

Early Intervention Clinic Research Lab

Dr. Matthew Cordova, E-mail: mcordova@paloaltou.edu

Dr. Josef Ruzek, E-mail: joeruzek@gmail.com

Current/Ongoing Projects:

Development and evaluation of early psychotherapeutic interventions to prevent trauma-related problems in recently traumatized individuals. Participants are being recruited through local emergency medicine departments, victims' assistance organizations, emergency response services, and grief organizations. As part of the project, students conduct research assessment/intervention with participants. Students have conducted dissertation projects using EIC data, or using original data they collect in a trauma-related area of interest.

Openings:

We will be selecting 3 new students each spring during the PAU research lab application process.

Apply:

Applicants should submit the following by email to Dr. Cordova by the PAU research lab application deadline: 1) Letter of interest, 2) Curriculum Vitae, 3) a writing sample (usually a paper submitted for a psychology class while a student at PAU), 4) Current PAU transcript (unofficial).

Notification:

A select number of applicants will be interviewed. Notification of offers to join the lab will occur by phone on the PAU research lab notification date.

Selected Readings:

Finestone, A., Ruzek, J. I., Bongar, B., & Cordova, M. J. (2025). Social constraints, talking about trauma, and adjustment in treatment-seeking recent trauma survivors. *Traumatology*.

<https://doi.org/10.1037/trm0000541>

Heise, M., Haug, N., Ruzek, J. I., & Cordova, M. J. (2025). Grit and chronic pain: Associations with distress, catastrophizing, interference, and control. *Journal of Clinical Psychology in Medical Settings*.
<https://doi.org/10.1007/s10880-025-10073-5>

McBain, S. A. & Cordova, M. J. (2024) Clinical education: Addressing prior trauma and its impacts in medical settings. *Journal of Clinical Psychology in Medical Settings*, 31(3), 501-512.
<https://doi.org/10.1007/s10880-024-10029-1>

McBain, S., & Cordova, M. J. (2024). Medical traumatic stress: Integrating evidence-based clinical applications from health and trauma psychology. *Journal of Traumatic Stress*, 37(5), 761-767.
<https://doi.org/10.1002/jts.23075>

Ghahghahi, S. Ruzek, J. I., Bongar, B., & Cordova, M. J. (2024, Jan 18). Anxiety sensitivity, finding the body, and PTSD in suicide bereaved treatment-seeking adults. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication.
<https://dx.doi.org/10.1037/tra0001640>

Brucia, E., Cordova, M. J., Firestone, A., & Ruzek, J. I. (2020). Utilization and integration of Psychological First Aid in first responder organizations. In C. Bowers, D. C. Beidel, & M. Marks (Eds.), *Mental Health Intervention and Treatment of First Responders and Emergency Workers*, (pp. 129-153). Hershey, PA: IGI Global.

Brucia, E., Cordova, M. J., & Ruzek, J. I. (2016). Critical incident interventions: Crisis response and debriefing. In C. L. Mitchell & E. H. Dorian (Eds.), *Police Psychology and its Growing Impact on Modern Law Enforcement*, (pp. 119-142). Hershey, PA: IGI Global.

Carter, J., Arentsen, T. J., Cordova, M. J., Ruzek, J. I., Reiser, R., Suppes, T., & Ostacher, M. J. (2016). Increased suicidal ideation in patients with co-occurring bipolar disorder and posttraumatic stress

disorder. *Archives of Suicide Research*, DOI:
10.1080/13811118.2016.1199986.

Groff, E. C., Ruzek, J. I., Bongar, B., & Cordova, M. J. (2016). Social constraints, loss-related factors, depression, and posttraumatic stress in a treatment-seeking suicide bereaved sample. *Psychological Trauma: Theory, Research, Practice, and Policy*, 8, 657-660.

Hernandez, J. M., Cordova, M. J., Ruzek, J., Reiser, R., Gwizdowski, I. S., Suppes, T., & Ostacher, M. (2013). Presentation and prevalence of PTSD in a bipolar disorder population: A STEP-BD examination. *Journal of Affective Disorders*, 150, 450-455.

Brunet, A., Des Groseilliers, I. B., Cordova, M. J., & Ruzek, J. I. (2013). Randomized controlled trial of a brief cognitive behavioral dyadic intervention designed to attenuate the development of PTSD. *European Journal of Psychotraumatology*, 4, 21572.

Des Groseilliers, I. B., Marchand, A., Cordova, M. J., Ruzek, J. I., & Brunet, A. (2013). Two-year follow-up of a brief dyadic cognitive-behavioral intervention designed to prevent PTSD. *Psychological Trauma: Theory, Research, Practice, and Policy*, 5(5), 462-469.

Belsher, B. E., Ruzek, J. I., & Cordova, M. J. (2012). The social context of adjustment in combat veterans. In T. Miller (Ed.), *The Praeger Handbook of Veterans' Health: History, Challenges, Issues, and Developments*, (pp. 199-226). Santa Barbara: Praeger Publishing.

Belsher, B. E., Ruzek, J. I., Bongar, B., & Cordova, M. J. (2012). Social constraints, posttraumatic cognitions, and posttraumatic stress disorder in treatment-seeking trauma survivors: Evidence for a social-cognitive processing model. *Psychological Trauma: Theory, Research, Practice, and Policy*, 4(4), 386-391. doi:
10.1037/a0024362

Ruzek, J. R., Kuhn, E., & Cordova, M. J. (2008). Early Intervention. In G. Reyes, J. Elhai, & J. Ford (Eds.), *Encyclopedia of Psychological Trauma*, (pp. 237-240). New York: John Wiley & Sons.

Ruzek, J. I., Maguen, S., & Litz, B. T. (2006). Evidence-based interventions for survivors of terrorism. In B. Bongar, L. Beutler, P. Zimbardo, L. Brown, & J. Breckenridge (Eds.), *Psychology of terrorism*. Oxford: Oxford University Press.

Ruzek, J. I. (2006). Bringing cognitive-behavioral psychology to bear on early intervention with trauma survivors: Accident, assault, war, disaster, mass violence, and terrorism. In V. F. Follette & J. I. Ruzek (Eds.), *Cognitive-behavioral therapies for Trauma* (2nd Edition, pp. 433-462). New York: Guilford Press.

Ruzek, J. I. (2006). Models of early intervention following mass violence and other trauma. In E. C. Ritchie, P. J. Watson, & M. J. Friedman (Eds.), *Mental health intervention following disasters and mass violence*. New York: Guilford.

Cordova, M. J., Walser, R., Neff, J., & Ruzek, J. I. (2005). Predictors of emotional adjustment following traumatic injury: Personal, social, and material resources. *Prehospital and Disaster Medicine*, 20, 7-13.

Ruzek, J. I., Young, B. H., Cordova, M. J., & Flynn, B. W. (2004). Integration of disaster mental health services with emergency medicine. *Prehospital and Disaster Medicine*, 19, 46-53.

Cordova, M. J., & Ruzek (2004). Posttraumatic Stress Disorder. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.), *Encyclopedia of Health Psychology*, (pp. 215-218) . New York: Kluwer/Plenum.

Cordova, M. J., Ruzek, J. P., Benoit, M., & Brunet, A. (2003). Promotion of emotional disclosure following illness and injury: A

brief intervention for medical patients and their families.
Cognitive and Behavioral Practice, 10, 359-372.

Ruzek, J. P., & Cordova, M. J. (2003). The role of hospitals in delivering early intervention services following traumatic events. In R. Orner, & U. Schnyder (Eds.), *Reconstructing Early Intervention After Trauma* (pp. 228-235). Oxford, UK: Oxford University Press.

Selected Poster/Symposium Presentations:

Polansky, T., Habarth, J., Ruzek, J., & Cordova, M. (August, 2025). Demographic and religious factors associated with distress due to antisemitism post-October 7th, 2023. Poster presented at the annual meeting of the American Psychological Association, Denver, CO.

Montgomery, C., Kim, T., Magana, M., Johnson, E., & Cordova, M. J. (May, 2025). *Social constraints and social support as predictors of depression and PTSD in treatment-seeking recent trauma survivors*. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

Dunevich, N., Knoth, A., Glanz, K., Crone, J., Ananthasayan, M., & Cordova, M. J. (May, 2025). *Naturalistic talking behavior and prolonged grief in treatment-seeking recently bereaved individuals*. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

Ananthasayan, M., Knoth, A., Johnson, E., Dunevich, N., Montgomery, C., & Cordova, M. J. (May, 2025). *Distress disclosure and prolonged grief in treatment-seeking recently bereaved trauma survivors*. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

Moody, K. R., Cordova, M., Ruzek, J., & Bongar, B. (August, 2024). *Social constraints, experiential avoidance, and posttraumatic stress disorder in treatment-seeking trauma survivors*. Poster presented at the annual meeting of the American Psychological Association, Seattle,

WA.

Dichsen, T., Romo, M., Johnson, E., Polansky, T., & Cordova, M. (April, 2024). Social support, anxiety sensitivity, and exercise in recent trauma survivors. Poster presented at the annual meeting of the Western Psychological Association, San Francisco, CA.

Romo, M., Ananthasayan, M., Dunevich, N., Knoth, A., Montgomery, C., & Cordova, M. (April, 2024). General and trauma-specific stigma and barriers to mental health treatment in recent trauma survivors. Poster presented at the annual meeting of the Western Psychological Association, San Francisco, CA.

McBain, S., & Cordova, M. J. (November, 2023). Medical traumatic stress: Integrating evidence-based clinical applications from health and trauma psychology. Pre-conference institute presented at the annual meeting of the International Society for Traumatic Stress Studies, Los Angeles, CA.

Sanchez, J., Moody, K., Romo, M., Polansky, T., & Cordova, M. J. (April, 2023). The early intervention clinic: History, curriculum, and areas for growth. In M. J. Cordova (Chair), Training in early intervention for traumatic stress: Model for a clinical lab [Symposium]. Presented at the annual meeting of the Western Psychological Association, Riverside, CA.

Johnson, E., Gutierrez, L., Dichsen, T., Polansky, T., & Cordova, M. J. (April, 2023). Research training with survivors of recent trauma. In M. J. Cordova (Chair), Training in early intervention for traumatic stress: Model for a clinical lab [Symposium]. Presented at the annual meeting of the Western Psychological Association, Riverside, CA.

Dicker, E., Jain, A., Weathington, M., Snyder, K., Sanchez, J., & Cordova, M. J. (April, 2023). Training in early trauma assessment and intervention. In M. J. Cordova (Chair), Training in early intervention for traumatic stress: Model for a clinical lab [Symposium]. Presented at

the annual meeting of the Western Psychological Association, Riverside, CA.

Weathington, M., Fairley, M., Jain, A., Dichsen, T., Gutierrez, L., & Cordova, M. J. (April, 2023). Personal, professional, and cultural training for work with recent trauma survivors. In M. J. Cordova (Chair), Training in early intervention for traumatic stress: Model for a clinical lab [Symposium]. Presented at the annual meeting of the Western Psychological Association, Riverside, CA.

Snyder, K., Dicker, E., Fairley, M., Moody, K., Romo, M., & Cordova, M. J. (April, 2023). Clinical and research training with recent survivors of traumatic loss. In M. J. Cordova (Chair), Training in early intervention for traumatic stress: Model for a clinical lab [Symposium]. Presented at the annual meeting of the Western Psychological Association, Riverside, CA.

Snyder, K., Finestone, A., Jain, A., Heise, M., Roberts, J., & Cordova, M. (April, 2022). Age and naturalistic disclosure in treatment-seeking survivors of recent trauma. Poster presented at the annual meeting of the Western Psychological Association. Portland, OR.

Fairley, M., Sanchez, D., Gutierrez, L., Kirksey, J., Romero, I., & Cordova, M. (April, 2022). Racial differences in posttraumatic cognitions among the suicide bereaved. Poster presented at the annual meeting of the Western Psychological Association. Portland, OR.

Gutierrez, L., Moody, K., Weathington, M., Sanchez, J., Snyder, S., & Cordova, M. (April, 2022). Racial differences in post-trauma resource concerns in recently traumatized, treatment-seeking adults. Poster presented at the annual meeting of the Western Psychological Association. Portland, OR.

Jain, A., Barnes, C., Fairley, M., Dicker, E., Moody, K., & Cordova, M. (April, 2022). The association of suicide loss with social constraints and guilt in treatment-seeking trauma survivors. Poster presented at the annual meeting of the Western Psychological Association. Portland, OR.

Barnes, C., Finestone, A., Garfinkle, E., Heise, M., & Cordova, M. (April, 2021). Negative posttraumatic cognitions and pain concerns in recently traumatized treatment-seeking adults. Poster presented at the virtual annual meeting of the Western Psychological Association.

Heise, M., Barnes, C., Sanchez, D., & Cordova, M. (April, 2021). Psychosocial concerns in treatment-seeking survivors of recent trauma. Poster presented at the virtual annual meeting of the Western Psychological Association.

Sanchez, D., Kirksey, J., Ghahghahi, S., Gutierrez, L., Romero, I., & Cordova, M. (April, 2021). Demographic and trauma variables associated with legal concerns in treatment seeking survivors of recent trauma. Poster presented at the virtual annual meeting of the Western Psychological Association.

Kirksey, J., Roberts, J., Alafoginis, M., Fairley, M., Jain, A., & Cordova, M. (April, 2021). Racial differences in posttraumatic cognitions among recently traumatized treatment-seeking adults. Poster presented at the virtual annual meeting of the Western Psychological Association.

Romero, I. E., Ghahghahi, S., Heise, M., Sanchez, D., & Cordova, M. (November, 2020). Post-traumatic cognitions and alcohol use in recently traumatized treatment-seeking adults. Poster presented at the virtual annual meeting of the International Society for Traumatic Stress Studies.

Finestone, A., Garfinkle, E., Heise, M., Kirksey, J., Sanchez, D. & Cordova, M. (October, 2020). Social constraints and trauma disclosure in recently traumatized treatment-seeking adults. Poster presented at the virtual annual meeting of the Western Psychological Association. San Francisco, CA.

Garfinkle, E., Finestone, A., Roberts, J., Barnes, C., Kirksey, J., & Cordova, M. (October, 2020). Negative trauma-related beliefs and sleep disturbances in recently traumatized treatment-seeking civilian adults. Poster presented at the virtual annual meeting of the Western Psychological Association. San Francisco, CA.

Tinsley, S., Ruzek, J., Brown, L., & Cordova, M. (October, 2020). Sexual victimization history and adjustment in recent trauma survivors. Paper presented at the virtual annual meeting of the Western Psychological Association. San Francisco, CA.

Ghahghahi, S., Romero, I. E., Thompson, T., & Cordova, M. J. (April, 2020, conference cancelled due to COVID-19). Alcohol use concerns in suicide bereaved treatment-seeking adults. Poster accepted for presentation at the annual meeting of the California Psychological Association. Newport Beach, CA.

Pargett, K., Ruzek, J., Packman, W., & Cordova, M. (November, 2019). Legal concerns and PTSD in civilian adults seeking treatment following a recent trauma. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.

Ward, N., Sanghvi, Tinsley, S., Agin-Liebes, G., Pargett, K., & Cordova, M. (April, 2019). Naturalistic disclosure patterns of recently traumatized adults. Poster presented at the annual meeting of the Western Psychological Association, Pasadena, CA.

Sanghvi, R., Ward, N., Welch, K., Roberts, J., Peterson, L., & Cordova, M. (April, 2019). Experiential avoidance, social constraints, and PTSD in recently traumatized treatment-seeking adults. Poster presented at the annual meeting of the Western Psychological Association, Pasadena, CA.

Vanden Bussche, A. B., Padula, C. B., Grisanzio, K. A., Goldstein-Piekarski, A. N., Cordova, M. J., Haug, N. A., & Williams, L. M. (February, 2018). Cognitive underpinnings of frontolimbic dysfunction in PTSD and impact on quality of life. Poster presented at the annual meeting of the International Neuropsychological Society, Washington, DC.

Baruch, S., Sanghvi, R., Welch, K. T., Peterson, L., & Cordova, M. (November, 2017). A review of bystander intervention programs on

college campuses. Poster presented at the annual meeting of the International Society of Traumatic Stress Studies, Chicago, IL.

McCleary, H., Omofuma, Y., Detweiler, L., Vanden-Bussche, A., & Cordova, M., (November, 2016). Negative cognitions and depression in treatment seeking recent trauma survivors. Poster presented at the annual meeting of the International Society of Traumatic Stress Studies, Dallas, TX.

Shapiro, A., Downey, M., Lovett, S. B., Ruzek, J. I., & Cordova, M. J. (July, 2013) Burnout, vicarious traumatization and mindfulness in clinicians. Poster presented at the annual meeting of the American Psychological Association, Honolulu, HI.

Hernandez, J. M., Cordova, M. J., Ruzek, J., Reiser, R., Gwizdowski, I. S., Suppes, T., & Ostacher, M. (May, 2013). Presentation and prevalence of PTSD in a bipolar disorder population. Poster presented at the annual meeting of the American Psychiatric Association, San Francisco, CA.

Hernandez, J. M., Wong, L., Ruzek, J., & Cordova, M. (May 2011). Treatment of posttraumatic stress disorder utilizing emotion skills regulation training with prolonged exposure: A case study. Poster presented at the 1st Mental Health Conference, La Sierra University, Riverside, California.