

2022-2023 SOAR Fellow
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Throughout her graduate training, Dr. Alisa Huskey developed skills in designing, implementing, and analyzing psychophysiological paradigms in college student and trauma-exposed populations. She also conducted in-depth polysomnography and cognitive performance studies during graduate school. In her current position as a postdoctoral fellow, mentored by Dr. Daniel Taylor, Dr. Huskey is applying my training and experience in polysomnography and psychophysiological measurement to examine circadian patterns of autonomic cardiac activity and core body temperature at pre-and post-treatment (Cognitive-Behavioral Therapy for Insomnia [CBTi] with older adults with Chronic Insomnia). Her long-term career goal is to develop translational

biobehavioral markers within the experimental paradigm of the randomized clinical trial (RCT) framework, particularly with interventions focused on stress-reduction (e.g., CBTi, Mindfulness-Based Stress Reduction, Prolonged Exposure Therapy). Her goal in developing and validating biobehavioral markers as treatment targets is for the purpose of honing stress-reducing interventions that are deeply rooted in theory and evidence from human and non-human species.