

**BIOGRAPHICAL SKETCH**

James L Spira, PhD, MPH

**GOV. MSG. NO. 684**

NAME James L. Spira, PhD, MPH, ABPP (last 4 – 1626)	Director, Pacific Behavioral Health LTD
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**EDUCATION**

INSTITUTION AND LOCATION	DEGREE (if applicable)	MM/YY	FIELD OF STUDY
University of Wisconsin, Madison, WI	BA		Psychology
University of California, San Diego, CA	MA		Psychology
University of California, Berkeley, CA	MPH		Epidemiology /Beh Sci
University of California, Berkeley, CA	PhD		Counseling Psychology
Stanford University School of Medicine	Post-doctoral Fellow		Dept of Psychiatry
Scripps Clinic; La Jolla, CA	Post-doctoral Fellow		Dept of Neurology

**A. Personal Statement**

Licensed Clinical Psychologist, Board Specialization in Clinical Health Psychology (American Board of Professional Psychology) and Forensic Psychology (American Board of Forensic Medicine); 20 years' experience with Military and Veteran behavioral health education, prevention, education, clinical intervention, and research; Clinical and research expertise in: the use of TeleMental Health; wounds of war including PTSD, brain injury, and pain; use of advanced technology to provide specialty assessment and care to generalist providers and directly to patients not otherwise able to access optimal care; military families.

**B. Research and Professional Experience****Previous Employment**

1981-1989	Institute for Educational Therapy; Director, [501(c)3]; Continuing education programs for healthcare professionals.
1991-1993	Stanford University; Coordinator, Medical Psychotherapy Clinic; Dept of Psychiatry;
1993-1996	Duke University School of Medicine - Department of Psychiatry; Department of Medicine; Assistant Professor; Director, Program in Health Psychology;
1994-1995	University of North Carolina, Chapel Hill, Visiting Associate Professor, Rehab Psych
1997-2005	Naval Medical Center, San Diego; Head, Division of Health Psychology; Mental Health Research Coordinator; Instructor, Clinical Investigations Division; Member IRB;
2006-2012	Clinical Professor, Department of Psychiatry, University of California San Diego

2007-2010	Senior Research Scientist; Military Behavioral Health; RTI International
2010-2013	Clinical Professor, Department of Psychiatry, University of Hawaii School of Medicine
2010-2015	Director, National Center for PTSD, Pacific Islands Division, US Dept of Veterans Affairs
2013-2016	Professor, Department of Psychiatry, University of Hawaii School of Medicine
2017-18	Director of Research, Kolina Inc, contracted to Dept of Defense Office of Health Affairs
2014- present	Director, Pacific Behavioral Health LTD

### **Licensure and Board Certification**

Licensed Psychologist: Hawaii PSY

Board Certification: Clinical Health Psychology, American Board of Professional Psychology (ABPP)

Board Certification & Life Fellow: Forensic Psychology; American Board of Forensic Medicine

Board Certification & Life Fellow: American Board of Psychological Assessment

### **Professional Service**

1995	Member, National Institutes for Mental Health Scientific Review Panel
1997-05	Member, Navy Institutional Review Board; Navy Medical Center
2001-03	President, American Academy of Clinical Health Psychology
2008	Chair, DoD Medically Directed Research Program mTBI Scientific Review Panel
2008	Chair, DoD Medically Directed Research Program PTSD Scientific Review Panel
2009	Chair, DoD Dept Health Affairs, Medically Directed Research Prg; Health Behaviors Panel
2010	Chair, NATO Wounds of War Conf Committee on Evidence-based Treatments for PTSD
2011	Reviewer, Dept of Veterans Affairs, Central Office, Office of Mental Health Services Audit
2011	Presenter, Dept of Veterans Affairs, Central Office, OMH, PTSD Panel
2012	Chair, DOD Congressionally Directed Medical Research Program, Scientific Review Panel
2013	Member, Dept of Veterans Affairs, Health Services R&D Merit Review Panel
2013	Member, Neurotrauma Review Panel, DOD Congressionally Directed Medical Research Program
2013	Scientific Reviewer, CDC, Occupational Health & Safety Administration
2013	Chair, DoD/TATRC Congressionally Directed Medical Research Program, Technology Panel
2013	Chair, DoD, Congressionally Directed Medical Research Program, Psych Health/TBI Panel
2014	Member, Editorial Board, Military Behavioral Health
2014	Chair, NATO Panel on Military Transitions
2014	Member, Hawaii Psychological Association Board of Directors (Clinical Representative)
2015	Treasurer, Hawaii Psychological Association
2016	Chair, DOD, Congressionally Directed Medical Research Program, Scientific Review Panel
2016	President-Elect, Hawaii Psychological Association
2017	President, Hawaii Psychological Association
2018	Past-President, Hawaii Psychological Association
2020	Clinical Representative, Hawaii Psychological Association

### C. Publications and Technical Reports (recent)

1. McLay, R., Graap, K., Spira, J., Perlman, K., Johnston, S., Rothbaum, B., Difede, J., Deal, W., Shilling, R., Oliver, D., Baird, A., Bordnick, P., Spitalnick, J., Pyne, J., Rizzo, A. (2012). Development and Testing of Virtual Reality Exposure Therapy for Post Traumatic Stress Disorder in Active Duty Service Members who Served in Iraq and Afghanistan. *Military Medicine*. 177(6):635-42.
2. Spira, J (2012). Stress Inoculation Training. *Encyclopedia of Trauma*. C. Figley (ed). Sage Pub.
3. Spira, J. & Drury, R (2012). Resilience. *Encyclopedia of Trauma*. C. Figley (ed). Sage Pub.
4. Kizakevich, P.N., Hubal, R., Brown, J., Lyden, J., Spira, J., Eckhoff, R., Zhang, Y., Bryant, S., & Munoz, G. (2012). PHIT for Duty, a mobile approach for psychological health intervention. *Studies in Health Technology and Informatics*, 181, 268-272.
5. Miyahira, S.D., Folen, R. A., Hoffman, H., Garcia-Palacios, A., Spira, J.L., Kawasaki, M. (2012). The Effectiveness of VR Exposure Therapy for PTSD in Returning Warfighters. *Studies in health technology and informatics*. 181:128-32.
6. Lathan, C, Spira, J, Bleiberg, J, Tsao, J (2013). Feasibility and Reliability of the Defense Automated Neurobehavioral Assessment. *Military Medicine*. 178(4), 365-372.
7. Gorman, L., Blow, A., Kees, M., Valenstein, M., Jarman, C., Spira, J. (2013). The effects of wounds of war on family functioning. In S. MacDermid (ed). *Risk and Resilience in U.S. Military Families* (in press).
8. Subudhi A, Bucher J, Bourdillon N, Davis C, Elliott JE, Eutermoster M, Evero O, Fan JL, Jameson-Van Houten S, Julian CG, Kark J, Kark S, Kayser B, Kern JP, Kim SE, Lathan C, Laurie SS, Lovering AT, Paterson R, Polaner D, Ryan BJ, Spira J, Tsao JW, Wachsmuth NB, Roach RC. (2014). AltitudeOmics: The Integrative Physiology of the Onset and Retention of Acclimatization to Hypoxia in Humans. *PLOS One* (DOI: 101371/journal.pone0087989) 2014.
9. Gorman, L., Blow, A., Kees, M., Valenstein, M., Jarman, C., Spira, J. (2013). The effects of wounds of war on family functioning. In S. MacDermid (ed). *Risk and Resilience in U.S. Military Families*.
10. Kizakevich, PN, Eckhoff, R, Weger, S, Weeks, A, Brown, J, Bryant, S, Bakalov, V, Zhang, Y, Lyden, J., Spira, J (2014). A personal health information toolkit for health intervention research. *Studies in Health Technology and Informatics* 01/2014; 199:35-9.
11. Wood, D.P., Mclay, R.L., Webb-Murphy, J., Wiederhold, M.D., Spira, J.L., Pyne, J., Wiederhold, B.K. (2014). Virtual reality graded exposure therapy with arousal control for the treatment of combat related posttraumatic stress disorder: a follow up case series. *Studies in health technology and informatics* 01/2014; 199:141-5.
12. Nigg, C., Huang, Y., Jordan, P., Burke, K., Kawasaki, M., Evers, K., King, L., & Spira, J. (in press). Identifying Veteran-Specific Issues in Adapting A Computerized Tailored Intervention to Address Behavioral Risk Factors Associated with PTSD: A Focus Group Approach. *Military Behavioral Health*.
13. McLay R, Ram V, Murphy J, Spira J, Wood DP, Wiederhold M, Wiederhold B, Johnston S, and Reeves D. (2014). Effect of Virtual Reality PTSD Treatment on Mood and Neurocognitive Outcomes. *Cyberpsychology, Behavior, and Social Networking*. (DOI: 10.1089/cyber.2013.0383).
14. Spira JL, Lathan CE, Bleiberg J, and Tsao JW. (2014) The Impact of Multiple Concussions on Emotional Distress, Postconcussive Symptoms, and Neurocognitive Functioning, in Active Duty U.S. Marines Independent of Combat Exposure or Emotional Distress. *Journal of Neurotrauma*. 31(22):1823-34 (ISSN: 1557-9042).
15. Brady, R.E., Constans, J.I., Marx, B., Spira, J.L., Gevirtz, R., Kimbrell, T.A., Kramer, T.L., and Pyne, J.M. (2015). Effect of Symptom Over-Reporting on Heart Rate Variability in Veterans With Posttraumatic Stress Disorder. *Journal Of Trauma & Dissociation*.
16. Onoye, J., Spont, M., Whealin, J., Mackintosh, M., Pole, N., Morland, L., and Spira, J. (in press). Improving Assessment of Race, Ethnicity, and Culture to further Veteran PTSD Research. *Psychological Trauma: Theory, Research, Practice, and Policy*.

17. Whealin, J., Spira, J. (in press). Diverse veterans' prospective perceptions of home elemental health for PTSD delivered via tablet devices. *Journal of Telemedicine and Telecare*.
18. Onoye, J., Spira, J. (in press). Cultural Influences on the Expression of Stress, in Stetzer, J (ed). *Culture and Psychopathology*.
19. Pyne, J. . . Spira, J. (in press). Heart rate variability: Pre-deployment predictor of post-deployment PTSD symptoms. *Biological Psychology*.
20. Kleiman, S. E., Bovin, M. J., Black, S. K., Rodriguez, P., Brown, L. G., Brown, M. E., Lunney, C. A., Weathers, F. W., Schnurr, P. P., Spira, J., Keane, T. M., & Marx, B. P. (in press). Psychometric properties of a brief measure of posttraumatic stress disorder-related impairment: The Brief Inventory of Psychosocial Functioning. *Psychological Services*.

### Earlier Publications

21. Bray, R.M., Spira, J.L., & Lane, M.E. (2011). The single service member: Substance use, stress, and mental health issues. In S. MacDermid Wadsworth, & D. Riggs (Ed.), *Risk and Resilience in U.S. Military Families*. New York, NY: Springer Science+Business Media, LLC.
22. Bray, R., Spira, J., & Rae-Olmsted, K. (2011). The Role of Behavioral and Occupational Health in Military Functioning: Military Medicine. Commissioned by the Chairman of the Joint Chiefs of Staff.
23. DoD/VA PTSD Practice Guidelines (2011). Contributor, Section on Complimentary/Alternative Med
24. Hourani, L, Kizakevisch, P, Hubal, R, Spira, J, Strange, L, Holiday, D., Bryant, S, and McLean, A. (2011). Predeployment Stress Inoculation Training for Primary Prevention of Combat-Related Stress Disorders. *Journal of CyberTherapy & Rehabilitation*, 4(1), 101-114.
25. McLay R, Wood D, Murphy J, Spira J, Wiederhold M, Pyne J, Wiederhold, B.(2011). A Randomized, Controlled Trial of Virtual Reality Exposure Therapy with Arousal Control for Post Traumatic Stress Disorder in Active Duty Service Members with Combat-Related PTSD. *CyberTherapy, Behavior, and Social Networking*. 4(4), 223-9.
26. Spira, J. & Casden, D. (2011). Group Therapy For Cancer Patients, in J. Holland, W Breitbart, P. Jacobson, M. Lederberg, M. Loscalzo, M. Massie, R. McCorkle (eds), *Handbook of PsychoOncology (2<sup>nd</sup> edition)*, NY:Oxford University Press.
27. Spira, J.L. (2011). Do persistent post-concussive symptoms exist? Evidence from epidemiological and laboratory studies. Chapter 49-53. In B. Wiederhold (ed). *Coping with Blast-related Traumatic Brain Injuries in Returning Troops*. Washington DC, IOS Press.
28. Wood, D., McLay, R., Spira, J., Murphy, J., Wiederhold, B. (2011). Combat Related Post Traumatic Stress Disorder: A Case Report Using Virtual Reality Graded Exposure Therapy with Physiological Monitoring with a Female Seabee. *Military Medicine*. MM-0344-08.
29. Spira, J., McLay, R., Murphy-Web, J (2010). Virtual Reality Facilitated Prolonged Exposure Procedural Manual. MMRC Army Funded Research Study, Naval Medical Center San Diego.
30. Spira, J. Controlling Distress: Somatic Self-Comforting, Attentional Absorption, Distancing Distress, and Prolonged Exposure (2010): CD Commissioned by Gottman Institute: Center for Military Relationship Functioning.
31. Bray, R., Spira, J., & Rae-Olmsted, K. (2010). The Role of Behavioral and Occupational Health in Total Fitness: Formal Instruction, commissioned by the Chairman of the Joint Chief's of Staff. 02/01/10.
32. Bray, R., Brown, J., Williams, J., Spira, J., Olmsted, K (2010). The Effectiveness of Resiliency Training for Reduced PTSD and Improved Performance in Army Recruits. Final Report for the US Army.
33. Reyes, CM, Bray, RM, Williams, J, & Spira, JL (2010). Effects of Tobacco and Alcohol Abuse on Post-traumatic Stress Disorder in Active Duty and Reserve Component Military Personnel. Final Report for the US Army.

34. Brown, J., Bray, R., Williams, J., Lane, M., Reyes, C., Spira, J., Anderson, E., Rae Olmsted, K. (2010). Basic Combat Training Mental Fitness Study; Contract No. W81XWH-09-P-0548 for the Walter Reed Army Institute of Research (WRAIR), March 2010.
35. Bray, R., Brown, J., Williams, J., Spira, J., Olmsted, K (2010). The Effectiveness of Resiliency Training for Reduced PTSD and Improved Performance in Army Recruits. Final Report for US Army.
36. Bray, R., Spira, J., & Rae-Olmsted, K. (2010). The Role of Behavioral and Occupational Health in Total Fitness: commissioned by the Chairman of the Joint Chiefs of Staff. 02/01/10.
37. Brown, J., Bray, R., Williams, J., Lane, M., Reyes, C., Spira, J., Anderson, E., Rae Olmsted, K. (2010). Basic Combat Training Mental Fitness Study; Contract No. W81XWH-09-P-0548 for the Walter Reed Army Institute of Research (WRAIR), March 2010.
38. McLay, R., Spira, J., & Reeves, D. (2010). Use of Computerized Neuropsychological Testing to Help Determine Fitness to Return to Combat Operations When Taking Medication That Can Influence Cognitive Function. *Military Medicine*, 175 (12):945-946.
39. Reyes, CM, Bray, RM, Williams, J, & Spira, JL (2010). Effects of Tobacco and Alcohol Abuse on PTSD in Active Duty and Reserve Component Military Personnel. Final Report for the US Army.
40. Spira, J, Johnston, S, McLay, R, Popovic´ S, Russoniello, C, and Wood, D (2010). Expert Panel: Future Directions of Technological Advances in Prevention, Assessment, and Treatment for Military Deployment Mental Health. *Cyberpsychology, Behavior, and Social Networking*. 13(1), 109-117.
41. Spira, J., McLay, R., Murphy-Web, J. (2010). Virtual Reality Facilitated Prolonged Exposure Procedural Manual. MMRC Army Funded Research Study, Naval Medical Center San Diego.
42. Wood, D, Wiederhold, B., & Spira, J. (2010). Lessons Learned from 350 Virtual-Reality Sessions for Warriors Diagnosed with Combat-Related PTSD. *CyberPsychology & Behavior*. M.A. Liebert Inc.
43. Wood, DP, Center, K., Murphy, J., McLay, R., Koffman, R., Johnston, S., Spira, J., Pyne, J., & Wiederhold, B. (2010). Combat Related PTSD: A Multiple Case Report Using Virtual Reality Graded Exposure Therapy with Physiological Monitoring. *The Specialist*. 29(1) 20-23. Spira, J., Hourani, L., Strange, L., Hubal, R., Kizakevich, P. (2009). Predeployment Stress Inoculation Training: Commissioned by the Department of Defense. Technical Manual, RTI International.
44. Bray, R.M., J.L. Spira, and K.L. (2009). Rae Olmsted Conference on defining total fitness for the 21st century. The contribution of behavioral and occupational health to total fitness. Document submitted to the Chairman, Joint Chiefs of Staff Instruction on Total Fitness, Bethesda, MD, (Dec, 2009).
45. McLay RN, Spira JL. (2009). Use of a Portable Biofeedback Device to Improve Insomnia in a Combat Zone. *Applied Psychophysiol & Biofeedback*. 34:319-21.
46. Spira, J., Hourani, L., Strange, L., Hubal, R., Kizakevich, P. (2009). Predeployment Stress Inoculation Training: Commissioned by the Department of Defense. Tech Report, RTI International.
47. Wood DP, Murphy J, McLay R, Koffman R, Spira J, Obrecht RE, Pyne J, Wiederhold BK. (2009). Cost effectiveness of virtual reality graded exposure therapy with physiological monitoring for the treatment of combat related PTSD. *Stud Health Technol Inform*. 2009; 144:223-9. Swanson, K., Gevartz, R, Brown, M, Spira, J., Guarneri, M. Stoletniy, L. (2009). The effect of biofeedback on function in patients with Heart Failure. Applied Psychophysiology & Biofeedback. DOI 10.1007/s10484-009-9077-2.
48. Reeves D, Elsmore T, Wiederhold M, Spira J, Wood D, Murphy J, Wiederhold B (2008). BrainCheckers: Handheld Computerized Neuropsychological Assessment in Virtual Reality Treatment for PTSD. *Cyber-Therapy*.
49. Spira, J., Pyne, J, & Wiederhold, B. (2008) *Treatment Manual: Virtual Reality Assisted, Biofeedback-Guided Graded Exposure for Combat-Related PTSD*. Naval Medical Center.
50. Kolko TT, Spira JL, Morse JS, Grieger TA, (2007) Posttraumatic stress disorder and depression in health-care providers returning from deployment to Iraq and Afghanistan, *Military Medicine* (2007).
51. Reeves, D., Elsmore, T., Wiederhold, M., Wood, D., Murphy, J., Center, C, Spira, J., and Wiederhold, B.K. (2007). Handheld computerized neuropsychological assessment in virtual reality treatment protocol for

- combat PTSD. *Annual Review of Cybertherapy and Telemedicine: Transforming Healthcare through Technology*, 5, 151-156.
52. Spira, J. & Pyne (2007) Ch 12: Virtual-reality Assisted, Biofeedback-guided, Graded Exposure in the Treatment of Acute Combat PTSD. In CR Figley, Ph.D. & WP Nash (eds) *Combat and Operational Stress Management: Theory, Research, and Practice*; Routledge Psychosocial Stress Book Series.
  53. Spira, J. & Pyne, J. (2006). Virtual Reality and Other Experiential Therapies in the Treatment of Combat-related PTSD; *Primary Psychiatry*. 2006;13(3):58-64
  54. Berg, JL, Greiger, T & Spira, JL (2005) Emotional and behavioral effects of trauma from near sinking of research submarine. *Military Medicine*.
  55. Rizzo, A.A., Pair, J., Graap, K., Manson, B., McNERNEY, P.J., Wiederhold, B., Wiederhold, M. & Spira, J. (2005). A Virtual Reality Exposure Therapy Application for Iraq War Military Personnel with Post Traumatic Stress Disorder: From Training to Toy to Treatment. In: Roy, M. (Ed.). *Novel Approaches to the Diagnosis and Treatment of PTSD*. Amsterdam: IOS Press, 235-250.
  56. Leskin, G, Spira, J., & Breda, M. (2005) Treatment Manual: Group Cognitive Behavioral Therapy for Combat Veterans with PTSD. Palo Alto Veteran's Administration Trauma Program.
  57. Spira, J., & Reed, G. (2003) Group Therapy For Women With Breast Cancer. Washington DC: American Psychological Association Press.
  58. Croarkin, P, Berg, J & Spira, J. (2003). Informed Consent for Psychotherapy: A Look at Providers' Understanding, Opinions, and Practices. *American Journal of Psychotherapy*. 57(3):384-400
  59. Spira, J. (2002) GPs mustn't be dismayed about grasp of cognitive therapy. *BMJ* Aug 17;325(7360):390
  60. Spira, J. (2001) Comparison of St John's Wort and imipramine. Study design casts doubt on value of St John's wort in treating depression. *BMJ* Feb 24;322(7284):493;
  61. Speice J, Harkness H, Laneri R, Frankel D, Roter A, Kornblith T, Ahles T, Winer E, Fleishman S, Lubner P, Zevon M, McQuellon R, Trief P, Finkel J, Spira J, Greeberg D, Rowland J, Holland J. (2000) Involving family members in cancer care: focus group considerations of patients and oncological providers. *Psycho-Oncology*.
  62. Wiederhold, B., Gevirtz, R., & Spira, J. (2001). Virtual reality exposure therapy vs. imagery desensitization therapy in the treatment of flying phobia. In G. Riva & C. Galimberti (Eds.), *Towards CyberPsychology* (pp. 254-272). Amsterdam: IOS Press
  63. Speice, J., Laneri, H., Harkness (Hodgson), J., Frankel, R., Roter, D., Kornblith, A., Ahles, T., Fleishman, S., Lubner, P., Zevon, M., McQuellon, R., Trief, P., Finkel, J., Spira, J., Holland, J., Greenberg, D., & Rowland, J. (1998). Delivering bad news: The importance of involving family members. *Patient Education and Counseling*, 34, S5-S6.
  64. Spira, J. (1998). Meditation in Psychotherapy: Behavior Online Symposium (J. Spira, Symposium Chair) <http://www.behavior.net/forums/meditation/1998/msg83.html>
  65. Spira, J. (1999) Existential Psychotherapy in Palliative Care, in Chochinov & Breitbart (eds) *Psychiatric Dimensions of Palliative Care*, NY:Oxford.
  66. Spira, J. (1998) Group Therapy For Cancer Patients, in J. Holland, W Breitbart, P. Jacobson, M. Lederberg, M. Loscalzo, M. Massie, R. McCorkle (eds), *Handbook of PsychoOncology*, NY:Oxford University Press.
  67. Spira, J. (1997) Understanding and Developing Therapeutic Groups for Medically Ill Patients. In J Spira (ed), *Group Therapy For The Medically Ill*, NY:Guilford Press.
  68. Spira, J. (1997) Existential Group Psychotherapy For Persons With Advanced Cancer and Other Life-threatening Illnesses. In J. Spira (ed), *Group Therapy For The Medically Ill*, NY: Guilford Press.
  69. Spira, J. (1997) Integrating Progressive Education Into Technology-based Distance Learning. In J.L. Morrison (Ed.), *Technology Tools for Today's Campuses* [CD ROM]. Redmond, WA: Microsoft Corporation. Also at: [http://technologysource.org/article/integrating\\_principles\\_of\\_progressive\\_education\\_into\\_technologybased\\_distance\\_learning/](http://technologysource.org/article/integrating_principles_of_progressive_education_into_technologybased_distance_learning/)
  70. Spira, J. (1997) Group Therapy For The Medically Ill. Guilford Press, NY.

71. Banks, M. Spira, J., Tamarkin, L., Royal, W, & Hayes, R. (1996). Cognitive Control of Immunity: Implications for AIDS and cancer. Final Report to the National Institutes of Health.
72. Spira, J. (1996) Treating Dissociative Identity Disorder (MPD). Josey-Bass: San Francisco; Selected as Behavioral Science Book Club Alternate Selection, March, 1996.
73. Spira, J. (1995) Treatment Manual: Behavioral Medicine - An Experiential Approach to Improving Health and Quality of Life: Duke U Medical Center; Box 3022; Durham, NC; 27710
74. Plaisted CS, Spira JS, Coburn JM, Drezner MK (1995). Long-term Weight Loss: A consequence of a successful lifestyle change program. *Nutrition*, 14(5). 538.
75. Sullivan, MJ, Cobb, FR, & Spira, JL. (1994) Delaying Progression of Atherosclerosis: A new frontier in cardiology. *Cardio*, 11(5), 26-30.
76. Spira, J. (1994) Tai Chi Chuan and Silent Sitting Meditation: Videotape and Booklet. Published by Duke University Center For Living, Box 3022, Durham, NC 27710.
77. Sullivan, MJ, Cobb, FR, & Spira, JL. (1993) Exercise and intensive risk factor modifications: Can we reverse atherosclerosis? *Your Patient and Fitness In Cardiology*, Nov/Dec, 1993.
78. Stein, S., Spira, J., Hermanson, K., & Spiegel, D., (1993). Recent developments in psychosocial oncology. *Current Opinion In Psychiatry*
79. Spira, J. (1993) The role of therapeutic exercise in the treatment of chronic immune-deficiency illness. *Massage and Bodywork Quarterly*, Spring.
80. Spira, J. & Spiegel, D. (1993) Group Psychotherapy of the Medically Ill. in Stoudemire, A. and Fogel, B. (Eds) *Psychiatric Care of the Medical Patient*, (2ed), NY: Oxford University Press. Ch 3, 31-50.
81. Spiegel, D., Fritzholtz, E., & Spira, J. (1993) Functional Disorders of Memory. *Annual Review of Psychiatry*, Vol 12, J. Oldham, M. Riba, A. Tasman (eds), Wash DC: Amer Psychiatric Assoc Press. Chapter 27, 747-782.
82. Spiegel, D. & Spira, J. (1993) Hypnosis for Psychiatric Disorders; in Dunner, D (ed) *Current Psychiatric Therapy*. Philadelphia: W.B. Saunders Co. Ch 83, 517-523.
83. Sullivan, MJ, Cobb, FR, Spira, JL, et al (1993) Reducing Cardiac Risk Factors Through Lifestyle Modification. *Current Research in Cardiovascular Health*, Human Kinetics Press.
84. Classen C, Diamond S, Soleman A, Fobair P, Spira, J, Spiegel D. (1993) Brief Supportive-Expressive Group Therapy for Women with Primary Breast Cancer: A Treatment Manual. Stanford University.
85. Spira, J. & Spiegel, D. (1992) Hypnosis and related techniques in pain management for the terminally ill. *Hospice Journal*: 8(½), 89-120..
86. Spira, J. (1991) Is Massage Therapy? *Massage Magazine*, January: 44-48.
87. Spiegel, D. & Spira, J. (1991) Treatment Manual: Supportive-Expressive Group Therapy For Women With Breast Cancer. Department of Psychiatry, Stanford University School of Medicine, Stanford, CA 94305.
88. Spira, J. (1991) The Role of Patient Experience in Medicine: Existential, Educational, and Counseling Approaches to Behavioral Medicine Intervention. UC-Berkeley. Dissertation Abstracts.
89. Spira, J. (1990) Increasing compliance through improved physician rapport. *Interview: Medical News Reports*, 9/90.
90. Spira, J. (1990) Movement and Immunity; *Journal of the International Movement Therapy Association*; Spring.
91. Oden, G. and Spira, J. (1983) Influence of context on the activation and selection of ambiguous word senses. *Quarterly Journal of Experimental Psychology*, 35A, 51-64.

### **Under Review and in preparation:**

- Spira, JL & King, LA. The impact of home-based telehealth for rural veterans with PTSD: Objective and subjective findings.
- Spira, JL, Tsao, JW, and Haran J. Validity of a field-deployable neurocognitive toolkit: Defense Automated Neurobehavioral Assessment (under review, Archives of Clinical Neuropsychology).
- Onoye, J, Spira, JL, Marx B, and Rodriquez, P . The influence of ethnicity on mental health in a sample of clinic veterans: Does military/veteran culture trump one's hereditary culture?
- Spira, J., Onoye, J, Marx, B, Rodriquez, P. Objective measures of validity in a sample of ethnically diverse clinic veterans with various disability status.
- Spira JL, Lathan CE, Bleiberg J, and Tsao J. (Journal of Traumatic Stress). The relative impact of deployment and combat exposure on cognitive, emotional, concussion, and post-concussive symptoms in active duty marines.
- Spira JL, King LA, Bleiberg J. Neurocognitive assessment as a functional biomarker for wounds of war: Objective measures as complements of self-report.

### **Abstracts Presented at and Published in the Proceedings of Scientific Meetings**

- Spira, J. & Mirin, A. Brief Psychodynamic Therapy in the Treatment of Complex Trauma. Annual Convention of the Hawaii Psychological Association, Honolulu, 10/18
- Spira, J. Trauma and Addiction. University of Hawaii John Burns School of Medicine Addictions Conference, Honolulu, 8/18
- Spira, J. Self-hypnosis for pain management. Annual Convention of the Hawaii Psychological Association, Honolulu, 10/17.
- Spira, J. Integrating Meditation into Clinical Practice. Annual Convention of the Hawaii Psychological Association, Honolulu, 10/16.
- Spira, J. The relationship of TBI to PTSD in active duty military personnel. International Violence and Trauma Conference, Honolulu, HI. 4/15.
- Spira, J. The Relationship of Traumatic Brain Injury to Posttraumatic Stress Disorder. 10<sup>th</sup> Annual Brain Injury Conference, Scripps Clinic, San Diego, CA. 3/15.
- Spira, J. The effects of home-based telemental health intervention for rural veterans with PTSD on neurocognitive functioning. American College of Preventive Medicine Annual Conference, Atlanta, GA. 3/15.
- Spira, J., The benefits of home-based tele-mental-health for rural veterans with PTSD. Hawaii Psychological Association Annual Convention, Honolulu, HI, 10/14.
- Spira, J., King, L., & Lathan, C. The development of a computerized neurocognitive test as an objective functional biomarker of emotional distress. Washington DC, Neuroscience, 11/14.
- Spira, J., Lathan, C., Bleiberg, J., & Tsao, J. Is Simple Reaction Time the Best Indicator of White Matter Disruption in Service Members with Invisible Wounds of War? Military Health Services Research Symposium, Ft Lauderdale, 8/14
- Spira, J., Lathan, C., Bleiberg, J., & Tsao, J Development of an Objective, Functional Biomarker of Invisible Wounds of War for Use by Providers.. Military Health Services Research Symposium, Ft Lauderdale, 8/14
- Spira, J. The Influence of TBI on the Development of PTSD; Military Behavioral Health Symposium, Washington DC, 2/14.
- Spira, J. The Relationship of TBI to PTSD; US Army Public Health Service Webinar, Washington DC, 6/13.
- Spira, J. The Role of Combat Deployment on Cognitive and Emotional Functioning in Recently Deployed Marines, American Psychological Association, Honolulu, HI, 8/13.
- Spira, J. The Role of Multiple Concussion on Emotional and Cognitive Functioning in Combat Veterans; Military Health System Research Symposium, Ft. Lauderdale, FL, 8/13.



- Spira, J. The Relationship of PTSD to Postconcussive Symptoms, Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCOE), Resilience Symposium, Washington DC, 8/13
- Spira, J. The Role of Deployment on Cognitive and Emotional Functioning in Recently Deployed Marines. Military Health System Research Symposium, Ft Lauderdale, FL, 8/12.
- Spira, J. Computer Tailored Intervention for OEF/IEF Combat Veterans with PTSD. International Society of Traumatic Stress Studies (ISTSS), Los Angeles, 11/12.
- Spira, J. Defense Automated Neurobehavioral Assessment (DANA). A deployable tool for assessing TBI and PTSD in the field. International Society of Traumatic Stress Studies (ISTSS), Los Angeles, 11/12
- Spira, J. The Uses of Virtual Reality for Combat Related Mental and Physical Injury. NATO Conference on Technology and the Wounds of War, Ankara, Turkey, 6/12.
- Spira, J. Predictors of postconcussive symptoms. NATO Wounds of War Conference, Vienna, 10/11.
- Spira, J. The Influence of Deployment on Psychological and Behavioral Functioning in Service Members. International Society of Traumatic Stress Society (ISTSS). Quebec, November, 2010.
- Bray, R., Spira, J., Lane, M. (2010). The Influence of Marital Status, Gender, and Combat Exposure on Psychological Factors in Deployed Service Members. Military Family Conference, Purdue, 3/2010
- Spira, J. How Relevant Are "Evidence-Based" PTSD Treatments for the Treatment of Combat-related PTSD? Naval Command Combat Operational Stress Control Conference (NCCSOC): San Diego, May 2010.
- Spira, J. The Influence of Deployment, Marital Status, and Gender on Service Member's Post-Deployment Mental Health. Naval Command Combat Operational Stress Control Conference (NCCSOC): San Diego, May 2010.
- Spira, J. (Chair); McLay, R., Dalenburg, Wiederhold, M.. Symposium: What's New in PTSD Treatment ; Association for Applied Psychophysiology and Biofeedback's Annual Meeting in San Diego, March, 2010.
- Spira, J. Virtual Reality and Psychophysiology – The benefits of Arousal and Attentional Control. Association for Applied Psychophysiology and Biofeedback's Annual Meeting, San Diego, March, 2010.
- Bray, R.M., J.L. Spira, and K.L. Rae Olmsted Invited presenter/group leader at conference on defining total fitness for the 21st century. The contribution of behavioral and occupational health to total fitness. Workshop for the Chairman, Joint Chiefs of Staff Instruction on Total Fitness, Bethesda, MD, (December 1, 2009).
- Drury, R., Spira, J., Phares, R; Clasen, A; Malyj, W; Gabriel, T. Resilience Enhancement: A non-stigmatizing psychoeducational activity to enhance adaptive stress coping strategies, relationship support, and psychophysiological affect-regulation using evidence based technologies. 2009 OEF/OIF VA/DoD Evolving Paradigms II Conference; 9/09; Las Vegas.
- Schulz, SM, Murphy, J., Spira, J, Gevirtz, R, Heering, S., Muench, F., Hofmann, S. (2010). Augmenting CBT for generalized anxiety disorder with HRV-biofeedback vs. Progressive muscle relaxation. Sixth World Congress of Behavioral and Cognitive Therapies, Boston, June, 2010.
- Kizakevich, P., J. L. Spira, R. C. Hubal, M. L. McCartney, D. Reeves, and T. Elsmore. (2009, August). Personal Health Monitoring for Ambulatory PTSD and mTBI Assessment. Presented at Military Health Research Forum, Kansas City, MO, Invited.
- Spira, J, Johnston, S, McLay, R, Popovic´ S, Russoniello, C, and Wood, D (2010). Expert Panel: Future Directions of Technological Advances in Prevention, Assessment, and Treatment for Military Deployment Mental Health. Cyberpsychology, Behavior, and Social Networking. Volume 13, Number 1, 2010
- Spira, J. (2009). Chair - Expert Panel: The use of advanced technology to facilitate medical care of combatants in the field. Symposium, CyberTherapy 14, Verbania, Italy, June, 2009.
- Drury, R., Spira, J., Phares, R; Clasen, A; Malyj, W; Gabriel, T. Resilience Enhancement: A non-stigmatizing psychoeducational activity to enhance adaptive stress coping strategies, relationship support, and psychophysiological affect-regulation using evidence based technologies. 2009 OEF/OIF VA/DoD Evolving Paradigms II Conference; 9/09; Las Vegas.
- Densert, R., Wood, D, Murphy, J. McLay, R., Spira, J., Pyne, J., & Wiederhold, B. (2009). Combat Related Post Traumatic Stress Disorder: A Multiple Case Report Using Virtual Reality Exposure Therapy with Physiological Monitoring. Paper presented at CT14, Verbania, Italy June 2009.
- McLay, R., Wood, D., Rizzo, A., Spira, J., Perlman, K., Rothbaum, B., Difiede J., Pyne, J., Wiederhold, M, & Wiederhold, B. (2009), Different Methods for Conducting Virtual Reality Therapy for Combat PTSD, What Studies Show, and Practical Application of VR Treatment in Iraq. Paper presented at CT14, Verbania, Italy June 2009.
- Wood, D, Murphy J, McLay, R, Koffman, R, Spira, J., Obrecht, R, Pyne, R, & Wiederhold, B. (2009). Cost Effectiveness of Virtual Reality Graded Exposure Therapy with Physiological Monitoring for the Treatment of Combat Related Post Traumatic Stress Disorder. Different Methods for Conducting Virtual Reality Therapy for Combat PTSD, What Studies Show, and Practical Application of VR Treatment in Iraq. Paper presented at CT14, Verbania, Italy June 2009.
- Spira, J., McLay, R., Pyne, J., Wiederhold, B., Murphy, J., Wood, D., Wiederhold, M. The Benefits of Virtual Reality Facilitated Exposure Therapy for Combat Veterans with PTSD and MTBI, 14th International Conference on Violence, Abuse, and Trauma, September, 2009; San Diego, CA.

- Spira, J. The Benefits of Arousal Control during Exposure Therapy in the Treatment of Post Traumatic Stress Disorder. Cybertherapy 14, Italy, June 2009.
- Webb-Murphy, J., Spira, J., Gevirtz, R., Hofmann, S., Schulz, S., & Muench, F. Comparison of Relaxation Techniques for Group Cognitive Behavioral Therapy for Generalized Anxiety Disorder; Annual Meeting of the American Biofeedback and Psychophysiology Association; Albuquerque, NM. April, 2009.
- Wood, D, Webb-Murphy, J, Densert, R, McLay, R, Spira, J, Pyne, J, & Wiederhold, B. Combat Related Post Traumatic Stress Disorder: A Multiple Case Report Using Virtual Reality Exposure Therapy with Arousal Control; AMSCON/AMSUS. 2009.
- Murphy, J., Center, K., Wood, D., McLay, R., Johnston, S., Russ, C., Spira, J., Reeves, D. & Wiederhold, B. Relationship of cyber-sickness to post traumatic stress disorder and Mild Traumatic Brain Injury in Military Personnel Enrolled in a Virtual Reality Graded Exposure Therapy Treatment Trial. Cybertherapy-13, 6/08, San Diego.
- Spira, J., Murphy, J., McLay, R., Wood, D., & Wiederhold, B. Exposure Therapy for combat veterans with PTSD. Paper presented at the Combat and Operational Stress Conference; San Diego, 8/08
- Spira, J., Wiederhold, B., Center, K., Murphy, J., McLay, R., Wood, D., & Wiederhold, M. The Influence of mild traumatic brain injury on autonomic dysregulation in combat veterans with post traumatic stress disorder. Paper presented at Cybertherapy, June 2008.
- Hourani, L.L., Spira, J.L., & Kizakevich, P. (2008, October). *Combat Stress Casualty Reduction: Development and Testing of a Predeployment Stress Inoculation Training Program*. Presented at Marine Corps Combat and Operational Stress Working Group, San Diego, CA, Invited.
- Murphy, J., Center, K., Wood, D., McLay, R., Johnston, S., Russ, C., Spira, J., Reeves, D. & Wiederhold, B. Relationship of cybersickness to post traumatic stress disorder and Mild Traumatic Brain Injury in Military Personnel Enrolled in a Virtual Reality Graded Exposure Therapy Treatment Trial. Cybertherapy-13, 6/08, San Diego.
- Hofmann, S. G., Murphy, J., Spira, J. L., Schulz, S.M., Heering, S., & Muench, F. (2008, November). Augmentation of CBT for generalized anxiety disorder with biofeedback of cardiac vagal tone. In A. E. Meuret (Chair), /Novel biobehavioral and technology-supported treatment approaches in anxiety disorders/. Paper presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies. Orlando, FL.
- Wood, D, Center, K, Murphy, J, McLay, R; Koffman, R; Johnston, S, Spira, J., Pyne, J; & Wiederhold, B (2008); Combat related post traumatic stress disorder – a multiple case report using virtual reality graded exposure therapy with physiological monitoring. Paper presented at the Annual Meeting of the Association of Medical Service Corps Officers Meeting, November, San Antonio.
- Spira, J., Murphy, J., McLay, R., Wood, D., & Wiederhold, B. Exposure Therapy for combat veterans with PTSD. Paper presented at the Combat and Operational Stress Conference; San Diego, August, 2008. <http://www.usmc-mccs.org/cosc/conference/documents/Presentations/Wednesday%2013%20Aug/Track%20D/1500%20Ses%203%20Spira%20-%20COSC%20Paper%20Presentation.pdf>
- Spira, J., Wiederhold, B., Center, K., Murphy, J., McLay, R., Wood, D., & Wiederhold, M. The Influence of mild traumatic brain injury on autonomic dysregulation in combat veterans with post traumatic stress disorder. Paper presented at Cybertherapy, June 2008.
- Spira, J. & Pontes, J. The benefits of self-comforting training for reducing severity of symptoms in women with eating disorders. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, San Diego, March 2008.
- Spira, J. The benefits of Tai Chi in Cardiopulmonary Rehabilitation. International Symposium in Cardiopulmonary Rehabilitation. Quebec, Canada, June, 2007.
- Kotay, A., Gevirtz, R., Spira, J., Peper, E. Psychophysiology of Occupational Stress and Pain Symptoms. American Association of Psychophysiology and Biofeedback; Monterey, CA, February 2007.
- Spira, J. & Verdolin, M. Reducing dependence upon opioids in chronic pain patients. Mental Health Association of San Diego County, Annual Conference. San Diego, CA; June, 2006.
- Spira, J. An Integrative and Individualized Treatment Model for Eating Disorders. It Takes A Village: Integrative Models in the Treatment of Eating Disorders Symposium: San Francisco: February 2006.
- Spira, J. Psychological Interventions for Physical Illness: Where we are and where do we need to be going? Keynote Address, Annual Conference, Canadian Psychological Association, Health Psychology Division. Montreal, Canada, November 2005.
- Spira, J. Neurohypersensitivity: Understanding and Treating Genetically Predisposed, Autonomically-mediated Illness. Annual Conference, Canadian Psychological Association, Health Psychology Division. Montreal, Canada, November 2005.
- Spira, J.L, Wiederhold, B, Wiederhold, M, Pyne, J & Rizzo, A. (2005). Virtual Reality Assisted, Biofeedback Guided, Graded Exposure Therapy in the Treatment of Acute Combat-related PTSD; 4th International Workshop on Virtual Rehabilitation IWVR2005; Catalina Island, Los Angeles, California, USA September 19-21, 2005

- Spira, J. The Clinical Hypnosis Interview: A clinical assessment of hypnotizability for individual and group patients. Presented at the Academy of Clinical Health Psychology; Washington DC, August, 2005.
- Rizzo, A, Pair, J, Graap, K, Rothbaum, B, Wiederhold, B, Wiederhold, M & Spira, J. (2005). Design and Development of a VR Therapy Application for Iraq War Military Personnel with Combat-Related PTSD; 4th International Workshop on Virtual Rehabilitation IWVR2005; Catalina Island, Los Angeles, California, USA, September 19-21, 2005
- Rizzo, A.A., Pair, J., Graap, K., Manson, B., McNERney, P.J., Wiederhold, B., Wiederhold, M. & Spira, J. (2005). A Virtual Reality Exposure Therapy Application for Iraq War Military Personnel with Post Traumatic Stress Disorder: From Training to Toy to Treatment. Presented at: The NATO Advanced Research Workshop on Novel Approaches to the Diagnosis and Treatment of Posttraumatic Stress Disorder. Dubrovnik, Croatia, June 13-16, 2005.
- Spira, JL, Wiederhold, B, Wiederhold, M, Pyne, J & Rizzo, A. (2005). Virtual Reality Assisted, Biofeedback Guided, Graded Exposure Therapy in the Treatment of Acute Combat-related PTSD; 4th International Workshop on Virtual Rehabilitation IWVR2005; Catalina Island, Los Angeles, 8/05,
- McLay, R, Klinski, A, Tucciarone, P ; Spira, J (2005) Changes in Prescription Habits With The Introduction of Generic Fluoxetine. American Psychiatric Association Annual Meeting, New Orleans, LA.
- Holmer, ML, Gevirtz, R, Spira, JL, Greenberg, M (2005). A controlled clinical trial of the effects of yoga on health status in fibromyalgia patients. Paper Presented at the 63rd Annual Meeting of the American Psychosomatics Society, Vancouver, BC
- Holmer, ML, Gevirtz, R, Spira, JL (2004) Changes in medication-taking among Fibromyalgia patients taking an 8-week yoga class. Paper Presented at the Annual Meeting of American Psychophysiology and Biofeedback Society, April, Colorado Springs, CO.
- Spira, J. & Kotay, A. Influence of Relaxation and Stress on Very Low Frequency Heart Rate Variability; Annual Meeting of the American Association of Biofeedback and Psychophysiology, Colorado Springs, 4/04.
- Spira, J. NeuroHyperSensitivity: predicting drug sensitivity, psychological and medical illness from co-morbidity, and neurological sensitivity. Annual Meeting of the American Association of Biofeedback and Psychophysiology, Colorado Springs, 4/04.
- Spira, J. Using Meditation and Hypnosis to modify EEG and Heart Rate Variability, Annual Meeting of the American Association of Biofeedback and Psychophysiology, Colorado Springs, 4/04.
- Spira, J Psychosocial Factors in Cardiopulmonary Rehab. Int'l Symposium in Cardiopulmonary Rehab; Quebec, 5/03
- Hensley, D. & Spira, J. Psychological Factors of Hepatitis C Patients at a VA Liver Transplant Program; Int'l Assoc of Psychosomatic Medicine, Honolulu, August, 2003
- Spira, J. Experiential Methods in Pain Management. Kaiser Permanente Annual Pain Management Conf; Las Vegas, 9/03.
- Spira, J. & Kotay, A. Influence of Relaxation and Stress on Very Low Frequency Heart Rate Variability; Annual Meeting of the American Association of Biofeedback and Psychophysiology, Colorado Springs, 4/04.

#### **Invited Presentations (samples):**

- Spira, J. The Use of Therapeutic and Educational Principles in the Use of Animal-Assisted Therapy for Veterans with PTSD. PATH. Keynote Address at the Professional Association of Therapeutic Horsemanship International. San Diego, CA October 2014.
- Spira, J. The Uses of Virtual Reality for Combat Related Mental and Physical Injury. NATO Conference on Technology and the Wounds of War. Ankara Turkey, June, 2012
- Spira, J. (Chair). Consensus statement on psychological interventions for combat PTSD. NATO Conference on Technology and the Wounds of War, Austria, 2009, October.
- Spira, J. Virtual Reality-Assisted Arousal-Control Facilitated Exposure Therapy for Combat-related PTSD. Workshop presented at the 14<sup>th</sup> Annual Meeting of CyberTherapy (CT14); Verbania, Italy (June 2009).
- Spira, J. The Role of Attentional Absorption and Arousal Control for Optimal Performance. Naval Special Warfare (SEAL) Re-Integration Retreat; Anaheim, CA, April, 2009.
- Spira, J., Wood, D., Reeves, D. Virtual Reality Facilitated Exposure Therapy for Pain, Sexual Trauma, PTSD, and mTBI. Western Region Veteran's Administration Annual Training Program. Sacramento, CA April, 2009.
- Spira, J. Exposure Therapy for Veterans with Combat-related PTSD; Medicine Meets Virtual Reality (MMVR); Long Beach, January, 2009.
- Spira, J. Approaches to Exposure Therapy for Combat-related PTSD; Loma Linda VAMC. October, 2008
- Spira, J, & Obrecht, R. Predeployment Readiness and Postdeployment Re-integration Resiliency. Naval Special Warfare Officers' Training Course; NSW SEAL Base, Coronado, CA. June-August, 2008.
- Spira, J. Virtual Reality-Assisted Treatment for Chronic Combat PTSD; Iowa VAMC; August, 2008.
- Spira, J. Virtual Reality-Assisted Treatment for Combat PTSD in NATO forces; Warsaw, Poland, June, 2007
- Spira, J. Meditation in Psychotherapy; Relationship Training Institute, June, 2007

## Recent Funding as Principal Investigator

- Spira, PI 10/2012 – 09/2015 1.2 cal mo  
VA, Office of Rural Health \$1,100,000  
(Program Director: Thomas Driskill, Jr., [Thomas.Driskill@va.gov](mailto:Thomas.Driskill@va.gov))  
“Home Based Telemental Health (HBTMH) Follow-up for Rural Veterans with PTSD.” This feasibility study compares 90 rural veterans who choose clinic based PTSD care compared to 90 veterans who choose HBTMH care. Further, half the veterans will be randomized to receive evidence based treatment versus evidence based treatment plus psychoeducational support for somatic distress (problems with arousal, attention, pain, sleep).
- Spira, PI 10/2012 – 12/2014 3.0 cal mo  
DOD, CDMRP RIF subaward \$700,000  
(Contract Specialist: Charlotte Safos, [csafos@antinc.com](mailto:csafos@antinc.com))  
“Defense Automated NeuroBehavioral Assessment (DANA).” This research will analyze longitudinal data collected using automated neurocognitive assessments from recently deployed Service Members and civilians to determine the validity of the tool for use in obtaining both subjective and objective determinants of functional impairment during and after deployment.
- Spira, PI 10/1/2013-9/30/2014 \$37,500 1.2 cal mo  
DOD, Office of Naval Research subaward  
(Paul Kizakevitch, ONR Awardee; [Kiz@RTI.org](mailto:Kiz@RTI.org))  
“Personal Health Improvement Tool (PHIT)”. This is a phase one research project that will validate standardized psychological measures with those measures implemented on a smart phone. Later phases will assess the use of a smart phone with an application that involves assessment-driven automated interventions for service member’s transition from combat to civilian life - symptom management to assist with stress, sleep, anger, and overall health behaviors.
- Spira, PI 08/2010 - 07/2013 1.2 cal mo  
USA Medical Research Acq. Activity \$850,000  
"Computerized Tailored Intervention for Behavioral Sequelae of Post-Traumatic Stress Disorder in Veterans": This project aims to assess the usability and feasibility of a multi-behavioral computerized tailored intervention (CTI) or expert system delivered via the Internet for veterans with PTSD symptoms. Three behavioral health risk factors, i.e., smoking, depression, and stress, that associated with PTSD, will be included in the CTI system. The project will adapt and modify a CTI system based on the Transtheoretical Model of Behavior Change (TTM) that has been successfully utilized with general adult populations to be relevant to a veteran population.
- Spira, PI 02/2011 - 6/2013 1.2 cal mo  
VA, National Center for PTSD \$39,775  
"Development and Validation of PTSD-related Functional Impairment Scale":  
This study is a local contribution to a larger, multisite, multiphase study to recruit a subset of OEF/OIF veterans for the final phase of the study to establish a functional measure for veterans with PTSD. The local contribution, for which Dr. Spira is PI, is to cross-validate Defense Automated Neurobehavioral Assessment Metric against established psychosocial measures in a sample of 200 veterans from the Pacific Island Healthcare System outpatient clinic.

## **Relevant Clinical and Teaching Experience:**

Licensed Psychologist in clinical practice, 25 years

- Expertise in Individual and Group Therapy:
  - o Psycho-Educational
  - o Cognitive-Behavioral
  - o Interpersonal/Dynamic
  - o Behavioral:
    - Motivation, Readiness to Change, Behavioral Activation
    - Exposure
    - Stress Inoculation Therapy
  - o Experiential:
    - Relaxation/Self-comforting
    - Hypnotherapy and Imagery
    - Meditation (active moving and sitting styles)
  
- Experience includes:
  - o teaching professionals in hundreds of university courses and continuing education trainings
  - o coordinating and leading over forty 1-week to 6-week immersive retreat programs
  
- Forensic Experience:
  - o Fitness for Return-to-Duty Evaluations, Naval Medical Center San Diego (1997-2005)
  - o Staff Psychologist, State of California, Department of Corrections and Rehabilitation (2006-8)
  - o Psychological Evaluations, State of California, Law Enforcement Candidates (2007-8)
  - o Expert Testimony in criminal cases involving military members with PTSD or TBI
  
- Military Psychology Experience:
  - o Emphasis on treating wounds of war and assisting with readjustment to family life
  - o Head, Program in Health Psychology and Psychiatry Consultation-Liaison Service, Naval Medical Center San Diego
  - o Senior Psychologist, Military Behavioral Health Division, RTI International
  - o Co-developer and Instructor, Naval Special Warfare (SEAL) Family Resiliency Programs (funded by DOD, Department of the Navy, Bureau of Medicine and Surgery)
  - o Director, US Department of Veterans Affairs National Center for PTSD, Pacific Division
  - o Research focusing on delivering PTSD care to rural veterans without adequate access to care
  - o Research determining the effects of multiple concussion on cognitive functioning

## **Martial Arts:**

- 2<sup>nd</sup> Degree Black Belt, Taekwondo, International Taekwondo Association
- Certified Instructor, World Ranking Martial Arts Association
- Tai Chi Chuan; Practitioner, 35 years; Instructor 25 years
- Taught martial arts to patients, healthy students, and instructors throughout the US, Europe, and Asia

## **Meditation:**

- Practitioner of Zen Meditation since 1970, including four years monastic training in the US and Japan
- Intensive trainings in Vipassana (Mindfulness), Chi Kung, Yoga
- Instruction to patients, healthy students, and meditation instructors through the US and world.