

# CAROLYN MARIE YEAGER, PhD, MS, MA

Licensed Clinical Psychologist | Trauma Specialist | Digital Mental Health Innovator  
University of Colorado Colorado Springs  
Lyda Hill Institute for Human Resilience – Milestones Resilience Care Center  
CYEAGER@UCCS.EDU

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## PROFESSIONAL SUMMARY

Licensed clinical psychologist specializing in trauma recovery, providing direct care to individuals with PTSD, complex trauma, and severe mental illness. Expertise in integrating evidence-based therapies (EMDR, CPT, ACT, IFS) with innovative digital health technologies. Leader in development and deployment of scalable clinical systems, including real-time assessment and intervention tools. Published researcher focused on engagement and effectiveness of trauma-focused digital interventions.

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## LICENSURE

Licensed Psychologist, Colorado (#PSY 5666), 2021–Present

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## CURRENT CLINICAL & LEADERSHIP EXPERIENCE

Licensed Psychologist / Clinical Technologist

Lyda Hill Institute for Human Resilience  
Milestones Resilience Care Center, University of Colorado Colorado Springs  
2021–Present

- Provide direct trauma-informed clinical care to survivors of PTSD, complex trauma, and severe mental illness
- Deliver individual and group therapy using EMDR, CPT, ACT, and Internal Family Systems (IFS)
- Apply a strengths-based, resilience-focused model to support long-term recovery
- Developed PULSE (patent pending), an automated clinical assessment system used across clinics to:
  - Enhance patient engagement

- Inform treatment planning
    - Monitor outcomes in real time
  - Lead interdisciplinary teams of clinicians and engineers to build digital mental health interventions
  - Conduct program evaluation and outcomes research on innovative models of trauma care
  - Provide clinical and operational leadership for implementation of technology-enabled care systems
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## Postdoctoral Fellow

Lyda Hill Institute for Human Resilience, UCCS  
2020–2021

- Delivered supervised evidence-based trauma treatment (individual and group; telehealth and in-person)
  - Developed clinical programming for PTSD, complex trauma, and severe mental illness
  - Designed and managed development of next-generation digital interventions for trauma recovery
  - Conducted research on technology-supported clinical care
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## DIGITAL HEALTH & TECHNOLOGY LEADERSHIP

President & Founder – Creative eSolutions, LLC

1990–Present

- Designed and developed digital health interventions for trauma recovery
- Built clinical assessment systems used in academic and healthcare settings
- Clients include UCCS, NASA, Department of Defense, and VA-affiliated programs

Senior Software Engineer – UCCS Trauma Health & Hazards Center

2012–2015

- Lead developer of SupportNet, a digital mental health intervention for secondary trauma and burnout

- Designed, built, and tested system for use in a randomized controlled trial with military providers

Staff Scientist – APTEK, Inc.

1992–2012

- Program Manager/Principal Investigator on SBIR grants (\$1.7M total funding)
  - Developed software systems for NASA, DoD, and Air Force applications
  - Awarded U.S. patent for innovation related to International Space Station systems
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## EDUCATION

PhD, Clinical Psychology (Trauma Emphasis)  
University of Colorado Colorado Springs, 2020 (APA Accredited)

- Dissertation: Engagement with digital health interventions for trauma recovery

MA, Clinical Psychology  
University of Colorado Colorado Springs, 2016 (APA Accredited)

MS, Computer Science  
University of Colorado Colorado Springs, 1989

BS, Biochemistry  
University of Wisconsin – Madison

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## RESEARCH FOCUS

Digital mental health interventions for trauma recovery, with emphasis on engagement, self-efficacy, and scalable models of care.

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## SELECTED PEER-REVIEWED PUBLICATIONS

- Benight, C., Yeager, C. M., et al. (2026). Effectiveness of a Strengths-Based Integrative Health Approach to Trauma Recovery. *Psychological Trauma* (in press)

- Yeager, C. M., & Benight, C. C. (2022). Engagement and outcomes of a trauma recovery digital intervention. *JMIR Mental Health*
- Ruzek, J. I., & Yeager, C. M. (2019). Mobile mental health interventions for trauma survivors. *mHealth*
- Yeager, C. M., et al. (2018). Engagement with trauma recovery eHealth interventions. *JMIR Mental Health*
- Benight, C. C., et al. (2018). Coping self-efficacy and trauma recovery outcomes. *JMIR Mental Health*
- Bhalla, A., et al. (2016). eHealth readiness scale validation. *Computers in Human Behavior*

(Full publication list available upon request or CV appendix)

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## HONORS & AWARDS (SELECTED)

- APA Division 56 Outstanding Poster Award (2025)
  - APA Dissertation Research Award (2018)
  - ISTSS Frank W. Putnam Trauma Research Scholar Award (2016)
  - Graduate School Mentored Doctoral Fellowship (\$25,000)
  - NASA Space Act Award for software innovation
  - Wall of Recognition Award for work with trauma survivors (2022)
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## CLINICAL TRAINING (EVIDENCE-BASED INTERVENTIONS)

- Eye Movement Desensitization and Reprocessing (EMDR)
  - Cognitive Processing Therapy (CPT)
  - Acceptance and Commitment Therapy (ACT)
  - Internal Family Systems (IFS)
  - Prolonged Exposure (PE)
  - Trauma-Focused CBT (TF-CBT)
  - Dialectical Behavior Therapy (DBT)
  - Cognitive Behavioral Therapy for Insomnia (CBT-I)
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## PROFESSIONAL SERVICE & LEADERSHIP

- Board Member, Reclaiming Hope (Human Trafficking Aftercare), 2025–Present
- Website Editor, International Society of Traumatic Stress Studies (2020–2023)

- Board Member, Psychological Society of the Pikes Peak Region
  - Co-Chair, ISTSS Complex Trauma Special Interest Group
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## SELECTED PRESENTATIONS

- Panel Chair, Complex PTSD: Global Innovations, ISTSS
  - Presenter, Digital Health Interventions for PTSD, ISTSS
  - Invited Speaker, Human Trafficking Task Force
  - Guest Lecturer, University of Colorado
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## TECHNICAL & RESEARCH SKILLS

- Statistical Analysis: R, SPSS, MPLUS
- Clinical Systems: EHRs, REDCap, Qualtrics
- Programming: Python, C#, C++, SQL
- Web Development: HTML, CSS, PHP, WordPress