological testing to assess memory, learning, attention, mood, and personality
- Score the neuropsychology tests
- Write integrated reports for the referring providers and patients

Tests Administered:

Beck Anxiety Inventory
Beck Depression Inventory-2
Boston Naming Test
Brief Visuospatial Memory Test-
Revised
Category Fluency Task
CERAD Clinical and
Neuropsychology Assessment
Controlled Oral Word Association
Test
Finger Tapping
Geriatric Depression Scale
Grip Strength Test

Grooved Pegboard Test
Judgment of Line Orientation
Mini Mental Status Exam
Minnesota Multiphasic Personality
Inventory -II (MMPI-2)
Rey Auditory Verbal Learning Test
Test of Memory Malingering
Trail Making Test A & B
Wechsler Adult Intelligence Scale-
IV
Wechsler Memory Scale-4
Wechsler Test of Adult Reading
Wisconsin Card Sorting Test

Teaching Experience

Department of Psychology-Indiana University-Purdue University in Indianapolis
Instructor of Record for Introduction to Psychology Aug 2020-Nov 2020

Department of Psychology-Indiana University-Purdue University in Indianapolis
Instructor of Record for Introduction to Psychology May 2020-July 2020

Department of Psychology-Indiana University-Purdue University in Indianapolis
Instructor of Record for Life Span Development Jan 2020-May 2020

Department of Psychology-Indiana University-Purdue University in Indianapolis
Instructor of Record for Health Psychology Aug 2019-Dec 2019

Department of Psychology-Indiana University-Purdue University in Indianapolis
Instructor of Record for Statistics Laboratory June 2019-July 2019

Department of Psychology-Indiana University-Purdue University in Indianapolis
Teaching Assistant for Health Psychology May 2019-July 2019

Department of Psychology-Indiana University-Purdue University in Indianapolis
Teaching Assistant for Lifespan Development Aug 2017-May 2019

Department of Psychology-Indiana University-Purdue University in Indianapolis
Teaching Assistant for Child & Adolescent Psychology Aug 2017-May 2019

Department of Psychology-Indiana University-Purdue University in Indianapolis
Teaching Assistant for Ethics and Diversity Jun 2017-Aug 2017

Department of Psychology-Indiana University-Purdue University in Indianapolis
Teaching Assistant for Abnormal Psychology May 2017-Aug 2017

Department of Psychology-Indiana University-Purdue University in Indianapolis
Teaching Assistant and Co-Instructor for Capstone Lab in Psychology Jan 2017-May 2017

Department of Psychology-Indiana University-Purdue University in Indianapolis
Teaching Assistant for Ethics and Diversity in Psychology Aug 2016-Dec 2016

Department of Psychology-Arizona State University
Undergraduate Teaching Assistant for Physiological Psychology Aug 2013-Dec 2013

Ballroom Dance Instructor and Tutor-Arizona State University Aug 2013-Dec 2015

Work Experience

Senior Case Manager for SMI Outpatient Clinic Lifewell-previously known as Choices
Feb 2015-June 2016

Responsibilities:

- Provide a range of services to individuals with serious mental illness
- Coordinate care with psychiatrists and nurse for medication management
- Coordinate care with community service providers such as counselors
- Assist clients in working through difficult situations
- Provide emotional support to individuals going through crisis
- Work with clients to establish treatment goals and empower them to reach their goals
- Train new team members on procedures, documentation, and interacting with clients
- Complete intake and yearly assessment report
- Participate in law enforcement training on responding to calls related to mental illness

Professional Development and Training

Clinical Development

Clinical Workshop: Motivational Interviewing, Shelly Johns Fall 2020

Clinical Workshop: Spiritual and Religious Competency in Mental Health Training Seminar Fall 2020

Clinical Workshop: 2020 Suicide Prevention Summit, Mental Health Academy Aug 2020

Clinical Workshop: Addressing White Racism as Part of the Psychotherapy Process, David Drustrup Aug 2020

Clinical Workshop: Psychotherapy in Black & White: Anti-Black Racism in Black Client/White Therapist and Black Therapist/White Client Dyads, Laurie Paul July 2020

Stigma Awareness and Naloxone Training Feb 2020

Clinical Workshop: Beyond Pain Management: Treating the Intersection of Pain and Unresolved Emotional Experiences,

Howard Schubiner, Alan Gordon, Mark Lumley, and Christie Uipi

May-June 2019

Webinar Workshop: Addressing Geriatric Mental Health & Suicide Prevention, Kim Van Order

Feb 2019

Clinical Workshop: HiTOP Systems, Doug Samuel and Susan South

Feb 2019

Clinical Workshop: Dialectical Behavior Therapy, Jennifer Chambers

Sep 2018

Clinical Workshop: A New Therapy for Each Client, John Norcross

Apr 2018

Clinical Workshop: Motivational Interviewing, Stephen Rollnick

Nov 2017

Clinical Workshop: CBT-I, Yelena Chernyak

Jan 2017

ASIST-Applied Suicide Intervention Skills training

Mar 2016

Research Development

Ad hoc reviewer (mentored by Adam T. Hirsh) for Journal of Racial and Ethnic Health Disparities

Sep 2020

Ad hoc reviewer (mentored by Adam T. Hirsh) for Journal of Pain

Feb 2019

Ad hoc reviewer (mentored by Adam T. Hirsh) for PAIN Reports

Jan 2019

Ad hoc reviewer (mentored by Adam T. Hirsh) for PAIN

Aug 2018

Ad hoc reviewer (mentored by Adam T. Hirsh) for Journal of Pain

Nov 2017

Ad hoc reviewer (mentored by Adam T. Hirsh) for Clinical Journal of Pain

Oct 2017

Ad hoc reviewer (mentored by Adam T. Hirsh) for Journal of Pain

July 2017

Ad hoc reviewer (mentored by Adam T. Hirsh) for PAIN

July 2017

Ad hoc reviewer (mentored by Adam T. Hirsh) for Pain Practice

Mar 2017

Ad hoc reviewer (mentored by Adam T. Hirsh) for Pain Medicine

Dec 2016

Ad hoc reviewer (mentored by Adam T. Hirsh) for Journal of Pain

Nov 2016

Categorical & Survival Data Analysis Workshop, Jaehoon Lee, Texas Tech University

Sep 2019

Longitudinal Data Analysis Workshop , Pascal Deboeck, University of Utah	<i>Aug 2018</i>
Preparing Manuscripts for Publication , Nir Menachemi, IUPUI	<i>July 2018</i>
Bayesian Statistics Workshop , John Kruschke, Indiana University	<i>Aug 2016</i>
Meta-analysis Workshop , Jeffrey Valentine, Indiana University	<i>Aug 2016</i>

Teaching Development

Seminar in Teaching Psychology	<i>Aug 2016</i>
Teaching Brown-Bag: High Impact Practices (HIPs)	<i>Mar 2018</i>
Teaching Brown-Bag: Student entitlement and how to respond	<i>Nov 2017</i>
Teaching Brown-Bag: Student Issues	<i>Oct 2017</i>
Teaching Brown-Bag: How to teach to different levels of commitment	<i>Mar 2017</i>
Teaching Brown-Bag: The Challenges of Teaching Diverse Learners	<i>Oct 2016</i>
Teaching Brown-Bag: Student Perceptions of Active Learning	<i>Sep 2016</i>

Campus/Community Involvement

Indiana Psychological Association Membership and Networking Committee	<i>Nov 2019 - Present</i>
Student Representative	

Responsibilities:

- Provide feedback and ideas to represent student needs*
- Develop ideas to help IPA best represent member needs*
- Develop special interest groups to improve communication within IPA*
- Develop an outreach program to connect underserved population to resources*

Indiana Psychological Association Diversity Committee	<i>Nov 2019 - Present</i>
Student Representative	

Responsibilities:

- Provide feedback and ideas to represent student needs*
- Support events and initiatives related to diversity in clinical psychology*
- Support initiatives that decrease the gap in mental health services*
- Develop a supportive program for psychologists working with diverse people*

Peer Mentor*Fall 2019*

Clinical Psychology Department at IUPUI

Responsibilities:

- Meet with first-year students twice a month*
- Support mentee through time of transition*
- Discuss mentees progress in the program and how to be successful*
- Provide guidance and assistance with problem-solving*

Multidisciplinary Graduate Committee*Aug 2017-Present*

Founding Member and Team Leader

Responsibilities:

- Organize the Annual Multidisciplinary Symposium*
- Create activities which encourage interdisciplinary interactions and collaborations*
- Inspire children to pursue careers in STEM through volunteer work*
- Increasing feelings of connectedness and reduce feelings of isolation in Graduate Students*

Underrepresented Professional and Graduate Student Organization*Aug 2018-Present*

Member

Responsibilities:

- Plan, organize and support events*
- Advertise events*

Library Volunteering*Nov 2018*

New Castle-Henry County Public Library

Responsibilities:

- Engaged with members of the community*
- Provided dance instruction to participants of all ages*

Student United Way at ASU*Aug 2011-Dec 2014*

Secretary

Responsibilities:

- Motivate and persuade new members to join*
- Organize fundraisers of over 1000 dollars*
- Lead meetings to plan events and build strong officer relations*

- Attend to and record details of meetings and managing time*
- Packed backpacks for the weekend hunger children program*
- Volunteered at literacy fair for underprivileged school districts*
- Read to children at the boys and girls club weekly*
- Served thanksgiving dinner to the hungry*
- Taught basic living skills to permanent supportive housing complex such as cooking*

Devil Dancesport

January 2012-June 2015

Mentor

Responsibilities:

- Manage groups of trainee dancers*
- Coach new dancers individually to help prepare for competition*
- Teach group classes*
- Organize and participate in volunteer and health-related events*

Technical Skills

Statistical software: SPSS, R, Mplus

Electronic Medical Records: Claimtrak, Nextgen, CPRS, Polytrack