

Lindsay Dianne Shepard, PhD, LCSW

Curriculum Vitae

Department of Pediatrics
University of Utah
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Salt Lake City, UT 84113, USA

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EDUCATION

University of Utah PhD of Social Work	Salt Lake City, UT 2020
University of Utah Masters of Social Work	Salt Lake City, UT 2013
University of Oxford, St. Hilda's College Masters of Science Evidence-Based Social Intervention	Oxford, UK 2009
Brigham Young University Bachelor of the Arts English, <i>cum laude</i> Women Studies Minor African Studies Minor	Provo, UT 2007

PROFESSIONAL APPOINTMENTS

University of Utah Adjunct Faculty	Salt Lake City, UT 2012-2016
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LICENSING

Division of Occupational and Professional Licensing Licensed Clinical Social Worker (LCSW), License # 8749621-3501	Utah 2016
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PUBLICATIONS

Peer-Reviewed Journal Articles

- Byrne, K. A., McGuier, E. A., Campbell, K. A., **Shepard, L. D.**, Kolko, D. J., Thorn, B., & Keeshin, B. (2022). Implementation of a care process model for pediatric traumatic stress in Children's Advocacy Centers: A mixed methods study. *Journal of Child Sexual Abuse*. doi: 10.1080/10538712.2022.2133759
- Giles, L., **Shepard, L.**, Asarnow, J., & Keeshin, B. (2021). Implementation of a trauma-informed suicide prevention intervention for youth presenting to the emergency department in crisis. *Evidence-Based Practice in Child & Adolescent Mental Health*, 6(3), 343-353. doi: 10.1080/23794925.2021.1961643

Keeshin, B., Byrne, K., Thorn, B., & **Shepard, L.** (2020). Screening for trauma in pediatric primary care. *Current Psychiatry Reports*, 22(60), 1-8. doi: 10.1007/s11920-020-01183-y

Shepard, L. D. (2012). The impact of polygamy on women's mental health: A systematic review. *Epidemiology and Psychiatric Sciences*, 1-16. doi: 10.1017/S2045796012000121

Yaffe, J., Montgomery, P., Hopewell, S., & **Shepard, L. D.** (2012). Empty reviews: A description and consideration of Cochrane systematic reviews with no included studies. *PLoS ONE*, 7(5), e36626. doi: 10.1371/journal.pone.0036626

Montgomery, P., & **Shepard, L. D.** (2010). Insomnia in older people. *Reviews in Clinical Gerontology*, 20, 205-218. doi: 10.1017/S095925981000016X

Shepard, L. D. (2010). Reflections on evidence based practice criticisms: Updating today's social worker. *Perspectives on Social Work*, 9, 38-42.

Shepard, L. D., Panos, P., & Thompson, C. (2010). Perpetuating polygamist tradition: An exploratory qualitative study of Senegalese women. *Journal of Global Social Work Practice*, 3. Retrieved from <http://www.globalsocialwork.org/vol3no1/Shepard.html>

Book Chapters

Keeshin, B., **Shepard, L. D.**, & Byrne, K. (2019). Trauma informed care and treatment. A. L. Laskey & A. Sirotnak (Eds.), *Child Abuse: Medical Diagnosis and Management*, 4th Edition. American Academy of Pediatrics.

Montgomery, P., & **Shepard, L. D.** (2012). Sleep apnoea and sleep disorders. In A. J. Sinclair, J. E. Morley, & B. Vellas (Eds.), *Pathy's Principles and Practice of Geriatric Medicine*, 5th Edition (pp.617-628). John Wiley & Sons, Ltd. doi: 10.1002/9781119952930.ch54

Practice Models

Keeshin, B., **Shepard, L.**, Giles, L., Bradshaw, B., & Thorn, B. on behalf of Intermountain Healthcare and the Pediatric Integrated Posttrauma Services (PIPS) Project Team. (2020). *Diagnosis and Management of Traumatic Stress in Pediatric Patients: A Care Process Model*. Available at: <https://intermountainhealthcare.org/ckr-ext/Dcmnt?ncid=529796906> or at <https://utahpips.org/> Accessed Oct 26, 2020.

In Preparation

Campbell, K., Byrne, K., Thorn, B., **Shepard, L.**, Davis, N., & Keeshin, B. (in preparation). Screening for symptoms of childhood traumatic stress in the primary care pediatric clinic.

McGuier, E., Campbell, K., Byrne, K., **Shepard, L.**, & Keeshin, B. (in preparation). Traumatic stress symptoms in children served by child advocacy centers.

Shepard, L., Keeshin, B., Byrne, K., & Thorn, B. (under review). Screening for & responding to suicidality among youth presenting to a Children's Advocacy Center (CAC).

GRANTS AND FELLOWSHIPS

Intermountain Foundation at Primary Children's Hospital Primary Children's Hospital (\$48,500)	UT 2023
National Child Traumatic Stress Network Category II Grant (\$3,000,000)	SAMHSA 2022-2027
Intermountain Foundation at Primary Children's Hospital Primary Children's Hospital (\$142,340)	UT 2022
National Children's Alliance & the Cambia Foundation Rural Children's Justice Center Grants (\$100,000)	UT 2021-2022
National Child Traumatic Stress Network Category II Grant (\$3,000,000)	SAMHSA 2016-2021
Cochrane Collaboration Opportunities Fund Grant (£24,200 GBP)	UK 2010

CONFERENCE ACTIVITY

Papers Presented

Byrne, K., **Shepard, L.**, & Campbell, K. (2021). Identifying and responding to child traumatic stress in primary care. *Society for Social Work and Research 2021*.

Byrne, K., Campbell, K., Keeshin, B., & **Shepard, L.** (2019). Development and implementation of a brief screening and intervention care process model for child traumatic stress in children's advocacy centers. *American Professional Society on the Abuse of Children (APSAC) Colloquium 2019*, Salt Lake City, Utah.

Keeshin, B., Byrne, K., & **Shepard, L.** (2018). Pediatric trauma: Practical approaches to the assessment of experiences and symptoms. *American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting 2018*, in Seattle, Washington.

- Black, S.E., Guo, J., **Shepard, L.D.**, & Keeshin, B.R. (2017). When PTSD prevention isn't enough: Predicting utilization of trauma focused psychotherapy after Child and Family Traumatic Stress Intervention (CFTSI). *Pediatric Academic Societies 2017*, San Francisco, California.
- Shepard, L. D.**, Mileski, K., Panos, P., & Panos, A. (2014). Global web-based learning: Designing a Bachelors of Social Work degree program. *Council on Social Work Education 2014*, Tampa, Florida.
- Yaffe, J., & **Shepard, L. D.** (2014). Using and sharing open access resources for teaching evidence-based practice. *Council on Social Work Education 2014*, Tampa, Florida.
- Montgomery, P., Yaffe, J., Morton, M., **Shepard, L.**, & Hopewell, S. (2013). Empty review reporting practices and policies: A survey of Cochrane Review Group editors and other key systematic review producers. *Cochrane Colloquium 2013*, Quebec City, Quebec.
- Shepard, L.** (2013). Social work and the Cochrane Collaboration: Qualitative interviews with Cochrane contributors of social work background. *Cochrane Colloquium 2013*, Quebec City, Quebec.
- Yaffe, J., McIntyre Goodsell, M., Jacobsen, J., & **Shepard, L. D.** (2013). Flipping the classroom: Strategies for teaching evidence-based practice. *Council on Social Work Education 2013*, Dallas, Texas.
- Yaffe, J., Montgomery, P., **Shepard, L. D.**, & Morton, M. (2013). Running on empty: Policies and reporting practices for systematic reviews without included studies. *Campbell Colloquium 2013*, Chicago, IL, USA.
- Yaffe, J., **Shepard, L.**, Hopewell, S., & Montgomery, P. (2013). The 'Implications for Practice' of empty reviews: An analysis of Cochrane systematic reviews with no included studies. *Cochrane Colloquium 2013*, Quebec City, Quebec.
- Shepard, L. D.**, Yaffe, J., Montgomery, P., & Hopewell, S. (2011). The Cochrane Empty Reviews Project: Prevalence and characteristics of systematic reviews without included studies in The Cochrane Database of Systematic Reviews. *Cochrane Colloquium 2011*, Madrid, Spain.
- Yaffe, J., Montgomery, P., **Shepard, L.**, & Hopewell, S. (2011). How empty are empty reviews: Writing guidelines to make systematic reviews more useful. In symposium, Evidence informed practice in child welfare: Three Campbell Collaboration systematic reviews and a shared methods challenge. *Society for Social Work and Research 2011*, Tampa, Florida.
- Yaffe, J., Montgomery, P., **Shepard, L.**, & Hopewell, S. (2010). How empty are empty reviews? A report on empty reviews in The CDSR and an invitation to participate in the development of reporting guidelines. *Joint Colloquium of the Cochrane and Campbell Collaborations 2010*, Keystone, CO, USA.

TEACHING INTERESTS

- Trauma-Informed Care
- Evidence-Based Practice
- Systematic Reviews
- Research Methods or Evaluation
- International Social Work
- Social Work Writing
- Community-Based Participatory Research

TEACHING EXPERIENCE

UNIVERSITY OF UTAH
College of Social Work

Salt Lake City, UT
2010-2016

Adjunct Faculty

PhD Program

SW 7113: Systematic Reviews in Social Work (1 section)

Master's Program

SW 6110: Evidence Informed Practice II (2 sections & distance)

SW 6623: Bridge III: Evidence Informed Practice (2 sections & distance)

Bachelor's Program

SW 4401: Research and Evaluation (5 sections)

SW 4444: Advanced Social Work Writing (4 sections and 1 online)

SW 4100: Global Community Based Research (4 sections & distance)

SW 4702: Social Work Practicum (3 sections)

SW 4782: Social Work Practicum Seminar (3 sections)

Course Development

SW 7113: Systematic Reviews in Social Work (PhD)

SW 6010: Evidence Informed Practice I (Masters, *Flipped Classroom*)

SW 6110: Evidence Informed Practice II (Masters)

SW 6623: Bridge III: Evidence Informed Practice (Advanced Standing)

SW 4444: Advanced Social Work Writing (Bachelors, *Classroom and Online*)

TEACHING AWARDS & DESIGNATIONS

Bachelors of Social Work Associate Instructor Award
Bachelors of Social Work Student Association (BSWSA)

University of Utah
2014-2015

Bachelors of Social Work Associate Instructor Award
Bachelors of Social Work Student Association (BSWSA)

University of Utah
2013-2014

Center for Teaching and Learning Excellence
Higher Education Teaching Specialist (HETS)

University of Utah
2013

RESEARCH INTERESTS

- Child Traumatic Stress
- Trauma-Informed Practice
- Systematic Reviews
- Refugee and Asylum-Seeking Populations

RESEARCH EXPERIENCE

UNIVERSITY OF UTAH

Salt Lake City, UT

Program Manager

Pediatric Integrated Post-Trauma Services

Department of Pediatrics

November 2016-Present

A collaborative project between the University of Utah and Primary Children's Center for Safe and Healthy Families to develop a care process model for pediatric traumatic stress and implement it across healthcare and children's advocacy center settings.

PhD Dissertation Investigator

Social Work and Systematic Reviews

College of Social Work

2014-2020

An analysis of the frequency, utility, accessibility, reporting, and methodological quality of systematic reviews published in social work journals 2010-2014.

Project Manager and Research Assistant

The Cochrane Empty Reviews Project

College of Social Work

2010-2014

A Cochrane Opportunities Fund study of the reporting of systematic reviews with no included studies.

UNIVERSITY OF OXFORD

Oxford, UK

Research Assistant

Mental Health of Afghan UASC in the UK

Centre for Evidence Based Intervention

2010

A cross-sectional epidemiological study of the mental health of Afghan Unaccompanied Asylum Seeking Children in the UK, funded by John Fell.

Research Assistant

Sleep Disorders in Older People

Centre for Evidence Based Intervention

2010

An update of two systematic reviews regarding sleep disorders in older people.

Research Assistant

The DHA Oxford Learning and Behavior (DOLAB) Study

Centre for Evidence Based Intervention

2009-2010

An examination of the effects of dietary supplementation with DHA (Omega-3) on children's learning and behavior, funded by Martek Biosciences.

MSc Dissertation Investigator Department of Social Policy and Social Work
The Mental Health of Polygynous Women 2009

A comprehensive literature review of the mental health of polygynous women.

BRIGHAM YOUNG UNIVERSITY Provo, UT

BA Thesis Investigator BYU Mentored Research Grant
Senegalese Women and the Polygamist Tradition 2005-2007

A preliminary qualitative study of Senegalese women's perspectives on polygyny.

RESEARCH TRAINING

Quality Improvement Training

Advanced Training Program (ATP) Salt Lake City, UT
Intermountain Healthcare 2017

Participated in 40 hours of intensive quality improvement and leadership training for healthcare settings, including conducting and presenting a quality improvement project.

PRACTICE INTERESTS

- Child Traumatic Stress
- Trauma-Informed Care
- Refugees & Immigrants
- Agency:University Partnerships

PRACTICE EXPERIENCE

PRIMARY CHILDREN'S HOSPITAL Salt Lake City, UT

Licensed Clinical Social Worker - Therapist
Center for Safe and Healthy Families 2016-2018

Coordinating and providing treatment to children (3-18 years old) who have experienced trauma and/or maltreatment using Trauma-Focused Cognitive Behavior Therapy (TF-CBT), Child and Family Traumatic Stress Intervention (CFTSI), and/or Parent-Child Interaction Therapy (PCIT). Also supervised in Alternatives for Families Cognitive Behavior Therapy (AF-CBT).

Certified Social Worker – Intake/Medical Social Worker & Therapist
Center for Safe and Healthy Families 2014-2016

Coordinating and providing medical social work and trauma therapy to children who have experienced trauma and/or maltreatment. Trained in Trauma-Focused Cognitive Behavior Therapy (TF-CBT), Child and Family Traumatic Stress Intervention (CFTSI), and Parent-Child Interaction Therapy (PCIT).

PRIMARY CHILDREN'S HOSPITAL

Salt Lake City, UT

Social Work Intern

Center for Safe and Healthy Families

2012-2013

Providing treatment to children who have experienced trauma, primarily using Trauma-Focused Cognitive Behavior Therapy (TF-CBT).

UNIVERSITY NEIGHBORHOOD PARTNERS

Salt Lake City, UT

Social Work Intern

Hartland Partnership Center

2011

450 hours practice at a community center, primarily serving individuals and families of refugee and immigrant background.

PRACTICE CONFERENCE ACTIVITY

Presentations

Fuller-Holden, J., Glickman, S., & **Shepard, L.** (2023). Stratifying trauma treatment through screening and family assessments. *San Diego International Conference on Child and Family Maltreatment 2023*, San Diego, California.

Keeshin, B., Rosado, J., **Shepard, L.**, Zullo, L., Driskell, S., & Rains, M. (2022). Becoming active and exemplary allies in preventing youth suicide: Lessons learned from integrated care for trauma-informed suicide prevention. *NCTSN All-Network Conference 2022*, Baltimore, MD.

Shepard, L., & Thorn, B. (2020). Connecting children to care from CACs: A care process model for child traumatic stress. *Children's Advocacy Centers of Michigan Conference 2020*, Traverse City, MI.

Shepard, L., Byrne, K., & Keeshin, B. (2020). Connecting care across systems: A care process model for child traumatic stress. *San Diego International Conference on Child and Family Maltreatment 2020*, San Diego, California.

Shepard, L. D., & Byrne, K. (2018). Trauma-informed care. *Utah Victim Assistance Academy 2018*, Salt Lake City, UT.

Keeshin, B., & **Shepard, L. D.** (2018). The care process model for traumatic stress. *Utah's Children's Justice Center Symposium 2018*, Snowbird, UT.

Shepard, L. D. (2018). Best practices for counseling staff & students after a traumatic incident at school. *Schools Readiness Coordinating Council 2018*, Salt Lake City, UT.

Shepard, L. D. (2017). Trauma-informed care: Oh, the places you'll go. *Statewide Advocates for Victims Organization (SWAVO) training 2017*, Salt Lake City, UT.

Shepard, L. D. (2017). Trauma-informed care. *Utah Victim Assistance Academy 2017*, Salt Lake City, UT.

Shepard, L. D., & Grant, R. (2016). Children and trauma: Oh the places you'll go for treatments that work with kids. *Joining Forces 2016*, Layton, UT.

Shepard, L. D., & Grant, R. (2015). Children and trauma: Oh the places you'll go for treatments that work with kids. *Trauma and Mental Health Treatment, BYU School of Social Work Conference 2015*, Provo, UT.

Shepard, L. D. (2015). The power of labeled praises. *Primary Children's Hospital's Social Work Paves the Way for Change 2015*, Salt Lake City, UT.

Mendenhall, K., & **Shepard, L. D.** (2014). Implementing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). *Joining Forces 2014*, Salt Lake City, UT.

PRACTICE TRAINING

Practice Model Training

Child and Family Traumatic Stress Intervention (CFTSI) Salt Lake City, UT
Center for Safe and Healthy Families 2015

Observed a trained clinician provide CFTSI from start to finish with 1 client and her caregivers. Participated in 2 full days of training. Completed 3 cases and participating in on-going supervision and 6 months of consultation calls.

Parent-Child Interaction Therapy (PCIT) Salt Lake City, UT
Center for Safe and Healthy Families 2012

Completed a 10-hour web-based orientation course. Observed a trainer provide PCIT to 1 client family from start to finish, including both child-directed and parent-directed components. Participated in 3 full days of training with master trainers. Initially applied with 2 cases with supervision.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Salt Lake City, UT
Center for Safe and Healthy Families 2012

Completed a 10-hour web-based orientation and a two day training sponsored by Primary Children's Hospital Center for Safe and Healthy Families and the

Children's Justice Center (CJC). Under trainer supervision, applied TF-CBT start to finish with 3+ clients and participated in 9 monthly consultation calls.

Organizational Training

Core Curriculum for Childhood Trauma (CCCT)
National Child Traumatic Stress Network (NCTSN)

Los Angeles, CA
2018

LANGUAGES

English, fluent
Romanian, moderate
French, basic

DEPARTMENTAL & PROFESSIONAL SERVICE

NCTSN Integrated Care Collaborative Group Chair, 2019-present
Research on Social Work Practice editorial board member, 2015-2017

PROFESSIONAL AFFILIATIONS

Academy on Violence and Abuse (AVA)
American Professional Society on the Abuse of Children (APSAC)
National Child Traumatic Stress Network (NCTSN)
Society for Social Work and Research (SSWR)