

**Mary Kathleen Burkhart Lustyk, Ph.D.**

**Curriculum Vita**

**Addresses:**

*Work Address:* School of Psychology, Family, and Community  
Seattle Pacific University  
3307 Third Ave West, Suite 107  
Seattle, WA 98119  
Phone: (206) 281-2893  
FAX: (206) 281- 2771

*Home Address:* 13239 NE 145<sup>th</sup> Place  
Woodinville, WA 98072  
Phone: (425) 814-6223  
Cell: (206) 683-0740

**E-mail Addresses:**

[klustyk@spu.edu](mailto:klustyk@spu.edu); [klustyk@u.washington.edu](mailto:klustyk@u.washington.edu)

**Lab Web Page:**

<http://www.spu.edu/LustykLab>

**Current Titles and Affiliations:**

Professor of Psychology  
School of Psychology, Family, and  
Community  
Seattle Pacific University  
Office: Marston 114  
Seattle, WA

Primary Investigator  
Women's Health Lab  
School of Psychology, Family, and  
Community  
Lab: Watson, B-47  
Seattle, WA 98119  
Phone: 206-281-2541

Affiliate Associate Professor  
Department of Psychology  
University of Washington  
Box 351525  
Seattle, WA 98195

Affiliate Associate Professor  
Department of Biobehavioral Nursing  
and Health Systems  
University of Washington School of  
Nursing  
Box 357266  
Seattle, WA 98195

**Academic Preparation:**

1983 – 1988 University of Washington, Seattle, WA.  
BS in Psychology

1988 – 1992 University of Washington, Seattle, WA.  
PhD in Physiological Psychology with a minor in endocrinology.  
Other curriculum emphasis in developmental psychology and statistics.

**Honors/Awards/Nominations:**

1998 Faculty Advisor Appreciation Award from Psi Chi, National Honor Society in Psychology  
1999 Professor of the Year Nomination, Seattle Pacific University  
1999 Faculty Advisor Appreciation Award from Psi Chi, National Honor Society in Psychology  
2000 Faculty Advisor Appreciation Award from Psi Chi, National Honor Society in Psychology  
2002 Outstanding Research Article Award, Society of Gastroenterology Nurses and Associates.  
2009 Professor of the Year, School of Psychology, Family, and Community, Seattle Pacific University  
2009 Mentor of the Year Nomination, Society of Behavioral Medicine  
2010 Professor of the Year, School of Psychology, Family, and Community, Seattle Pacific University  
2010 Teacher of the Year Nomination, Western Psychological Association  
2010 Mentor of the Year Nomination, Society of Behavioral Medicine  
2010 K18: Senior Scholar Career Award, National Institutes of Health

**Other Experience and Professional Memberships:**

1992- Western Psychological Association (WPA)  
1992- WPA Council Representative  
1996- Association for Psychological Science (APS)  
1996- Society for Menstrual Cycle Research (SMCR)  
1999- Society of Behavioral Medicine (SBM)  
2002- Society for Women's Health Research (SWHR)  
2004- American Psychological Association (APA)  
2006- International Association for Women's Mental Health (IAWMH)  
2007 Expert Consultant for Organon Drug Company, NOMAC/E2 Advisory Panel.  
2008- Society for Psychophysiology Research (SPR)  
2008- American Psychological Association, Division 38: Health Psychology, Women and Health Committee, Member  
2009- American Psychosomatic Society  
2009- Association for Behavioral and Cognitive Therapies (ABCT)

2009- Institute of Translational Health Sciences (ITHS)

**Editorial Consultation**

- 2007 Sage Publishers, Reviewer for Biological Psychology text
- 2008 Sinauer Publishers, Reviewer for Biological Psychology text
- 2008- Journal of Psychosomatic Research, Manuscript Reviewer
- 2009- Journal of Women's Health, Manuscript Reviewer
- 2009- Emotion, Manuscript Reviewer
- 2009- International Journal of Women's Health, Manuscript Reviewer
- 2010- Psychophysiology, Manuscript Reviewer
- 2010- Journal of Psychosomatic Obstetrics and Gynecology, Manuscript Reviewer
- 2011- Behavioral Therapy, Manuscript Reviewer
- 2011- International Journal of Behavioral Medicine, Manuscript Reviewer
- 2011- Annals of Behavioral Medicine, Manuscript Reviewer
- 2011- Mindfulness, Manuscript Reviewer
- 2011- Psychology of Addictive Behaviors, Manuscript Reviewer
- 2012- Medicine and Science in Sports and Exercise, Manuscript Reviewer

**Teaching Activities:**

Courses at SPU: Graduate Neural Basis of Behavior I & II with systematic dissection of the sheep brain, Undergraduate Physiological Psychology & Psychobiology of Women.

Courses at the University of Washington: Mindfulness Meditation Seminar in Clinical Psychology; co-instructor with Drs. Marlatt and Kohlenberg.

**Research Activities:** I am the developer and primary investigator of the women's health lab at SPU. In my research I seek to explicate the psychophysiological and neurobiological stress processes in women while simultaneously investigating potential moderators of these processes such as neurobiological and behavioral factors. In my lab, we are currently investigating the effects of a daily brief mindfulness exercise on premenstrual symptoms and stress by assessing neuroendocrine and psychophysiological responses to a laboratory stressor. In collaboration with colleagues at the UW Integrated Brain Imaging Center and the Addictive Behaviors Research Center, I am investigating the effects of Mindfulness-Based Relapse Prevention on gender specific stress processes in addicts. This work includes the assessment of psychophysiological responses to laboratory stressors and the use of fMRI to study the craving neurocircuitry in women. In my research program, I mentor both undergraduate and graduate students.

**Previous Academic and Professional Appointments (Reverse Chronological Order):**

- 2000–2006     *Associate Professor*, Department of Psychology, Seattle Pacific University.  
Courses: Undergraduate Physiological Psychology & Psychobiology of Women, Graduate Neural Basis of Behavior I & II with systematic dissection of the sheep brain.  
Research: Primary Investigator in charge of Psychophysiology laboratory and Studies in Women's Health; Mentor graduate and undergraduate students involved in women's health research.
- 1996–2001     *Assistant Professor*, Department of Psychology, Seattle Pacific University.  
Courses: Physiological Psychology, Sensation and Perception, Psychobiology of Women, Research Methods, Introductory Psychology & Physiological Psychology as a Pre-Doctoral Intensive with brain dissection demonstrations.  
Research: established the first Psychophysiology laboratory on the SPU campus; Primary Investigator of a multifaceted study of stress across the menstrual cycle in women, co-investigator of exercise and health studies along with colleagues in the Departments of Physical Education and Clinical Psychology.
- 1996–2000     *Affiliate Assistant Professor*, Department of Biobehavioral Nursing and Health Systems, University of Washington.  
Responsibilities: performed collaborative work with colleagues investigating autonomic nervous system arousal, gastric motility, and exercise habits in women with irritable bowel syndrome.
- 1995–1996     *Adjunct Faculty*, Department of Psychology, Seattle Pacific University.  
Courses: Psychology of Personal Growth. Course provides an overview of the process of growth and adjustment in dealing with life changes. Developmental, gender, social, health and relationship factors are explored. Physiological Psychology. Course consisted of a survey of current issues in physiological psychology.
- 1993–1995     *Part-time Faculty*, Department of Psychology, Bellevue Community College.  
Courses: Introductory Psychology, Lifespan Developmental Psychology, and Introductory Psychology as a Natural Science.
- 1993–1995     *Instructor*, Department of Psychology & Women Studies, University of Washington.  
Courses: Psychobiology of Women. Topics included: biological development, endocrinology, and specific psychological issues dealing with women.

- 1994–1996     *Research Scientist*, Department of Gastrointestinal Surgery, University of Washington School of Medicine and Department of Biobehavioral Nursing and Health Systems, Gut Function Laboratory, University of Washington.  
Duties performed: The use of High Performance Liquid Chromatography (HPLC) to measure excreted and tissue catecholamines; Training of undergraduate and graduate research assistants and analysis of data.
- 1992–1994     *Post-doctoral Fellow*, Department of Biobehavioral Nursing and Health Systems, University of Washington School of Nursing.  
Duties performed: Coordinated all aspects of NINR funded research project investigating ANS responses in women with Irritable Bowel Syndrome, including patient recruitment, managing doctoral referrals, performing patient interviews and stress testing, data entry and analyses; also responsible for magnetometer pilot testing in women with IBS.
- 1991–1992     *Pre-doctoral Research Assistant*, Department of Physiological Nursing-Gut Function Laboratory, University of Washington.  
Duties performed: A wide variety of surgical procedures on rats such as intraventricular cannula placement, gastric catheter implantation and ovariectomies; the use of HPLC to perform catecholamine assays; In Vitro study of gut tissue; Analyses of data and manuscript preparation
- 1986–1991     *Patient Care Representative*, Department of Emergency Medicine, University of Washington Medical Center.  
Duties performed: Managed triage desk and assisted with initial patient work-up, responsible for taking patient histories and vitals; also responsible for patient registration and served as a liaison between patient visitors and healthcare providers.

**Juried Publications (Reverse Chronological Order):**

**Papers and Chapters:**

1. Craft, B. & **Lustyk, M. K. B.** (in press). Tolerance and Withdrawal. In P. Miller (Ed), *Encyclopedia of Addictive Behaviors*, Academic Press.
2. Marlatt, G. A., Bowen, S. B., & **Lustyk, M. K. B.** (in press). Cultivating Compassion and Wisdom with Mindfulness-Based Relapse Prevention: Clinical and neurobiological considerations. In C. Germer & R. Siegel (Eds), *Cultivating Compassion and Wisdom in Psychotherapy*, New York, NY: The Guilford Press.

3. **Lustyk, M. K. B.**, Felleman, B., Marlatt, G. A., & al'Absi, M. (in press). Relapse & Relapse Prevention. In M. D. Gellman & J. R. Turner (Eds), *Encyclopedia of Behavioral Medicine*, New York: Springer
4. **Lustyk, M. K. B.**, Bentley, J., Douglas, H. A., & Gerrish, W. (2011). Cardiovascular responses to a laboratory stressor in women: Assessing the role of body awareness. *Body, Movement and Dance in Psychotherapy*, 1-17, <http://dx.doi.org/10.1080/17432979.2011.617522>.
5. **Lustyk, M. K. B.**, Douglas, H., Gerrish, W., Bowen, S., & Marlatt, G. A. (2011). Relationships among premenstrual symptom reports, menstrual attitudes, and trait mindfulness. *Mindfulness*, 2, 37-48. DOI: 10.1007/s12671-011-0041-x.
6. **Lustyk, M. K. B.**, Olson, K. C., Gerrish, W. G., Holder, A., & Widman, L. (2010). Physiological and Psychological Stress Reactivity and Recovery in Women: Assessing the effects of menstrual cycle phase and stressor type. *Biological Psychology*, 83, 84-92. DOI: 10.1016/j.biopsycho.2009.11.003 <http://www.spu.edu/depts/spfc/happenings/PDFs/BIOPSY6155%5B1%5D.pdf>
7. **Lustyk, M. K. B.**, & Gerrish, W. G. (2010). Premenstrual Syndrome and Premenstrual Dysphoric Disorder: Issues of quality of life, stress, and exercise. In V. R. Preedy, & R. Watson (Eds), *Handbook of Disease Burdens and Quality of Life Measures* (pp. 1952-1971). London, UK: Springer.
8. **Lustyk, M. K. B.**, Chawla, N., Nolan, R., & Marlatt, G. A. (2009). Mindfulness Meditation Research: Issues of participant screening, safety procedures, and researcher training. *Advances in Mind-Body Medicine*, 24, 20-30. <http://www.ncbi.nlm.nih.gov/pubmed/20671334>
9. **Lustyk, M. K. B.**, Gerrish, W. G., Shaver, S., & Keys, S. (2009). Cognitive-Behavioral Therapy for Premenstrual Syndrome and Premenstrual Dysphoric Disorder: A Systematic Review. *Archives of Women's Mental Health*, 12(2), 85-96. DOI: 10.1007/s00737-009-0052-y <http://www.springerlink.com/content/r171010t273t4737/>
10. **Lustyk, M. K. B.**, Widman, L., & de Laveaga Becker, L. (2007). Abuse history and premenstrual symptomatology: Assessing the mediating role of perceived stress. *Women & Health*, 46, 67-80. DOI: 10.1300/J013v46n04\_04 <http://www.informaworld.com/smpp/content~db=all~content=a904345593?words=relationship,abuse,history,premenstrual,symptomatology,assessing,mediating,role,perceived,stress>
11. **Lustyk, M. K. B.**, Beam, C, Miller, A., & Olson, K. C. (2006). Relationships among perceived stress, premenstrual symptomatology, and spiritual well-being in women. *Journal of Psychology and Theology*, 34, 311-317. <https://wisdom.biola.edu/jpt/issuecont.cfm?volid=34&issueid=4#p311>

12. Widman, L., **Lustyk, M. K. B.**, & Paschane, A. (2005). Body Image in Sexually Assaulted Women: Does age at time of assault matter? *Family Violence and Sexual Assault Bulletin*, 21, 5-10. PMID: PMC2652864
13. **Lustyk, M. K. B.**, Widman, L., Paschane, A., & Olson, K. C. (2004). Physical activity and quality of life: Assessing the influence of activity frequency, intensity volume and motives. *Behavioral Medicine*, 30, 124-131. <http://www.ncbi.nlm.nih.gov/pubmed/15816315>
14. **Lustyk, M. K. B.**, Widman, L., Paschane, A., & Ecker, E. (2004). Stress, quality of life and physical activity in women with varying premenstrual symptomatology. *Women and Health*, 39, 35-44. DOI: 10.1300/J013v39n03\_03 <http://www.informaworld.com/smpp/content~db=jour~content=a903518775>
15. **Lustyk, M. K. B.**, Jarrett, M. Bennett, J., & Heitkemper, M. M. (2001). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? *Gastroenterology Nursing*, 24, 1-9. <http://www.ncbi.nlm.nih.gov/pubmed/11847862>
16. Summers, H., **Lustyk, M. K. B.**, Jarrett, M., & Heitkemper, M. M. (1999). Effect of aerobic fitness on the physiological stress response in women. *Biological Research for Nursing*, 1, 48-56. <http://dx.doi.org/10.1177/109980049900100107>
17. Heitkemper, M. M., Burr, R., Jarrett, M., Hertig, V, M., **Lustyk, M. K. B.**, & Bond, E. F. (1998). Evidence for autonomic nervous system imbalance in women with irritable bowel syndrome. *Digestive Diseases and Sciences*, 43, 2093-2098. DOI: 10.1023/A:1018871617483 <http://www.springerlink.com/content/um7057157581067q/>
18. Kenney, N. J., Tomoyasu, N., & **Burkhart, M. K.** (1994). Food aversions induced by area postrema ablation. *Appetite*, 22, 205-220. <http://dx.doi.org/10.1006/appe.1994.1020>
19. Heitkemper, M. M., Bond, E.F., & Gruver (**Burkhart**), **M. K.** (1992). 5-HT<sub>3</sub> mediation of TRH-stimulated gastric motility may be age-related [Abstract]. *Gastroenterology*, A556.
20. Heitkemper, M. M., Bond, E., Gruver (**Burkhart**), **M. K.**, & Horita, A. (1992). 5-HT<sub>3</sub> receptor mediation of TRH induced increases in intestinal transit in developing rats [Abstract]. *Society for Neuroscience Abstracts*, 108.4.
21. Bond, E. F., Heitkemper, M. M., & Gruver (**Burkhart**), **M. K.** (1992). Mediation of TRH induced gastric motility increases in developing rats. *European Journal of Pharmacology*, 217, 127-135. [http://dx.doi.org/10.1016/0014-2999\(92\)90831-N](http://dx.doi.org/10.1016/0014-2999(92)90831-N)

22. Heitkemper, M. M., Bond, E. F., Gruver (**Burkhart**), **M. K.**, & Horita, A. (1992). A possible 5-HT<sub>3</sub> component of TRH-Induced increases in gastric motility in developing rats. *Developmental Pharmacology and Therapeutics*, 19, 57-61.  
<http://www.ncbi.nlm.nih.gov/pubmed/1340437>

**Juried Publications Continued (Reverse Chronological Order):**

**Abstracts:**

1. Gerrish, W. G., **Lustyk, M. K. B.**, Bentley, J., Douglas, H. A., & Locke, S. (2010). Mindfulness, Menses, and Body Awareness. [Abstract]. *Annals of Behavioral Medicine*, 2108, s67. DOI: 10.1007/s12160-010-9169-5
2. **Lustyk, M. K. B.**, Carroll, H., Gerrish, W., Bowen, S., & Marlatt, G. A. (2010). Mindfulness qualities, menstrual attitudes, and premenstrual symptoms. [Abstract]. *Psychosomatic Medicine*, 1570, A-73.
3. Bentley, J. A., Basu, B., **Lustyk, M. K. B.** (2010). Can somatic awareness buffer the cardiovascular responses to stress in women? [Abstract]. *Psychosomatic Medicine*, 1601, A-121.
4. Locke, S. J., Carpenter, H. A., Douglas, H., **Lustyk, M. K. B.** (2010). Can premenstrual symptoms, trait anxiety, or quality of life reports explain luteal phase increases in stress reactivity in women? [Abstract]. *Psychosomatic Medicine*, 1608, A-122.
5. Gerrish, W. G. & **Lustyk, M. K. B.** (2008) Stress and Quality of Life in Women: Assessing cycle phase and exercise effects [Abstract]. *Annals of Behavioral Medicine*, 35, s157.
6. **Lustyk, M. K. B.**, Gerrish, W. G., & Widman, L. (2007). Is the relationship between abuse history and premenstrual symptomatology affected by perceived stress? [Abstract]. *Annals of Behavioral Medicine*, 2343, S090.
7. **Lustyk, M. K. B.**, Gerrish, W. G., & Ward, R. (2007). Stress Reactivity and Recovery in Women: Assessing the role of Spiritual Well-Being and Body Awareness [Abstract]. *Annals of Behavioral Medicine*, 2177, S049.
8. Muljat, A. M., **Lustyk, M. K. B.**, & Miller, A. (2007). Stress Moderates the Effects of Premenstrual Symptomatology on Body Image Reports in Women [Abstract]. *Annals of Behavioral Medicine*, 3185, S157.
9. Gerrish, W. G., **Lustyk, M. K. B.**, & Henson, J. (2007). Gender difference in the effect of exercise and attributions on quality of life reports [Abstract]. *Annals of Behavioral Medicine*, 2220, S060.



10. Weathers, R., & **Lustyk, M. K. B.** (2007). Self-reported physical activity patterns and plans for future physical activity in university students [Abstract]. *Medicine and Science in Sports and Exercise*, 38, S5.
11. Weathers, R., **Lustyk, M. K. B.**, Widman, L., & Ecker, E. (2002). Relationships among BMI, physical activity, and reasons for exercise in male and female college students [Abstract]. *Medicine & Science in Sports & Exercise*, 34, S63.
12. **Lustyk, M. K. B.**, Bennett, J., Jarrett, M., & Heitkemper, M. M. (2001). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? [Abstract]. *Annals of Behavioral Medicine*, E130, S190.
13. Jarrett, M. E., **Lustyk, M. K. B.**, Cain, C. K., & Heitkemper, M. M. (2000). Exercise as a therapeutic for women with constipation-prone IBS [Abstract]. *Communicating Nursing Research*, 33, 113.
14. Jarrett, M. E., Cain, C. K., **Lustyk, M. K. B.**, Hertig, V., & Heitkemper, M. M. (2000). Relationship between exercise and constipation in women with constipation-prone IBS [Abstract]. *Gastroenterology*, A1178, 118.
15. Bond, E. F., Heitkemper, M. M., Burr, R. L., Jarrett, M. & **Lustyk, M. K. B.** (2000). Gastric contraction via goniometry and HRV in IBS vs. control subjects [Abstract]. *Communicating Nursing Research*, 33, 259.
16. **Lustyk, M. K. B.**, Jarrett, M., & Heitkemper, M. M. (1999). The effect of exercise and physical activity on irritable bowel syndrome symptoms in women [Abstract]. *Annals of Behavioral Medicine*, R63, S240.
17. Jarrett, M., Heitkemper, M. M., Burr, R., Levy, R., **Lustyk, M. K. B.**, & Hertig, V. (1998). Social desirability influences self-reported gastroenterology and psychosocial symptoms in women with irritable bowel syndrome [Abstract]. *Gastroenterology*, G3180.
18. Heitkemper, M. M., Burr, R., Jarrett, M., **Lustyk, M. K. B.**, Hertig, V., & Bond, E. (1998). Lower vagal tone during sleep in women with irritable bowel syndrome [Abstract]. *Gastroenterology*, G3148.
19. Burr, R., Jarrett, M., Heitkemper, M. M., Hertig, V., Perigo, R., & **Lustyk, M. K. B.** (1998). Circadian patterns of vagal tone in women with irritable bowel syndrome [Abstract]. *Communicating Nursing Research*, 31, 234.
20. Heitkemper, M. M., Burr, R., Jarrett, M., **Lustyk, M. K. B.**, Cain, K., & Hertig, V. (1997). Description of autonomic state in women with irritable bowel syndrome [Abstract]. *Gastroenterology*, 112 (4 Supp/1) A746.

21. Hertig, V., Burr, R., Jarrett, M., Cain, K.C., Perigo, R. **Lustyk, M. K. B.**, & Heitkemper, M. M. (1997). Comparison of ANS measures in a study of irritable bowel syndrome [Abstract]. *Communicating Nursing Research* 30, 230.
22. Gruver (**Burkhart**), **M. K.**, Heitkemper, M. M., & Kenney, Nancy J. (1991). Decreased intestinal transit following area postrema ablation [Abstract]. *Society for Neuroscience Abstracts* 196.6.
23. Heitkemper, M. M., Bond, E. F., Gruver (**Burkhart**), **M. K.**, & Horita, A. (1991). TRH-induced gastric motility increases are mediated by a cholinergic mechanism in young rats [Abstract]. *Society for Neuroscience Abstracts*, 388.9.
24. Heitkemper, M. M., Bond, E. F., & Gruver (**Burkhart**), **M. K.** (1991). Morphine antagonizes TRH induced increases in gastric contractile activity in young rats [Abstract]. *Federation of American Societies of Experimental Biology Journal*, A4007, 5.
25. Gruver (**Burkhart**), **M. K.**, Heitkemper, M. M., & Kenney, N. J. (1990). Effect of area postrema ablation on gastric emptying [Abstract]. *Society for Neuroscience Abstracts*, 196.6.
26. **Burkhart, M. K.**, Kenney, N. J., & Tomoyasu, N. (1989). Effect of diet familiarity on food aversions and weight loss induced by area postrema ablation (APX) [Abstract]. *Appetite*, 12, 201.
27. **Burkhart, M. K.**, & Kenney, N. J. (1989). Food aversions induced by area postrema ablation (APX): Effect of diet familiarity [Abstract]. *Society for Neuroscience Abstracts*, 246.5.
28. Kenney, N. J., Tomoyasu, N., & **Burkhart, M. K.** (1989). Learned food aversions and their involvement in hypophagia and weight loss after area postrema ablation (APX) [Abstract]. *Appetite*, 12, 217.

**Scholarly Presentations/Symposia (Peer Reviewed; Reverse Chronological Order):**

1. Douglas, H. A. C., Shilling, E. A., Harrop, E., Bowen, S., Chawla, N., & **Lustyk, M. K. B.** Cardiovascular Responses to a Laboratory Stressor in Substance Abusers After Treatment with Mindfulness-Based Relapse Prevention. Paper presented at the Association for Cognitive and Behavioral Therapy Conference, Toronto, CN (2011).
2. Douglas, H, A. C., Shilling, B., Harrop, E., Bowen, S., Chawla, N., & **Lustyk, M. B. K.** Cardiovascular Responses to a Laboratory Stressor in Substance Abusers After Treatment with Mindfulness-Based Relapse Prevention. Poster presented at the Association for Cognitive and Behavioral Therapy Conference, Toronto, CN (2011).

3. **Lustyk, M. K. B.**, Shilling, E. A., & Douglas, H. A. C. Sleep and menstrual cycle effects on hemodynamic reactivity in women. Paper accepted for presentation at the Western Psychological Association meeting, Los Angeles, CA (2011)
4. Douglas, H. A., **Lustyk, M. K., B.**, Bentley, J., & Gerrish, W. G. The Effects of Body Awareness on Hemodynamic Reactivity. Paper presented at the Association for Cognitive and Behavioral Therapy Conference, San Francisco, CA (2010).
5. **Lustyk, M. K. B.**, & Douglas, H. A. Cardiovascular responses to a laboratory stressor in women: Assessing the role of body awareness. In Lustyk, M. K. B. (chair), Psychophysiological and Neurobiological Concomitants of Mindfulness: Evidence from laboratory research. Symposium submitted for presentation at the Society of Psychophysiological Research, Portland, OR (2010).
6. Douglas, H. A. C., **Lustyk, M. K. B.**, Gerrish, W. G., Bowen, S., & Marlatt, G. A. (2010, April). Mindful Menses: An oxymoron or are we onto something? Paper presented at the Western Psychological Association Meeting, Cancun, Mexico.
7. Locke, S. J., Patterson, J. L., Barnali Basu, B., Douglas, H. A. C., Carpenter, H. A., Newberry, M. L., **Lustyk, M. K. B.** (2010, April). Can Somatic Awareness Buffer Cardiovascular Responses to Stress in Women? Poster session presented at the Western Psychological Association Meeting, Cancun, Mexico.
8. Carpenter, H. A., Newberry, M. L., Locke, S. J., Douglas, H. A. C., & **Lustyk, M. K. B.** (2010, April). Cardiovascular responses to stress in women: Assessing premenstrual symptom effects. Poster session presented at the Western Psychological Association Meeting, Cancun, Mexico.
9. **Lustyk, M. K. B.** (2010, April). The functional neuroanatomy of mindfulness meditation: Brain basics and current findings. Workshop presented at the annual conference for clinicians, researchers, and educators, Center for Mindfulness in Medicine, Health Care, and Society, Department of Medicine, Division of Preventative and Behavioral Medicine, University of Massachusetts Medical Center, Worcester, MA.
10. Douglas, H. & **Lustyk, M. K. B.** (March, 2010). Can Mindfulness Buffer the Relationship Between Poor Menstrual Attitudes and Premenstrual Symptom Severity? Poster session presented at the annual conference for clinicians, researchers, and educators, Center for Mindfulness in Medicine, Health Care, and Society, Department of Medicine, Division of Preventative and Behavioral Medicine, University of Massachusetts Medical Center, Worcester, MA.

11. Gerrish, W. G., **Lustyk, M. K. B.**, Bentley, J., Douglas, H. A., & Locke, S. (2010, April). Mindfulness, Menses, and Body Awareness. Paper presented at the annual research of the Society of Behavioral Medicine, Seattle, WA.
12. **Lustyk, M. K. B.**, Carroll, H., Gerrish, W., Bowen, S., & Marlatt, G. A. (2010, March). Mindfulness qualities, menstrual attitudes, and premenstrual symptoms. Poster session presented at annual scientific meeting of the American Psychosomatic Society, Portland, OR.
13. Bentley, J. A., Basu, B., **Lustyk, M. K. B.** (2010, March). Can somatic awareness buffer the cardiovascular responses to stress in women? Poster session presented at annual scientific meeting of the American Psychosomatic Society, Portland, OR.
14. Locke, S. J., Carpenter, H. A., Douglas, H., **Lustyk, M. K. B.** (2010, March). Can premenstrual symptoms, trait anxiety, or quality of life reports explain luteal phase increases in stress reactivity in women? Poster session presented at annual scientific meeting of the American Psychosomatic Society, Portland, OR.
15. **Lustyk, M. K. B.**, Gerrish, W. G, Carroll, H. A., Bowen, S., & Marlatt, G. A. (2009, November). Relationships Among Trait Mindfulness and Premenstrual Symptom Reports. In G. Alan Marlatt (chair), Mindfulness Interventions: How and for whom? Symposium presented at the Association for Cognitive and Behavioral Therapy Conference, New York, NY.
16. Carroll, H. A., Carpenter, H. A., Locke, S. J., Gerrish, W. G., **Lustyk, M. K. B.**, & Marlatt, G. A. (2009, June). Relationships among trait mindfulness and premenstrual symptom reports. Poster session presented at the bi-annual meeting of the Society for Menstrual Cycle Research, Spokane, WA.
17. Locke, S. J., Portinga, J. A., Carpenter, H. A., Carroll, H. A., Gerrish, W. G., & **Lustyk, M. K. B.** (2009, May). Menstrual cycle variations in premenstrual symptoms and quality of life reports. Poster Session presented at the annual research conference, School of Psychology Family, and Community, Seattle Pacific University, Seattle, WA.
18. Carroll, H. A., Gerrish, W. G., & **Lustyk, M. K. B.** (2009, May). Relationships among premenstrual symptom reports, menstrual attitudes, and trait mindfulness. Paper presented at the annual research conference, School of Psychology Family, and Community, Seattle Pacific University, Seattle, WA.
19. **Lustyk, M. K. B.**, & Gerrish, W. G. (2009, April). Can premenstrual symptoms explain luteal phase increases in stress reactivity? Paper presented at the annual meeting of the Western Psychological Association, Portland, OR.

20. Carroll, H. A., Carpenter, H. A., Locke, S. J., Portinga, J. A., & **Lustyk, M. K. B.** (2009, April). Menstrual cycle variations in premenstrual symptoms and quality of life reports. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
21. **Lustyk, M. K. B.**, & Marlatt, G. Alan (2009, March). The functional neuroanatomy of mindfulness meditation: Brain basics and current findings. Workshop presented at the annual conference for clinicians, researchers, and educators, Center for Mindfulness in Medicine, Health Care, and Society, Department of Medicine, Division of Preventative and Behavioral Medicine, University of Massachusetts Medical Center, Worcester, MA.
22. Holder, A. J., Ward, R. L., Shaver, S. L., Gerrish, W. G. & **Lustyk, M.K.B.** (2008, April) Stress reactivity and recovery in women: Implications of menstrual cycle phase. Poster session presented at the annual meeting of the Western Psychological Association, Irvine, CA.
23. Gerrish, W.G., & **Lustyk, M. K. B.** (2008, March). Stress and Quality of Life in Women: Assessing cycle phase and exercise effects. Poster session presented at the annual meeting for the Society of Behavioral Medicine, San Diego, CA.
24. Gerrish, W.G., **Lustyk, M. K. B.**, & Olson, K. C. (2007, August). Quality of Life, Exercise and Stress: Assessing menstrual cycle effects. Poster session presented at the annual meeting for the American Psychological Association, San Fransisco, CA.
25. Beam, C. R., Gerrish, W. G., & **Lustyk, M. K. B.** (2007, May). Controlling your stress: Effects of sense of control on quality of life. Poster session presented at the annual meeting for the Association for Psychological Science, Washington, DC.
26. **Lustyk, M. K. B.** (2007, May). Stress Reactivity and Recovery: Menstrual Cycle and Stressor Type Results. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.
27. Olson, K. C., **Lustyk, M. K. B.**, Gerrish, W. G., & Reiss, N. (2007, May). Stress Reactivity and Recovery: Menstrual Cycle and Stressor Type Methods. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.
28. **Lustyk, M. K. B.**, Gerrish, W. G., Riess, N., & Olson, K. C. (2007, May). Menstrual Cycle and Stressor Type Impact Stress Reactivity and Recovery. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of

Life. Symposium conducted the annual meeting of the Western Psychological Association, Vancouver, Canada.

29. Reiss, N., **Lustyk, M. K. B.**, Gerrish, W. G., & Olson, K. C. (2007, May). Physical Activity Patterns Across the Menstrual Cycle in Women. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.
30. Gerrish, W. G., **Lustyk, M. K. B.**, Reiss, N., & Olson, K. C. (2007, May). Stress, Exercise, and Quality of Life Across the Menstrual Cycle. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.
31. Ward, R. L., **Lustyk, M. K. B.**, Holder, A. J., & Gerrish, W. G. (2007, May). Stress, Exercise and Premenstrual Symptomatology Relate Differently Across the Menstrual Cycle. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
32. Miller, A. C., **Lustyk, M. K. B.**, DeLeavaga, L., & Widman, L. (2007, May). Child Abuse Impacts the Relationship Between Stress and Premenstrual Symptomatology. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
33. Goodwin, N. P., **Lustyk, M. K. B.**, Ward, R. L., & Holder, A.J. (2007, May). Relationships among Appearance Schemas and Premenstrual Symptomatology are dependent upon menstrual cycle phase in women. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
34. **Lustyk, M. K. B.**, Gerrish, W. G., & Widman, L. (2007, March). Is the relationship between abuse history and premenstrual symptomatology affected by perceived stress? Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
35. **Lustyk, M. K. B.**, Gerrish, W. G., & Ward, R. (2007, March). Stress Reactivity and Recovery in Women: Assessing the role of Spiritual Well-Being and Body Awareness. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
36. **Lustyk, M. K. B.**, & Miller, A. (2007, March). Stress Moderates the Effects of Premenstrual Symptomatology on Body Image Reports in Women. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.

37. Gerrish, W. G., **Lustyk, M. K. B.**, & Henson, J. (2007, March). Gender difference in the effect of exercise and attributions on quality of life reports. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
38. **Lustyk, M. K. B.** (2006, April). Perceived stress, premenstrual symptomatology and body image reports in women. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.
39. Olson, K., **Lustyk, M. K. B.**, & de Laveaga, L. (2006, April). Anxiety impacts stress reactivity, recovery and quality of life. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.
40. **Lustyk, M. K. B.**, & Henson, J. (2006, April). Gender differences in exercise motives and habits. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.
41. **Lustyk, M. K. B.**, Cocoli, E., & Olson, K. C. (2005, April). Can exercise habits explain gender differences in quality of life? Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
42. **Lustyk, M. K. B.**, Miller A., Shomura, K., & Wells, C. (2005, April). Stress mediates the relationship between PMS and body image reports. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
43. **Lustyk, M. K. B.**, Worrell, K., Olson, K. C., & Cocoli, E. (2005, April). Effect of control on premenstrual symptomatology is mediated by stress. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
44. **Lustyk, M. K. B.**, Tadie, J., & Beam, C. R. (2005, April). Spiritual well being mediates the relationship between stress and strength of religious faith. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
45. **Lustyk, M. K. B.**, Swafford, F., & Redford, B. (2005, April). Sexual abuse, perceived stress and premenstrual symptomatology: A mediation analysis. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
46. **Lustyk, M. K. B.**, Soule-Hesse, E. Heisler, D., & Olson, K. C. (2005, April). Menstrual cycle effects on appearance schemas and body perception. Poster session presented at the annual meeting of the Western Psychological Association Meeting, Portland, OR.

47. **Lustyk, M. K. B.**, Beam, C. R., & Henson, J. (2005, April). Exercise motives mediate the relationship between exercise and quality of life. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
48. Beam, C. R. **Lustyk, M. K. B.**, Miller, A. C., & Olson, K. C. (2005, April). Relationships among perceived stress, premenstrual symptomatology and spiritual well-being. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
49. Beam, C. R., **Lustyk, M. K. B.**, & Tadie, J. (2005, April). Impact of social desirability on stress in men and women. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
50. **Lustyk, M. K. B.** (2005, May). Exercise and Quality of Life. Poster session presented at annual meeting of the American Psychological Society, Los Angeles, CA.
51. Miller, A., & **Lustyk, M. K. B.** (2005, August). Stress, Premenstrual Symptomatology and Spiritual Well-Being in Women: A mediation analysis. Paper presented at the annual meeting of the American Psychological Association, Washington, DC.
52. Paschane, A. E., **Lustyk, M. K. B.**, & Widman, L. (2004, March). Stress, quality of life and physical activity in women with varying degrees of premenstrual symptomatology. Paper presented at the annual meeting for the Society of Behavioral Medicine, Baltimore, MD.
53. **Lustyk, M. K. B.**, Paschane, A. E., & Widman, L. (2004, March). Exercise and premenstrual symptomatology in women. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
54. **Lustyk, M. K. B.**, Paschane, A. E., & Widman, L. (2004, April). Stress, quality of life and exercise in women with PMS. Paper presented at the annual meeting for the Western Psychological Association, Phoenix, AZ.
55. Widman, L., Worrell, K., Soule, E., **Lustyk, M. K. B.**, & Paschane, A. (2004, April). Implications of gender on sense of control reports. Poster session presented at the annual meeting of the Western Psychological Association, Phoenix, AZ.
56. Olson, K. C., **Lustyk, M. K. B.**, Watson, D. J., Meserole, L., & Paschane, A. A. (2004, April). Stress reactivity in women: Do psychological and physiological measures differ? Poster session presented at the annual meeting of the Western Psychological Association, Phoenix, AZ.



57. Paschane, A. E., **Lustyk, M. K. B.**, Widman, L., & Olson, K.C. (2004, July). Effect of sense of control on stress reactivity in women. Paper presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii.
58. Widman, L., **Lustyk, M. K. B.**, & Paschane, A. (2003, August). Sexual abuse and body image: Does age of abuse matter? Paper presented at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
59. **Lustyk, M. K. B.**, Widman, L., Paschane, A., & Ecker, E. (2003, March). Physical activity and quality of life: Assessing the influence of activity frequency, intensity, volume and motives. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
60. **Lustyk, M. K. B.**, Gibbs, R. M., & Vieselmeyer, J. L. (2003, May). Body image in women with varying degrees of premenstrual symptomatology. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
61. **Lustyk, M. K. B.**, McFarlane, C., & Marsala, K. J. (2003, May). A comparison of body image in female exercisers and non-exercisers. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
62. Beam, C. R., **Lustyk, M. K. B.**, Heisler-Noojin, D., & Olson, K. C. (2003, May). Relationships among stress, body image and religious well-being in females. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
63. Paschane, A. A., **Lustyk, M. K. B.**, Widman, L., & Sadak, T. (2002, August). Effect of Control and Stress on Quality of Life. Poster session presented at the annual meeting of the American Psychological Association, Chicago, IL.
64. Weathers, R., **Lustyk, M. K. B.**, Widman, L., & Ecker, E. (2002, June). Relationships among BMI, physical activity, and reasons for exercise in male and female college students. Poster session presented at the annual meeting of the American College of Sports Medicine, St. Louis, MO.
65. **Lustyk, M. K. B.**, Ecker, E., Widman, L., & Paschane, A. (2002, April). Does exercise intensity affect the relationship between exercise and quality of life? Poster session presented at the annual meeting of the Western Psychological Association, Irvine, CA.
66. **Lustyk, M. K. B.**, Paschane, A., Ecker, E., & Widman, L. (2002, April). Exercise and quality of life in college students: Do exercise motives make a difference? Poster session presented at the annual meeting of the Western Psychological Association, Irvine, CA.

67. **Lustyk, M. K. B.**, Weathers, B., Paschane, A., & Barsness, R. (2001, March). The effects of physical activity or meditation on psychological outcomes and physical fitness in healthy adults: An intervention study. Rapid Communications Poster session presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
68. **Lustyk, M. K. B.**, Bennett, J., Jarrett, M., & Heitkemper, M. M. (2001, March). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? Poster session presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
69. **Lustyk, M. K. B.**, Jarrett, M. Bennett, J., & Heitkemper, M. M. (2000, March). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? Poster session presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
70. **Lustyk, M. K. B.**, Bennett, J. C., Jarrett, M., Schoeniger, D. K., & Heitkemper, M. M. (2000, April). Physical activity and symptoms in women with irritable bowel syndrome. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.
71. **Lustyk, M. K. B.**, Jarrett, M., & Heitkemper, M. M. (1999). The effect of exercise and physical activity on irritable bowel syndrome symptoms in women. Poster session presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
72. **Lustyk, M. K. B.**, Summers, H., Heitkemper, M. M., & Jarrett, M. (1997, April). Aerobic fitness and the physiological stress response in women. Poster session presented at the annual meeting of the Western Psychological Association, Seattle, WA.
73. **Lustyk, M. K. B.**, Summers, H., Jarrett, M., & Heitkemper, M. M. (1997, April). Aerobic fitness and the physiological stress response in women. Paper presented at the annual meeting of the Western Psychological Association, Seattle, WA.
74. Gruver (**Burkhart**), **M. K.**, Heitkemper, M. M., & Kenney, N. J. (1991, November). Decreased intestinal transit following area postrema ablation. Poster session presented at the annual meeting of the Society for Neuroscience, New Orleans, LA.
75. Heitkemper, M. M., Bond, E. F., Gruver (**Burkhart**), **K.**, & Horita, A. (1991, November). TRH-induced gastric motility increases are mediated by a cholinergic mechanism in young rats. Poster session presented at the annual meeting of the Society for Neuroscience, New Orleans, LA.

76. Gruver (**Burkhart**), **M. K.**, Heitkemper, M. M., & Kenney, N. J. (1990, November). Effect of area postrema ablation on gastric emptying. Poster session presented at the annual meeting of the Society for Neuroscience, St. Louis, MO.
77. **Burkhart**, **M. K.**, Kenney, N. J., & Tomoyasu, N. (1989, April). Effect of diet familiarity on food aversions and weight loss induced by area postrema ablation (APX). Poster session presented at the Xth International Conference on the Physiology of Food and Fluid Intake, Paris, France.
78. **Burkhart**, **M. K.**, & Kenney, N. J. (1989, November). Food aversions induced by area postrema ablation (APX): Effect of diet familiarity. Poster session presented at the annual meeting of the Society for Neuroscience, Phoenix, AZ.

**Invited Presentations/Lectures/Workshops (Reverse Chronological Order):**

- 2011            Compassion/Loving-Kindness Meditation: Neurobiological Correlates. Presented to the Stress Management for Providers Group at University of Washington Medical Center (October, 2011), Seattle, WA.
- 2010            From Sugar and Spice and All Things Nice to Progesterone and Estrogen and Being a Woman: Understanding the links between hormones and behavior. Presented to The Matt Talbot House Women's Group (August, 2010), Seattle, WA.
- 2010            Mindfulness-Based Relapse Prevention: A Dialogue Between Clinical Science and Neuroscience in the Treatment of Addictive Behavior. Co-presented with G. Alan Marlatt, PhD. Invited presentation for the annual Western Psychological Association Meeting, Cancun, Mexico
- 2010            "Relapse, Addiction, and Mindfulness: The neuroscience implications and clinical applications of Mindfulness-Based Relapse Prevention Therapy". Workshop for mental health professionals offered by Washington Mental Health Counselors Association (March, 2010). Presented with Sarah Bowen, PhD, UW Research Scientist and G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2009            " The Functional Neuroanatomy of Mindfulness Meditation" Invited presentation for Awakening to Mindfulness Conference, Seattle, WA (October, 2009). Presented with G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.

- 2009 “ Understanding the Neurobiology of Mindfulness: Implications for the addicted mind” Invited presentation for the First Annual Meeting of the Buddhist Recovery Network, Los Angeles, CA (October, 2009). Presented with G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2009 “Stress and Health: Neurobiological factors in the human stress response” Two-day invited lecturer for UW Psychology 490: Stress Management led by G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2009 “ Of One Mind: Understanding the Human Condition via Collaborations among Clinical Psychologists and Neuroscientists” Invited lecturer for UW Psychology 489: Introduction to Clinical Psychology led by G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2009 “The Neurobiology of Addiction” Invited lecturer for UW Psychology 448C: Psychology of Addictive Behaviors led by G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2007 “Mind and Menses: Issues affecting health in women” Invited presentation for faculty, students, and staff of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2006 “Laboratory Studies of stress and health in women” Guest lecture of biology cap-stone course, Seattle Pacific University, Seattle, WA.
- 2005 “But I’m not hungry!” Campus-wide presentation on eating disorders and body image, Seattle Pacific University, Seattle, WA.
- 2004 “Stress and Health”, Symposium responder, Seattle Pacific University School of Psychology Family and Community Research Conference, Seattle, WA.
- 2002 “Behavioral neuroscience at a Christian liberal arts university”. Presented to Seattle Pacific University board of trustees, Seattle Pacific University, Seattle, WA.
- 1998 “The psychobiology of eating disorders”. Presented at Women’s Group, Seattle Pacific University, Seattle, WA.
- 1997 “Reflections on *The Plague* (Albert Camus) from a physiological psychologist’s perspective”. Seattle Pacific University College of Arts and Sciences Retreat, Seattle, WA.

- 1994 "Achieving cardiovascular fitness". Pacific Northwest All Sports Conference. Seattle, WA.
- 1994 "Aerobic exercise - practical applications". Pacific Northwest All Sports Conference. Seattle, WA.
- 1992 "The importance of exercise during the climacteric: Making a case for exercise as a treatment for menopausal symptoms". Presented at Swedish Medical Center, Seattle, WA as a part of a Women's Health Seminar Series.
- 1992 "Women of the 90's: Health issues surrounding menopause". Presented at the Bellevue Athletic Club, Bellevue, WA as an independent lecture series.

**Media Related & Non-juried publications:**

Science Advisor for "Yoga in the Shadows", television documentary by Bruce Kubert depicting the use of yoga and mindfulness in the treatment of addiction and trauma, in progress.

Interview contributor to "The Menstrual Cycle and Stress". MSN.com, Summer, 2010.

Interview contributor to "Women and Alcohol: A delicate balance". Pause Magazine, Winter, 2010, <http://pause.acog.org/>.

Interview contributor to "Talking up girl power" published by Parent Map magazine, Fall, 2009, <http://www.parentmap.com/content/view/1319/433/>.

Interview contributor to Amato, P. (2010). Soul Silence: Addiction and the Science of Meditation, (chapter 6, pp. 94-96). Deerfield Beach, FL: Health Communications, Inc.

**Lustyk, M. K. B.** (2010). The Pleasure Circuit. Inquiring Mind, 26 (2); <http://www.inquiringmind.com/>

Expert contributor to "Neuroscience and addictions: A five part documentary series", television documentary presented by the Discovery Channel, in progress.

Interviewer contributor to "Yoga in the Shadows", television documentary by Bruce Kubert depicting the use of yoga as a treatment for addiction, in progress.

**Manuscripts under review or in progress:**

Witkiewitz, K. **Lustyk, M. K. B.**, & Bowen, S. Re-Training the Addicted Brain: A Review of Hypothesized Neurobiological Mechanisms of Mindfulness-Based Relapse Prevention, Manuscript submitted for publication.

**Lustyk, M. K. B.**, Shilling, B., Douglas, H. & Woods, N. F. Hemodynamic and neuroendocrine responses to laboratory stressors in women: Assessing the roles of menstrual cycle phase, sleep characteristics, and premenstrual symptomatology. Manuscript in progress.

Craft, B., Douglas, H. A., & **Lustyk, M. K. B.** Exercise and Quality of Life: Assessing the moderating effect of exercise attributions. Manuscript in progress.

**Submitted Presentations (currently under review):**

**Accepted (and future invited) Presentations:**

**Lustyk, M. K. B.** Psychophysiological Investigation of stress and craving following Mindfulness-Based Relapse Prevention for Substance Use Disorders  
In Hoge, E. (chair), Mechanisms of Stress Reduction & Resilience during Mindfulness-Based Interventions. Symposium accepted for presentation at the International Research Congress on Integrative Medicine and Health, Portland, OR (2012).

**Lustyk, M. K. B.** Psychophysiological Investigation of stress and craving following Mindfulness-Based Relapse Prevention for Substance Use Disorders  
In **Lustyk, M. K. B.** (chair), Behavioral, Psychophysiological, and Neurobiological investigations of changes in craving following Mindfulness – Based interventions for Substance Use Disorders. Symposium accepted for presentation at the International Symposia for the Study of Contemplative Science, Denver, CO (2012).

Douglas, H. A. C., Shilling, E. A., & **Lustyk, M. K. B.** Foundations of Mindfulness: Body Awareness and Hemodynamic Reactivity in Women. Paper accepted for presentation at the International Symposium for Contemplative Science, Denver, CO (2012).

**Grant/Funding Activities**

**ACTIVE**

**1K18DA031464-01, Lustyk (PI)**

09/30/2010-06/29/2012

NIDA

\$ 21,600

*Brain Activation in Women Treated with Mindfulness-Based Relapse Prevention*

This award will provide mentored training in applied fMRI technology to the PI in an effort to introduce brain assessments to the study of MBRP. Mentors are Dr. G. Alan Marlatt, Professor of Psychology at the University of Washington and Director of the Addictive Behaviors Research Center and Dr. Ione Fine, Associate Professor of Psychology at the University of Washington and contributing faculty to the Institute for Learning and Brain Sciences (I-LABS). The proposed project will assess craving induced BOLD signal responses in female alcoholics who received Mindfulness-Based Relapse Prevention compared to women who received treatment as usual.

**Faculty Research Grant, Lustyk (PI)**

09/01/2000- renewed annually

Seattle Pacific University

\$4000

*Women's Health Research*

The purpose of these funds is to annually support research in Lustyk Women's Health Lab.

PENDINGCOMPLETED**UL1RR025014, Lustyk (PI)**

1/25/2010-4/30/2011

NIH/ITHS/CTSA

\$10,000

*Cardiovascular Responses to a Laboratory Stressor in Substance Abusers Before and After Treatment with Mindfulness-Based Relapse Prevention.*

The goal of this project is to study cardiovascular reactivity and recovery in response to a cognitive challenge in addicts before and after completing an 8-week Mindfulness-Based therapy intervention.

Foundation Awards**Lab Equipment Support, Lustyk (PI)**

1/07/2009

Norcliffe Foundation

\$10,000

These funds were awarded for the immediate purchase of new physiological monitoring equipment.

Research Grants**Faculty Research Grant, Lustyk (PI)**

09/01/1999-07/01/2000

Seattle Pacific University

\$5311

*Psychophysiology Lab Start-up*

These funds were used by Lustyk to establish the first psychology lab at Seattle Pacific University. All support went towards acquiring psychophysiology equipment and currently houses the Lustyk Women's Health Lab.

**Academic Renewal Grant, Lustyk (Professor)**      03/01/2001-7/01/2001  
Seattle Pacific University      \$1800  
*Psychobiology of Women*

This support was used to establish a new course for undergraduate curriculum entitled: Psychobiology of Women, now a regular course offering taught by Lustyk.

**Faculty Research Grant, Lustyk (PI)**      09/01/2001-01/01/2002  
*Survey studies in Women's Health*      \$1200

These funds were used to perform three separate survey studies: (1) Stress and Quality of Life In women with Various Degrees of Premenstrual Symptomatology, (2) Stress and Premenstrual Symptomatology in Women with a History of Abuse, (3) Stress, Premenstrual Symptomatology and Sense of Control in Women.

Not Funded

**1R01DA025764-01A1, Lustyk (Co-I)**

NIDA

*MINDFULNESS-BASED RELAPSE PREVENTION: EFFICACY AND MECHANISMS*

The goals of this **Competing Renewal**, Marlatt (PI), are to continue the randomized clinical to allow for a fully-powered study of MBRP treatment efficacy, and including assessment of mechanisms and moderating influences of treatment. Assessments include self-report measures, cognitive testing, and stress responses through measurement of psychophysiological responses to a laboratory stressor.

**R34, Lustyk (PI)**

NIMH

*Development of a mindfulness-based intervention for women with PMS/PMDD*

The proposed research project is focused on developing a guided body-scan mindfulness meditation and pilot testing its therapeutic effects in women with PMS/PMDD. Components of Marlatt's (G. Alan Marlatt, Co-I) Mindfulness-Based Relapse Prevention Program will be adapted in this study.

**Committee and University Service Related Activities:**

Pre-professional Health Sciences Committee, Seattle Pacific University, 1996- present  
Faculty Advisor, Psi Chi National Honor Society, 1996-present  
Faculty Advisor, Student Society of Psychology, 1996-present  
Faculty Speaker, Ivy Cutting, Seattle Pacific University, 2006  
Faculty Mentor, Washington State Achievers Scholars, 2005-2007  
Science Building Planning Committee, Seattle Pacific University, 2004-2005  
Faculty Status Committee, Seattle Pacific University, spring 2005  
Faculty Marshall, Seattle Pacific University Commencement, 2005, 2011



Premier Faculty Presenter, Seattle Pacific University, spring 2004  
Women Studies Committee, Seattle Pacific University, 1998-2003  
Premier Faculty Presenter, Seattle Pacific University, spring 2003  
Science Building Task Force, Seattle Pacific University, 1997-2003  
Administrator Review Task Force, Seattle Pacific University, 2000

**Doctoral Student Research Supervision (Reverse Chronological Order):**

1. Seattle Pacific University, Department of Graduate Psychology, Dissertation chair for Megan Swan, 2010-2011. Dissertation Title: *Differential SPECT Activation Patterns Associated with PASAT Performance may Indicate Frontocerebellar Functional Dissociation in Chronic Mild Traumatic Brain Injury.*
2. Seattle Pacific University, Department of Graduate Psychology  
Graduate Teaching Assistant Supervisor for Jake Bentley, MA, 2009-2010.
3. Seattle Pacific University, Department of Graduate Psychology  
Graduate Research Assistant Supervisor and Dissertation Chair for Winslow G. Gerrish, 2006-2011. Dissertation Title: *Assessment of the Interrelationships Between Body Awareness, Trait Mindfulness, and Premenstrual Symptomatology: Being mindful of symptom experiences.*
4. Seattle Pacific University, Department of Graduate Psychology  
Dissertation Committee Chair for Nate Reiss, 2001- 2007. Dissertation Title: *Associative Cognitive Processing and Performance Outcomes in Elite Athletes*
5. Seattle Pacific University, Department of Psychology Graduate Research Assistant Supervisor and Dissertation Chair for Karen C. Olson, 2002-2006. Dissertation Title: *Relationships among Psychological and Physiological Stress Reactivity in Women across the Menstrual Cycle*
6. Seattle Pacific University, Department of Psychology  
Graduate Research Assistant Supervisor for Alesha Muljat, 2006
7. Seattle Pacific University, Department of Graduate Psychology  
Graduate Research Assistant Supervisor and Dissertation Chair for Dawn Heisler-Noojin, 2001- 2006. Dissertation Title: *The Effect of Adult Attachment and Attachment to God on Stress Reactivity and Recovery*
8. Seattle Pacific University, Department of Graduate Psychology  
Graduate Research Assistant Supervisor and Dissertation Chair for Amy Paschane, 1999-2003. Dissertation Title: *Effect of Sense of Control on Stress Reactivity in Women*

**References:**

Margaret M. Heitkemper, R.N., Ph.D., Professor and Chair, Dept. Biobehavioral Nursing & Health Systems, University of Washington School of Nursing, Box 357266, Seattle, WA 98195, 206-543-1091(work), 206-543-4771 (fax), Email: [heit@u.washington.edu](mailto:heit@u.washington.edu), [http://www.son.washington.edu/Faculty/faculty\\_bio.asp?id=47](http://www.son.washington.edu/Faculty/faculty_bio.asp?id=47)

Jay Uomoto, Ph.D., VA-DoD Liaison and Senior Consultant in TBI  
Department of Veterans Affairs / Office of Rehabilitation Services (117)  
Defense Centers of Excellence for Psychological Health and TBI (DCoE)  
1335 East West Highway, Suite 640, Silver Spring, MD 20910  
Email: [jay.uomoto@tma.osd.mil](mailto:jay.uomoto@tma.osd.mil), Office: 301-295-8413, Blackberry: 571-314-5763, Fax: 301-295-3322, [www.dcoe.health.mil](http://www.dcoe.health.mil)