

Curriculum Vitae

Brian John Curtis, PhD, DBSM

Updated 06/23/2025

EDUCATION

<u>Years</u>	<u>Degree</u>	<u>Institution</u>
2018 – 2021	PhD, Clinical Psychology	University of Utah, Salt Lake City, UT
2015 – 2018	MS, Clinical Psychology	University of Utah, Salt Lake City, UT
2012 – 2015	MS, Neuroscience	University of Utah, Salt Lake City, UT
2008 – 2011	Post-Baccalaureate, Pre-Medicine	University of Utah, Salt Lake City, UT
2002 – 2008	BS, Psychology	University of Utah, Salt Lake City, UT

ONLINE COURSE DEVELOPMENT

2024	DBT-Sleep: Foundational Developer and Instructor: Brian Curtis, PhD, DBSM A 26-hour, self-paced, CE-approved online certification course designed to teach Dialectical Behavior Therapy (DBT) clinicians how to assess and treat chronic sleep disruption and insomnia within Stage 1 DBT. The course includes video lectures, a comprehensive treatment workbook, a structured seven-session protocol (assessment + six core treatment sessions), and weekly live group consultation. Approved for CE credit by the APA (psychologists), ASWB (social workers), and NBCC (counselors). Details at www.dbtssleep.com .
------	--

CLINICAL TRAININGS DELIVERED

2024	Integrating Assessment and Treatment of Insomnia in Your Practice. 1.0-Hour In-Person Training for Mental Health Providers. Women in Private Practice (WPP) Fall Conference, Sandy, UT. Subject Matter Expert: Brian Curtis, Ph.D., D.B.S.M. September 16, 2024.
2023	Assessing and Treating Sleep Disruption in Your Clients: Cognitive Behavioral Therapy for Insomnia (CBT-I). 6.0-Hour Advanced Virtual Training for Mental Health Providers. The Pauquette Center for Psychological Services, Portage, WI. Subject Matter Expert: Brian Curtis, Ph.D., D.B.S.M. September 08, 2023.
2022	Integrating CBT-I Into a DBT Program. 3.0-Hour Advanced Virtual Training for Mental Health Providers. Behavioral Care Center of New Jersey, Florham Park, NJ. Subject Matter Expert: Brian Curtis, Ph.D. October 24, 2022.
2022	Treating Posttraumatic Nightmares. 3.0-Hour Advanced Virtual Training for Mental Health Providers. Behavioral Care Center of New Jersey, Florham Park, NJ. Subject Matter Expert: Brian Curtis, Ph.D. October 21, 2022.
2022	Targeting Sleep Disruptions to Improve the Effectiveness of DBT. 6.0-Hour Advanced Virtual Training for Mental Health Providers. Behavioral Care Center of New Jersey, Florham Park, NJ. Subject Matter Expert: Brian Curtis, Ph.D. September 30, 2022.

- 2022 Assessing and Treating Sleep Disruptions in Anxiety and OCD. 6.0-Hour Advanced Virtual Training for Mental Health Providers. Juniper Mental Health, Sandy, UT. Subject Matter Expert: Brian Curtis, Ph.D. March 18, 2022.
- 2022 Targeting Sleep Disruptions to Improve the Effectiveness of DBT. Advanced Virtual Trainings for Mental Health Providers. Atlanta DBT Center, Norcross, GA. Subject Matter Expert: Brian Curtis, Ph.D. 1.5-Hour Trainings Occurring on June 08, 2022, August 17, 2022, September 14, 2022, September 28, 2022, October 12, 2022, October 26, 2022, and December 07, 2022 (10.5 Hours of Training in Total).
- 2022 Assessing and Treating Sleep Disruption: Cognitive Behavioral Therapy for Insomnia (CBT-I). Advanced Virtual 2.0-Hour Training for Mental Health Providers. TheraCare Wellness, Brea, California. Subject Matter Expert: Brian Curtis, Ph.D. August 19, 2022.
- 2022 Assessing and Treating Sleep Disruption: Cognitive Behavioral Therapy for Insomnia (CBT-I). Advanced Virtual 2.0-Hour Training for Clinical Staff and Graduate Students in Clinical Psychology. University of Toledo, Toledo, OH. Subject Matter Expert: Brian Curtis, Ph.D. September 27, 2022.
- 2022 Targeting Sleep Disruptions to Improve the Effectiveness of DBT. 6.0-Hour Advanced Virtual Training for Mental Health Providers. Behavioral Care Center of New Jersey, Florham Park, NJ. Subject Matter Expert: Brian Curtis, Ph.D. September 30, 2022.
- 2022 Treating Posttraumatic Nightmares. 3.0-Hour Advanced Virtual Training for Mental Health Providers. Behavioral Care Center of New Jersey, Florham Park, NJ. Subject Matter Expert: Brian Curtis, Ph.D. October 21, 2022.
- 2022 Integrating CBT-I Into a DBT Program. 3.0-Hour Advanced Virtual Training for Mental Health Providers. Behavioral Care Center of New Jersey, Florham Park, NJ. Subject Matter Expert: Brian Curtis, Ph.D. October 24, 2022.

CLINICAL TREATMENT CERTIFICATIONS

- 2023 **Board Certification (Diplomat) in Behavioral Sleep Medicine (DBSM).** Board of Behavioral Sleep Medicine (BBSM). June 2023.
- 2021 **VA Cognitive Processing Therapy (CPT) Training Program.** U.S. Department of Veterans Affairs. Veterans Health Administration.
- 2019 **Acceptance and Commitment Therapy (ACT) Intensive Immersion Training.** ACT Courses. June 2019 to September 2019.
- 2018 – 2019 **Dialectical Behavior Therapy (DBT) Foundational Training.** Behavioral Tech Online. October 2018 to May 2019.

CLINICAL EXPERIENCE

- 2020 – 2021 **Clinical Internship: George E. Wahlen Veterans Affairs Salt Lake City Health Care System.** Training Director: Caroline (“Renn”) Sweeney, Ph.D. Provided 40 hours of individual and group clinical services per week to Veterans presenting with severe emotion

dysregulation, trauma, suicidality, chronic pain, and sleep disruption. Completed a core (6-month) rotation at the Mindfulness Center, a core rotation on the PTSD Clinical Team (PCT), an elective (3-month) rotation on the full-program Dialectical Behavior Therapy (DBT) Team, an elective rotation on the Primary Care Mental Health Integration (PCMHI) Team, and an elective rotation on the PCT focused on intensive Cognitive Processing Therapy (CPT). Salt Lake City, UT.

Evidence-based treatment approaches: Mindfulness-Based Stress Reduction (**MBSR**), Mindfulness-Based Cognitive Therapy (**MBCT**), Mindful Self Compassion (**MSC**), Dialectical Behavior Therapy (**DBT**), Cognitive Processing Therapy (**CPT**), Cognitive Behavioral Therapy for Chronic Pain (**CBT-CP**), Exposure, Relaxation, and Rescripting Therapy for Military and Veterans (**ERRT-M**) with Nightmare Disorder, Cognitive Behavioral Therapy for Insomnia (**CBT-I**), Prolonged Exposure Therapy (**PE**).

2019 – 2020

George E. Wahlen Veterans Affairs Salt Lake City Health Care System. Supervisor: Caitlin E. MacKay, Psy.D. Provided 20 hours of individual and group clinical services per week to Veterans presenting with substance use disorders, severe emotion dysregulation, trauma, impulsivity, suicidality, and sleep disruption to the Services for Outpatient Addiction Recovery (SOAR) Clinic and full-program Dialectical Behavior Therapy (DBT) Team. Group therapy included leading a weekly Cognitive Behavioral Therapy for Insomnia (CBT-I) group with rolling admission, co-leading a weekly process-based support group for Veterans in early substance abuse recovery, co-leading a weekly full-program DBT skills group, and co-leading a weekly combined process and DBT skills group for Veterans in various stages of recovery from substance abuse. Determined appropriate level of care using American Society of Addiction Medicine (ASAM) criteria. Salt Lake City, UT.

Evidence-based treatment approaches: Dialectical Behavior Therapy (**DBT**), Acceptance and Commitment Therapy (**ACT**), Mindfulness-Based Relapse Prevention (**MBRP**), Motivational Interviewing (**MI**), Cognitive Behavioral Therapy for Insomnia (**CBT-I**).

2018 – 2019

Utah Center for Evidence-Based Treatment. Supervisor: Ashley Greenwell, Ph.D., Clinical Director, Trauma, Stress, and Resilience Program Director. Sheila Crowell, Ph.D. Clinical Director, Dialectical Behavior Therapy Program Director, Co-Founder. Provided 20 hours of individual and group clinical services per week to patients presenting with severe emotion dysregulation, trauma, impulsivity, suicidality, sleep disruption, anxiety, and depression. Group therapy included leading a weekly Cognitive Behavioral Therapy for Insomnia (CBT-I) group with rolling admission and co-leading a weekly full-program DBT skills group. Salt Lake City, UT.

Evidence-based treatment approaches: Dialectical Behavior Therapy (**DBT**), Acceptance and Commitment Therapy (**ACT**), Cognitive Processing Therapy (**CPT**), Prolonged Exposure (**PE**), Behavioral Activation (**BA**), Motivational Interviewing (**MI**), Cognitive Behavioral Therapy for Insomnia (**CBT-I**), Imagery Rehearsal Therapy (**IRT**) for Nightmare Disorder.

Evidence-based treatment certification: DBT Foundational Training. Behavioral Tech Online. October 2018 to May 2019. **ACT Intensive Immersion Training.** ACT Courses. June 2019 to September 2019.

- 2017 – 2018 **University Health Care Sleep-Wake Center.** Supervisor: Laura A. Czajkowski, Ph.D. Provided 20 hours of clinical services per week to patients presenting with concerns related to insomnia, breathing-related sleep disorders, circadian rhythm disorders, nightmare disorder, and comorbid psychological and medical conditions. Salt Lake City, UT
- Evidence-based treatment approaches:** Cognitive Behavioral Therapy for Insomnia (**CBT-I**), Imagery Rehearsal Therapy (**IRT**) for Nightmare Disorder, **Desensitization Therapy** to increase Continuous Positive Airway Pressure (CPAP) compliance for Obstructive Sleep Apnea, **Chronotherapy** for Circadian Rhythm Sleep Disorders, Motivational Interviewing (**MI**).
- 2017 – 2018 **Integrated Behavioral Couples Therapy Practicum.** Supervisor: Brian R. Baucom, Ph.D. and Katherine J.W. Baucom, Ph.D. Provided weekly couples therapy at the University of Utah Couple Laboratory for Observational Studies (CLOSE). Salt Lake City, UT
- Evidence-based treatment approaches:** Integrative Behavioral Couple Therapy (**IBCT**).
- 2016 – 2017 **Cognitive Behavior Therapy Practicum.** Supervisor: Katherine J.W. Baucom, Ph.D. Provided weekly individual cognitive behavior therapy to undergraduate and graduate students presenting with concerns related to anxiety and mood disorders at the University of Utah Counseling Center. Salt Lake City, UT
- Evidence-based treatment approaches:** Cognitive Behavior Therapy (**CBT**) and **Exposure Therapy** for Generalized Anxiety Disorder, Social Anxiety Disorder, and Major Depressive Disorder.
- 2016 – 2017 **Clinical Assessment Practicum.** Supervisor: Sommer R. Thorgusen, Ph.D. Provided comprehensive psychological assessments, integrative reports, and feedback to undergraduate and graduate students at the University of Utah Counseling Center. Salt Lake City, UT
- Assessment measures administered:** Wechsler Adult Intelligence Scales (**WAIS-IV**), Woodcock-Johnson Achievement Battery (**WJ-III**), Conners' Adult ADHD Rating Scales (**CAARS**), Conners' Continuous Performance Test (**CPT-II**), California Verbal Learning Test (**CVLT-II**), Delis-Kaplan Executive Functioning System (**D-KEFS**), Mini Mental State Exam (**MMSE**), Minnesota Multiphasic Personality Inventory (**MMPI-2; MMPI-2-RF**), Millon Clinical Multiaxial Inventory-III (**MCMI-III**), NEO Personality Inventory (**NEO-PI-R; NEO-PI-3**), Personality Assessment Inventory (**PAI**), Structured Clinical Interview for DSM-5 (**SCID-I; SCID-II**), Anxiety and Related Disorders Interview Schedule for DSM-5 (**ADIS-5**), Penn State Worry Questionnaire (**PSWQ**), Social Interaction Anxiety Scale (**SIAS**), State-Trait Anxiety Inventory (**STAI**), Beck Depression Inventory (**BDI-II**), Center for Epidemiological Studies Depression (**CES-D**) Scale, Insomnia Severity Index (**ISI**), Epworth Sleepiness Scale (**ESS**), Pre Sleep Arousal Scale (**PSAS**), Dysfunctional Beliefs and Attitudes About Sleep (**DBAS**) Scale.

CLINICAL TRAINING WORKSHOPS COMPLETED

- 2020 Veterans Affairs Cognitive Processing Therapy (CPT) for PTSD Training Program. Two-Day Regional Training and 6-Month Case Supervision. Subject Matter Experts: Harrison

Weinstein, Ph.D. and Christopher Immel, Ph.D. November 2-3, 2020. Salt Lake City, UT;
Virtual Training During COVID-19 Pandemic

2016 Cognitive Behavioral Therapy for Insomnia. Two-Day Advanced Trainings for Mental Health Providers – DSPO/AAS Grant Project. Subject Matter Expert: Daniel Taylor, Ph.D. August 18-19, 2016. Salt Lake City, UT

RESEARCH

2015 – 2021 **Graduate Student: Neurobiological and Behavioral Effects of Chronic Short Sleep Duration in Humans.** PI: Paula G. Williams, Ph.D. Associate Professor of Clinical Psychology and Health Psychology. University of Utah Clinical Training Program in the Department of Psychology: Behavioral Sciences Building, Salt Lake City, UT.

Research Skills: Electroencephalography (EEG); Vigilance Algorithm Leipzig 2.1 (VIGALL) software to examine second-by-second changes in EEG-determined wakefulness; Electrocardiography (ECG); BioLab software for psychophysiology analyses; EPrime3 software for EEG and ECG stimulus presentation; Actigraphy and sleep diaries for objective and subjective characterization of sleep duration and quality; Delis-Kaplan Executive Function System (D-KEFS) to assess higher-level cognitive functioning; Algometry for pain threshold and pain tolerance testing; Qualtrics survey platform for subjective assessment of sleep, personality, mood, stress, reward sensitivity, attention, and relationship satisfaction; Training and supervision of one undergraduate research assistant.

2012 – 2015 **Graduate Student: Developing Genetic Tools to Model Human Neuropsychiatric Disorders in Mice.** PI: Mario R. Capecchi, Ph.D. Nobel Laureate, HHMI Investigator, Distinguished Professor of Human Genetics and Biology. University of Utah Interdepartmental Program in Neuroscience: Eccles Institute of Human Genetics, Salt Lake City, UT.

Research Skills: CRISPR/Cas9-mediated gene targeting in embryonic stem cells and mouse zygotes; DNA isolation and purification; Polymerase chain reaction (PCR); Southern blotting; DNA sequencing; Molecular cloning and primer design using Gene Construction Kit software; Immunohistochemistry (IHC); Fluorescence activated cell sorting (FACS) of peripheral blood samples for immunological analyses; Laboras platforms for automated assessment of mouse behavior.

2007 – 2012 **Clinical Study Assistant: Behavioral and Genetic Characterization of Humans with Circadian Rhythm Sleep Disorders and Chronic Short Sleep Duration.** PI: Christopher R. Jones, M.D., Ph.D. Medical Director, University of Utah: Sleep-Wake Center, Salt Lake City, UT.

Research Skills: Actigraphy and sleep diaries for objective and subjective characterization of sleep duration and quality; Outpatient electroencephalography (EEG) using the Zeo sleep stage recorder; Coordinating outpatient saliva collection for dim light melatonin onset (DLMO) analysis; Progeny software for human genetic pedigree analysis; Administering semi-structured interviews for sleep duration and circadian phenotyping; Training and supervision of one undergraduate research assistant and one study coordinator.

Research Skills: Design and use of novel behavioral tasks to investigate hippocampal-dependent learning and memory; Stereotaxic surgery for cytotoxic ablation of dentate gyrus, CA1, and CA3 hippocampal sub-regions; Training in formalin perfusion, cryostat brain sectioning, and immunohistochemistry (IHC); Training and supervision of five undergraduate research assistants and one graduate student in stereotaxic surgery.

PEER-REVIEWED PUBLICATIONS

1. **Curtis, B.J.**, McKinney, T.L., Euler, M., Anderson, J.S., Baron, K.G., Smith, T.W., & Williams, P. G. (2024). Sleepy without stimulation: subjective and objective sleepiness in actigraphy-verified natural short sleepers. *Journal of Sleep Research*. <https://doi.org/10.1111/jsr.14170>.
2. Johnson, K.T., Williams, P.G., Aspinwall, L.G., & **Curtis, B.J.** (2022). Resilience to stress-related sleep disturbance: Examination of early pandemic coping and affect *Health Psychology*. 41(4), 291-300. <https://doi.org/10.1037/hea0001169>.
3. Williams, P.G., Barger, S.D., & **Curtis, B.J.** (2021). Individual differences in habitual short sleep duration and dysfunction: Subjective health versus objective cardiovascular disease risk. *Health Psychology*, 40(9), 587-596. <https://doi.org/10.1037/hea0001085>.
4. **Curtis, B.J.**, Williams, P. G., & Anderson, J. S. (2019). Neural reward processing in self-reported short sleepers: Examination of gambling task brain activation in the Human Connectome Project database. *Sleep*, 42(9), 1–10. <https://doi.org/10.1093/sleep/zsz129>.
5. **Curtis, B.J.**, Ashbrook, L., Young, T., Finn, L., Fu, Y-H., & Ptáček, L.J. (2019). Extreme morning chronotypes are often familial and not exceedingly rare: The estimated prevalence of Advanced Sleep Phase (ASP), Familial Advanced Sleep Phase (FASP), and Advanced Sleep-Wake Phase Disorder (ASWPD) in a sleep clinic population. *Sleep*. <https://doi.org/10.1093/sleep/zsz148>
6. Williams, P.G., **Curtis, B.J.**, & Anderson, J.S. (2019). Toward an individual differences approach to habitual short sleep duration: A reply to Massar and Chee. *Sleep*, 42(4), zsz035. <https://doi.org/10.1093/sleep/zsz035>
7. Williams, P.G., Johnson, K.T., **Curtis, B.J.**, King, J.B., & Anderson, J.S. (2018). Individual differences in aesthetic engagement are reflected in resting-state fMRI connectivity: Implications for stress resilience. *NeuroImage*, 179, 156–165. <https://doi.org/10.1016/j.neuroimage.2018.06.042>.
8. **Curtis, B.J.**, Williams, P.G., & Anderson, J.S. (2018). Objective cognitive functioning in self-reported habitual short sleepers not reporting daytime dysfunction: Examination of impulsivity via delay discounting. *Sleep*, 41(9), 1–9. <https://doi.org/10.1093/sleep/zsy115>.
9. **Curtis, B.J.**, Williams, P. G., Jones, C. R., & Anderson, J. S. (2016). Sleep duration and resting fMRI functional connectivity: Examination of short sleepers with and without perceived daytime dysfunction. *Brain and Behavior*, 6(12), 1–13. <https://doi.org/10.1002/brb3.576>.
10. Morris, A.M., **Curtis, B. J.**, Churchwell, J.C., Maasberg, D.W., & Kesner, R.P. (2013). Temporal associations for spatial events: The role of the dentate gyrus. *Behavioural Brain Research*, 256, 250–256. <https://doi.org/10.1016/j.bbr.2013.08.021>.

11. **Curtis, B.J.**, Brewer, J.A., & Jones, C.R. (2011). Short sleeper syndrome (SSS): A possible sleep-duration, circadian, metabolic, affective, pain-tolerance, normal variant in humans. *Sleep*, 34, A259–A260.
12. **Curtis, B.J.**, Walker, K.A., & Jones, C.R. (2011). Comparison of an ambulatory sleep-stage recorder with outpatient actigraphy and sleep logs across a wide range of sleep phenotypes. *Sleep*, 34, A323.

TEACHING EXPERIENCE

Spring 2020	Graduate Instructor: PSY 3330-090: Stress Management
Spring 2019	Graduate Instructor: PSY 3330-090: Stress Management
Spring 2019	Teaching Assistant: PSY 6951-090: Stress Management for Graduate Students
Fall 2018	Graduate Instructor: PSY 3330-090: Stress Management
Spring 2018	Graduate Instructor: PSY 3330-090: Stress Management
Fall 2017	Graduate Instructor: PSY 3330-090: Stress Management

RESEARCH GRANTS

2015 – 2018	Examination of Neurobehavioral and Neurophysiological Mechanisms Underlying Habitual Short Sleep Duration. University of Utah Neuroscience Initiative Pilot Collaborative Project. PI: Paula G. Williams, Ph.D. Total Funding: \$96,500. Role: Graduate Student.
-------------	--

ORAL PRESENTATIONS

Conferences

2022	Carlson, S.E., Curtis, B.J. , Bryan, C.J, Morrow, C., Baucom, B.R.W., Williams, P.G. The impact of actor and partner overnight movement on sleep quality metrics in military couples. <i>Annual meeting of the American Psychosomatic Society</i> , Long Beach, CA. 2022
2019	Williams, P.G., Barger, S.D., & Curtis, B.J. Individual differences in habitual short sleep duration: Examination of self-rated health versus objective cardiovascular disease risk. <i>Annual meeting of the American Psychosomatic Society</i> , Long Beach, CA. 2020.
2018	Williams, P.G., Curtis, B.J. , Johnson, K., King, J.B., & Anderson, J.S. Individual differences in aesthetic engagement are reflected in resting-state fMRI connectivity: Implications for stress resilience. <i>76th annual meeting of the American Psychosomatic Society</i> , Louisville, KY. 2018.
2011	Curtis, B.J. Short Sleeper Syndrome (SSS): A Possible Sleep-Duration, Circadian, Metabolic, Affective, Pain-Tolerance, Normal Variant in Humans. 25 th Anniversary Meeting of the Associated Professional Sleep Societies, LLC, Annual Meeting, Minneapolis, MN. 2011.

Local/Regional

- 2020 **Curtis, B.J.** Dialectical Behavior Therapy (DBT) Skills Modules. Mental Health Grand Rounds. George E. Wahlen Veterans Affairs Salt Lake City Health Care System, Salt Lake City, UT. 2020
- 2019 Greenwell, A. & **Curtis, B.J.** PTSD and Sleep Disruption in Primary Care: Practical, Evidence Based Options. University of Utah Neuropsychiatric Institute (UNI) Psychiatry Resident Meeting, Salt Lake City, UT. 2019.
- 2018 **Curtis, B.J.** Subjectively Objective: Examining Self Report in Sleep Medicine Research and Practice. Sleep Grand Rounds. University of Utah, Salt Lake City, UT. 2018.
- 2016 **Curtis, B.J.** The Role of Sleep in Health Psychology. PSY 3460 Health Psychology Guest Lecture. University of Utah, Salt Lake City, UT. 2016.
- 2014 **Curtis, B.J.** The Human Microglia Mouse: Developing New Genetic Tools to Model Human Neuropsychiatric Disorders in Mice. Human Genetics Research in Progress. University of Utah, Salt Lake City, UT. 2014.
- 2013 **Curtis, B.J.** Minimizing Off-Target Mutagenesis Using CRISPR/Cas9 Genome Engineering. Human Genetics Journal Club. University of Utah, Salt Lake City, UT. 2013.
- 2010 **Curtis, B.J.** Recording Sleep: Use of the “Zeo” Sleep-Stage Recorder in the Outpatient Assessment of Circadian Rhythm Sleep Disorders. Neuroscience Undergraduate Research Program. Student Journal Club. University of Utah, Salt Lake City, UT. 2010.
- 2009 **Curtis, B.J.** Genetic Regulation of Sleep-Length in Mammals: Transcriptional Repressor DEC2. Neuroscience Undergraduate Research Program. Student Journal Club. University of Utah, Salt Lake City, UT. 2009.
- 2009 **Curtis, B.J.** Estimated Prevalence of Familial Advanced Sleep-Phase Syndrome and the Circadian Effects of Methylcobalamin. Louis J. Ptacek Laboratory of Neurogenetics. University of California, San Francisco, CA. 2009.
- 2009 **Curtis, B.J.** Narcolepsy in Humans: Symptomatology and Genetic Introduction. Neuroscience Undergraduate Research Program. Student Journal Club. University of Utah, Salt Lake City, UT. 2009.
- 2008 **Curtis, B.J.** Sleep-Wake Rhythms: Genetic Cogs of the Circadian Clock. Neuroscience Undergraduate Research Program. Student Journal Club. University of Utah, Salt Lake City, UT. 2008.

POSTER PRESENTATIONS

Conferences

- 2022 Williams, P.G., **Curtis, B.J.**, McKinney, T.L., Euler, M., Anderson, J., Baron, K.G., & Smith, T.W. Sleepy without stimulation: Examining subjective and objective sleepiness in actigraphy-verified habitual short sleepers not reporting daytime dysfunction. Poster presented at *SLEEP: Annual meeting of the Associated Professional Sleep Societies*. Charlotte, NC. 2022

- 2022 Carlson, S.E., Johnson, K.T., **Curtis, B.J.**, Williams, P.G. A daily diary study of bedtime procrastination and short sleep duration: Examination of subjective executive function and chronotype. *Annual meeting of the American Psychosomatic Society*, Long Beach, CA. 2022
- 2022 Williams, P.G., Carlson, S.E., **Curtis, B.J.**, Baron, K., Depner, C.M., Baucom, B.R.W., Morrow, C., & Bryan, C.J. (2022, March). Examination of the Sleep Cycle mobile smartphone app in military couples: Associations with actigraphy and sleep diaries. *Annual meeting of the American Psychosomatic Society*, Long Beach, CA. 2022
- 2020 Johnson, K.T., Williams, P.G., & **Curtis, B.J.** Resilience to sleep disturbance during COVID-19: Growth-oriented coping and positive affect. *Annual Meeting, American Psychosomatic Society*, Long Beach, CA. 2020 (Virtual Meeting due to COVID-19)
- 2020 Carlson, S.E., Johnson, K.T., **Curtis, B.J.**, & Williams, P.G. Desynchronized: Changes in sleep timing and social jetlag during the COVID-19 pandemic. *Annual Meeting, American Psychosomatic Society*, Long Beach, CA. 2020 (Virtual Meeting due to COVID-19)
- 2017 Williams, P.G., **Curtis, B.J.**, Zawadzki, M.J., Suchy, Y., Rau, H.K., Jones, C. R., & Anderson, J. S. Are short sleepers who deny dysfunction more dysfunctional than normal sleepers? *Annual Meeting, Association for Research in Personality*, Sacramento, CA. 2017
- 2011 **Curtis, B.J.** & Jones, C.R. Comparison of an Ambulatory Sleep-Stage Recorder with Outpatient Actigraphy and Sleep Logs Across a Wide Range of Sleep Phenotypes. *25th Anniversary Meeting of the Associated Professional Sleep Societies, LLC*, Annual Meeting, Minneapolis, MN. 2011
- 2011 Morris, A.M., **Curtis, B.J.**, Maasberg, D.W., Churchwell, J.C., & Kesner, R.P. The Role of the Dentate Gyrus in the Formation of Temporal Associations for Spatial Locations. *Society for Neuroscience (SfN)*, Annual Scientific Meeting, Washington, DC. 2011
- Local/Regional
- 2019 **Curtis, B.J.** Targeting Insomnia and Nightmares in Dialectical Behavior Therapy: A Case Example. Utah Center for Evidence Based Treatment, Salt Lake City, UT. 2019
- 2014 **Curtis, B.J.**, Titen, S.W.A., Tvrdik, P., & Capecchi, M.R. The Human Microglia Mouse. University of Utah: Department of Human Genetics Annual Retreat, Deer Valley, UT. 2014
- 2010 **Curtis, B.J.** & Jones, C.R. Use of the “Zeo” Sleep-Stage Recorder in the Outpatient Assessment of Circadian Rhythm Sleep Disorders. Bioscience Symposium. University of Utah, Salt Lake City, UT. 2010

PROFESSIONAL ACTIVITIES

- 2017 Ad Hoc Reviewer: *Journal of Personality and Social Psychology*
- 2017 Ad Hoc Reviewer: *Health Psychology*
- 2016 Ad Hoc Reviewer: *Sleep Health*

PROFESSIONAL MEMBERSHIPS

American Academy of Sleep Medicine

Society of Behavioral Sleep Medicine

VOLUNTEER SERVICE

2009 – 2011 English Language Instructor: English Skills Learning Center, Salt Lake City, UT.
Volunteer Coordinator: Beth Garstka

2006 – 2008 Respite Care Volunteer: Rocky Mountain Hospice, Salt Lake City, UT. Volunteer
Coordinator: Erin Parkin