

# Lara Traeger

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Curriculum Vitae, July 2010

Massachusetts General Hospital  
Behavioral Medicine Service  
One Bowdoin Square, 7<sup>th</sup> Floor  
Boston, MA 02114  
ltraeger@partners.org

## EDUCATION

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- 2009-present **Postdoctoral Fellowship in Clinical Psychology**  
Massachusetts General Hospital/Harvard Medical School, Boston, MA
- 2009 **Ph.D. in Clinical Psychology**  
University of Miami, Coral Gables, FL  
Concentration: Health Psychology
- 2008-2009 **Internship in Clinical Psychology**  
Massachusetts General Hospital/Harvard Medical School, Boston, MA  
Track: Behavioral Medicine
- 2006 **M.S. in Clinical Psychology**  
University of Miami, Coral Gables, FL
- 1998 **B.A. in Psychology**  
Duke University, Durham, NC

## AWARDS & HONORS

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- 2009 Emerson Award for excellence in published psychological research,  
Massachusetts General Hospital/Harvard Medical School
- 2008 Society of Behavioral Medicine Award for meritorious student abstract
- 2007 Kirk Danhour Award for excellence in research, clinical skills, and leadership
- 2003-2006 University of Miami Fellow, University of Miami Graduate School

## PROFESSIONAL AFFILIATIONS

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American Psychological Association (APA)  
Society of Behavioral Medicine (SBM)  
American Psychosomatic Society (APS)

## RESEARCH POSITIONS

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- 2008-present Postdoctoral Fellow, Efficacy of CBT for adherence and depression in HIV care settings, Massachusetts General Hospital/Harvard Medical School, Boston, MA  
NIMH R01-MH084757  
P.I. Steven Safren, Ph.D.
- 2009-present Bilingual Protocol Therapist, Improving the recognition and treatment of depression in Asian American and Latino American patients in primary care, Massachusetts General Hospital/Harvard Medical School, Boston, MA  
Robert Wood Johnson Foundation  
Co-P.I.'s Nhi-Ha Trinh, M.D., C. Andres Bedoya, Ph.D.
- 2010-present Investigator, Examining the feasibility and acceptability of a relaxation response intervention for women undergoing a breast biopsy, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital, Boston, MA  
P.I. Elyse Park, Ph.D.
- 2008-present Protocol Assessor, CBT for adherence and depression in diabetes, Massachusetts General Hospital/Harvard Medical School, Boston, MA  
NIMH R01-MH078571  
P.I. Steven Safren, Ph.D.
- 2008-2010 Protocol Therapist, Brief CBT for anxiety in advanced non-small cell lung cancer, Massachusetts General Hospital/Harvard Medical School, Boston, MA  
NCI R03-CA128478  
P.I. Joseph Greer
- 2006-2008 Graduate Researcher, Quality of life intervention in advanced prostate cancer, University of Miami, Coral Gables, FL  
NCI R21-CA102761-01A2  
P.I. Frank Penedo
- 2005-2007 Investigator, Inflammatory processes in older men treated for prostate cancer, University of Miami, Coral Gables, FL  
University of Miami Center on Aging/Forest Laboratories Fellowship  
P.I. Lara Traeger
- 2003-2006 Graduate Researcher/Bilingual Protocol Therapist, Cognitive-behavioral stress management and prostate cancer, University of Miami, Coral Gables, FL  
NCI P50-CA84944  
P.I. Lara Traeger
- 2003-2006 Graduate Researcher, Biopsychosocial correlates of quality of life in head and neck cancer, University of Miami, Coral Gables, FL  
P.I. Frank Penedo

## **SUPERVISED CLINICAL PLACEMENTS**

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- 2008-present OUTPATIENT PSYCHIATRY, Massachusetts General Hospital, Boston, MA  
Supervisors: Michelle Jacobo, Ph.D., Bob Knauz, Ph.D., Susan Sprich, Ph.D., Lee Baer, Ph.D., Jennifer Burbridge, Ph.D., Joseph Greer, Ph.D.  
Conduct evaluations and individual therapy at the CBT Clinic and Behavioral Medicine Service for psychiatric diagnoses and/or difficulties managing chronic illness. Co-led DBT group for borderline personality disorder.
- 2009 WEIGHT CENTER, Massachusetts General Hospital, Boston, MA  
Supervisor: Stephanie Sogg, Ph.D.  
Conducted evaluations with individuals presenting for obesity treatment. Provided brief individual CBT. Co-led CBT group for emotional eating.
- 2008 ACUTE PSYCHIATRY SERVICE, Massachusetts General Hospital, Boston, MA  
Supervisors: Michelle Jacobo, Ph.D., Laura Prager, M.D.  
Conducted evaluations, risk assessments and treatment/disposition planning for adult and child patients in a psychiatric emergency department setting.
- 2006-2007 PSYCHOSOCIAL DIVISION, Mount Sinai Comprehensive Cancer Center, Miami Beach, FL  
Supervisors: Christina Pozo-Kaderman, Ph.D., Sameet Kumar, Ph.D.  
Conducted evaluations and therapy with cancer patients in outpatient and medical inpatient hospital units, in English and Spanish.
- 2005-2006 PRIMARY CARE CONSULT-LIASON, Miami VA Healthcare System, Miami, FL  
Supervisors: Regina Pavone, Ph.D., Paul Hartman, Ph.D.  
Conducted evaluations and therapy with U.S. veterans in consultation with VA physicians. Co-facilitated weight management group and women's group.
- 2004-2008 CENTER FOR PSYCHO-ONCOLOGY RESEARCH, Behavioral Medicine Research Center, University of Miami, Coral Gables, FL  
Supervisor: Frank Penedo, Ph.D.  
Conducted face-to-face and telephone-based group CBT interventions with cancer patients in English and Spanish.
- 2004-2005 PSYCHOLOGICAL SERVICES CENTER, U. of Miami, Coral Gables, FL  
Supervisors: D. Kim Fuller, Ph.D., Biing Shen, Ph.D., Amy Bowers, Ph.D.,  
2007-2008 Ketty Patiño-Gonzalez, Ph.D., Saneya Tawfik, Ph.D.  
Conducted psychodiagnostic evaluations, individual therapy, and psycho-educational assessments with adults in South Florida community. Mentored junior student clinicians.

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## EDITORIAL ACTIVITIES: AD-HOC REVIEWS

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*Journal of Consulting and Clinical Psychology*

*Cancer*

*The Oncologist*

*Psychology and Health*

*Psycho-Oncology*

*Quality of Life Research*

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## INVITED LECTURES/SEMINARS

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**Traeger, L.** (2009, 2010). Psychosocial Care at the End of Life. Lecture presented as part of the Psychology Internship Behavioral Medicine Seminar Series. Massachusetts General Hospital/Harvard Medical School, Boston, MA.

**Traeger, L.** (2009). Does Sexual Dysfunction Matter? Perceptions of Illness and Quality of Life in Recent Prostate Cancer Survivors. L. Eugene Emerson Lecture presented at the Department of Psychiatry Grand Rounds, Massachusetts General Hospital/Harvard Medical School, Boston, MA.

**Traeger, L.** (2009). Applying to Internships in Behavioral Medicine: a Student Perspective. Panel presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada.

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## TEACHING EXPERIENCES

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### COURSE INSTRUCTOR: BIOBEHAVIORAL STATISTICS (PSY 204)

Fall 2005, University of Miami Department of Psychology, Coral Gables, FL  
Assumed full responsibility for undergraduate course lectures, examinations, assignments and grading. Covered fundamental statistical concepts with a focus on applications in biobehavioral research, and introduced use of computer statistical software.

### WORKSHOP INSTRUCTOR: STATISTICS

Spring 2007, Miami Veterans Affairs Healthcare System, Miami, FL  
Conducted a half-day statistics workshop for Miami VA psychology interns. Covered theory and application of ANOVA, multiple regression, and structural equation modeling (SEM).

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## ADDITIONAL TRAINING

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Professional Psychological Spanish, University of Miami (2006, 1 semester)

Supervisor: Peggy Rios, Ph.D.

Spanish language elective course on psychotherapy theories, case conceptualizations and techniques with a focus on Spanish populations.

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**PEER-REVIEWED ARTICLES**


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Applebaum, A.J., Bullis, J.R., **Traeger, L.N.**, O'Cleirigh, C., Otto, M.W., Pollack, M. H., & Safren, S. A. (In press). Rates of mood and anxiety disorders and contributors to continued heroin use in methadone maintenance patients: A comparison by HIV status. *Neurobehavioral HIV Medicine*.

Zhou, E.S., Penedo, F.J., Lewis, J.E., Rasheed, M., **Traeger, L.**, Lechner, S., Soloway, M., Kava, B.R., & Antoni, M.H. (In press). Perceived stress mediates the effects of social support on health-related quality of life among men treated for localized prostate cancer. *Journal of Psychosomatic Research*.

**Traeger, L.**, & Pirl, W. (2010). Approaching the treatment of depression in elderly cancer patients. *Aging Health, 6*(3), 393-403.

Safren, S.A., **Traeger, L.**, Skeer, M., O'Cleirigh, C., Meade, C.S., Covahey, C., & Mayer, K.H. (2010). Testing a social-cognitive model of HIV transmission risk behaviors in HIV-infected MSM with and without depression. *Health Psychology, 29*(2), 215-221.

**Traeger, L.**, Penedo, F.J., Gonzalez, J.S., Dahn, J., Lechner, S., Schneiderman, N., & Antoni, M. (2009). Illness perceptions and quality of life in men treated for localized prostate cancer. *Journal of Psychosomatic Research, 67*(5), 389-397

Molton, I.R., Siegel, S.D., Penedo, F.J., Dahn, J.R., Kinsinger, D., **Traeger, L.N.**, Schneiderman, N., Antoni, M.H. (2008). Promoting recovery of sexual functioning after radical prostatectomy with group-based stress management: The role of interpersonal sensitivity. *Journal of Psychosomatic Research, 64*(5), 527-536.

Penedo, F.J., **Traeger, L.**, Dahn, J., Molton, I., Schneiderman, N., & Antoni, M. (2007). Cognitive behavioral stress management intervention improves quality of life in spanish monolingual Hispanic men treated for localized prostate cancer: results of a randomized controlled trial. *International Journal of Behavioral Medicine, 14*(3), 164-172.

Siegel, S.D., Molton, I., Penedo, F.J., Llabre, M.M., Kinsinger, D.P., **Traeger, L.**, Schneiderman, N., & Antoni, M.H. (2007). Interpersonal sensitivity, partner support, patient-physician communication, and sexual functioning in men recovering from prostate carcinoma. *Journal of Personality Assessment, 89*(3), 303-309.

Penedo, F.J., Molton, I., Dahn, J., Shen, B., Kinsinger, D., **Traeger, L.**, Siegel, S., Schneiderman, N., & Antoni, M. (2006). A randomized clinical trial of group-based cognitive-behavioral stress management in localized prostate cancer: Development of stress management skills improves quality of life and benefit finding. *Annals of Behavioral Medicine, 31*(3), 261-270.

O'Sullivan, L. F., Dolezal, C., Brackis-Cott, E., **Traeger, L.**, & Mellins, C. A. (2005). Communication about HIV and risk behaviors in a sample of HIV-positive and HIV-negative mothers and their early adolescent children. *The Journal of Early Adolescence, 25*(2), 148-167.

## CONFERENCE PRESENTATIONS

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2010

**Traeger, L.**, Skeer, M.R., O’Cleirigh, C., Mayer, K.H., Safren, S.A. (2010). Identifying Risk Factors for Appointment Non-adherence in HIV Primary Care. Poster presented at the 5<sup>th</sup> international conference on HIV treatment adherence of the International Association of Physicians in AIDS Care, Miami, FL.

**Traeger, L.**, Applebaum, A., O’Cleirigh, C., Israel, J., Bullis, J., Safren, S. (2010). HIV Status Impacts Psychosocial Risk and Recent Heroin Use in Depressed Patients on Methadone Maintenance for Opioid Dependence. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.

Park, E.R., **Traeger, L.**, Japuntich, S., Rigotti, N.A., Pandiscio, J., Wallace, R.B., Keating, N.L. (2010). Continued Smoking among Lung or Colorectal Cancer Patients: A Population-Based Study. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.

Pirl, W.F., Greer, J., Bemis, H., Heist, R.S., Gallagher, E., Sequist, L.V., Engelman, J.A., **Traeger, L.**, Lennes, I.T., Temel, J.S. (2010). Depression and EGFR Mutation Status in Stage IV Non-Small Cell Lung Cancer. Poster presented at the annual meeting of the American Society of Clinical Oncology, Chicago, IL.

Robinaugh, D.J., Marques, L., **Traeger, L.N.**, Marks, E.H., Jacoby, R.J., Porter, E., Weingarden, H.M., Sung, S.C., Pollack, M.H., Simon, N.M. (2010). Understanding the Relationship Between Social Support and Posttraumatic Stress Disorder: The Mediating Role of Post-trauma Cognitions. Poster presented at the annual meeting of the Anxiety Disorders Association of American, Baltimore, MD.

2009

O’Cleirigh, C., **Traeger, L.**, Covehay, C., Mayer, K.H., Safren, S. (2009). Negative Affect in Younger HIV-infected Men Who Have Sex with Men is Associated with Increased Sexual Transmission Risk Behavior. Paper presented at the annual meeting of the Association for Behavioral Cognitive Therapies, New York, NY.

Safren, S., **Traeger, L.**, Skeer, M., O’Cleirigh, C., Meade, C., Covehay, C., Mayer, K.H. (2009). Depression Moderates the Ability of a Social Cognitive Model to Account for HIV Risk Behavior among HIV-infected MSM. Symposium presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada.

Zhou, E.S., **Traeger, L.**, Penedo, F.J., Rasheed, M., Benedict, C.V., Schneiderman, N., Antoni, M.H. (2009). Social Support and Cognitive Processing in Men Treated for Localized Prostate Cancer. Poster presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada.

Benedict, C., **Traeger, L.**, Rasheed, M., Zhou, E.S., Penedo, F.J. (2009). Perceived Stress Mediates the Relationship between Emotional Well-being and Change in Fatigue in Men with Advanced Prostate Cancer. Poster presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada.

2008

**Traeger, L.**, Penedo, F.J., Rasheed, M., Zhou, E., Benedict, C., Antoni, M., Schneiderman, N. (2008). Cognitive Adaptation Buffers Older Prostate Cancer

Survivors Against Age-related Declines in Subjective Well Being: A Structural Equation Modeling Analysis. Paper presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

Monette, K., Dahn, J.R., **Traeger, L.**, Schneiderman, L., Antoni, M.H., Penedo, F.J. (2008). Changes in Dietary Stage-of-Change and BMI: A Prospective Evaluation in a Sample of Men Treated for Localized Prostate Cancer. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

Zhou, E.S., Penedo, F.J., **Traeger, L.**, Rasheed, M., Benedict, C., Schneiderman, N., Antoni, M.H. (2008). Social Support Moderates the Relationship between Declines in Physical Well-Being and Increased Mood Disturbance in Prostate Cancer Patients. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

## 2007

**Traeger, L.**, Penedo, F.J., Rasheed, M., Zhou, E., Antoni, M., Schneiderman, N. (2007). Illness Perceptions, Life Stress and Emotional Well Being in Men Recently Treated for Prostate Cancer. Paper presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

**Traeger, L.**, Penedo, F.J., Rasheed, M., Zhou, E., Fletcher, M.A., Schneiderman, N., Antoni, M. (2007). Cortisol Mediates the Relationship Between Stress Management Skills and Prostate-Specific Antigen (PSA) Level Among Men Treated for Prostate Cancer. Poster presented at the annual meeting of the American Psychosomatic Society, Budapest, Hungary.

**Traeger, L.**, Penedo, F.J., Thomas, G., Dahn, J., Fisher, P., Gachupin-Garcia, A., Hernandez, M., Goodwin, J. (2007). Perceived Social Support and Disease-Specific Quality of Life in Head and Neck Cancer Patients. Poster presented at the annual meeting of the American Psychosocial Oncology Society, Austin, Texas.

Zhou, E.S., Penedo, F.J., **Traeger, L.**, Rasheed, M., Blomberg, B., Fletcher, M.A., Schneiderman, N., Antoni, M.H. (2007). Depression, Anxiety, and Natural Killer Cell Cytotoxicity in Men Treated for Prostate Cancer. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

Rasheed, M., Penedo, F.J., **Traeger, L.**, Zhou, E.S., Dahn, J.R., Schneiderman, N., Antoni, M.H. (2007). Social Support Predicts Quality of Life in Men Treated for Prostate Cancer. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

Fekete, E.M., Penedo, F.J., Antoni, M.H., Carver, C.S., **Traeger, L.**, Fletcher, M.A., Blomberg, B., Schneiderman, N. (2007). Illness-specific Spousal Support and Insecure Attachment are Associated with Lower NK Cell Count in Men with Prostate Cancer. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

## 2006

**Traeger, L.**, Penedo, F.J., Siegel, S., Kinsinger, D., Antoni, M., Schneiderman, N. (2006). Effects Of A Psychosocial Intervention On Illness Perception And Emotional Well Being In Men Recently Treated For Prostate Cancer. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

Golant, M., Rios, P., **Traeger, L.**, Saathoff, A. (2006). Exploring Models to Overcome

eHealth Cancer Information & Support Disparities Among Spanish-Speaking Adults: Recent Findings. Paper presented at the second annual Hispanic Thought Leaders Summit.

Penedo, F.J., **Traeger, L.**, Siegel, S., Kinsinger, D., Rasheed, M., Schneiderman, N., Antoni, M. (2006). Cognitive-Behavioral Group Intervention in Prostate Cancer: Lessons Learned from a Randomized Clinical Trial. Paper presented at the annual meeting of the International Congress of Behavioral Medicine, Bangkok, Thailand.

Penedo, F.J., **Traeger, L.**, Thomas, G., Hernandez, M. & Goodwin, J. (2006). Social Support Is Associated With CD8+ T-Cell Immunity In Head & Neck Cancer Patients. Poster presented at the annual meeting of the International Congress of Behavioral Medicine, Bangkok, Thailand.

Penedo, F.J., Siegel, S., Kinsinger, D., **Traeger, L.**, Rasheed, M. (2006). Psychosocial Correlates of Natural Killer Cell Cytotoxicity (NKCC) in Men Treated for Early Stage Prostate Cancer (CaP). Paper presented at the 8<sup>th</sup> World Congress of Psycho-Oncology, Venice, Italy.

Rasheed, M., Penedo, F., Kinsinger, D., **Traeger, L.**, Siegel, S., Schneiderman, N., Antoni, M. (2006). Ethnicity, Psychosocial Factors and Quality of Life in Men Treated for Prostate Cancer. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

2005

**Traeger, L.**, Penedo, F. J., Thomas, G., Dahn, J., Fisher, P., Gachupin-Garcia, A., Hernandez, M., Goodwin, J. (2005). Psychological Distress And Physical Well Being In Head And Neck Cancer Patients. Poster presented at the University of Miami/Sylvester Comprehensive Cancer Center Scientific Retreat, Key Largo, Florida.

2004

**Traeger, L.**, Penedo, F. J., Thomas, G., Dahn, J., Fisher, P., Gachupin-Garcia, A., Hernandez, M., Goodwin, J. (2004). Active Coping Mediates The Relationship Between Optimism And Change In Performance Status In Newly Diagnosed Head And Neck Cancer Patients. Poster presented at the International Congress of Behavioral Medicine, Mainz, Germany.

**Traeger, L.**, Penedo, F. J., Thomas, G., Dahn, J., Fisher, P., Gachupin-Garcia, A., Hernandez, M., Goodwin, J. (2004). Coping Style Predicts Post-Treatment CD8+ T-Cell Immunity In Head And Neck Cancer Patients. Poster presented at the International Congress of Behavioral Medicine, Mainz, Germany.

Thomas, G.R., Penedo, F.J., Dahn, J.R., Hernandez, M., **Traeger, L.**, Wen, J., Raynor, T., Goodwin, W.J. (2004). Psychosocial Distress And T Cell Immunity In Patients With Head And Neck Carcinoma. Poster presented at the annual meeting of the American Academy of Otolaryngology – Head and Neck Surgery Foundation, New York, NY.

Kinsinger, D., Penedo, F.J., Molton, I., Dahn, J., **Traeger, L.**, Fletcher, M., Schneiderman, N., & Antoni, M. (2004). Depression Mediates The Relationship Between Perceived Stress And Natural Killer Cell Cytotoxicity In Men Treated For Prostate Cancer. Paper presented at the annual meeting of the American Psychosomatic Society, Orlando, FL.