**Curriculum Vitae**

**Peter N. Louras, M.S.**

**EDUCATION**

2014-present **Doctoral Candidate in Clinical Psychology**

Palo Alto University, Palo Alto, CA (APA Accredited)

*Advisor: Lisa M. Brown, Ph.D., ABPP*

* Emphasis: Trauma, Geropsychology

2014-2016 **Masters of Science, Psychology**

 Palo Alto University, Palo Alto, CA (APA Accredited)

2009-2012 **Pre-Medical Post-Baccalaureate**

 University of Washington, Seattle, WA

2003-2004 **Study Abroad, Internship**

 Charles University, Prague, Czech Republic

* Emphasis: International Studies, Travel Writing/Reporting
* Internship: *The Prague Post* newspaper, News and Travel reporter

2001-2004 **Bachelor of Arts, Journalism, News/Editorial**

 Western Washington University, Bellingham, WA

* Concentration: International Affairs, Anthropology

**CLINICAL EXPERIENCE**

6/18-7/19 **Psychology Trainee, Inpatient Community Living Center**

 VA Palo Alto Health Care System, Menlo Park Division, Menlo Park, CA

*Supervisors: James A. Mazzone Ph.D.*

 *Jonathan R. Sills, Ph.D.*

* Provide evidence-based mental health services on a multidisciplinary team treating adults and older adults with complex physical and mental health conditions involving behavioral, serious mental illness, and/or dementia
* Conduct individual and group therapy sessions, utilizing cognitive behavioral therapy, acceptance and commitment therapy, reminiscence therapy, problem solving, motivational interviewing, mindfulness relaxation coaching, and sensory stimulation, while incorporating assistive technology to further support Veterans and their ability to achieve therapeutic goals
* Conduct ongoing psychological assessments of mood, affect, and psychosis, as well as cognitive and capacity assessments for care planning and conservatorship

4/18-4/19 **Supplemental Psychology Trainee, Clinical Research in Aging Studies**

VA Palo Alto Health Care System, Wellness in Aging Lab, Sierra Pacific Mental Illness Research, Education, and Clinical Center (MIRECC), Palo Alto, CA

*Supervisor: J. Kaci Fairchild, Ph.D., ABPP*

* The VA Palo Alto MIRECC is an integrated system of clinical, research, and educational endeavors focused on improving care for older Veterans presenting with dementias and posttraumatic stress disorder
* Worked within an integrated healthcare team to administer ongoing qualitative and neuropsychological assessments of mood, affect, cognition, and quality of life with older adult Veteran populations

6/17-6/18 **Psychology Trainee, Home-Based Primary Care Therapy**

Institute on Aging, Integrated Behavioral Health Services Team, San Francisco, CA

*Supervisors: Carrie Dobbin, Psy.D.*

*Carolyn Stead, Psy.D.*

* The IOA is a community based non-profit site that provides in-home and outpatient psychological services to older and disabled adults recently discharged from long-term hospital care or skilled nursing facilities
* Implemented cognitive behavioral therapy, motivational interviewing, behavioral planning, problem solving therapy, and mindfulness techniques to aid with integrative medicine, problem solving skills, reminiscence therapy, sleep and relaxation coaching, pain management, and coping with bereavement

9/16-7/17 **Psychology Trainee, Community Mental Health**

The Gronowski Center at Palo Alto University, Los Altos, CA

*Supervisor: Jake Kelman, Psy.D.*

* Provided individual psychotherapy services to a diverse client population in a low-cost community health care setting
* Implemented video supervised treatment approaches utilizing cognitive behavioral therapy, motivational interviewing, and behavioral activation
* Conducted ongoing assessments and screeners of mood, affect, and cognition

**RESEARCH EXPERIENCE**

4/19-present **Clinical Research Coordinator, Memory and Aging Research**

Palo Alto Veterans Institute for Research (PAVIR),

 Stanford University, Palo Alto, CA

*Primary Investigator: J. Kaci Fairchild, Ph.D., ABPP*

* Working within the Palo Alto VA MIRECC and Stanford University systems
* Oversee the clinical operations for a controlled trial examining the effects of exercise on cognitive functioning and biological markers in older adults presenting with mild cognitive impairment
* Coordinate study staff at both Stanford University School of Medicine and VA Palo Alto Health Care System sites, while also assisting in neuropsychological, physical, and health assessments, neuroimaging, phlebotomy, and data management

 *Specific Studies*

 ***Therapeutic Effects of Exercise in Adults with Amnestic Mild Cognitive Impairment: EXERT*** (4/17 to present)

*Sponsor: Alzheimer’s Disease Cooperative Study (ADCS); Wake Forest University*

* A Phase-3 multicenter, randomized single-blind study to examine the effects of aerobic exercise on cognition, functional status, whole and regional brain atrophy, cerebral blood flow, and cerebrospinal fluid markers of Alzheimer’s disease in adults with amnestic mild cognitive impairment (aMCI)

 ***Combined Online Assistance for Caregiver Health: COACH*** (4/17 to present)

* Exploring the efficacy of a combined physical and coping skills training intervention for caregivers of Veterans presenting with dementia disorders or traumatic brain injury (TBI)

5/18-present **Dissertation Research, Genetic and Physiological Influences on Veteran Cognition**

 Palo Alto University, Palo Alto, CA

*Dissertation Chair:* *Lisa M. Brown, Ph.D., ABPP*

* Working Title: *Hypertension as a potential mediator between BDNF polymorphisms and older Veterans presenting with amnestic mild cognitive impairment (aMCI)*
* The present dissertation studies the relationship between key genomic findings, health, behavioral and neuropsychological outcomes of cognition in an older Veteran population
* Data is from the longitudinal aMCI study, utilizing non-pharmacological approaches to mitigating mild cognitive impairment in Veterans

4/17-4/18 **Clinical Research Assistant II, Veteran Memory and Aging Studies**

Palo Alto Veterans Institute for Research (PAVIR),

 VA Palo Alto Health Care System (VAPAHCS), Palo Alto, CA

*Primary Investigator: J. Kaci Fairchild, Ph.D., ABPP*

* Conducted qualitative physical and cognitive assessments for a variety of studies, intended for outcomes measures of health and cognition
* Instructed physical training in gym and aquatic settings with older Veterans
* Coded quantitative and qualitative assessments and outcomes measures into study database, and implemented statistical analysis via SPSS

 *Specific Studies*

 ***Water-Based Activity to Enhance Recall in Veterans: WATER-VET***(4/17 to present)

* Exploring the influence of water-based physical exercise and cognitive training to enhance memory recall among Veteran participants presenting with amnestic cognitive impairment (aMCI)

***A Combined Training Program for Veterans with Amnestic Mild Cognitive Impairment: aMCI*** (4/17 to 9/17)

* A combined training program for Veterans presenting with amnestic mild cognitive impairment (aMCI), through the use of high and low-intensity physical training regimens and classroom cognitive training

4/16-present **Graduate Research Assistant, Trauma, Stress, and Disaster Studies**

Risk and Resilience Research Lab, Palo Alto, CA

*Supervisor: Lisa M. Brown, Ph.D., ABPP*

* Investigating the determinants of resilience in response to critical crisis, life stressors, and traumatic events with at-risk and underserved populations, including: refugees, Veterans, disabled individuals, and disaster survivors
* Develop and implement research regarding traumatic events, natural disasters, cultural factor of resiliency, and global mental health, while collaborating to author and edit manuscripts and poster presentations to contribute to the field of research

9/09-9/16 **Research Coordinator Lead, Critical Crisis, Trauma, and Medical Studies**

Harborview Medical Center, University of Washington School of Medicine, Seattle, WA

 *Supervisors: Eileen Bulger, M.D., F.A.C.S.*

 *Laura Hennessy, R.N.*

* Oversaw the operations of clinical, biomedical and behavioral research studies involving human subjects at the Level-1 Trauma Center affiliated with the University of Washington School of Medicine
* Required the interpretation and application of study protocol, including patient consent, phlebotomy, tissue cultures, lab tests, questionnaires, data collection, lab and statistical analysis
* Supervised upward of 15 research coordinators, nurses and assistants
* Collaborated with the U.S. Department of Defense (DoD), the Army Institute of Surgical Research, National Institutes of Health (NIH), U.S. Food and Drug Administration (FDA), public and private device and pharmaceutical companies

 *Specific Studies*

 ***ATB-202 Interventional Drug Study*** (7/15 to 9/16)

 *Primary Investigator: Eileen Bulger, M.D., F.A.C.S.*

* A phase III FDA randomized double-blind placebo-controlled study of AB103, a CD28 co-stimulator receptor agonist drug, in the treatment of patients presenting with necrotizing soft tissue infections (NSTI)

 ***Irrisept Investigational Device Study*** (9/15 to 9/16)

*Primary Investigator: Heather Evans, M.D.*

* A phase IV multicenter prospective randomized-controlled trial comparing the Irrisept Antibiotic System to standard of care, in the exploration of reducing abdominal surgical site infections

 ***RECON Investigational Transplant Study*** (9/15 to 9/16)

*Primary Investigator: Jason Ko, M.D., F.A.C.S.*

* A multicenter prospective randomized-controlled trial of Nerve Cuff conduits versus Avance nerve grafts in the treatment of digital and distal-hand nerve resections

 ***Trauma-DNA Genomic/Genetic Study*** (3/13 to 9/16)

*Primary Investigators: Grant O’Keefe, M.D.*

 *Michael Mindrinos, Ph.D.*

* In collaboration with the Stanford Genome Technology Center, conducted an interventional/observational study of specific genetic polymorphisms and the risk for sepsis after blunt traumatic injury

 ***RANGER Investigational Transplant Study*** (1/13 to 9/16)

*Primary Investigator: Jason Ko, M.D., F.A.C.S.*

* A multicenter retrospective study of Avance nerve graft utilization in the outcomes of peripheral nerve injury repairs

 ***Trauma-RNA Genomics Study*** (1/13 to 9/16)

*Primary Investigators: Ronald Maier, M.D., F.A.C.S.*

 *Joseph Cuschieri, M.D., F.A.C.S.*

* A prospective investigational study examining the validation of genomics-based prognostics in severe trauma patients

 ***GRAIL Interventional Drug Study*** (12/12 to 9/16)

 *Primary Investigator: Joseph Cuschieri, M.D., F.A.C.S.*

* A randomized double-blind placebo-controlled trial of Ganciclovir in the prevention of cytomegalovirus (CMV) reactivation in patients with acute lung injury (ALI) and/or respiratory failure

 ***IRON Interventional Drug Study*** (8/12 to 9/14)

*Primary Investigators: Ronald Maier, M.D., F.A.C.S.*

 *Joseph Cuschieri, M.D., F.A.C.S.*

* A multicenter randomized comparison of intravenous iron supplementation to placebo for the treatment of anemia in post-traumatic critical patients admitted to a Level-1 Trauma Center

 ***SIS Observational Study*** (6/12 to 8/14)

 *Primary Investigator: Joseph Cuschieri, M.D., F.A.C.S.*

* A multicenter study comparing the duration of antibiotics used for patients suffering from intra-abdominal infections

 ***ATB-201 Interventional Drug Study*** (12/11 to 1/14)

 *Primary Investigator: Eileen Bulger, M.D., F.A.C.S.*

* A phase IIb FDA evaluation of safety, pharmacokinetics and immuno-modulatory effects of AB103, a CD28 co-stimulator receptor agonist drug, in treatment of patients with necrotizing soft tissue infections (NSTI)

 ***PrePPOPP Training Study*** (11/12 to 2/13)

*Primary Investigator: Heather Evans, M.D.*

* An interventional study teaching Medic One paramedic healthcare providers pre-intubation oral cleansing techniques using video-based training, to reduce the risk of respiratory infection during emergency intubation

 ***VAP Analysis Study*** (2/12 to 11/12)

*Primary Investigator: Heather Evans, M.D.*

* A retrospective data analysis comparing patients diagnosed with ventilator acquired pneumonia (VAP) with those who underwent bronchoalveolar lavage (BAL) after severe trauma-related injuries

 ***SPLEEN Analysis Study*** (2/12 to 11/12)

*Primary Investigator: Heather Evans, M.D.*

* A retrospective data analysis investigating trauma center variation of splenic artery embolization versus spleen salvage

 ***RAFT Genomic Study*** (2/11 to 11/12)

 *Primary Investigator: Joseph Cuschieri, M.D., F.A.C.S.*

* A multicenter investigational study of severe blunt trauma injuries and the genomic impact on the inflammatory process, specifically lipid raft involvement and cellular reprogramming

 ***Crash-Craniectomy Analysis Study*** (9/10 to 5/11)

*Primary Investigator: Gregory Jurkovich, M.D., F.A.C.S.*

* A retrospective data analysis comparing outcomes of surgical decompressive craniectomy procedures versus medical management used for refractory intracranial hypertension in severe traumatic head injuries (TBI), using AAST-MITC propensity score analysis for severity of injury

 ***PROMMTT Observational Analysis Study*** (9/09 to 12/10)

*Primary Investigator: Ronald Maier, M.D., F.A.C.S.*

 *Eileen Bulger, M.D., F.A.C.S.*

* A prospective multicenter study investigating outcomes and survival rates for massive blood transfusions, sponsored by the U.S. Department of Defense (DoD) and Army Institute of Surgical Research

**ADDITIONAL PROFESSIONAL EXPERIENCE**

5/06-6/09 **Firefighter/Emergency Medical Technician**

Jackson Hole Fire/EMS, Jackson, WY

 *Supervisor: Rusty Palmer, Fire Chief*

* Serving as crew leader for 12 paid firefighter/EMTs for ambulance and fire emergencies in the greater Teton County area
* Responsibilities ranged from emergency medical response, direct patient medical care, fire suppression, disaster extrication, hazardous material containment, mass casualty scenarios, and staff training
* Certified in Emergency Medical Technician (EMT), Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS), Neonatal Resuscitation, Structural Firefighter-1, Wildland Firefighter-II

2/07-6/09 **Critical Care/Surgical/Cardiac Technician**

St. John’s Medical Center ICU, Jackson, WY

 *Supervisors: George Poore, M.D., Director of Surgery*

 *Sharline Dreesen, R.N., Clinical Nurse Supervisor*

* Provided age-appropriate care for patient populations ranging from preemie to geriatric in a rural Wyoming hospital
* Primarily responsible for cardiac monitoring, EKG analysis and interpretation, venous blood access and sampling, emergency code and critical crisis response
* Under supervision of operating surgeons, assisted on general surgery procedures, tissue biopsies, and cancer screening while practicing sterile technique

**TEACHING EXPERIENCE**

9/14-1/15 **Teaching Assistant, Systems of Human Behavior (Doctoral)**

 University of Washington School of Medicine (UW-SOM), Seattle, WA

*Professor: David Harrison, M.D., Ph.D.*

* A multidisciplinary course in the art and science of human behavior, development, and psychology, instructed to all first-year medical students of UW-SOM to help improve communication, listening and engagement skills, and to build authentic, physician-patient relationships

**GUEST LECTURES AND PRESENTATIONS**

April 2019 **Invited Guest Lecturer, Treatment of Trauma in Adults (Doctoral)**

 Palo Alto University, Palo Alto, CA

*Professor: Lisa M. Brown, Ph.D., ABPP*

* “Narrative Therapy for Treatment of Trauma and PTSD”

May 2018 **Guest Presentation, Training (Doctoral)**

Institute on Aging, San Francisco, CA

*Director: Carolyn Stead, Psy.D.*

* “Resilience and Successful Aging”

**JOURNAL PUBLICATIONS**

Brown, L.M., **Louras, P.**, & Dodgen, D. (2018). Evidence-Based Practices Used in Disaster Mental Health. *California Psychologist Magazine.* Vol.51(2): 10-13.

Kadri, S., Swihart, B., Bonne, S., Hohmann, S., Hennessy, L., **Louras, P.**, Evans, H., Rhee, C., Suffredini, A., Hooper, D., Follmann, D., Bulger, E., & Danner, R. (2016). Impact of Intravenous Immunoglobulin on Survival in Necrotizing Fasciitis with Vasopressor- dependent Shock: A Propensity Score Matched Analysis from 130 US Hospitals. *Clinical Infectious Diseases*. Vol.64(7). doi: 10.1093/cid/ciw871

**BOOK CHAPTERS**

**Louras, P.**, Fairchild, J.K. (In Production). Distress. In G. Danan & D. Matthew (Eds.), *Encyclopedia of Gerontology and Population Aging: Psychological Well-Being*. Switzerland: Springer Publishing.

Ma, F., Sills, J.R., **Louras, P.** (In Production). Diagnostic and Statistical Manual of Mental Disorders. In G. Danan & D. Matthew (Eds.), *Encyclopedia of Gerontology and Population Aging: Psychological Well-Being*. Switzerland: Springer Publishing.

Fairchild, J.K., Phillips, K., **Louras, P.** (2019). Physical Activity in Late Life. In L.B. Dunn & E.L. Cassidy-Eagle (Eds.), *Practical Strategies in Geriatric Mental Health: Cases and Approaches*. Washington, D.C.: Psychiatric Association Publishing.

**PROFESSIONAL PRESENTATIONS**

Sills, J.R., Mazzone, J.A., Ma, F., **Louras, P.**, & Erickson, A.J. (2019, November). *Technology Enhanced Psychotherapy Improves Life Satisfaction Among Older Adult Veterans in Long-Term Care*. Poster accepted at the Gerontological Society of America’s 71st Annual Scientific Meeting, Austin, TX, United States.

Mazzone, J.A., Sills, J.R., **Louras, P.**, Erickson, A.J., & Ma, F. (2019, November). *Technology Enhanced Psychotherapy Reduces Agitation Among a Geriatric Cohort with Posttraumatic Stress Disorder and Superimposed Neurocognitive Impairments*. Poster accepted at the 35th Annual International Society for Traumatic Stress Studies Convention, Boston, MA, United States.

Sills, J.R., Mazzone, J.A., **Louras, P.**, Erickson, A.J., & Ma, F. (2019, October). *Virtual Hope Box Buffers Acute Distress Among a Complex Older Adult Veteran Cohort*. Poster accepted at the Annual Technology, Mind & Society Conference, Washington, DC, United States.

Mazzone, J.A., Sills, J.R., **Louras, P.**, Erickson, A.J., & Ma, F. (2019, October). *YouTube Buffers Acute Distress Among a Complex Older Adult Veteran Cohort*. Poster accepted at the Annual Technology, Mind & Society Conference, Washington, DC, United States.

Mazzone, J.A., Sills, J.R., Erickson, A.J., **Louras, P.**, & Ma, F. (2019, August). *Technology Supports Emotional Regulation Among a Geriatric Cohort with Psychotic Spectrum.* Poster presented at the 2019 APA Annual Convention, Chicago, IL, United States.

Mazzone, J.A., Sills, J.R., **Louras, P.**, & Erickson, A.J. (2019, July). *Older Adult Veterans with Neurocognitive Impairments Use Technology to Lower Distress*. Poster presented at the 2019 Alzheimer’s Association International Conference; Los Angeles, CA, United States.

**Louras, P.**, Fairchild, J.K. (2018, August). *BDNF polymorphisms and hypertension in Veterans presenting with amnestic mild cognitive impairment*. Poster presented at the 2018 APA Annual Convention; San Francisco, CA, United States.

Hosseini, C., Hansell, T., **Louras, P.**, Burkett, E., Wein, A., Brown, L. M. (2017, August). *Concerns Regarding Earthquake Preparedness among Individuals with Disabilities.*Poster presented at the 2017 APA Annual Convention; Washington D.C., United States.

Hansell, T., Hosseini, C., **Louras, P.**, Burkett, E., Wein, A., Brown, L. M. (2017, August). *Concerns Regarding Earthquake Preparedness among Single Parents in the Bay Area.*Poster presented at the 2017 APA Annual Convention; Washington D.C., United States.

Kadri, S., Swihart, B., Bonne, S., Hohmann, S., Hennessy, L., **Louras, P.**, Evans, H., Rhee, C., Suffredini, A., Hooper, D., Follman, D., Bulger, E., & Danner, R. (2016, May). *Impact of Intravenous Immunoglobulin on Survival in Toxic Shock Syndrome Secondary to Necrotizing Fasciitis: A Multicenter Propensity-Matched Analysis*. Oral presentation at the 36th Annual Meeting of the Surgical Infection Society 2016, Palm Beach, Florida, United States.

Sommer, C., Gilna, G., **Louras, P.**, Treggiari, M., Carlbom, D., Bulger, E., & Evans, H. (2014, May). *Teaching Providers Pre-Intubation Oral Cleansing Using Video-Based Training*. Poster presented at the 34th Annual Meeting of the Surgical Infection Society 2014, Baltimore, Maryland, United States.

**PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS**

03/18-present *California Psychological Association*, Graduate Student Member

11/17-present*Association for Psychological Science,* Graduate Student Affiliate

09/17-present *The Gerontological Society of America*, Member

04/17-5/18 *Psi Chi International Honor Society in Psychology*, Historian

10/16-present *Western Psychological Association* *(WPA),* Graduate Student Member and WPA Student Representative for Palo Alto University

08/16-present *World Affairs Council*, Graduate Student Member

08/16-present*International Society for Traumatic Stress Studies (ISTSS)*, Student Member

06/15-present*American Psychological Association (APA)*, Graduate Student Affiliate:

* *APA Division 19*: Military Psychology
* *APA Division 20*: Adult Development and Aging
* *APA Division 38*: Health Psychology
* *APA Division 47*: Exercise and Sport Psychology
* *APA Division 56*: Trauma Psychology

03/13-09/16 *Clinical Research Oversight Committee (CROC)*, University of Washington, Harborview Medical Center

01/10-9/16 *University of Washington Journal Club*, University of Washington, Harborview Medical Center

**HONORS AND AWARDS**

2017, 2018, 2019 *Psi Chi International Honor Society in Psychology,* Palo Alto University

2015 *Department of Surgery Excellence Award*, Harborview Medical Center

2012 *Distinguished Employee Award*, University of Washington

2004 *Journalism Department Scholar Award*, Western Washington University