

Gellis, L. A. & Gehrman, P. R. (2011). Cognitive Behavioral Treatment for Insomnia in Veterans with Longstanding Posttraumatic Stress Disorder: A Pilot Study. *Journal of Aggression, Maltreatment & Trauma, 20*, 904-916.

Gellis, L. A., Gehrman, P. R., Mavandadi, S. & Oslin, D. W. (2010). Predictors of Sleep Disturbances in OEF/OIF Veterans Reporting an Emotional Trauma. *Military Medicine, 175*, 567-573.

Gellis, L. A., Mavandadi, S. & Oslin, D. W. (2010) Functional Quality of Life in Full vs Partial PTSD Among OEF/OIF Veterans. *The Primary Care Companion to the Journal of Clinical Psychiatry, 12*, 1-6.

Gellis, L. A. & Lichstein, K. L. (2009). Sleep Hygiene Practices of Good and Poor Sleepers in the United States: an Internet-Based Study. *Behavior Therapy, 40*, 1-9.

Gellis, L. A., Lichstein, K. L., Scarinci, I. C., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W. (2005). Socioeconomic Status and Insomnia. *Journal of Abnormal Psychology, 114*, 111-118.

Jones, T. C., Jacoby, L. L., **Gellis, L. A.** (2001). Cross-modal Feature and Conjunction Errors in Recognition Memory. *Journal-of-Memory-and-Language, 44*, 131-152.

BOOK CHAPTERS

Gellis, L. A. (2011). Children's sleep in the context of socio-economic status, race, and ethnicity. In El-Sheikh, M. (Ed.), *Sleep and development: Familial and socio-cultural considerations*. New York: Oxford University Press.

Lichstein, K. L., **Gellis, L. A.**, Stone, K. C., & Nau, S, D. (2006). Primary and secondary insomnia. In S. R. Pandi-Perumal & J. M. Monti (Eds.), *Clinical pharmacology of sleep* (pp. 1-9). Basel, Switzerland: Birkhauser Verlag.

GRANTS AND AWARDS

Primary Investigator, Pilot Research Grant from the Veterans Affairs Mental Illness Research Education and Clinical Center, *Cognitive-Behavioral Treatment for Insomnia in Vietnam Veterans with PTSD*, \$25,000 (2007)

Primary Investigator, Pilot Research Grant from the Department of Veterans Affairs Center for Integrated Healthcare, *Cognitive Refocusing Treatment for Insomnia: A Pilot Study*, \$400 (2006)

Primary Investigator, Research Grant Award from the University of Memphis Department of Psychology, \$1,500 (2005)

TEACHING EXPERIENCE

Clinical Supervisor: Syracuse University, Department of Psychology
Supervise individual psychotherapy for graduate student clinicians: Spring 2014 – Fall 2015

Instructor: Syracuse University, Department of Psychology
Health Psychology (PSY 382): Spring 2010, Fall 2010-2015
Health Psychology Laboratory (PSY 383): Spring 2011-2015
Introduction to Clinical Psychology (PSY 415): Fall 2009-2010, Fall 2013, Spring 2012-2015
Abnormal Psychology (PSY 395): Spring & Fall 2009-2011
Personality (PSY 393): Fall 2012-2015
Internships in Clinical Psychology (PSY425): Spring 2013-2015
First Year Forum (CAS 101): Fall 2015
Research in Clinical/Health Psychology (PSY 291/491): Spring & Fall 2010-2015

Instructor: Drexel University, Department of Psychology
Introduction to Psychology (PSY 101; Online Course): Fall 2007

Instructor: University of Memphis, Department of Psychology
Introduction to Psychology (PSY 1200): Summer 2005
Abnormal Psychology (PSY 3102): Fall 2003, Spring 2005,
Psychological Statistics (PSY 3001): Fall 2003, Spring 2004

POSTERS & PRESENTATIONS

Bernstein, S., **Gellis, L. A.** Nau, S. D., & Fichten, C. (May, 2015). *Preliminary Validation of the Sleep Interference Rating Scale (SIRS)*. Syracuse University Department of Psychology Poster Conference.

Gellis, L. A. (April 2015; May, 2015). *Sleep: Factors, Functions, and Problems*. Project Advance High School Teachers Seminar. Syracuse, NY & NYC, NY.

Chambers, A., **Gellis, L. A.**, Park, A., & Fucito, L. M. (November, 2014). *Alcohol Consumption as a Predictor of Insomnia Severity among University Students*. The annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.

Delagardelle, L., Chambers, A., Bernstein, S., & **Gellis, L. A.** (May, 2014). *Preliminary Data Comparing Three Electronically-Based Interventions for Insomnia among College Students*. Syracuse University Department of Psychology Poster Conference.

Park, E., Willens, B., Delagardelle, L., Udenze, C. C., & **Gellis, L. A.** (May, 2013). *A Preliminary Study Assessing an Electronic Administration of 'Cognitive Refocusing Treatment for Insomnia'*. Syracuse University Department of Psychology Poster Conference.

Gellis, L. A. Arigo, D., Elliott, J. C. (November, 2012). *An Investigation of a Novel Cognitive Intervention for Insomnia*. The annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.

- Trifoso, S. D., & **Gellis, L. A.** (May, 2012). *An Examination of the Relationship between ADHD and Insomnia Severity in college students*. Syracuse University Department of Psychology Poster Conference.
- Todd, R., Udenze, P. & **Gellis, L. A.** (May, 2012). *Mental and Physical Health Correlates of Insomnia in College Students*. Syracuse University Department of Psychology Poster Conference.
- Gellis, L. A.** (June, 2011). *Nighttime Cognitive Distraction and Insomnia Severity among University Students*. The annual meeting of the Association of Professional Sleep Societies (APSS), Minneapolis, MN.
- Stotsky, M. T. & **Gellis, L. A.** (May, 2011). *Prevalence and Correlates of Insomnia in College Students*. Syracuse University Department of Psychology Poster Conference.
- Gellis, L. A.**, Gehrman, P. R., Mavandadi, S. & Oslin, D. W. (July, 2009). *Predictors of Sleep Disturbances in OEF/OIF Veterans Reporting an Emotional Trauma*. The National Veterans Conference/National MIRECC Conference, Baltimore, MD.
- Gellis, L. A.** (June, 2009) *Cognitive Refocusing Treatment for Insomnia: A Pilot Study*. The annual meeting of the Association of Professional Sleep Societies (APSS), Seattle, WA.
- Gellis, L. A.** (June, 2009) *Cognitive Behavioral Treatment of Insomnia in Vietnam Veterans With PTSD: A Pilot Study*. The Monthly University of Pennsylvania & University of Pittsburgh Investigators Conference Call.
- Gellis, L. A.**, Mavandadi, S. & Oslin, D. W. (July, 2008). *Functional Quality of life and Partial PTSD in Trauma-Exposed OEF/OIF Returnees Seen in Primary Care*. The National Veterans Conference/National MIRECC Conference, Alexandria, VA.
- Ross, R., **Gellis, L. A.**, Stepanski, E., Green, D., & Woodward, S. (June, 2008). *REM Phasic Activity in PTSD-Discordant Monozygotic Twins*. The annual meeting of the Association of Professional Sleep Societies, Baltimore, MA
- Gellis, L. A.** (June, 2008). *Cognitive-Behavioral Treatment of Chronic Insomnia: Assessment & Treatment Part II*. The Weekly National Behavioral Health Lab Conference Call.
- Gellis, L. A.**, Gehrman, P. R., Ross, R. J., Ross, J. T., Ingram, E. P., Eakin, A. C., & Oslin, D. W. (May, 2008). *Sleep Disturbances and Quality of Life Among Distressed, Trauma-Exposed OEF/OIF Returnees Seen in Primary Care*. National VA Research Week Conference, Philadelphia, PA.
- Gellis, L. A.** (April, 2008). *Insomnia: Assessment, Causes and Behavioral Treatment*. The Weekly National Behavioral Health Lab Conference Call.

- Gellis, L. A.** (2007, May). *Insomnia: Definition, Causes and Treatment*. Fellowship Seminars at the University of Pennsylvania Department of Psychiatry Treatment Research Center, Philadelphia, PA.
- Gellis, L. A., & Lichstein, K. L.** (2007, June). *Sleep Hygiene Practices of Good and Poor Sleepers in a Nationwide Internet-Based Sample*. Paper presented at the University of Pennsylvania Center for Sleep and Respiratory Neurobiology Research Retreat, Philadelphia, PA.
- Gellis, L. A.** (2007, May). *Insomnia: Definition, Causes and Treatment*. (2007, May). Fellowship Seminars at the University of Pennsylvania Department of Psychiatry Treatment Research Center, Philadelphia, PA.
- Gellis, L. A., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W.** (2004, June). *Is fatigue associated with insomnia after controlling for anxiety?* The annual meeting of the Association of Professional Sleep Societies (APSS), Philadelphia, PA.
- Gellis, L. A., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W.** (2002, November). *The BDI and STAI as Correlates of Insomnia*. The annual meeting of the Association for the Advancement of Behavioral Therapy (ABCT), Reno, NA.
- Gellis, L. A., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W.** (2002, November). *Obsessive-Compulsive Personality Characteristics in People With Insomnia*. The annual meeting of the Association for the Advancement of Behavioral Therapy (ABCT), Reno, NA.
- Gellis, L. A., Lichstein, K. L., Durrence, H. H., Bush, A. J., & Riedel, B. W.** (2002, June). *Sleep Variables, Sleep Quality, and Daytime Functioning Deficits*. The annual meeting of the Association of Professional Sleep Societies (APSS), Seattle, WA.
- Gellis, L. A., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W.** (2001, November). *Socioeconomic Status, Insomnia, and Daytime Functioning*. The annual meeting of the Association for the Advancement of Behavioral Therapy (ABCT), Philadelphia, PA.
- Gellis, L. A., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W.** (2001, June). *Socioeconomic Status, Insomnia, and Daytime Functioning*. The annual meeting of the Association of Professional Sleep Societies (APSS), Chicago, IL
- Gellis, L. A., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., & Riedel, B. W.** (2000, November). *Socioeconomic Status and Insomnia*. The annual meeting of the Association for the Advancement of Behavior Therapy (ABCT), New Orleans, LA.

PROFESSIONAL AFFILIATIONS

Association for Behavioral and Cognitive Therapies
Behavioral Sleep Medicine
Academy of Sleep Medicine

PROFESSIONAL SERVICE

***Ad hoc* Reviewer:** Behavioral Sleep Medicine, Cognitive Research and Therapy, Quality of Life Research, Basic and Applied Social Psychology, Military Medicine

Grant Reviewer : Marsden Fund, Royal Society of New Zealand

Dissertation/Thesis Committee Member: Syracuse University, Department of Psychology
Katherine Bonafide (2012) Masters Defense Reader; Laura Miller (2014) Dissertation Defense Reader; Katherine Bonafide (2015) Dissertation Defense Reader; Whitney Wood (2015) Dissertation Defense Reader.

Undergraduate Academic Advisor: Syracuse University, Department of Psychology
2010 (30 students); 2011 (25 students); 2012 (25 students); 2013 (17 students); 2014 (18 students); 2015 (24 students)

Undergraduate Independent Study/Internship Supervisor: Syracuse University, Department of Psychology
2009 Katherine Mullins, Raymond Graham
2010 Katherine Mullins, Raymond Graham
2013 Allison Bates, Jin Lee

Undergraduate Research Mentor: Syracuse University, Department of Psychology
2011 Shawn Trifoso, Miriam Stotsky
2012 Edward Park, Benjamin Willens, Princess Udenze, Harly Rodriguez, Ryan Todd, Shawn Trifoso
2013 Adrian Chambers, Samantha Bernstein, Lauren Delagardelle, Edward Park, Benjamin Willens,
2014 Adrian Chambers (Allport Scholar), Samantha Bernstein, Lauren Delagardelle, June Futterman, Laura Colon
2015 Samantha Bernstein, June Futterman, Laura Colon, Karrin Rutledge, Nikola Fedorowicz