

Kathryn D. Kriegshauser, Ph.D.

Kansas City Center for Anxiety Treatment, P.A.

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Employment

Kansas City Center for Anxiety Treatment, P.A.

March 2017 - Present Director

2016 - 2017 Associate Staff Psychologist, Director of Research & Training

Education and Clinical Training

2014 - 2016 **Kansas City Center for Anxiety Treatment, P.A.**
Postdoctoral Fellowship in OCD & Anxiety Treatment and Research
Supervisor: Lisa R. Hale, Ph.D.

2013 - 2014 **Charleston Area Medical Center / West Virginia University School of Medicine, Department of Behavioral Medicine and Psychiatry**
Pre-doctoral Internship in Clinical Psychology (APA Accredited)
Training Director: John C. Linton, Ph.D., ABPP

2011 - 2014 **Saint Louis University**
Ph.D. in Clinical Psychology (APA Accredited)
Dissertation Chair: Michael J. Ross, Ph.D., ABPP
Dissertation Title: *Inefficient Cognitive Processing in Social Anxiety: Effects on Mentalizing Abilities and Memory*

2009 - 2011 **Saint Louis University**
M.S. in Clinical Psychology
Thesis Chair: Michael J. Ross, Ph.D., ABPP
Thesis Title: *Self-Focused Attention as a Disrupting Factor in Mentalizing Abilities in Social Anxiety*

2005 - 2009 **Case Western Reserve University**
B.A. in Psychology (with Honors) and Cognitive Science, Minor in Spanish
Honors Thesis Chair (Psychology): Lee Thompson, Ph.D.
Honors Thesis Title: *Gender Differences in Experience and Treatment of Bipolar Disorder: A Look at Treatment Adherence*

Licenses and Certifications

2015 - Present Licensed Psychologist, State of Kansas: LP 2351
 2020 - Present Licensed Psychologist, State of Missouri: 2020031488
 2021 - Present Authority to Practice Interjurisdictional Telepsychology (APIT), Granted by the PSYPACT Commission on 1/11/21: 6237

Other Training

March 3 - 5, 2020 Parent-Child Interaction Therapy for Selective Mutism - Steven Kurtz, PhD, ABPP
 November 21, 2019 Supervision Essentials for Cognitive Behavioral Therapy - Cory Newman, PhD
 November 17, 2018 Cognitive Behavioral Intervention for Tic Disorders - Doug Woods, PhD, and Michael Himle, PhD
 November 16, 2017 R for Clinical Scientists - Aaron J. Fisher, Ph.D.

Academic Appointments

University of Missouri - Kansas City, Department of Psychology
 2016 - Present Adjunct Assistant Professor

University of Kansas, Department of Applied Behavioral Science
 2015 - Present Adjunct Clinical Professor

Funded Research Experience

Anchors Away: A Family-Focused CBT Skills App (2 R44 MH098470-03)
 2018 - 2020 Primary Investigator (Co-PI: Adams Larsen)
 2017 - 2018 Co-Investigator (PIs: Hale, Adams Larsen)
 Total Award: \$ 981,490.00

Web-Based CBT for Childhood Anxiety: A Family-Led Approach (R43 MH098470-01)
 2014 - 2015 Research Team Member, PI: Hale
 Total Award: \$ 692,605.00

Other Research Experience

Kansas City Center for Anxiety Treatment, P.A.

Anxiety Research Database Study
 2017 - Present Primary Investigator
 2014 - 2017 Research Team Member, Primary Investigator: Lisa Hale, Ph.D.

West Virginia University School of Medicine

D-Cycloserine as Enhancer of One-Session Treatment for the Phobia of Heights in Adults
 2013 - 2014 Research Team Member, Primary Investigator: Christian Sirbu, Ph.D.

Disordered Eating Center of Charleston

2013 - 2014 Co-I, Research Team Member, Primary Investigator: Jessica Luzier, Ph.D., ABPP

Saint Louis University

Research Vertical Team, Supervisor: Michael Ross, Ph.D., ABPP
2009 - 2014 Student Research Team Member

Eating and Weight Studies Lab, Supervisor: Jillon Vander Wal, Ph.D.
2009 - 2010 Research Assistant

Memory and Cognition Lab, Supervisor: Lisa Willoughby, Ph.D.
2009 - 2010 Research Assistant

Case Western Reserve University, Department of Psychological Sciences

Western Reserve Reading Project, Supervisor: Lee Thompson, Ph.D.
2007 - 2009 Research Assistant

Case Western Reserve University, University Hospitals Department of Psychiatry

Research Team of Dr. Martha Sajatovic, Supervisors: Martha Sajatovic, M.D., Kristen Cassidy, M.A.
2005 - 2009 Research Assistant

Publications

*denotes mentored student

1. McGuire, A., **Kriegshauser, K.**, & Blossom, J. (In Press). What parents think vs. what parents do: Examining parental accommodation beliefs and behaviors in relation to youth anxiety in the presence of externalizing concerns. *Journal of Emotional and Behavioral Disorders*. Manuscript in press.
2. **Kriegshauser, K.**, Sexton, C.C., Bozskik, F., Blossom, J.B., Wiese, A., Adams Larsen, M., Hale, L. (In Press). The Feasibility of a Family-Focused CBT Skills App. *Cognitive and Behavioral Practice*. Manuscript in press.
3. Hunter, A.*, **Kriegshauser, K.** & Turk, C. (In Press). A Case Study of a Woman with Obsessions Related to COVID-19. *Journal of Cognitive Psychotherapy*.
4. Molino, A. T. C., **Kriegshauser, K. D.**, & McNamara Thornblade, D. (2022). Transitioning From In-Person to Telehealth Cognitive-Behavioral Therapy for Social Anxiety Disorder During the COVID-19 Pandemic: A Case Study in Flexibility in an Adverse Context. *Clinical Case Studies*, 15346501211073595.
5. Meyer, J.M., Clapp, J.D., Whiteside, S.P., Dammann, J., **Kriegshauser, K.D.**, Hale, L.R., Jacobi, D.M., Riemann, B.C., & Deacon, B.J. (2018). Predictive Relationship Between Parental Beliefs and Accommodation of Pediatric Anxiety. *Behavior Therapy*, 49 (4), 580-593.
6. Hale, L. & **Kriegshauser, K.** (2015). Treating the College-Age Patient. In Pine, D., Rothbaum, B., Ressler, K., & Muskin A. (Eds.) *Anxiety disorders: Translational perspectives on diagnosis and treatment*.
7. **Kriegshauser, K.**, Sajatovic, M., Jenkins, J.H., Cassidy, K.A., Muzina, D., Fattal, O.,...Singer, B. (2010). Gender differences in subjective experience and treatment of bipolar disorder. *Journal of Nervous and Mental Disease*: 198 (5) 370-372.

Presentations

1. Hodgson, J., Gallaway, K., Hunter, A., & **Kriegshauser, K.** (March, 2022). *Family Matters: Empowering Support Systems with Behavioral Strategies in Anxiety Disorder Treatment*. Roundtable presented at the Anxiety and Depression Association of America Conference, Denver, CO.
2. **Kriegshauser, K.** & Sexton C. (November, 2020). *anchors Away: Using Mobile Technologies to Disseminate Self-Help CBT Directly to Children and Families*. In J. Blossom (Chair), *Leveraging*

- systems to improve accessibility in child and adolescent mental health.* Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Conference.
3. **Kriegshauser, K.**, Sexton, C., Molino, A., Hodgson, J., McGuire, A. McNamara, D., & Kohnle, K. (2019/2020, November - January). *Cognitive Behavioral Therapy Training Series: CBT Foundations; Assessment, Diagnosis, and Case Conceptualization; Behavioral Interventions; Cognitive Interventions; Putting it All Together.* Clinical workshop series presented at Bert Nash Community Mental Health Center, Lawrence, KS.
 4. Oakley, W., Mariaskan, A., **Kriegshauser, K.**, Jacobsen, A. (2019, July). *My Child Isn't Motivated for ERP, Now What? Behavior Modification and ERP Strategies.* Presentation at the 2019 International OCD Foundation Conference, Austin, TX.
 5. **Kriegshauser, K.** (2018, October). *CBT for Depression and Anxiety.* Mental Health Symposium presentation presented at the 2018 Kansas City Southwest Clinical Society Fall Clinical Conference, Overland Park, KS.
 6. Jaeger, J. & **Kriegshauser, K.** (2018, May). *Considerations When Creating Exposures for Posttraumatic Stress Disorder (PTSD) Treatment.* Clinical workshop presented as part of the Kansas VA Continuing Education series, Lawrence, KS.
 7. Wetterneck, C., Leonard, R., Jones, H., **Kriegshauser, K.** (2018, April). *Turning Up the Intensity; Assessing and Treating Emotion Dysregulation and Maladaptive Schemas in Treatment Resistant Anxiety.* Roundtable presented at the Anxiety and Depression Association of America Conference, Washington, D.C.
 8. **Kriegshauser, K.** (2018, March). *Neuroscience of Anxiety.* Keynote address for Nu Rho Psi's (National Honors Society in Neuroscience) 2018 Brain Awareness Week at University of Kansas, Lawrence, KS.
 9. Meyer, J. M., Clapp, J. D., Jacobi, D. M., Riemann, B. C., Whiteside, S. P., Dammann, J., Hale, L., **Kriegshauser, K.**, Jacobsen, A. M., Storch, E. A., Salloum, A., Lewin, A. B., & Deacon, B. J. (2015, November). Measuring the frequency and beliefs about accommodation: The Child Accommodation Scale. In R. R. Selles (Chair), *New measurement targets and tools in pediatric anxiety and OCD.* Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
 10. **Kriegshauser, K.** & O'Halloran, B. (2015, November). *Body-Focused Repetitive Behaviors (BFRBs): An overview of diagnosis and treatment.* Clinical workshop sponsored by Mental Health America of the Heartland, Kansas City, MO.
 11. **Kriegshauser, K.** (2015, June). *An overview of evidence-based treatment for anxiety disorders.* Presentation to the University of Missouri - Kansas City Psychiatric Nurse Practitioner program, Kansas City, MO.
 12. Murray, L., Smith, A., & **Kriegshauser, K.** (2015, April). *Incorporating the family system into individual treatment.* Clinical roundtable presented at the Anxiety and Depression Association of America Conference, Miami, FL.
 13. Smith, A., & **Kriegshauser, K.** (2015, February). *Evidence-based assessment and treatment of anxiety disorders.* Clinical workshop sponsored by Burrell Behavioral Health, Springfield, MO.
 14. **Kriegshauser, K.** (2014, April). *Assessment and diagnosis of eating disorders using the DSM 5.* Presentation given at the 1st Annual West Virginia Eating Disorder Network Conference, Charleston, WV.
 15. **Kriegshauser, K.** & Luzier, J. (2014, April). *Trends in social anxiety and evaluative fears within the WVU Disordered Eating Center of Charleston.* Presentation given at the annual WVU/CAMC Research Day, Charleston, WV.
 16. **Kriegshauser, K.** (2013, September). *Religious diversity and mental health care.* Grand Rounds presentation in the Department of Behavioral Medicine and Psychiatry, West Virginia University, Charleston, WV.

Poster Presentations

*denotes mentored student

1. Sexton, C., Wiese, A., Adams Larsen, M., Hale, L., & **Kriegshauser, K.** (March, 2021). *Family Access to and Interest in mHealth Anxiety Self-Help*. Poster presentation at the annual Anxiety and Depression Association of America Conference, Virtual conference.
2. McNamara, D.* Wiese, A., & **Kriegshauser, K.** (November, 2020). *Anthropomorphism within the Obsessive-Compulsive spectrum: Examining potential links between hoarding and obsessive compulsive symptoms*. Poster accepted for presentation at the annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
3. Bozsik, F.*, Sexton, C., Hale-Gleason, R., Hale, L., Adams Larsen, M. & **Kriegshauser, K.** (2019, March). *Technical Pilot Validation of Anchors Away by Professional Stakeholders*. Poster presented at the annual Anxiety and Depression Association of America Conference, Chicago, IL.
4. Wiese, A.* & **Kriegshauser, K.** (2019, March). *Predictors of Obsessive Compulsive Disorder symptom dimensions: A look at anxiety sensitivity and thought-action fusion*. Poster presented at the annual Anxiety and Depression Association of America Conference, Chicago, IL.
5. Bozsik, F.*, Beauchamp, M.*, Lundgren, J. & **Kriegshauser, K.** (2019, March). *Avoidant/Restrictive Food Intake Disorder in an Adult Treatment-Seeking Sample*. Poster presented at International Conference on Eating Disorders, New York, NY.
6. Thiel, M., Della Longa, N., **Kriegshauser, K.**, Jarrett, A., & Luzier, J. (2019, March). *Fear of negative evaluation and fear of positive evaluation mediate the relationship between social anxiety and eating disorder symptoms in a clinical eating disorder sample*. Poster presented at International Conference on Eating Disorders, New York, NY.
7. Della Longa, M., Thiel, A., **Kriegshauser, K.**, De Young, K., Jarrett, M., & Luzier, J. (2019, March). *Social anxiety, fear of negative evaluation, and fear of positive evaluation predict eating disorder symptoms in patients with eating disorders over 16 weeks*. Poster presented at International Conference on Eating Disorders, New York, NY.
8. Thiel, M., Della Longa, N., **Kriegshauser, K.**, Jarrett, A., & Luzier, J. (2018, October). *Associations between fear of positive evaluation, social anxiety, and eating disorder symptoms in a clinical eating disorder sample*. Poster presented at the annual West Virginia Psychological Association Conference, Roanoke, WV.
9. Wiese, A.* & **Kriegshauser, K.** (2018, April). *The utility of a single item screen from the Penn State Worry Questionnaire in a clinical sample*. Poster presented at the annual Anxiety and Depression Association of America Conference, Washington, DC.
10. Blossom, J.*, **Kriegshauser, K.**, & Hale, L. (2017, November). *Baseline predictors of quality of life in a sample of treatment-seeking anxious youth*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
11. Blossom, J.*, **Kriegshauser, K.**, & Hale, L. (2017, April). *Quality of life in pediatric anxiety disorders: A qualitative examination*. Poster presented at the annual Anxiety and Depression Association of America Conference, San Francisco, CA.
12. Blossom, J.*, **Kriegshauser, K.**, & Hale, L. (2017, April). *Emotion dysregulation and disability in pediatric anxiety: Do positive beliefs about parental accommodation account for the link?* Poster presented at the annual Anxiety and Depression Association of America Conference, San Francisco, CA.
13. **Kriegshauser, K.**, Hale, L., & Jaeger, J. (2016, April). *Relevant clinical constructs to specific OCD symptom dimensions in a clinical sample*. Poster presented at the annual Anxiety and Depression Association of America Conference, Philadelphia, PA.

14. Vroman, L., Nagle, J., **Kriegshauser, K.**, & Luzier, J. (2015, May). *Fear of positive evaluation: Present but not predictive in clinical eating disorder sample*. Poster presented at the annual conference of the Association for Psychological Science, New York, NY.
15. Nagle, J., Vroman, L., Luzier, J., & **Kriegshauser, K.** (2014, October). *Prevalence of clinical symptoms in disordered eating outpatient sample*. Poster presented at the West Virginia Psychology Association Conference, Roanoke, WV.
16. Vroman, L., Nagle, J., Luzier, J., & **Kriegshauser, K.** (2014, October). *Clinical decision making: Levels of care in eating disorder treatment*. Poster presented at the West Virginia Psychology Association Conference, Roanoke, WV.
17. **Kriegshauser, K.**, Ross, M., Gfeller, J., & Vander Wal, J. (2014, March). *Inefficient processing of positive facial expressions in social anxiety*. Poster presented at the annual Anxiety and Depression Association of America Conference, Chicago, IL.
18. **Kriegshauser, K.** & Luzier, J. (2014, March). *Fear of positive evaluation in eating pathology: Present but not predictive in an undergraduate sample*. Poster presented at the annual Anxiety and Depression Association of American Conference, Chicago, IL.
19. **Kriegshauser, K.** & Luzier, J. (2013, October). *Treating adolescent eating disorders with concurrent maternal eating pathology: Considerations for Family Based Treatment*. Poster presented at the West Virginia Psychological Association Fall Continuing Education Conference, Charleston, WV.
20. **Kriegshauser, K.** & Ross, M. (2013, April). *Positive facial expressions through the lens of self-focused attention in social anxiety: Effects on mentalizing and cognitive processing*. Poster presented at the annual Anxiety and Depression Conference, La Jolla, CA.
21. Wang, E., Matsuo, H., **Kriegshauser, K.**, & Willoughby, L. (2012, April). *Attitudes toward immigrants: Test of protestant work ethic, egalitarianism, social contact, and ethnic origin*. Poster presented at the Graduate Research Symposium, Saint Louis University, St. Louis, MO.
22. **Kriegshauser, K.**, Ross, M., Gfeller, J. & Brown, C. (2012, April). *Self-focused attention as a disrupting factor in mentalizing abilities in social anxiety*. Poster presented at the annual Anxiety Disorders Association of America National Conference, Arlington, VA.
23. **Kriegshauser, K.** (2011, April). *Self-focused attention as a disrupting factor in mentalizing abilities in social anxiety*. Poster presented at the Graduate Research Symposium, Saint Louis University, St. Louis, MO.
24. **Kriegshauser, K.** (2009, April). *Gender differences in subjective experience and treatment of bipolar disorder: Possible components of treatment adherence*. Poster presented at Research ShowCASE, Case Western Reserve University, Cleveland, OH.

Manuscripts in Progress

25. Wiese, A.* & **Kriegshauser, K.** (In Progress). Predictors of Obsessive-Compulsive Disorder symptom dimensions: Examining whether thought-action fusion contributes beyond anxiety sensitivity.
26. **Kriegshauser, K.**, Sexton, C.C., Wiese, A., Larson, M. & Hale, L. (In Progress). Anchors Away: Results from randomized controlled trial of self-help CBT options for children and families.

Non Peer-Reviewed Articles / Media Appearances

- I. On Air Interview: Ellison, B. (Host). (2020, November 6). Coronavirus Has Kansas Citizens Revising Their Holiday Plans [Radio broadcast] In Alexander, D. (Producer), *Up to Date*. Kansas City, MO: KCUR 89.3 <https://www.kcur.org/podcast/up-to-date/2020-11-06/coronavirus-has-kansas-citizens-revising-their-holiday-plans>

2. On Air Interview: Kraske, S. (Host). (2020, August 7). Pandemic 'Pods' & Socializing [Radio broadcast] In Alexander, D. (Producer), *Up to Date*. Kansas City, MO: KCUR 89.3 <https://www.kcur.org/2020-08-07/pandemic-pods-socializing-racial-equity-habit-building>
3. Interviewed for and quoted in: Sherry, M. (2020, April 29). *Pandemic Spurs Concern About Suicide Among KC-Area Youths*. Flatland KC. <https://www.flatlandkc.org/news-issues/pandemic-spurs-concern-about-suicide-among-kc-area-youths/>
4. On air interview: Calkins, J. (Producer). (2020, April 8). *You Matter: Coping with the Coronavirus Crisis* [Television broadcast]. Kansas City, MO: WDAF FOX4 News Kansas City.
5. Interviewed for and quoted in: Martin, M. (2020, March). *7 Tips For Managing Coronavirus Anxiety From A Kansas City Mental Health Expert*. KCUR 89.3. <https://www.kcur.org/post/7-tips-managing-coronavirus-anxiety-kansas-city-mental-health-expert#stream/o>
6. On Air Interview: Kraske, S. (Host). (2020, March 20). Coronavirus and Communication [Radio broadcast] In Alexander, D. (Producer), *Up to Date*. Kansas City, MO: KCUR 89.3 <https://www.kcur.org/post/seg-1-rep-sharice-davids-seg-2-coronavirus-communication-seg-3-art-social-distancing>
7. On Air Interview: Kraske, S. (Host). (2020, March 18). The Coronavirus Q&A, Is It Safe To Go To The Bank? [Radio broadcast] In Alexander, D. (Producer), *Up to Date*. Kansas City, MO: KCUR 89.3 <https://www.kcur.org/post/coronavirus-qa-it-safe-go-bank#stream/o>
8. Interviewed for and quoted in: Plake, S. (2020, February 21). *Man with 270 animals in duplex says he's happy they are in good homes*. KSHB Kansas City <https://www.kshb.com/news/local-news/man-with-270-animals-in-duplex-says-hes-happy-they-are-in-good-homes>
9. **Kriegshauser, K.** (2019). *Avoid the snake oil: Pseudoscience and OCD treatment*. Retrieved from <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/avoid-snake-oil-pseudoscience-and-ocd-treatment>

Awards and Scholarships

2018	First place in the West Virginia Psychological Association Poster Competition. Thiel, M., Della Longa, N., Kriegshauser, K. , Jarrett, A., & Luzier, J. (2018, October). <i>Associations between fear of positive evaluation, social anxiety, and eating disorder symptoms in a clinical eating disorder sample</i> .
2015	Anxiety and Depression Association of America Career Development Leadership Program, Clinical Track
2014	Outstanding Resident Researcher Award, Charleston Area Medical Center West Virginia University Dept. of Behavioral Medicine and Psychiatry
2012	Dorothy Orwein Bates Endowed Scholarship, Saint Louis University
2012, 2013	Severin Award, Saint Louis University
2009 - 2010	Research Assistantship, Saint Louis University
2009	Stephen Bednarik Memorial Award, Case Western Reserve University
2005 - 2009	Provost's Scholarship, Case Western Reserve University

Memberships

2021 - Present	Selective Mutism Association
2019 - Present	Kansas Psychological Association
2018 - Present	International OCD Foundation
2016 - Present	OCD Kansas (IOCDF Affiliate)
2013 - Present	Association for Behavioral & Cognitive Therapies, <i>Member Anxiety Disorders Special Interest Group Member</i>
2012 - Present	Anxiety and Depression Association of America, <i>Member</i>

	<i>OCD Special Interest Group Member</i>
2011 - 2012	Midwestern Psychological Association, <i>Student Affiliate</i>
2010 - Present	American Psychological Association, <i>Member</i>
2007 - 2014	Psi Chi, <i>Student Member</i>

Dissertation Committee Service

Andrew Wiese, Ph.D., University of Missouri - Kansas City. Defended June 2021. *"Intolerance of uncertainty and the physiological correlates of anticipation and appraisal of affective stimuli."*

Teaching Experience

University of Missouri - Kansas City

Fall 2019	Instructor, "Clinical Psychology Interventions"
Spring 2018, Fall 2017	Guest Lecturer, "Abnormal Psychology"

University of Kansas - Edwards Campus

Spring 2018	Guest Lecturer, "Social Welfare - Social Work Practice II"
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Saint Louis University

2010 - 2013	Certificate in University Teaching Skills Program
Fall 2011 - Fall 2012	Adjunct Instructor, "Abnormal Psychology"
Spring 2012	Guest Lecturer, "Social Psychology"
Fall 2010	Teaching Assistant, "General Psychology"

Reviews

Anxiety and Depression Association of America Annual Conference
Journal of Clinical Psychology
Oxford University Press

Leadership & Service

2022	Anxiety and Depression Association of America Career Development Leadership Program, Clinical Track Mentor
2021 - Present	Kansas Psychological Association Board of Governors Early Career Psychology Committee Chair
2021	Washburn University Clinical Psychology MA Program Advisory Board
2020	# Zero Reasons Why Campaign Parent Workgroup Member
2016 - 2018	OCD Kansas Board of Directors, Treasurer
2014 - Present	Case Western Reserve University Alumni Admissions Ambassador
2012	Saint Louis University Undergraduate Capstone Symposium Judge