

**SPENCER CHARLES DAWSON
CURRICULUM VITAE**

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LICENSE AND CERTIFICATION

NPI: 1669094025
Indiana Psychologist: 20043352A
Indiana Health Service Provider in Psychology: 20043352B
Diplomate in Behavioral Sleep Medicine: 20211100173

ACADEMIC APPOINTMENTS

Indiana University	Bloomington, IN
Assistant Clinical Professor	June 2021-present
Associate Director of Clinical Training	June 2021-present
Adjunct Instructor, Psychological and Brain Sciences	January 2021-May 2021

EDUCATION

University of Arizona	Tucson, AZ
Doctor of Philosophy in Psychology	2010-2017
APA and PCSAS accredited program in Clinical Psychology	
Albion College	Albion, MI
Bachelor of Arts in Psychology and Political Science	2002-2006
Graduated Cum Laude with Honors in Psychology	

INTERNSHIPS AND FELLOWSHIPS

Northwestern University	Chicago, IL
NRSA T32 Postdoctoral Fellow	2018-2019
VA Ann Arbor Health System	Ann Arbor, MI
APA Accredited Internship in Clinical Psychology	2016-2017

RESEARCH EXPERIENCE

University of Arizona	Tucson, AZ
Research Therapist, Department of Psychiatry	2013-2014

University of Arizona Tucson, AZ
Graduate Research Assistant, Sleep Research Laboratory 2011-2016

University of Arizona Tucson, AZ
Research Specialist, Health Sciences Center Sleep Laboratory 2010-2011

University of Michigan Ann Arbor, MI
Chief Research Assistant, Sleep and Chronophysiology Laboratory 2008-2010
Research Assistant, Sleep and Chronophysiology Laboratory 2006-2008

CLINICAL EXPERIENCE

Indiana University CBT Training Clinic Bloomington, IN
Clinical Supervisor June 2021-present

Sleep Health Center Louisville, KY
Clinical Psychologist Aug 2022-present

Better Sleep Bloomington Bloomington, IN
Owner and Clinical Psychologist May 2020-Aug 2022

Northwestern University Chicago, IL
Behavioral Sleep Medicine Fellow 2018-2019
Supervisor: Jason Ong, Ph.D.

University of Arizona Tucson, AZ
Clinical Assessment Practicum Teaching Assistant 2015-2016, 2017
Supervisors: John Allen, Ph.D., Andrew Perkins, Ph.D.

University of Arizona Medical Center Tucson, AZ
Psychology Extern at Early Psychosis Intervention Center 2013-2015
Supervisor: Nicholas Breitborde, Ph.D.

Marana Health Center Marana, AZ
Psychology Extern 2013- 2014
Supervisors: Jack Prohaska, LCSW, Michelle Ellis, Ph.D.

Arizona State Prison –Tucson (Corizon Health) Tucson, AZ
Psychology Associate Extern 2013
Supervisor: Susan Santa Cruz, Ph.D.

Arizona State Prison –Tucson (Wexford Health Sources) Tucson, AZ
Psychology Associate Extern 2012-2013
Supervisors: Andrew Bernstein, Ph.D., Daniel McDonnell, Ph.D.

- University of Arizona** Tucson, AZ
Assessment Extern at Psychology Department Clinic 2012
Supervisor: Marisa Menchola, Ph.D.
- University of Arizona Medical Center** Tucson, AZ
Psychology Extern at Insomnia Clinic 2012
Supervisors: Richard Bootzin, Ph.D., Patricia Haynes, Ph.D.
- University of Arizona** Tucson, AZ
Therapist at Psychology Department Clinic 2011-2014
Supervisors: Hal Arkowitz, Ph.D., Randall Garland, Ph.D., Michael Rohrbaugh, Ph.D., David Sbarra, Ph.D.
- University of Arizona** Tucson, AZ
Assessment Practicum Student 2010-2011
Supervisors: John Allen, Ph.D., Kathleen Prouty, Ph.D.
- Oaklawn Hospital** Marshall, MI
Practicum Student 2006
Supervisor: Donald Horner, M.A.

PUBLICATIONS

- Dawson, S.C.**, Krakow, B. Haynes, P. L., Rojo-Wissar, D. M., McIver, N. D., Ulibarri, V. A. (accepted). Use of Sleep Aids in Insomnia: The Role of Time Monitoring Behavior. *The Primary Care Companion for CNS Disorders*.
- Coppola, A., Mehl, M. R., Tackman, A. M., **Dawson, S. C.**, O'Hara, K. L., & Sbarra, D. A. (in press). Sleep efficiency and naturalistically-observed social behavior following marital separation: The critical role of contact with an ex-partner. *Journal of Social and Personal Relationships*.
- Ong, J. C., **Dawson, S. C.**, Taylor, H. L., Park, M., Burgess, H. J., Crawford, M. R., Rains, J. C., Smitherman, T. A., Espie, C. A., Jones, A. L., & Wyatt, J. K. (2022). A Micro-Longitudinal Study of Naps, Sleep Disturbance, and Headache Severity in Women with Chronic Migraine. *Behavioral Sleep Medicine*, DOI: 10.1080/15402002.2022.2050723
- Tu, A. Y., Crawford, M. R., **Dawson, S. C.**, Fogg, L. F., Turner, A. D., Wyatt, J. K., Crisostomo, M. I., Chhangani, B. S., Kushida, C. A., Edinger, J. D., Abbott, S. M., Malkani, R. G., Attarian, H. P., Zee, P. C., & Ong, J. C. (2022). A randomized controlled trial of cognitive behavioral therapy for insomnia and PAP for obstructive sleep apnea and comorbid insomnia: Effects on nocturnal sleep and daytime performance. *Journal of Clinical Sleep Medicine*, 18(3), 789–800.
- Sexton, M. B., **Dawson, S. C.**, Spencer, R. J., Phillips, D., Reckow, J. M., Conroy, D. A., Winters, J. J., Bonar, E. E., & Chermack, S. T. (2021). Relationships between insomnia and alcohol and cocaine use frequency with aggression among veterans engaged in substance use treatment. *Sleep Medicine*, 83, 182-187.
- Ong, J. C., **Dawson, S. C.**, Mundt, J. M., Kaiser, E. C., & Moore, C. E. (2020). Developing a cognitive behavioral therapy for hypersomnia using telehealth: a feasibility study. *Journal of Clinical Sleep Medicine*, 16(12), 2047-2062.
- Ong, J. C., Crawford, M. R., **Dawson, S. C.**, Fogg, L. F., Turner, A. D., Wyatt, J. K., Crisostomo, M. I., Chhangani, B. S., Kushida, C. A., Edinger, J. D., Abbott, S. M., Malkani, R. G., Attarian,

- H. P., & Zee, P. C. (2020). A randomized controlled trial of CBT-I and PAP for obstructive sleep apnea and comorbid insomnia: Main outcomes from the MATRICS study. *Sleep, 43*(9)
- Goldstein, M. R., Turner, A. D., **Dawson, S. C.**, Segal, Z. V., Shapiro, S. L., Wyatt, J. K., Manber, M., Sholtes, D., & Ong, J. C. (2019). Increased high-frequency NREM EEG power associated with mindfulness-based interventions for chronic insomnia: Preliminary findings from spectral analysis. *Journal of Psychosomatic Research, 120*, 12–19.
- Ong, J. C., Arand, D., Schmitz, M., Baron, K., Blackburn, R., Grandner, M. A., Lichstein, K. L., Nowakowski, S., Teixeira, C., Boling, K., **Dawson, S. C.**, & Hansen, K. (2018). A Concept Map of Behavioral Sleep Medicine: Defining the Scope of the Field and Strategic Priorities. *Behavioral Sleep Medicine, 16*(6), 523–526.
- Krakow, B., Ulibarri, V. A., McIver, N. D., Yonemoto, C., Tidler, A., Obando, J., Foley-Shea, M. R., & Ornelas, J., & **Dawson, S.** (2017). Reversal of CPAP Failure with the REPAP Retitration Protocol. *Respiratory Care, 62*, 396-408.
- Breitborde, N. J. K., Maple, A. M., Bell, E., **Dawson, S. C.**, Harrison-Monroe, P., & Gallitano, A. L. (2017). Activity-regulated cytoskeleton-associated protein predicts response to cognitive remediation among individuals with first-episode psychosis. *Schizophrenia Research, 184*, 147-149. DOI: 10.1016/j.schres.2016.12.005
- Breitborde, N. J. K., Woolverton, C., **Dawson, S.**, Bismark, A., Bell, E., Bathgate, C. J., Norman, K. (2015). Metacognitive skills training enhances computerized cognitive remediation outcomes among individuals with first-episode psychosis. *Early Intervention in Psychiatry, 11*, 244-249. DOI: 10.1111/eip.12289
- Breitborde, N. J. K., Bell, E. K., Dawley, D., Woolverton, C., Ceaser, A., Waters, A. C., **Dawson, S. C.**, Bismark, A. W., Polsinelli, A. J., Bartolomeo, L., Simmons, J., Bernstein, B., Harrison-Monroe, P. (2015). The early psychosis intervention center (EPICENTER): Development and six-month outcomes of an American first-episode psychosis clinical service. *BMC Psychiatry, 15*, 266.
- Bootzin, R. R., **Dawson, S.C.**, & Kelly, M.R. (2015). Sleep disorders. In H. Friedman (Ed.) *Encyclopedia of Mental Health*, second edition.
- Breitborde, N. J. K., **Dawson, S.C.**, Woolverton, C., Dawley, D., Bell, E. K., Norman, K., Polsinelli, A., Bernstein, B., Mirsky, P., Pletkova, C., Grucci III, F., Montoya, C., Nandiego, B., Sarabi, E., DePalma, M., & Morena, F. (2014). A randomized controlled trial of cognitive remediation and d-cycloserine for individuals with bipolar disorder. *BMC Psychology, 2*(1), 41.

PUBLISHED ABSTRACTS

mentored students listed in italics

- Dawson, S. C.**, Kim, M., Reid, K., Burgess, H. J., Wyatt, J. K., Hedeker, D., Park, M., Rains, J. C., Espie, C. A., Taylor, H. L., Ong, J. C. (2020, June). Is timing of light exposure different in women with chronic migraine? Presented at the annual meeting of the Association of Professional Sleep Societies, Philadelphia, PA.
- Ong, J. C., **Dawson, S. C.**, Mundt, J. M., Adkins, E., Moore, C. (2020, June). Cognitive behavioral therapy for hypersomnia (CBT-H): a feasibility study for improving health-related quality of life. Presented at the annual meeting of the Association of Professional Sleep Societies, Philadelphia, PA.
- Tu, A. Y., Crawford, M. R., **Dawson, S. C.**, Fogg, L. F., Turner, A. D., Wyatt, J. K., Crisostomo, M. I., Chhangani, B. S., Kushida, C. A., Edinger, J. D., Abbott, S. M., Malkani, R. G., Attarian, H. P., Zee, P. C., Ong, J. C. (2020, June). CBT-I and CPAP in comorbid insomnia and sleep apnea: effects on

- daytime functioning. Presented at the annual meeting of the Association of Professional Sleep Societies, Philadelphia, PA.
- Dawson, S. C.**, Burgess, H. J., Wyatt, J. K., Hedeker, D., Park, M., Rains, J. C., Espie, C., Taylor, H. L., & Ong, J. C. (2019, June). Does napping for headache relief lead to sleep disturbance at night? Presented at the annual meeting of the Association of Professional Sleep Societies, San Antonio, TX.
- Dawson, S. C.**, Hafezi, A. N., Goldstein, M. R., Haynes, P. L., Allen, J. J. B. (2017, June). Memory for nocturnal awakening: time course and autonomic arousal. Presented at the annual meeting of the Association of Professional Sleep Societies, Boston, MA.
- Meyer, A., Pine, J., Chon-Lopez, L. M., Lackow, J. R., Gallitano, A., Maple, A., **Dawson, S.**, Dawley, D., Harrison-Monroe, P., Breitborde, N., & Bell, E. (2016, September). Social Functioning in First-Episode Psychosis: Associations with Sleep Quality and Sleep-Related Genetic Factor. Presented at the Society for Research in Psychopathology, Baltimore, MD.
- Dawson, S. C.**, Goldstein, M. R., Hafezi, A. N., Haynes, P. L., & Allen, J. J. B. (2016, June). Memory, Arousal, and Perception of Sleep. Presented at the annual meeting of the Association of Professional Sleep Societies, Denver, CO.
- Hafezi, A. N.*, **Dawson, S. C.**, Goldstein, M. R., Haynes, P. L., & Allen, J. J. B. (2016, June). Sleep reactivity predicts parasympathetic control during return sleep after mid-night awakening. Presented at the annual meeting of the Association of Professional Sleep Societies, Denver, CO.
- Dawson, S. C.**, Bell, E., Woolverton, C., Wyatt, J., & Breitborde, N. J. K. (2015). Nighttime and daytime sleep in first episode psychosis. Presented at the annual meeting of the Associated Professional Sleep Societies, Seattle, WA.
- Rojo-Wissar, D. M.*, Bourassa, K. J., Carey, A. L. **Dawson, S. C.**, Mehl, M. R., Sbarra, D. A., & Bootzin, R. R. (2015, June). Higher day-to-day time in bed variability predicts lower life satisfaction in recently separated adults. Presented at the annual meeting of the Associated Professional Sleep Societies, Seattle, WA.
- Breitborde, N., Woolverton, C., **Dawson, S.**, Bismark, A., Bell, E., Kalkinka, C., & Norman, K. (2014, September). Metacognitive remediation for first-episode psychosis. Presentation at the annual meeting of the Society for Research in Psychopathology.
- Dawson, S. C.**, Krakow, B., McIver, N. D., & Ulibarri, V. A. (2014, June). Time Monitoring Behavior: Factor analysis and relationship to sleep medication use. Presented at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Dawson, S. C.**, Pilon, A., Cousins, J. C., Sidani, S., Epstein, D., Moritz, P., & Bootzin, R. R. (2014, June). Cognitive behavioral therapy for insomnia reduces night to night variability of insomnia symptoms. Presented at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Rojo-Wissar, D. M.*, **Dawson, S. C.**, Davidson, R. D., Sbarra, D. A., Mehl, M. R., & Bootzin, R. R. (2014, June). The association between sleep duration and psychological adjustment to divorce is moderated by number of children. Presented at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Dawson, S. C.**, Kelly, M. R., Warner, L., & Haynes, P. L. (2013, June). Sleep mediates the relationship between news exposure and symptoms of distress in community members following the January 8, 2011 Tucson shooting. Presented at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.
- Garb, L. R.*, **Dawson, S. C.**, Cousins, J. C., Sidani, S., Epstein, D., Moritz, P., & Bootzin, R. R. (2013, June). Number of prior treatments does not reduce the efficacy of cognitive-behavior

therapy for insomnia. Presented at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.

Krietsch, K. N., Dawson, S. C., Cook, J. D., Sbarra, D. A., Mehl, M. R., & Bootzin, R. R. (2013, June). Time since separation predicts changes in TST in recently separated men. Presented at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.

Taraborelli, S. B., Dawson, S. C., Cousins, J. C., Sidani, S., Epstein, D., Moritz, P., & Bootzin, R. R. (2013, June). Agreement between self, significant other, and clinician ratings of insomnia severity. Presented at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.

Dawson, S. C., Peck, T. S., & Bootzin, R.R. (2012, June). The relationship between EEG spectral power during meditation and sleep. Presented at the annual meeting of the Associated Professional Sleep Societies, Boston, MA.

Garb, L. R., Bootzin, R., Dawson, S. C., Cousins, J. C., Fridel, K., Sidani, S., Epstein, D., & Moritz, P. (2012, June). Cognitive-behavioral treatment for insomnia improves sleep efficiency and ISI in co-morbid with sleep apnea or periodic limb movements. Presented at the annual meeting of the Associated Professional Sleep Societies, Boston, MA.

Krietsch, K. N., Sbarra, D. A., Mason, A. E., Dawson, S., & Bootzin, R. (2012, June). Sleep moderates the association between divorce-related psychological adjustment and systolic blood pressure over 90 days in women. Presented at the annual meeting of the Associated Professional Sleep Societies, Boston, MA.

Dawson, S.C., Hoffmann, R. F., Emslie, G. J., & Armitage, R. (2011, June). The relationship between objective and subjective sleep measures in depressed and healthy children. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.

Dawson, S., Walter M., & Christopher A. (2006, May). Social Dominance Orientation, Right Wing Authoritarianism, and similarity effects in biracial elections. Presented at the annual meeting of the Association for Psychological Science, New York, NY.

Dawson, S., Walter M., & Christopher A. (2006, May). Social Dominance Orientation, Right Wing Authoritarianism, and similarity effects in biracial elections. Presented at the annual Albion College Elkin R. Isaac Student Research Symposium and the annual Michigan Undergraduate Psychology Research Conference.

SYMPOSIA AND PANELS

Mundt, J. M., **Dawson, S. C.**, & Ong, J. C. (2021, September). Cognitive Behavioral Therapy for Hypersomnia. Society of Behavioral Sleep Medicine Scientific Conference, Nashville, TN.

Moorcroft, W., Rolle, N. R., **Dawson, S.**, & Manber, R. (2020, November). The Variety of Behavioral Sleep Medicine Therapies for Insomnia Disorder. Society of Behavioral Sleep Medicine Scientific Conference, online.

PRESENTATIONS TO PROFESSIONAL AUDIENCES

Estevez Burns, R. E. & **Dawson, S. C.** (2021, July). Mindfulness and Insomnia Treatment. Society of Behavioral Sleep Medicine Practice Consultation Webinar, online.

Dawson, S. C. (2019, January). Hypersomnia. Society of Behavioral Sleep Medicine Practice Consultation Webinar, online.

Dawson, S. C. (2013, October). Sleep health for midwives. Talk presented at the El Rio Birth and Women's Health Center as part of National Midwifery Week, Tucson, AZ.

INSTRUCTIONAL EXPERIENCE

Indiana University

Instructor

P690: Cognitive Behavioral Therapy	Fall 2021-present
P690: Individual Practicum in Clinical Psychology	Fall 2021-present
P457: Research and Application of Sleep and Circadian Science	Spring 2021

University of Arizona

Teaching Assistant

PSYC 694A: Clinical Assessment Practicum	2015-2016, 2017
PSYC 230: Measurement and Statistics	Summer 2011
PSYC 478: Sleep and Sleep Disorders	Spring 2011
INDV 101: Structure of Mind & Behavior	Fall 2010

Guest Lectures

CBT for Depression, in PSY-P 631: Intervention and Evaluation	Spring 2022
Sleep Perception, in PSYC 496H: Sleeping Well	Fall 2014
Biological Rhythms, in PSYC 478: Sleep and Sleep Disorders	Spring 2011
Assessing Sleep, in PSYC 501: Psychophysiology	Spring 2011

PRESENTATIONS TO COMMUNITY AUDIENCES

Dawson, S. C. & Kelly, M. R. (2015, November). Sleep, stress, and mental health. Presented at the Osher Lifelong Learning Institute, Tucson, AZ.

Dawson, S. C. & Newman-Smith, K. C. (2014, March). Sleep. Presented at the Osher Lifelong Learning Institute, Tucson, AZ.

INTERVIEWS

Erickson, E. P. G. (2022). Best 9 best alarm clocks of 2022. *Health.com* (website).

Potter, S. (2022). The debate over daylight saving time. *Wisconsin Public Radio*.

Conklin, L. M. (2021). Can you sneeze in your sleep? It depends. *The Healthy* (website).

Xu, Y. (2021). Sleep discrepancy: Gateway to insomnia. *Deep into Sleep* (podcast).

Hedley, N. (2020). Insomnia from Two Sides: Evo Terra & Dr. Spencer Dawson. *The Snooze Button* (podcast).

DiGiulio, S (2018). Multiple articles. *Centennial Health Magazine: The Science of Sleep*.

Rinker, M. (2013). Coffee, liquor damaging to sleep health. *University of Arizona Daily Wildcat*.

Dale, M. (2011). The path to sweet dreams: How to sleep and feel better. *Her Campus*.

AWARDS, SCHOLARSHIPS, AND GRANTS

Society of Behavioral Sleep Medicine Dissertation Award	June 2018
Sleep Research Society Abstract Merit Based Award	June 2016
University of Arizona GPSC Research and Project grant	February 2015
Sleep Research Society Abstract Merit Based Award	June 2014
Albion College FURSCA Travel Award	May 2006
Albion College FURSCA Academic Year Research Grant	September 2005-May 2006
Albion College FURSCA Summer Research Grant	June-August 2005
Albion College Presidential Scholarship	September 2002-May 2006
Michigan Merit Award	September 2002-May 2004

SERVICE ACTIVITIES

AASM Diversity, Equity, and Inclusion Committee	2022-present
IU PBS DEI Training Working Group	2022-present
IU PBS Diversity Advancement Committee	2021-present
IU PBS Newcomb-Garraghty Staff Award Committee	2021-present
BBSM: Director At-Large	2021-present
SBSM Diversity, Equity and Inclusion Committee	2021-present
SBSM Web & Communications Committee	2018-2019
SBSM Website subcommittee: Chair	2018
SBSM Board of Directors: Student Representative	2015-2016
Externship Advisory Committee, University of Arizona	2012-2016
Southern Arizona Psychological Association: Student Representative	2012-2013
Southern Arizona Psychological Association CE Committee	2012-2013
Sleep Research Society TEAC Trainee Subcommittee	2011-2012

PEER REVIEW ACTIVITY

American Journal of Industrial Medicine
 Behavioral Sleep Medicine
 BMC Psychiatry
 Current Psychology
 International Journal of Behavioral Medicine
 Journal of Affective Disorders
 Journal of Clinical Sleep Medicine
 Journal of Psychiatric Research
 Sleep and Breathing
 Sleep Medicine

PROFESSIONAL MEMBERSHIPS

Society for the Teaching of Psychology	2021-present
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American Academy of Sleep Medicine	2020-present
Indiana Psychological Association	2020-present
American Psychological Association, Division 38	2020-present
Society of Behavioral Sleep Medicine	2012-present
Society for a Science of Clinical Psychology	2012-present
American Psychological Association	2011-present
American Psychological Association, Division 12	2011-present
Association for Psychological Science	2011-present
Sleep Research Society	2010-present
Psi Chi	Inducted 2005