

KATHLEEN (KAT) JOHNSON

Psychophysiology • Integrative Mental Health • Identity Science • Neuro-Innovation

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PROFESSIONAL SUMMARY

Integrative mental health practitioner and psychophysiology researcher specializing in autonomic regulation, trauma-informed systems, interoception, psychodynamic leadership, identity science, and neuro-innovation. Experienced in developing applied coaching frameworks, resilience programs, and emerging neuro-wellness technologies. Interdisciplinary background spanning psychology, physiology, leadership, and identity systems.

CORE COMPETENCIES

Autonomic Regulation & HRV Analysis
Trauma-Informed Care & Somatic Interventions
Psychophysiology & Predictive Processing
Identity Science & Intergenerational Patterns
Health & Wellness Coaching (NBC-HWC eligible)
Performance Psychology & Stress Physiology
Neuro-Innovation & Mobile Lab Development
Psychodynamic Leadership & Identity-Informed Coaching

RESEARCH & SCHOLARSHIP

Primary Research Areas

Autonomic regulation & vagal tone
Interoception & predictive processing
Trauma physiology & resilience
ENS-brain axis
Sleep & glymphatic function
Psychoneuroimmunology
Identity, lineage, and intergenerational patterns

Signature Contribution

Intellectual Property

Autonomic-Interoceptive Predictive-Processing (AIPP) Model

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Manuscripts Under Review

Johnson, K. (2026). Persistent somatic symptoms: A psychophysiological and predictive-processing perspective. Manuscript under review at the *Journal of Psychosomatic Research*. <https://doi.org/10.13140/RG.2.2.34268.96648>

Johnson, K. (2026). Anxiety and panic through an autonomic-interoceptive lens: A psychophysiological framework. Manuscript under consideration at *Psychophysiology*. <https://doi.org/10.13140/RG.2.2.35946.68807>

Johnson, K. (2026). Substance use disorder as a multisystem dysregulation pattern: A psychophysiological and predictive-processing model. Manuscript under consideration at *Addiction Research & Theory*. <https://doi.org/10.13140/RG.2.2.15814.02889>

ENTERPRISE & PROJECT LEADERSHIP

KatScratch — Founder & Principal

Umbrella brand for professional, research, and coaching divisions.

Website: <https://katscratch.online> — in progress

Div. 1 Vital Insights (Future Launch)

Science + Systems + Neuro-Innovation Division

- Mobile neuro-wellness lab development
- HRV profiling, biometrics, autonomic assessment
- Trauma-informed psychophysiology & somatic science
- Identity & ancestral systems; FIGG integration
- Research home for the AIPP Model

Div. 2 Inner Edge — Coaching Division

Secular + Faith-Integrated

- Health & wellness coaching
- Positive psychology & resilience
- Somatic and nervous system coaching
- Trauma-informed support
- Identity-informed & psychodynamic leadership development

Div. 3 Psych-ish — Podcast (Media + Education)

- Nervous system science
- Trauma-informed care
- Identity & resilience

501c3 Spring Creek Ranch

Community Service + Equine Rescue + Resilience Programs

- Equine rescue & horsemanship instruction
- Somatic & experiential training

501c3 Debra Louise Thompson Kucera Memorial Fund

Resource Network + Scholarship Fund

- Trauma-informed care & resilience programs
 - Domestic violence references, resources, and access to care
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EDUCATION

Bachelor of Science, Psychology (Summa Cum Laude)

University of Northwestern – St. Paul

Concentrations: Health Psychology; Marriage & Family Counseling

Master of Health Science, Integrative Care (Trauma-Informed Care)

Northwestern Health Sciences University — GPA 4.0 (Expected Spring 2027)

Graduate Certificate, Integrative Health & Wellbeing Coaching

Northwestern Health Sciences University — GPA 4.0 (Expected Summer 2026)

Graduate Certificate, Organizational Leadership

University of Northwestern – St. Paul — GPA 4.0 (Expected Summer 2026)

Graduate Certificate, Biblical Counseling

Master's International University of Divinity (Expected Spring 2027)

Graduate Certificate, Forensic Investigative Genetic Genealogy

University of New Haven (Expected Spring 2027)

Doctoral Pathway (Ph.D. – Research Track, Global Online/Hybrid Programs)

Target Start: Fall 2027

Focused on psychophysiology, systems science, and cross-domain pattern theory (AIPP). Actively evaluating internationally accredited online and hybrid research doctorates.

CERTIFICATIONS & TRAINING

NBC-HWC (eligibility upon practicum)
BCIA Biofeedback (BCB-P) — in progress
Polyvagal Theory Training
Somatic Breathwork Certification
Functional Medicine coursework (IFM)

TECHNICAL & CLINICAL SKILLS

HRV analysis & autonomic profiling
Biofeedback & neurofeedback
Somatic trauma interventions
Sleep optimization & recovery coaching
Stress physiology interpretation
Cognitive performance testing
Integrative mental health coaching
Trauma-sensitive movement & breathwork

SELECT UNIVERSITY CERTIFICATES

Stanford University — Psychology for High Performance; Epigenetics & Microbiomics
MITx — Systems Biology; Genetics; Population Genetics
Duke University — Mindfulness-Based Stress Reduction
Harvard University — Neuroscience of Learning & Stress Physiology

STRATEGIC GOALS

Publish AIPP model — currently under peer review
Launch Psych-ish Podcast — currently in process
Develop CardioLens HRV tool — currently in process
Launch mobile neuro-wellness lab — currently in process
Expand 501c3 programs — currently in process
Build multi-division KatScratch ecosystem — currently in process