

Roosevelt University

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Education

PhD, Clinical Psychology, Ohio University, Athens, Ohio, March, 1995.
MA, Educational Psychology, University of Minnesota, Minneapolis, Minnesota, 1982.
BA, Early Childhood Education, Roosevelt University, Chicago, Illinois, 1977.

Teaching and academic activities

Associate Professor, Department of Psychology, Roosevelt University, Chicago, Illinois (May 2009-present).
Director, PsyD Program, Department of Psychology, Roosevelt University, Chicago, Illinois (July 2004-May 2009).
Director of Training, Department of Psychology, Roosevelt University, Chicago, Illinois (1996-2004).

Courses: Adult Psychopathology I & II, Psychopharmacology, Personality & Psychotherapies, Health Psychology, Doctoral Practicum Seminar I & II, Clinical Health Psychology

Publications and presentations

Articles and chapters published in peer-reviewed journals and books

- Kvaal, S. A., Choca, J., Groth-Marnat, G., & Davis, A. (2011). The integrated psychological report. In T. M. Harwood, L. E. Beutler, & G. Groth-Marnat (Eds.), *Integrative assessment of adult personality* (3rd ed.; pp. 413-446). New York, NY: Guilford Press.
- Tumlin, T. R., & Kvaal, S. A. (2004). Psychotherapeutic issue encountered in the psychotherapy of chronic pain patients. *Current Pain and Headache Reports*, 8, 125-129.
- Weaver, C. S., Kvaal, S. A., & McCracken, L. (2003). Wadell signs as behavioral indicators of depression and anxiety in chronic pain. *Journal of Back and Musculoskeletal Rehabilitation*, 17, 21-26.
- Kvaal, S. A., & Choca, J. (2003). The integrated psychological report. In L. Beutler & G. Groth-Marnat (Eds.), *Integrative assessment of adult personality* (2nd ed.; pp. 398-433). New York: Guilford Press.
- Kvaal, S. A., & Meyers, S. A. (2003). Who is teaching psychology?: Gender and ethnic composition of graduate school and internship faculties. *Teaching of Psychology*, 30, 312-323.
- Kvaal, S. A., Wygonik, E., Spanos, A., & Landsberger, S. (2001). A revalidation of the Thurstone Test of Mental Alertness as a brief measure of intelligence through comparison with the Wechsler Adult Intelligence Scale-III. *Psychological Reports*, 88, 581-586.
- Kvaal, S. A., Lofland, K., Nigro, C. (2000). Clinical correlates of pain variability in chronic pain. *Journal of Back and Musculoskeletal Rehabilitation*, 13, 87-92.
- Kvaal, S. A., & Patodia, S. (2000). Relations among positive affect, negative affect, and somatic symptoms in medically ill patient sample. *Psychological Reports*, 87, 227-233.
- Riley, J. L., Robinson, M. E., Kvaal, S. A., & Gremillion, H. A. (1998). Effects of physical and sexual abuse in facial pain: Direct or mediated? *Cranio: The Journal of Craniomandibular Practice*, 16, 259-266.
- Robinson, M. E., Myers, C. D., Sadler, I., Riley, J. L., Kvaal, S. A., Geisser, M. E. (1997). Bias effects in three common self-report pain assessment measures. *The Clinical Journal of Pain*, 13, 74-81.
- Robinson, M. E., Riley, J. L., Myers, C. D., Sadler, I., Kvaal, S. A., Geisser, M. E., & Keefe, F. J. (1997). The Coping Strategies Questionnaire: A large sample, item-level factor analysis. *The Clinical Journal of Pain*, 13, 43-49.
- Rokicki, L., Holroyd, K. A., France, C. R., France, J., Lipchik, G., France, J. L., & Kvaal, S. A. (1997). Change mechanisms associated with combined relaxation/EMG biofeedback training for chronic tension headache. *Applied Psychophysiology and Biofeedback*, 22, 21-40.

- Lipchik, G. L., Holroyd, K. A., France, C. R., Kvaal, S. A., Cordingley, G. E., Rokicki, L. A., & McCool, H. R. (1996). Central and peripheral mechanisms in chronic tension-type headache. *Pain, 64*, 467-475.
- Holroyd, K. A., France, J. L., Cordingley, G. E., Rokicki, L. A., Kvaal, S. A., Lipchik, G., & McCool, H. R. (1995). Enhancing the effectiveness of relaxation-thermal biofeedback training with propranolol HCL. *Journal of Consulting and Clinical Psychology, 63*, 327- 330.
- Lynn, S. J., Mare, C., Kvaal, S. A., Segal, D., & Sivec, H. (1994). The hidden observer, hypnotic dreams, and age regression: clinical implications. *American Journal of Clinical Hypnosis, 37*, 130-142.
- Mare, C., Lynn, S. J., Kvaal, S. A., Segal, D., & Sivec, H. (1994). Hypnosis and the dream hidden observer. *Journal of Abnormal Psychology, 103*, 316-327.
- Robinson, M. E., O'Connor, P. D., Riley, J., Kvaal, S., & Shirley, F. R. (1994). Variability of isometric and isotonic leg exercise: utility for detection of submaximal effort. *Journal of Occupational Rehabilitation, 4*, 163-169.
- Lynn, S. J., Rhue, J. W., Kvaal, S. A., & Mare, C. (1993). The treatment of anorexia nervosa: A hypnosuggestive framework. *Contemporary Hypnosis, 10*, 73-80.

Published Abstracts

- Holroyd, K. A., Cordingley, G. E., France, J. L., Rokicki, L., Kvaal, S. (1992). Combining propranolol and biofeedback for treatment of migraine. *Headache, 32*, 254.
- Kvaal, S. A., Lynn, S. J., & Myers, B. (1992). The Gulf War: Effects on hypnotizability. *International Journal of Clinical and Experimental Hypnosis, 40*, 206-207.
- Lynn, S. J., Green, J. P., Rhue, J. W., & Kvaal, S. A. (1991). Fantasy proneness and multiple personality: association or dissociation? *International Journal of Clinical and Experimental Hypnosis, 39*, 267.
- Mare, C., Lynn, S. J., Sivec, H., Kvaal, S. A., Sandberg, D. (1991) The "dream hidden observer." *International Journal of Clinical and Experimental Hypnosis, 39*, 256.

Presentations

- Kvaal, S. A. (2016, November). An integrated theoretical model for the psychological treatment of patients with chronic pain. Presentation at Hines VA, Hines, IL.
- Kvaal, S. A. (2014, May). An integrated theoretical model for the psychological treatment of patients with chronic pain. Presentation at Grand Rounds, a Consortium of the Harry S. Truman Memorial Veterans Hospital & the Department of Health Psychology, University of Missouri, Columbia, MO.
- Kvaal, S. A. (December 4, 2014). The *DSM-IV* to the *DSM-5*. Presentation to teachers of Advanced Placement Psychology courses in the Chicago Public Schools.

Paper and Poster Presentations

- DiQuattro, M., Kvaal, S., Lu, L. & Hunter, S. (2014, June). Executive functioning in children with autism, attention-deficit/hyperactivity disorder, and comorbid autism and attention-deficit/hyperactivity disorder. American Academy of Clinical Neuropsychology, New York, NY.
- DiQuattro, M., Kvaal, S., Lu, L. & Hunter, S. (2014, February). Executive functioning in children with autism, attention-deficit/hyperactivity disorder, and comorbid autism and attention-deficit/hyperactivity disorder. International Neuropsychology Society, Seattle, WA.
- Marshall, C., Kvaal, S. A., & Lim, P. (2013, May). PTSD and TBI in Iraq and Afghanistan veterans. Poster presented at the Midwestern Psychological Association Conference, Chicago, IL.
- Kvaal, S. A. (September, 2002). Patients use of religion and prayer in coping with pain. Paper presented at the annual meeting of the Midwest Pain Society, Chicago, IL.
- Traylor, D., & Kvaal, S. A. (September, 2002). Examining the construct validity of the Pain Stages of Change Questionnaire. Poster presented at the annual meeting of the Midwest Pain Society, Chicago, IL.
- Weaver, C. S., Kvaal, S. A., McCracken, L. (September, 2002). Nonorganic physical findings: A behavioral expression of depression and anxiety. Poster presented at the annual meeting of the Midwest Pain Society, Chicago, IL.
- Myers, D., Furmanek, P., & Kvaal, S. A. (September, 2002). A community-based palliative care initiative. Poster presented at the National Conference of Gerontological Nurse Practitioners, Chicago, IL.

- Kvaal, S. A., Meyers, S., Byers, C., Vega, N., Wedell, A., Hichcox, N., & Higgins, S. (August, 2000). Gender and ethnic composition of graduate school and internship faculties. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Meyers, S., Kvaal, S. A., Byers, C., Vega, N., Wedell, A., Hichcox, N., & Higgins, S. (August, 2000). Interests and career preparation of professional psychology doctoral students. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Kvaal, S. A., Rice, S., Patodia, S. (March, 1999). Differential relationship between pain and two components of depression. Poster presented at the annual meeting of the Midwest Pain Society.
- Kvaal, S. A., Holroyd, K. A., France, C. R., French, D. J., Lipchik, G. L. (May, 1999). A physiological marker of affective influences on central pain modulation. Poster presented at the annual meeting of the American Association for the Study of Headache.
- Kvaal, S. A., Lofland, K., Nigro, C. (April, 1998). Pain variability and clinical correlates. Poster presented at the annual meeting of the Midwest Pain Society, Chicago, IL.
- Robinson, M. E., Riley, J. L., Otis, J., Sadler, I., Shigaki, C., Smith, C., Benson, M., Kvaal, S. A. (November, 1997). Effects of physical and sexual abuse in facial pain: Direct or mediated? Poster presented at the annual meeting of the American Pain Society.
- Kvaal, S. A., Holroyd, K. A., France, C. S., French, D. J., Lipchik, G. (August, 1997). Response of a pain reflex to affective influences. Paper presented at the annual meeting of the American Psychological Association, Chicago, IL.
- Robinson, M. E., Riley, J. L., Kvaal, S. A., Wittmer, V. T., & Geisser, M. E. (November, 1995). The Coping Strategies Questionnaire: Five factors or fiction? Poster presented at the annual meeting of the American Pain Society, Los Angeles, CA.
- Robinson, M. E., Sadler, I. J., Kvaal, S. A., O'Connor, P. D., & Riley, J. L. (November, 1995). Strength variability as a marker for effort level in rehabilitation training apparatus. Poster presented at the annual meeting of the American Pain Society, Los Angeles, CA.
- Lipchik, G. L., Holroyd, K. A., France, C. R., Kvaal, S. A., Segal, D., Rokicki, L., & McCool, H. (April, 1994). Central deficits in pain modulation and peripheral muscle abnormalities in chronic tension headache. Poster presented at the annual meeting of the Society of Behavioral Medicine, Boston, MA.
- Rokicki, L., Holroyd, K. A., France, C. R., France, J., Kvaal, S. A., Beare, D., & Lipchik, G. (April, 1994). Change mechanisms underlying the effectiveness of EMG biofeedback training. Poster presented at the annual meeting of the Society of Behavioral Medicine, Boston, MA.
- Kvaal, S. A., Lynn, S. J. (November, 1992). Pre- and post-war responses to group hypnotic experience. Paper presented at the annual meeting of the Society for Clinical and Experimental Hypnosis, Arlington, VA.
- Lynn, S. J., Green, J. P., Rhue, J. W., Kvaal, S. A. (November, 1991). Fantasy proneness and multiple personality: association or dissociation? Paper presented at the annual meeting of the Society for Clinical and Experimental Hypnosis, New Orleans, LA.
- Green, J. P., Kvaal, S. A., Lynn, S. J., Mare, C., & Sandberg, D. (August, 1991). Dissociation, fantasy-proneness, and hypnotizability. Paper presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Grants and grant proposals

Community Palliative Care Initiative, Swedish Covenant Hospital, Consultant; funded by the Retirement Research Foundation and SCH (\$250,000 over three years). Developed and wrote program evaluation component of grant proposal; responsible for creation of database and analysis of outcome/effectiveness data. *Summer research grant, Roosevelt University*, funding for collection of information leading to publication "Relations Among Positive Affect, Negative Affect, and Somatic Symptoms in a Medically Ill Population."

Other Teaching & Supervision

Clinical supervisor, Swedish Covenant Hospital (July 2000-June 2014). Supervision of advanced practicum students in health psychology training program.

Lecturer, Parker E. Mahan Facial Pain Center Mini-Residencies, 1994-1996. Presented empirical evidence for and description of the role of clinical psychology in the assessment and treatment of facial pain conditions for dentists from across the country who treat facial pain.

Clinical supervisor of graduate students and interns in Clinical Psychology, University of Florida Health Sciences Center, Gainesville, Florida, July 1994-1996. Supervised assessment and treatment of a range of medical psychology problems in outpatients and consultation-liaison work with medical inpatients.

Instructor, "Introductory Psychology," Department of Psychology, Ohio University, Athens, Ohio, Spring, 1992. Co-instructor, Spring, 1991. Undergraduate course with enrollment of 140 students, using competency-based assessments for grading.

Assistant Instructor, "Practicum in Clinical Skills," Department of Psychology, Ohio University, Winter, 1992. Supervised first-year clinical psychology graduate students re interviewing skills.

Teacher, Reuben Lindh Learning Center, Minneapolis, Minnesota, 1978-1989, a program for inner city, low-income preschool-age children and their families who were referred re developmental delay, abuse, and neglect. Responsibilities included developmental assessment, program planning, home and classroom treatment, and coordination of services with teaching assistants, county social service agencies, medical providers, and family therapists.

Clinical activities

Clinical Psychologist, Clinical and Health Psychology, December 1998 to June 2014.

Swedish Covenant Hospital, Health Psychology Services. Assessment and treatment of psychological factors in patients with chronic pain and other health problems; member of multidisciplinary team including anesthesiology, rehabilitation medicine, physical and occupational therapy, and nursing; psychological assessment of candidates for intrathecal pump or spinal cord stimulator; assessment of cognitive decline in elderly and other patients; treatment of general adult mental health problems; supervision of clinical psychology practicum students.

Forum Pain Management Clinic, Melrose Park, Illinois, July 1997 to December 2001. Psychological assessment of candidates for intrathecal pump or spinal cord stimulator; assessment and treatment of psychological factors in patients with chronic pain; consultation with anesthesiologist on patient management.

Visiting Assistant Professor/Clinical Fellow, University of Florida Health Sciences Center, Gainesville, Florida 1995-1996.

Clinical Psychology Post-Doctoral Fellowship, University of Florida Health Sciences Center, Gainesville, Florida, 1994-1995.

Intern in Clinical Psychology, University of Florida Health Sciences Center, Gainesville, Florida, 1993-1994.

Parker E. Mahan Facial Pain Center and Department of Clinical & Health Psychology, University of Florida. Assessment and treatment of facial pain patients as part of an interdisciplinary team including dentistry, clinical psychology, and physical therapy.

Department of Clinical & Health Psychology, University of Florida. Assessment and treatment (individual and group) of chronic pain patients, through the Psychology Clinic and in collaboration with Anesthesiology Pain Clinic physicians; minimal-therapist-contact, home-based treatment of migraine and tension headache patients; consultation-liaison work with physicians and direct treatment of medical inpatients (adults and children), Shands Teaching Hospital; psychological evaluation of liver, lung, heart, kidney, and bone marrow transplant candidates; treatment of post-transplantation patients; psychological evaluation of candidates for bariatric surgery; assessment and treatment of adult mental health problems; assessment of psychiatric inpatients; neuropsychological assessment; assessment of child learning and behavior problems.

Traineeships

Ohio University Headache Project & Ohio University Osteopathic Medical Center, 1992-1993. Assessment and cognitive-behavioral treatment of stress-related disorders and psychological factors in medical illness; creation of a practicum with the Athens Area Hospice involving consultation with nursing, social work, and pastoral services; treatment of family members of terminally ill patients; co-leader of bereavement group. Supervisors: Christopher France, PhD; Kenneth Holroyd, PhD.

Athens Mental Health Center, Athens, Ohio, 1993. Assessment, interdisciplinary consultation, and group psychotherapy with chronic mentally ill inpatients.

Counseling and Psychological Services, Ohio University, Athens, Ohio, 1991-1992. Assessment and treatment of depression, anxiety, bereavement, and adjustment disorders in university students; relaxation training workshop for medical students; co-leader, group therapy.

Professional Affiliations

American Psychological Association

Division 22, Rehabilitation Psychology

International Association for Relational Psychoanalysis and Psychotherapy

Midwest Pain Society

Society for the Exploration of Psychotherapy Integration