Erin G. Mistretta, Ph.D.

Licensed Clinical Psychologist

Department of Rehabilitation Medicine

University of Washington School of Medicine

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EDUCATION AND TRAINING

2023-Present **University of Washington**, Seattle, WA

Postdoctoral Fellowship in Multiple Sclerosis and Rehabilitation

2022-2023 **University of Washington,** Seattle, WA

Doctoral Internship in Clinical Psychology (APA accredited)

2017-2023 **Arizona State University,** Tempe, AZ

Ph.D. Clinical Psychology (APA and PCSAS accredited)

Health Psychology Focus

2015-2017 **Catholic University of America,** Washington, DC

Master of Arts General Psychology

2008-2012 **Saint Mary’s College of California**, Moraga, CA

Bachelor of Science in Psychology; Minor: Women’s Studies

PRESENT POSITION

2023-Present **University of Washington,** Seattle, WA

Postdoctoral Research Fellowship in Rehabilitation Medicine

National Multiple Sclerosis Society

HONORS AND FELLOWSHIPS

2024 Mind & Life Francisco Varela Grant

2022 ASU Travel Grant

2021 Society of Behavioral Medicine Integrative Health and Spirituality SIG

Outstanding Trainee Award

2017 American Psychosomatic Society Young Scholar Award

2017 American Psychosomatic Society Citation Award

2015, 2017 Dalai Lama Way of Peace Fellowship

2008-2012 Dean’s List, Saint Mary’s College of California

RESEARCH FUNDING

**Submitted**

March 2025 **1K23 AT013270-01 NIH/NCCIH** *Optimizing mindfulness practice for pain in people with multiple sclerosis.*  
 Role: Principal Investigator

**Active**

2024 **Mind & Life Varela Grant***Identifying needs and preferences for an mHealth intervention to support MBCT for pain in multiple sclerosis.* $15,537Role: Principal Investigator

2023-Present **National Multiple Sclerosis Society International Progressive MS Alliance (IPMSA)***Psychosocial intervention to manage chronic pain among adults with progressive multiple sclerosis.* $107,458  
Role: Co-Investigator, Study Therapist

**Completed**

2021-2023 **FP29772** **Mayo Clinic – Arizona State University Seed Grant***Feasibility, acceptability and preliminary efficacy of family-focused facilitated fitness, a couple-based physical activity intervention for hematopoietic cell transplant recipients and their caregiving partners.* $100,000Role: Research Affiliate, Study Therapist

2021-2022 **ASU Graduate and Professional Student Association Jumpstart Grant** *Reflections on future and past selves in chronic pain.* $700  
 Role: Co-Investigator

2021-2022 **ASU Graduate and Professional Student Association Research Grant Award***Emotion regulation strategies in response to social rejection.* $2,500

Role: Principal Investigator

2020-2021 **ASU Graduate and Professional Student Association Jumpstart Grant** *Delay discounting among adults with and without chronic pain.* $650  
 Role: Principal Investigator

2020-2021 **Sharon Manne Grant** *Delay discounting among adults with and without chronic pain.* $3,500  
 Role: Principal Investigator

2011 **Summer Research Award** *Motivational factors of young adults involved in meditation.* $750  
 Role: Principal Investigator

PEER-REVIEWED JOURNAL PUBLICATIONS

19. Pattison, S. J., **Mistretta, E. G.,** Ehde, D. M., Kratz, A. L., & Alschuler, K. N. (in press). Medical comorbidities in adults newly diagnosed with multiple sclerosis and clinically isolated syndrome: An observational study exploring prevalence, risk factors, and outcomes. *Multiple Sclerosis and Related Disorders.*

18. **Mistretta, E. G.,** Altman, J. K., Knowles, L. M., & Ehde, D. M. (in press). Validation of the body compassion scale in persons with multiple sclerosis. *Rehabilitation Psychology.*

17. Bombardier, C. H., **Mistretta, E. G.,** Altschuler, B., Barber, J., Temkin, N., Esselman, P. C., & Fann, J. R. (in press). Validity of the Patient Health Questionnaire-2 in assessing depression in traumatic brain injury. *Journal of Head Trauma Rehabilitation.*

16. **Mistretta, E. G.**, Knowles, L. M., Altman, J. K., Turner, A. J., & Ehde, D. M. (in press). Self-regulation resource model of body compassion in adults with multiple sclerosis. *Rehabilitation Psychology.*

15. Knowles, L. M., **Mistretta, E. G.,** Arewasikporn, A., Hugos, C. L., Cameron, M. H., Haselkorn, J. K., & Turner, A. P. (2024). Treatment improvements in depressive symptoms are associated with sustained improvement in fatigue impact in adults with multiple sclerosis. *Multiple Sclerosis and Related Disorders.*

14. **Mistretta. E. G.,** & Davis, M. C. (2024). Self-compassion versus detached reappraisal for emotion regulation in individuals exposed to interpersonal trauma. *Psychology of Consciousness: Theory, Research, and Practice.*

13. Langer, S., Joseph, R. P., **Mistretta, E. G.**, Tao, C., Porter, L., Spain, A., Khera, N. (2024). Family-focused facilitated fitness: Feasibility and acceptability of a couple-based physical activity intervention for hematopoietic cell transplant recipients and their caregiving partners. *Transplantation and Cellular Therapy, 30*(4), 450-e1*.*

12. **Mistretta, E. G.,** Davis, M. C., Bartsch, E. M., & Olah, M. S. (2023). Self-compassion and pain disability in adults with chronic pain: The mediating role of future self-identification and self-efficacy. *Journal of Health Psychology, 28*(11), 1044-1056*.*

11. **Mistretta, E. G.,** Craft, W. H., Davis, M. C., McClure, S. M., & Bickel, W. K. (2023). Delay discounting in adults with and without chronic pain: Differentiation across commodity and sign. *Experimental and Clinical Psychopharmocology*, *31*(3), 745-755.

10. Sloan, D., BrintzenhofeSzoc, D., **Mistretta, E. G.,** Cova, J., Lingsheng, L., Willis, G., Weaver, M., & Berger, A. (2022). What does the word healing mean to you? Perceptions of patients diagnosed with life-limiting illness.*Palliative & Supportive Care*, 1-5.

9. Okvat, H. A., Davis, M. C., **Mistretta, E. G.,** Mardian, A. S. (2022). Mindfulness-based resilience training in women veterans with chronic pain. *Psychological Services, 19,* 106-119*.*

8. **Mistretta, E. G.,** & Davis, M. C. (2021). Meta-analysis of self-compassion interventions for pain and psychological symptoms among adults with chronic illness. *Mindfulness, 13,* 267-284.

7. **Mistretta, E. G.,** Davis, M. C., & Yeung, E. M. (2020). Family strain predicts subsequent depressive symptoms in middle-aged adults: Hope mediates and self-compassion moderates the relation. *Journal of Social and Clinical Psychology, 39,* 25-58*.*

6. **Mistretta, E. G.,** & Glass, C. R. (2018). Benefits of mindfulness for wellness and sport. Academy of Nutrition and Dietetics, Dietetic Practice Group, SCAN. *SCAN’s PULSE,* Summer 2018, *37*(3).

5. **Mistretta, E. G.**, Davis, M. C., Tamkit, M., Lorenz, C., Darby, B., & Stonnington, C. M. (2018). Resilience training for work-related stress among healthcare workers: Results of a randomized clinical trial comparing in-person and smartphone delivered interventions. *Journal of Occupational and Environmental Medicine, 60*(6), 559-568.

4. **Mistretta, E. G**., Glass, C. R., Spears, C. A., Perskaudas, R., Kaufman, K. A., & Hoyer, D. (2017). Collegiate athletes’ expectations and experiences of mindful sport performance enhancement*. Journal of Clinical Sport Psychology, 11*(3), 201-221.

3. **Mistretta, E. G.** (2017). Spirituality in young adults with end-stage cancer: A review of the literature and a call for research. *Annals of Palliative Medicine, 6*(3), 279-283.

2. Sloan, D., BrintzenhofeSzoc, K., **Mistretta, E. G.**, Chen, M. J., & Berger, A. (2017). The influence of relationships on the meaning making process: Patients’ perspectives. *Annals of Palliative Medicine,* 6(3), 220-226.

1. **Mistretta, E. G**., Sloan, D., BrintzenhofeSzoc, D., Weber, K., & Berger, A. (2017). Testing domains of the healing experiences in all life stressors questionnaire - HEALS. *Psychology Research and Behavior Management, 10,* 201-208.

MANUSCRIPTS SUBMITTED OR IN PREPARATION

5. **Mistretta, E. G.,** Davis, M. C., Clifford, S., Olah, M. S., Doane, L., & Lemery-Chalfant, K. (Manuscript under review in *Mindfulness*). Stability of self-compassion and its relationship to depression in primary caregivers of twin children: A longitudinal study.

4. **Mistretta, E. G.**, Rogers, A. H., Ehde, D. M., Turner, A. J., Alschuler, K. N., Fritz, N. E., & Kratz, A. L. (Manuscript under review in *Annals of Behavioral Medicine*). The role of within-day negative affect regulation on pain and fatigue in multiple sclerosis.

3. **Mistretta, E. G.**, McGiffin, J., Knowles, L. M, Turner, A. P., Simmons, S. B., & Ehde, D. M. (Manuscript in preparation). Characterizing symptom phenotypes of people with pain and multiple sclerosis and association with exercise behavior: A latent profile analysis approach.

2. **Mistretta, E. G.**, Ehde, D. M., Turner, A. J., Alschuler, K. N., Day, M., & Jensen, M. P. (Manuscript in preparation). Predictors of homework completion in behavioral interventions for chronic pain in multiple sclerosis.

1. **Mistretta, E. G.**, Ehde, D. M., Turner, A. J., Alschuler, K. N., Fritz, N. E., & Kratz, A. L. (Manuscript in preparation). The role of momentary depression on the correspondence between subjective and objective cognitive functioning in multiple sclerosis.

PEER-REVIEWED PRESENTATIONS

24. Bombardier, C. H., **Mistretta, E. G.**, Altschuler, R., Barber, J. K., & Fann, J. R. (2024). *The accuracy of the PHQ-2 alone and combined with the PHQ-9 to identify major depression in traumatic brain injury*. Paper submitted for presentation at American Congress of Rehabilitation Medicine, Chicago, IL.

23. Kratz, A. L., Ng, Y. T., Ehde, D. M., Alschuler, K. N., **Mistretta, E. G.**, Fritz, N. L. (2024). *Modifiable predictors of momentary fluctuations in cognitive function in multiple sclerosis*. Oral presentation accepted for presentation at Society of Ambulatory Assessment, Leuven, Belgium.

22. Pattison, S. J., **Mistretta, E. G.,** Ehde, D. M., Kratz, A. L., & Alschuler, K. N. (2024). *Medical comorbidities in adults newly diagnosed with multiple sclerosis and clinically isolated syndrome: An observational study exploring prevalence, risk factors, and outcomes*. Poster accepted for presentation at Consortium of Multiple Sclerosis Centers, Phoenix, AZ.

21. **Mistretta, E. G.**, Rogers, A. H., Turner, A. J., Ehde, D. M., Alschuler, K. N., Fritz, N. E., & Kratz, A. L. (2024). *The role of within-day negative affect regulation on pain and fatigue in multiple sclerosis*. Poster accepted for presentation at Society of Behavioral Medicine, San Francisco, CA.

20. **Mistretta, E. G.**, Knowles, L. M., Altman, J. K., Turner, A. P., & Ehde, D. M. (2024). *Self-regulation resource model of body compassion in adults with multiple sclerosis.* Poster accepted for presentation at the Society of Behavioral Medicine, San Francisco, CA.

19. O’Brien, C. E., **Mistretta, E. G.**, Altman, J. K., Pearlstein, J. G., & Ehde, D. M. (2024). *Body compassion in adults with multiple sclerosis: Disability identity, illness stigma, and everyday discrimination.* Poster presented at Rehabilitation Psychology, Louisville, KY.

18. Altman, J. K., Knowles, L. M., & **Mistretta, E. G.** (2024). *The role of body compassion in adjustment to disability.* Symposia presented at Rehabilitation Psychology, Louisville, KY.

17. Khan, H., **Mistretta, E. G.**, Ehde, D. M., & Alschuler, K. N. (2024). *The association of race, multiple sclerosis disease course, and self-reported cognition*. Poster presented at International Neuropsychological Society, New Orleans, LA.

16. **Mistretta, E. G.**, Knowles, L. M., Altman, J. K., Turner, A. P., & Ehde, D. M. (2024). *Self-regulation resource model of body compassion in adults with multiple sclerosis.* Poster presented at the 10th Annual Tykeson Fellows Conference, Denver, CO.

15. Pattison, S. J., Robles, S. R., Link, K. M., & **Mistretta, E. G.** (2024). *Research interests of adults with multiple sclerosis in the UW MS Rehabilitation and Wellness research registry.* Poster presented at the UW ITHS Research Exposition, Seattle, WA.

14. **Mistretta, E. G.,** Davis, M. C., Bartsch, E. M., & Olah, M. S. (2023). *Self-compassion and pain disability in adults with chronic pain: The mediating role of future self-identification and self-efficacy*. Poster presented at the Society of Behavioral Medicine, Phoenix, AZ.

13. **Mistretta, E. G.,** Davis, M. C. (2022). *Self-compassion versus reappraisal following social rejection: An application of the situated action cycle*. Poster presented at the Inaugural International Society for Contemplative Research, San Diego, CA.

12. **Mistretta, E. G.,** Craft, W. H., Davis, M. C., McClure, S. M., & Bickel, W. K. (April, 2022). *Delay discounting in adults with and without chronic pain: Differentiation across commodity and sign*. Poster presented at the Society of Behavioral Medicine, Baltimore, MD.

11. **Mistretta, E. G.,** & Davis, M. C. (April, 2021). *Self-compassion Interventions for Adults with Chronic Pain: Systematic Review and Meta-analysis.* Poster presented at the Society of Behavioral Medicine. [Online].

10. **Mistretta, E. G.,** Davis, M. C., & Yeung, E. M. (April, 2020). *Family strain predicts subsequent depressive symptoms: Hope mediates and self-compassion moderates the relation.* Poster presented at the Society of Behavior Medicine, San Francisco, CA.

9. **Mistretta, E. G.**, & Davis, M. C. (March, 2019). *The link between physical health and subsequent depressive symptoms is moderated by self-compassion in middle-aged adults.*  Poster presented at the Society of Behavioral Medicine, Washington, D.C.

8. Moore, S. V., **Mistretta, E. G.,** & Davis, M. C. (March, 2018). *Socioeconomic status and health in a community sample of Hispanics and Non-Hispanic Whites: Examining perceived community risk.* Poster presented at the American Psychosomatic Society, Louisville, KY.

7. **Mistretta, E. G**., Hoyer, D., Glass, C. R., Spears, C. A., Perskaudas, R., Interrante, M. K., & Kaufman, K. A. (April, 2017). *Expectations, Outcomes, and Helpfulness of Mindful Sport Performance Enhancement for Collegiate Athletes.* Presented at annual research day at Catholic University of America, Washington, DC.

6. **Mistretta, E. G.,** Davis, M. C., Tamkit, M., Darby, B. & Stonnington, C.M. (March, 2017). *Resilience training for work-related stress among healthcare workers: Results of a randomized clinical trial comparing in-person and smartphone delivered interventions.* Presented as a citation poster at annual meeting of the American Psychosomatic Society, Seville, Spain.

5. **Mistretta, E. G**., Sloan, D., & Berger, A. (July, 2016). *Spirituality in Women Diagnosed or Exposed to HIV: A Look at the HEALS Questionnaire.* Presented at annual NIH Poster Day, Bethesda, MD.

4. **Mistretta, E. G**., Hoyer, D., Glass, C. R., Spears, C. A., Perskaudas, R., Interrante, M. K., & Kaufman, K. A. (October, 2016). *Expectations, Outcomes, and Helpfulness of Mindful Sport Performance Enhancement for Collegiate Athletes.* Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

3. **Mistretta. E. G**., Kaufman, K. A., Glass, C. R., & Spears, C. A. (April, 2016). *Mindful Sport Performance Enhancement for High School Athletes.* Presented at annual research day at Catholic University of America, Washington, DC.

2. **Mistretta, E. G**., Kaufman, K. A., Glass, C. R., & Spears, C. A. (April, 2016). *Mindful Sport Performance Enhancement for High School Athletes.* Presented at the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.

1. **Riley, E. G.** (September, 2011). *Motivational Factors of Young Adults Involved in Meditation.* Presented at annual summer research symposium at Saint Mary’s College of California, Moraga, CA.

RESEARCH EXPERIENCE

2023-Present **UW Multiple Sclerosis Rehabilitation and Wellness Research Center**Postdoctoral Research FellowMentors: Dawn Ehde, Ph.D. & Aaron Turner, Ph.D.

2017-2023 **Emotion Regulation & Health Lab at Arizona State University** Graduate Research Assistant  
 Mentor: Mary Davis, Ph.D.

2019-2022 **Shiota Psychophysiology Laboratory for Affective Testing at Arizona State University**Graduate Student MemberSupervisor: Michelle Shiota, Ph.D.

2016 **National Institutes of Health Summer Internship Program in Bethesda, MD**

Summer Intern

Supervisors: Danetta Sloan, Ph.D. & Anne Berger, MD

2015-2017 **Mindful Sport Performance Enhancement Lab at Catholic University**

Graduate Research Assistant

Mentor: Carol Glass, Ph.D.

2015-2017 **Family Mindfulness Lab at Catholic University**

Graduate Research Assistant

Supervisor: Claire Spears Ph.D.

2014-2015 **Mayo Clinic in Scottsdale, AZ**  
*Mindfulness based resilience training for Mayo Clinic employees*Student Intern  
Supervisor: Cynthia Stonnington, MD

2013-2014 **Child Development Lab at Cal Poly of San Luis Obispo***My sky tonight: Early childhood pathways to astronomy*Research Assistant  
Supervisor: Jennifer Jipson, Ph.D.

CLINICAL EXPERIENCE

2024 **Psychosocial Intervention to Manage Chronic Pain among Adults with Progressive Multiple Sclerosis**UW MS Rehabilitation and Wellness Research Center, Study Therapist  
Concentration: Delivering evidence-based pain intervention to patients with progressive MS and pain

2023-Present **Optimizing a Telehealth Behavioral Intervention for Fatigue in People with Multiple Sclerosis in Seattle, WA**UW MS Rehabilitation and Wellness Research Center, Study Therapist  
Concentration: Delivering CBT for fatigue in patients with MS

2023-Present  **University of Washington Multiple Sclerosis Center in Seattle, WA**Rehabilitation Psychology Postdoctoral Fellow  
Concentration: Multiple Sclerosis Clinical Center; Chronic Pain, Mindfulness- Based Cognitive Therapy

2022-2023 **Harborview Medical Center/University of Washington in Seattle, WA** Rehabilitation Psychology Resident  
Rotations: Burn Service, Inpatient Rehabilitation, Acute Pain Consultation

2021-2022 **Family-Focused Facilitated Fitness at Mayo Clinic in Phoenix, AZ**Mayo Clinic Research Affiliate, Study Therapist  
Concentration: Couples therapy with patients with hematopoietic cell transplant and their caregiving partners

2021-2022 **Phoenix Veterans Affairs Healthcare System in Gilbert, AZ**Practicum Therapist  
Concentration: Primary Care/Mental Health Integration (PCMHI)

2020-2021 **Banner University Medical Center in Phoenix, AZ**Practicum Therapist  
Rotation: Consultation Liaison Service

2018-2020 **Clinical Psychology Center in Tempe, AZ**Resident Therapist  
Concentration: Outpatient Community Mental Health, Mindfulness Group Facilitator*,* Neuropsychological Assessments

CLINICAL TRAINING

2025 **Emotional Awareness and Expression Therapy (EAET)**Instructor: Howard Schubiner, M.D. and Mark Lumley, Ph.D.

2019 **Acceptance and Commitment Therapy I (ACT-I)** Instructor: Steven Hayes, Ph.D.

TEACHING EXPERIENCE

2022 **Guest Lecturer**Arizona State University, *Department of Psychology*  
Course: Clinical PsychologyLecture: “Mindfulness in Clinical Psychology”

2020 **Guest Lecturer**Arizona State University, *Department of Psychology*  
Course: Health Psychology  
Lecture: “Motivational Interviewing for Health Populations”

2019-2021 **Guest Lecturer**Arizona State University, *Clinical Psychology Center*Lecture**: “**Using Mindfulness in Therapy”

2019-2020 **Teaching Assistant**  
Arizona State University, *Department of Psychology*Course: Sustainable Behavior Change

2018-2019 **Teaching Assistant**  
Arizona State University, *Department of Psychology*Course: Research Methods

2018 **Guest Lecturer**  
Arizona State University, *Department of Psychology*Course: Adolescent Psychology  
Lecture: “Mindfulness, Self-compassion, & Perfectionism in Adolescence”

INVITED TALKS

2021 **Invited Speaker**  
 Mountain Vista Medical Center, *Family Medicine Residents*  
 Lecture: “Mental Health in Primary Care”

2020 **Invited Speaker**  
 Mountain Vista Medical Center, *Family Medicine Residents*  
 Lecture: “Motivational Interviewing”

2019 **Invited Speaker** Arizona State University Employee Wellness  
 Psychology Department Staff at Arizona State University  
 Strategic Planning and Partnerships Staff at Arizona State University  
 Lecture: “Slowing Down: Mindfulness to Reduce Stress and Boost Productivity”

CONSULTATION

2023 **Switch Research Inc.**Title: Research and Product Consultant

AD HOC REVIEWING EXPERIENCE

*International Journal of Behavioral Medicine*

*Motivation and Emotion*

*European Burn Journal*

*Psychological Bulletin*

*Journal of Adult Development*

*Mindfulness*

*Archives of Physical Medicine and Rehabilitation*

*PAIN Reports*

*Journal of Clinical Psychology in Medical Settings*

*European Journal of Health Psychology*

*Rehabilitation Psychology*

SERVICE ACTIVITIES / LEADERSHIP

2024 **Rehabilitation Psychology Conference**

Abstract Reviewer

2023 **Foundation for Rehabilitation Psychology Dissertation Awards** Scientific Merit Reviewer

2022-2023 **University of Washington Department of Psychiatry and Behavioral Sciences Diversity Advancement Committee**

Committee Member

* 1. **Arizona State University Clinical Psychology Area Seminar Committee**

Cohort Representative

2021-2022 **Clinical Psychology Admissions Committee** Committee Member

2019-2021 **Arizona State University in Tempe, AZ**Mindfulness Instructor

2020-2021 **Arizona State University Graduate Studies Committee**  
Graduate Student Chair

2018-2019 **Clinical Psychology Program at Arizona State University**  
Student Liaison