

Curriculum Vitae

DIANE BETH ARNKOFF

Department of Psychology
The Catholic University of America
Washington, DC 20064
202-319-5764
Fax 202-319-6263

10104 Haywood Circle
Silver Spring, MD 20902
301-681-7958
email: arnkoff@cua.edu

Education

A.B., 1970, University of Chicago, Major in Psychology.

M.A., 1973, Sir George Williams University (Montreal), Applied Psychology.

Ph.D., 1979, Pennsylvania State University, Clinical Psychology.

Professional Experience

2013-present: Professor Emerita, Department of Psychology, The Catholic University of America.

1981-present: Licensed psychologist; private practice of individual psychotherapy with adults.

1992-2013: Professor, Department of Psychology, The Catholic University of America. Taught graduate courses (Psychotherapy, Psychopathology, and Practicum in Individual Psychotherapy) and undergraduate courses (Abnormal Psychology); supervised graduate student research; carried out research program.
1984-1992: Associate Professor. 1979-1984: Assistant Professor.

1996-2005: Director of Clinical Training, Department of Psychology, The Catholic University of America.
2013, Jan.-Aug.: Acting Director of Clinical Training. 1996, Jan.-Aug.: Acting Director of Clinical Training. 1988-89: Co-Acting Director of Clinical Training.

1992-1993: Acting Director of Undergraduate Studies, Department of Psychology, The Catholic University of America.

1978-1979: Graduate Counselor, Mental Health Center, Pennsylvania State University. Half-time supervised position doing individual and group psychotherapy.

1976-1977: Department of Psychology and Division of Continuing Education, Pennsylvania State University. Taught Abnormal Psychology, Psychology of Adjustment, Mental Health.

1973-1975: Psychologist, Royal Victoria Hospital (Allan Memorial Institute of Psychiatry), Montreal. Assessment and case disposition in a walk-in clinic, individual and group psychotherapy with outpatients, diagnostic assessment, supervision of master's-level interns in diagnostic assessment.

1974-1975: Part-time lecturer, Department of Psychology, Concordia University (Sir George Williams

campus), Montreal. Taught Introductory Psychology.

Publications

- Arnkoff, D. B., & Stewart, J. (1975). The effectiveness of modeling and videotape feedback on personal problem solving. *Behaviour Research and Therapy*, *13*, 127-133.
- Mahoney, M. J., & Arnkoff, D. B. (1978). Cognitive and self-control therapies. In S. L. Garfield & A. E. Bergin (Eds.), *Handbook of psychotherapy and behavior change* (2nd ed., pp. 689-722). New York: Wiley.
- Arnkoff, D. B., & Mahoney, M. J. (1979). The role of perceived control in psychopathology. In L. C. Perlmutter & R. A. Monty (Eds.), *Choice and perceived control* (pp. 155-174). Hillsdale, NJ: Lawrence Erlbaum.
- Newcombe, N., & Arnkoff, D. B. (1979). Effects of speech style and sex of speaker on person perception. *Journal of Personality and Social Psychology*, *37*, 1293-1303.
- Mahoney, M. J., & Arnkoff, D. B. (1979). Self-management: Theory, research, and application. In O. G. Pomerleau & J. P. Brady (Eds.), *Behavioral medicine: Theory and practice* (pp. 75-96). Baltimore: Williams & Wilkins.
- Arnkoff, D. B. (1980). Psychotherapy from the perspective of cognitive theory. In M. J. Mahoney (Ed.), *Psychotherapy process: Current issues and future directions* (pp. 339-361). New York: Plenum. Translated into Italian and reprinted (1984) in G. Chiari & M. L. Nuzzo (Eds.), *Crescita e cambiamento della conoscenza individuale*. Milan: Franco Angeli Editore.
- Arnkoff, D. B. (1981). Flexibility in practicing cognitive therapy. In G. Emery, S. D. Hollon, & R. C. Bedrosian (Eds.), *New directions in cognitive therapy* (pp. 153-223). New York: Guilford.
- Glass, C. R., Arnkoff, D. B., Coogan, M., Gaddy, C. D., McCabe, M. A., & Meeks, S. (1982). Bibliography on dual-career families. *JSAS Catalog of Selected Documents in Psychology*, *12*, 1, Ms. 2404.
- Arnkoff, D. B., & Glass, C. R. (1982). Clinical cognitive constructs: Examination, evaluation, and elaboration. In P. C. Kendall (Ed.), *Advances in cognitive-behavioral research and therapy* (Vol. 1, pp. 1-34). New York: Academic.
- Glass, C. R., & Arnkoff, D. B. (1982). Think cognitively: Selected issues in cognitive assessment and therapy. In P. C. Kendall (Ed.), *Advances in cognitive-behavioral research and therapy* (Vol. 1., pp. 35-71). New York: Academic.
- Arnkoff, D. B. (1983). Common and specific factors in cognitive therapy. In M. J. Lambert (Ed.), *Psychotherapy and patient relationships* (pp. 85-125). Homewood, IL: Dorsey. Translated into Spanish and reprinted (1983) in A. P. Gomez & F. B. Currea (Eds.), *Psicoterapias 1983: Perspectivas de integracion* (pp. 56-67). Bogota: Universidad de los Andes. Reprinted (1989) in L. Simek-Morgan (Ed.), *International psychotherapy: Theories, research, and cross-cultural implications* (pp. 83-96). Westport, CT: Greenwood Press.

- Gaddy, C. D., Glass, C. R., & Arnkoff, D. B. (1983). Career involvement of women in dual-career families: The influence of sex-role identity. *Journal of Counseling Psychology, 30*, 388-394.
- Glass, C. R., & Arnkoff, D. B. (1983). Cognitive set and level of anxiety: Effects on thinking processes in problematic situations. *Cognitive Therapy and Research, 7*, 529-542.
- Arnkoff, D. B. (1985). Cognitive therapy extended. (Review of A. Freeman (Ed.), *Cognitive therapy with couples and groups*. New York: Plenum, 1983.) *Contemporary Psychology, 30*, 44-46. Republished online in *PsycCRITIQUES*, 2006.
- Gaddy, C. D., Arnkoff, D. B., & Glass, C. R. (1985). A study of the Scales for Investigation of the Dual-Career Family. *Measurement and Evaluation in Counseling and Development, 18*, 120-127.
- Arnkoff, D. B. (1986). A comparison of the coping and restructuring components of cognitive restructuring. *Cognitive Therapy and Research, 10*, 147-158.
- Meeks, S., Arnkoff, D. B., Glass, C. R., & Notarius, C. I. (1986). Wives' employment status, hassles, communication, and relational efficacy: Intra- versus extra-relationship factors and marital adjustment. *Family Relations, 34*, 249-255.
- Meyerhoff, J. L., Oleshansky, M. A., Mougey, E. H., Smith, H. R., Hursh, S. R., Wittig, L. K., Wood, H. E., Glass, C. R., & Arnkoff, D. B. (1986). Increased heart rate and plasma levels of beta-lipotropin during a competitive oral examination. *Neuroscience Abstracts, 12*, 1480.
- Arnkoff, D. B., Glass, C. R., Shea, C. A., McKain, T. L., & Sydnor-Greenberg, J. M. (1987). Client predispositions toward cognitive and social skills treatments for shyness. *Journal of Integrative and Eclectic Psychotherapy, 6*, 154-164.
- Arnkoff, D. B. (1988). Review of Handbook of cognitive therapy techniques. *Journal of Integrative and Eclectic Psychotherapy, 7*, 217-219.
- McKain, T. L., Glass, C. R., Arnkoff, D. B., Sydnor-Greenberg, J., & Shea, C. A. (1988). Personal constructs and shyness: The relationship between Rep grid data and therapy outcome. *International Journal of Personal Construct Psychology, 1*, 151-167.
- Arnkoff, D. B., & Smith, R. J. (1988). Cognitive processes in test anxiety: An analysis of two assessment procedures in an actual test. *Cognitive Therapy and Research, 12*, 425-439.
- Glass, C. R., & Arnkoff, D. B. (1988). Common and specific factors in client descriptions of and explanations for change. *Journal of Integrative and Eclectic Psychotherapy, 7*, 427-440.
- Arnkoff, D. B., & Glass, C. R. (1989). Cognitive assessment in social anxiety and social phobia. *Clinical Psychology Review, 9*, 61-74.

- Glass, C. R., & Arnkoff, D. B. (1989). Behavioral assessment of social anxiety and social phobia. *Clinical Psychology Review, 9*, 75-90.
- Smith, R. J., Arnkoff, D. B., & Wright, T. L. (1990). Test anxiety and academic competence: A comparison of alternative models. *Journal of Counseling Psychology, 37*, 313-321.
- Landsman, I. S., Baum, C. G., Arnkoff, D. B., Craig, M. J., Lynch, I., Copes, W. S., & Champion, H. R. (1990). The psychosocial consequences of traumatic injury. *Journal of Behavioral Medicine, 13*, 561-581.
- Gelernter, C. S., Uhde, T. W., Cimboic, P., Arnkoff, D. B., Vittone, B. J., Tancer, M. E., & Bartko, J. J. (1991). Cognitive-behavioral and pharmacotherapy treatments for social phobia: A controlled study. *Archives of General Psychiatry, 48*, 938-945.
- Glass, C. R., & Arnkoff, D. B. (1992). Behavior therapy. In D. K. Freedheim (Ed.), *History of psychotherapy: A century of change* (pp. 587-628). Washington, DC: American Psychological Association.
- Arnkoff, D. B., & Glass, C. R. (1992). Cognitive therapy and psychotherapy integration. In D. K. Freedheim (Ed.), *History of psychotherapy: A century of change* (pp. 657-694). Washington, DC: American Psychological Association.
- Arnkoff, D. B., Glass, C. R., & Robinson, A. S. (1992). Cognitive processes, anxiety, and performance on doctoral dissertation orals. *Journal of Counseling Psychology, 39*, 382-388.
- Arnkoff, D. B., Victor, B. J., & Glass, C. R. (1993). Empirical research on factors in psychotherapeutic change. In G. Stricker & J. Gold (Eds.), *Comprehensive handbook of psychotherapy integration* (pp. 27-42). New York: Plenum.
- Glass, C. R., Victor, B. J., & Arnkoff, D. B. (1993). Empirical research on integrative and eclectic psychotherapies. In G. Stricker & J. Gold (Eds.), *Comprehensive handbook of psychotherapy integration* (pp. 9-25). New York: Plenum.
- Glass, C. R., & Arnkoff, D. B. (1993). Research directions for psychotherapy integration. In J. C. Norcross (Ed.), *Research directions for psychotherapy integration: A roundtable. Journal of Psychotherapy Integration, 3*, 91-131.
- Dolan, R. T., Arnkoff, D. B., & Glass, C. R. (1993). Client attachment style and the psychotherapist's interpersonal stance. *Psychotherapy, 30*, 408-412.
- Glass, C. R., & Arnkoff, D. B. (1994). Validity issues in self-statement measures of social phobia and social anxiety. *Behaviour Research and Therapy, 32*, 255-267.
- Glass, C. R., Arnkoff, D. B., Wood, H., Meyerhoff, J. L., Smith, H. R., Oleshansky, M. A., & Hedges, S. M. (1995). Cognition, anxiety, and performance on a career-related oral examination. *Journal of Counseling Psychology, 42*, 47-54.

- Glass, C. R., & Arnkoff, D. B. (1995). Common factors, technical eclecticism, and psychotherapy research. In J. C. Norcross (Ed.), *Common factors, technical eclecticism, and psychotherapy research: A roundtable on psychotherapy integration. Journal of Psychotherapy Practice and Research, 4*, 248-271.
- Arnkoff, D. B. (1995). Two examples of strains in the therapeutic alliance in an integrative cognitive therapy. *In Session: Psychotherapy in Practice, 1*, 33-46. Reprinted (2000) in *Journal of Clinical Psychology, 56*, 187-200.
- Arnkoff, D. B. (1995). Theoretical orientation and psychotherapy integration: Comment on Poznanski and McLennan (1995). *Journal of Counseling Psychology, 42*, 423-425.
- Gershefski, J. J., Arnkoff, D. B., Glass, C. R., & Elkin, I. (1996). Clients' perceptions of their treatment for depression: I. Helpful aspects. *Psychotherapy Research, 6*, 245-259.
- Levy, J. A., Glass, C. R., Arnkoff, D. B., Gershefski, J. J., & Elkin, I. (1996). Clients' perceptions of their treatment for depression: II. Problematic or hindering aspects. *Psychotherapy Research, 6*, 261-274.
- Arnkoff, D. B., Glass, C. R., Elkin, I., Levy, J. A., & Gershefski, J. J. (1996). Quantitative and qualitative research can complement each other: Reply to Rennie. *Psychotherapy Research, 6*, 281-288.
- Glass, C. R., & Arnkoff, D. B. (1996). Empirically validated treatments and psychotherapy integration: Introduction to the Special Series. *Journal of Psychotherapy Integration, 6*, 183-189.
- Glass, C. R., & Arnkoff, D. B. (1997). Questionnaire methods of cognitive self-statement assessment. *Journal of Consulting and Clinical Psychology, 65*, 911-927.
- Glass, C. R., Arnkoff, D. B., & Rodriguez, B. (1998). An overview of directions in psychotherapy integration research. *Journal of Psychotherapy Integration, 8*, 187-209.
- Elkin, I., Yamaguchi, J., Arnkoff, D. B., Glass, C. R., Sotsky, S. M., & Krupnick, J. L. (1999). "Patient-treatment fit" and early engagement in therapy. *Psychotherapy Research, 9*, 437-451.
- Schottenbauer, M., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2000). Y2K concerns in university employees. *Catalyst: Information on Computers in Psychology*. <http://www.victoriapoint.com/catalyst.htm>
- Glass, C. R., & Arnkoff, D. B. (2000). Consumers' perspectives on helpful and hindering factors in mental health treatment. *Journal of Clinical Psychology, 56*, 1467-1480.
- Díaz, R. J., Glass, C. R., Arnkoff, D. B., & Tanofsky-Kraff, M. (2001). Cognition, anxiety, and prediction of performance in first-year law students. *Journal of Educational Psychology, 93*, 420-429.
- Beazley, M. B., Glass, C. R., Chambless, D. L., & Arnkoff, D. B. (2001). Cognitive self-statements in social phobia: Comparison across three types of social situations. *Cognitive Therapy and Research, 25*, 781-799.
- Glass, C. R., Arnkoff, D. B., & Shapiro, S. J. (2001). Expectations and preferences. *Psychotherapy, 38*, 455-461.

- Arnkoff, D. B., Glass, C. R., & Shapiro, S. J. (2002). Expectations and preferences. In J. C. Norcross (Ed.), *Psychotherapy relationships that work: Therapist contributions and responsiveness to patients* (pp. 335-356). New York: Oxford University Press.
- Schottenbauer, M. A., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2004). Computers, anxiety, and gender: An analysis of reactions to the Y2K computer problem. *Computers in Human Behavior, 20*, 67-83.
- DiGiorgio, K. E., Arnkoff, D. B., Glass, C. R., Lyhus, K. E., & Walter, R. C. (2004). EMDR and theoretical orientation: A qualitative study of how therapists integrate EMDR into their approach to psychotherapy. *Journal of Psychotherapy Integration, 14*, 227-252.
- Schottenbauer, M. A., Glass, C. R., & Arnkoff, D. B. (2005). Outcome research on psychotherapy integration. In J. C. Norcross & M. R. Goldfried (Eds.), *Handbook of psychotherapy integration* (2nd ed., pp. 459-493). New York: Oxford University Press.
- Schottenbauer, M.A., Arnkoff, D.B., Glass, C.R., & Gray, S.H. (2005). Approaches to psychotherapy of trauma: Differences among psychoanalysts, psychodynamic clinicians, and cognitive-behavioral therapists (Abstract). *Journal of the American Psychoanalytic Association, 53*, 1315-1320.
- Arnkoff, D. B., Glass, C. R., & Schottenbauer, M. A. (2005). Future directions of psychotherapy integration. In J. C. Norcross & M. R. Goldfried (Eds.), *Future directions of psychotherapy integration: A roundtable. Journal of Psychotherapy Integration, 15*, 392-471.
- Schottenbauer, M.A., Arnkoff, D. B., Glass, C. R., & Hafter Gray, S. (2006). Psychotherapy for posttraumatic stress disorder in the community: Reported prototypical treatments. *Clinical Psychology and Psychotherapy, 13*, 108-222.
- Arnkoff, D. B., Glass, C. R., & Schottenbauer, M. A. (2006). Outcome research in psychotherapy integration. *Psychotherapy Bulletin, 41*(3), 43-50.
- LaSalle-Ricci, V. H., Arnkoff, D. B., Glass, C. R., Crawley, S. A., Ronquillo, J. G., & Murphy, D. L. (2006). The hoarding dimension of OCD: Psychological comorbidity and the five-factor personality model. *Behaviour Research and Therapy, 44*, 1503-1512.
- Schottenbauer, M. A., Klimes-Dougan, B., Rodriguez, B. F., Arnkoff, D. B., Glass, C. R., & LaSalle, V. H. (2006). Attachment and affective resolution following a stressful event: General and religious coping as possible mediators. *Mental Health, Religion, and Culture, 9*, 448-471.
- Schottenbauer, M., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2006). Religious coping research and contemporary personality theory: An exploration of Endler's (1997) integrative personality theory. *British Journal of Psychology, 97*, 499-519.
- Schottenbauer, M. A., Arnkoff, D. B., Glass, C. R., & Gray, S. H. (2006). Psychotherapists in the community: Reported prototypical psychodynamic treatments of trauma [Abstract]. *Journal of the American Psychoanalytic Association, 54*, 1347-1353.

- Siddique, H. I., LaSalle-Ricci, V. H., Glass, C. R., Arnkoff, D. B., & Díaz, R. (2006). Worry, optimism, and expectations as predictors of anxiety and performance in the first year of law school. *Cognitive Therapy and Research, 30*, 667-676.
- Schottenbauer, M. A., Glass, C. R., & Arnkoff, D. B. (2007). How insight is developed, consolidated, or destroyed between sessions. In L. G. Castonguay & C. E. Hill (Eds.), *Insight in psychotherapy* (pp. 313-335). Washington, DC: American Psychological Association.
- Hill, C. E., Castonguay, L. G., Elliott, R., Gelso, C. J., Goldfried, M. R., Stiles, ... Wampold, B. E. (2007). Insight in psychotherapy: Definitions, process, consequences, and research directions. In L. G. Castonguay & C. E. Hill (Eds.), *Insight in psychotherapy* (pp. 441-454). Washington, DC: American Psychological Association.
- Kaufman, K. A., LaSalle-Ricci, V. H., Glass, C. R., & Arnkoff, D. B. (2007). Passing the bar exam: Psychological, educational, and demographic predictors of success. *Journal of Legal Education, 57*, 205-223.
- Olatunji, B. O., Schottenbauer, M. A., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2007). The structure of worry: Relations between positive/negative personality characteristics and the Penn State Worry Questionnaire. *Journal of Anxiety Disorders, 21*, 540-553.
- Schottenbauer, M. A., Arnkoff, D. B., & Glass, C. R. (2007). Decision making and psychotherapy integration: Theoretical considerations and implications for future research. *Journal of Psychotherapy Integration, 17*, 225-250.
- Schottenbauer, M.A., Glass, C. R., Arnkoff, D. B., & Gray, S. H. (2008). Contributions of psychodynamic approaches to treatment of PTSD and trauma. *Psychiatry: Interpersonal and Biological Process, 71*, 13-34.
- Schottenbauer, M.A., Glass, C. R., Arnkoff, D. B., Tendick, V., & Gray, S. H. (2008). Nonresponse and dropout rates in outcome studies on PTSD: Review and methodological considerations. *Psychiatry: Interpersonal and Biological Process, 71*, 134-168.
- Franz, V., Glass, C. R., Arnkoff, D. B., & Dutton, M. A. (2009). The impact of the September 11th terrorist attacks on psychiatric patients: A review. *Clinical Psychology Review, 29*, 339-347.
- Swope, J. S., Glass, C. R., & Arnkoff, D. B. (2009). An examination of integrated treatments for trauma and co-occurring disorders. *Psychotherapy Bulletin, 44*(2), 13-16.
- Kaufman, K. A., Glass, C. R., & Arnkoff, D. B. (2009). An evaluation of Mindful Sport Performance Enhancement (MSPE): A new mental training approach for athletes. *Journal of Clinical Sport Psychology, 4*, 334-356.
- De Petrillo, L. A., Kaufman, K. A., Glass, C. R., & Arnkoff, D. B. (2009). Mindfulness for long-distance runners: A controlled trial using Mindful Sport Performance Enhancement. *Journal of Clinical Sport*

Psychology, 4, 357-376.

- Marquis, A., Warren, E. S., & Arnkoff, D. (2009). Michael J. Mahoney: A retrospective. *Journal of Psychotherapy Integration*, 19, 402-418.
- Hickman, E. E., Arnkoff, D. B., Glass, C. R., & Schottenbauer, M. A. (2009). Psychotherapy integration as practiced by experts. *Psychotherapy: Theory, Research, Practice, Training*, 46, 486-491.
- DiGiorgio, K. E., Glass, C. R., & Arnkoff, D. B. (2010). Therapists' use of DBT: A survey study of clinical practice. *Cognitive and Behavioral Practice*, 17, 213-221.
- Goldfried, M. R., Glass, C. R., & Arnkoff, D. B. (2010). Integrative approaches to psychotherapy. In J. C. Norcross, G. R. VandenBos, & D. K. Freedheim (Eds.), *History of psychotherapy: Continuity and change* (2nd ed., pp. 269-296). Washington, DC: American Psychological Association.
- Alexander, C. A., Arnkoff, D. B., & Glass, C. R. (2010). Bringing psychotherapy to primary care. *Clinical Psychology: Science and Practice*, 17, 191-214.
- Constantino, M. J., Arnkoff, D. B., Glass, C. R., Ametrano, R. M., & Smith, J. Z. (2011). Expectations. *Journal of Clinical Psychology: In Session*, 67, 184-192.
- Constantino, M. J., Glass, C. R., Arnkoff, D. B., Ametrano, R. M., & Smith, J. Z. (2011). Expectations. In J. C. Norcross (Ed.), *Psychotherapy relationships that work: Therapist contributions and responsiveness to patients* (2nd ed., pp. 354-376). New York: Oxford University Press.
- Thompson, R. W., Kaufman, K. A., De Petrillo, L. A., Glass, C. R., & Arnkoff, D. B. (2011). One year follow-up of Mindful Sport Performance Enhancement (MSPE) with archers, golfers, and runners. *Journal of Clinical Sport Psychology*, 5, 99-116.
- Thompson, R. W., Arnkoff, D. B., & Glass, C. R. (2011). Conceptualizing mindfulness and acceptance as components of psychological resilience to trauma. *Trauma, Violence, & Abuse*, 12, 220-235.
- Krueger, S. J., Glass, C. R., & Arnkoff, D. B. (2011). Child and adolescent integrative treatments and the evidence base. *Psychotherapy Bulletin*, 46(2), 7-12, 62-64.
- Franz, V., Arnkoff, D. B., Glass, C. R., Mete, M., & Dutton, M. A. (2011). Predictors of the impact of the September 11th terrorist attacks on victims of intimate partner violence. *Journal of Traumatic Stress*, 24, 530-537.
- Kaplan, J. S., Arnkoff, D. B., Glass, C. R., Tinsley, R., Geraci, M., Hernandez, E., . . . Carlson, P. J. (2012). Avoidant coping in panic disorder: A yohimbine biological challenge study. *Anxiety, Stress & Coping*, 25, 425-442.
- Alexander, C. L., Arnkoff, D. B., Glass, C. R., & Kaburu, A. W. (2013). Detecting depression in primary care clinics in central Kenya: The impact of a brief training intervention. *International Perspectives in Psychology: Research, Practice, Consultation*, 2, 14-28.

- Glass, C. R., Arnkoff, D. B., Woodruff, S. C., Maron, D. D., McMorran, K. E., Monahan, M. F., & Hirschhorn, E. W. (2013). Integrating mindfulness into different approaches to psychotherapy. *Psychotherapy Bulletin*, *48*(2), 6-11.
- Hickman, E. E., Glass, C. R., Arnkoff, D. B., & Falloot, R. D. (2013). Religious coping, stigma, and psychological outcomes among HIV-positive African American women. *Mental Health, Religion and Culture*, *16*, 832-851.
- Woodruff, S. C., Arnkoff, D. B., Glass, C. R., & Hindman, R. K. (2014). Mindfulness and anxiety. In A. Ie, C. T. Ngnoumen, & E. J. Langer (Eds.), *The Wiley-Blackwell handbook of mindfulness* (Vol. II, pp. 732-754). Chichester, UK: John Wiley & Sons.
- Arnkoff, D. B. (2014, January). A great foundation that needs a castle. [Review of the book *How and why people change: Foundations of psychological therapy* by Ian M. Evans]. *PsycCRITIQUES*, *59*(1). doi: <http://dx.doi.org/10.1037/a0035292>
- Woodruff, S. C., Glass, C. R., Arnkoff, D. B., Crowley, K.J., Hindman, R. K., & Hirschhorn, E. W. (2014). Comparing self-compassion, mindfulness, and psychological inflexibility as predictors of psychological health. *Mindfulness*, *5*, 410-421.
- Hindman, R. K., Glass, C. R., Arnkoff, D. B., & Maron, D. D. (2015). A comparison of formal and informal mindfulness programs for stress reduction in university students. *Mindfulness*, *6*, 873-884.
- Wheeler, M. S., Arnkoff, D. B., & Glass, C. R. (2016). What is being studied as mindfulness meditation? *Nature Reviews Neuroscience*, *17*, 59.
- Wheeler, M. S., Arnkoff, D. B., & Glass, C. R. (2017). The neuroscience of mindfulness: How mindfulness alters the brain and facilitates emotion regulation. *Mindfulness*, *8*, 1471-1487.
- Wheeler, M. S., Glass, C. R., Arnkoff, D. B., Sullivan, P., & Hull, A. E. (in press). The effect of mindfulness and acupuncture on psychological health in Veterans. *Mindfulness*.

Grants

- Glass, C. R., & Arnkoff, D. B. Matching treatment to clients' expectations. Catholic University Biomedical Research Support Grant, 1982-1983, \$8000.
- Glass, C. R., & Arnkoff, D. B. Preliminary field testing of a measure to assess clients' perceptions of their psychotherapy. Catholic University Research Support Grant, 1995-1996, \$1120.
- Arnkoff, D. B., & Glass, C. R. Therapist methods and effectiveness and helpfulness of therapy. Catholic University Research Grant-in-Aid, 2000-2001, \$3000.
- Arnkoff, D. B. Predicting Outcomes of Mindfulness-Based Interventions to Reduce Stress: The Role of

Personality. Catholic University Research Grant-in-Aid, 2011, \$441.

Submitted for Publication

Monahan, M. F., Crowley, K. J., Arnkoff, D. B., Glass, C. R., & Jobes, D. A. (2018). *Understanding therapists' work with suicidal patients: An examination of qualitative data*. Submitted to *OMEGA - Journal of Death and Dying*.

Manuscripts in Preparation

Wheeler, M. S., Arnkoff, D. B., Glass, C. R., Hindman, R. K., Woodruff, S. C., & Maron, D. D. *Personality and psychological flexibility as predictors and outcomes: Results of a mindfulness intervention for stress*.

Papers Presented

Arnkoff, D. B., & Stewart, J. (1974, July). *The effectiveness of modeling and videotape feedback on personal problem solving*. XVIIIth International Congress of Applied Psychology, Montreal.

Arnkoff, D. B., & Mahoney, M. J. (1978, February). *The role of perceived control in psychopathology*. Conference on Choice and Perceived Control, Blacksburg, Va.

Newcombe, N., & Arnkoff, D. B. (1978, March). *Speech styles and sex-role stereotypes*. Association for Women in Psychology, Pittsburgh.

Arnkoff, D. B. (1980, June). *A comparison of the coping and restructuring elements of cognitive therapies*. Third National Conference on Rational-Emotive Therapy, New York.

Arnkoff, D. B. (1980, September). Future directions for research on cognitive counseling and therapy. In J. P. Galassi (Chair), *Current issues and research in cognitive assessment and cognitive-behavioral counseling*. Symposium presented at the meeting of the American Psychological Association, Montreal.

Arnkoff, D. B., Mahoney, M. J., & Rosenthal, A. S. (1980, November). *The effect on therapy of a therapist's personal problems: A survey of directors of clinical training programs*. Association for Advancement of Behavior Therapy, New York.

Glass, C. R., & Arnkoff, D. B. (1980, November). *The effect of cognitive set on thinking processes in four types of problematic situations*. Association for Advancement of Behavior Therapy, New York.

Arnkoff, D. B. (1981, November). Cognitive therapy and cognitive techniques: A model of therapy stages. In P. C. Kendall (Chair), *Conceptual refinements in cognitive approaches to psychotherapy and psychopathology*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, Toronto.

- Nackman, D. M., & Arnkoff, D. B. (1981, November). *An investigation of three models of depression*. Association for Advancement of Behavior Therapy, Toronto.
- Rubenstein, M. S., & Arnkoff, D. B. (1981, November). *An investigation of the self-schema of depressed and nondepressed individuals*. Association for Advancement of Behavior Therapy, Toronto.
- Arnkoff, D. B. (1982, June). Client characteristics and the timing of cognitive interventions. In S. Walen (Chair), *Cognitive therapy for the treatment of mood disorders*. Symposium presented at the meeting of the Maryland Psychological Association, Columbia.
- Arnkoff, D. B., & Smith, R. (1982, August). Comparison of two cognitive assessment methods in an actual test situation. In M. Bruch (Chair), *Cognitive processes in test anxiety*. Symposium presented at the meeting of the American Psychological Association, Washington, DC.
- Gaddy, C. D., Glass, C. R., & Arnkoff, D. B. (1982, August). *The woman in the dual-career family: Balancing children and career*. American Psychological Association, Washington, DC.
- Arnkoff, D. B. (1982, November). The therapeutic relationship in cognitive therapy: Clinical issues and research directions. In A. Nezu (Chair), *Clinical issues in cognitive behavior therapy: Critical examination and future directions*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, Los Angeles.
- Arnkoff, D. B. (1983, February). *Common and specific factors in cognitive therapy*. Invited paper presented at the International Conference on Psychotherapy, Bogota, Colombia.
- Arnkoff, D. B. (1984, August). Discussant in M. A. Bruch (Chair), *Role of cognitive structures in social and test anxiety problems*. Symposium presented at the meeting of the American Psychological Association, Toronto.
- Arnkoff, D. B., Notarius, C. I., Galassi, J. P., Fulkerson, K. F., & Galassi, M. D. (1984, August). Sequential analysis in cognitive assessment. In M. A. Bruch (Chair), *Role of cognitive structures in social and test anxiety problems*. Symposium presented at the meeting of the American Psychological Association, Toronto.
- Arnkoff, D. B., Glass, C. R., McKain, T., Shea, C. A., & Sydnor-Greenberg, J. M. (1984, August). Client predispositions to respond to cognitive and social skills treatments for shyness. In J. M. Cheek (Chair), *Shyness: Personality development, social behavior, and treatment approaches*. Symposium presented at the meeting of the American Psychological Association, Toronto.
- Singer, F. L., & Arnkoff, D. B. (1984, November). *A comparison of cognitive processes in anxiety and depressive disorders*. Association for Advancement of Behavior Therapy, Philadelphia.
- Curtin, J. A., & Arnkoff, D. B. (1985, November). *The relationship between three levels of depression and the self-referencing aspects of categorization*. Association for Advancement of Behavior Therapy, Houston.

- Wood, H. E., Glass, C. R., Arnkoff, D. B., Smith, H. R., Meyerhoff, J., & Oleshansky, M. (1986, November). *An investigation of evaluation anxiety in an employment setting*. Association for Advancement of Behavior Therapy, Chicago.
- Arnkoff, D. B., & Glass, C. R. (1987, May). *The first stage of therapy: A discussion group*. Society for the Exploration of Psychotherapy Integration, Chicago.
- Arnkoff, D. B., & Glass, C. R. (1987, November). Validity issues in cognitive assessment. In Z. V. Segal (Chair), *New developments in the cognitive assessment of anxiety and depression*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, Boston.
- Farthing, C., Glass, C. R., Arnkoff, D. B., Farrell, A. D., Shea, C. A., & Sydnor-Greenberg, J. (1987, November). *A comparison of global, intermediate, and molecular approaches to the behavioral assessment of shyness*. Association for Advancement of Behavior Therapy, Boston.
- Smith, R. J., Arnkoff, D. B., & Wright, T. L. (1987, November). *Test anxiety and academic competence: A comparison of alternative models*. Association for Advancement of Behavior Therapy, Boston.
- Glass, C. R., & Arnkoff, D. B. (1988, April). *Common and specific factors in client descriptions of and explanations for change*. Society for the Exploration of Psychotherapy Integration, Boston.
- Shea, C. A., Uhde, T. W., Cimbolic, P., Vittone, B. J., & Arnkoff, D. B. (1988, May). Social phobia: Behavioral versus drug therapies. In T. W. Uhde (Chair), *Social phobia: Understanding and treatment*. Symposium presented at the meeting of the American Psychiatric Association, Montreal.
- Landsman, I. S., Baum, C. G., Arnkoff, D. B., Craig, M. J., Lynch, I., Copes, W. S., & Champion, H. R. (1988, November). *The psychosocial effects of traumatic injury*. Association for Advancement of Behavior Therapy, New York.
- Glass, C. R., & Arnkoff, D. B. (1989, April). Co-moderators of *Gender issues in psychotherapy*. Panel discussion presented at the meeting of the Society for the Exploration of Psychotherapy Integration, Berkeley, CA.
- Belliveau, T. J., Arnkoff, D. B., & Glass, C. R. (1989, November). *Internal dialogue and cognitive structures in test anxiety*. Association for Advancement of Behavior Therapy, Washington, DC.
- Arnkoff, D. B. (1989, November). Discussant in R. L. Woolfolk (Chair), *Hermeneutics and behavior therapy*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, DC.
- Belliveau, T. J., Jobes, D. A., Arnkoff, D. B., Dolan, R. T., Gershefski, J. J., Glass, C. R., & Victor, B. J. (1990, April). *The process of change in psychotherapy from object-relations and cognitive-constructivist perspectives*. Society for the Exploration of Psychotherapy Integration, Philadelphia.

- Dolan, R. T., Arnkoff, D. B., & Glass, C. R. (1990, June). *Attachment style, interpersonal perceptions, and psychiatric symptoms in a college sample*. Society for Psychotherapy Research, Wintergreen, VA.
- Michaels, A. S., Arnkoff, D. B., Glass, C. R., & Belliveau, T. J. (1990, November). *The relationship between cognitive processes, anxiety, and performance on doctoral dissertation orals*. Association for Advancement of Behavior Therapy, San Francisco.
- Arnkoff, D. B., Glass, C. R., & Victor, B. J. (1991, July). Future directions for empirical research on psychotherapy integration. In L. Castonguay (Chair), *International perspectives on the future of psychotherapy integration*. Plenary session presented at the meeting of the Society for the Exploration of Psychotherapy Integration, London.
- Glass, C. R., & Arnkoff, D. B. (1991, November). Thoughts and self-efficacy in oral examinations. In R. M. Schwartz (Chair), *New directions in cognitive/affective balance*. Symposium presented at the Association for Advancement of Behavior Therapy, New York.
- Arnkoff, D. B., Glass, C. R., & Dolan, R. T. (1992, April). The client's attachment style and the therapist's interpersonal stance in psychotherapy. In J. C. Norcross (Chair), *Relationship of choice: Matching the therapist's interpersonal stance to individual clients*. Symposium presented at the meeting of the Society for the Exploration of Psychotherapy Integration, San Diego.
- Glass, C. R., Arnkoff, D. B., Gershefski, J. J., & Elkin, I. (1992, November). *Client perspectives on helpful aspects of therapy in the NIMH Treatment of Depression Collaborative Research Program*. Association for Advancement of Behavior Therapy, Boston.
- Glass, C. R., & Arnkoff, D. B. (1993, April). How can psychotherapy integration improve treatment outcome? In J. C. Norcross (Chair), *How can psychotherapy integration improve treatment? A roundtable*. Plenary session presented at the meeting of the Society for the Exploration of Psychotherapy Integration, New York.
- Gershefski, J. J., Arnkoff, D. B., Glass, C. R., & Elkin, I. (1993, April). Clients' perceptions of helpful aspects of treatment for depression: Common and specific factors. In C. R. Glass & D. B. Arnkoff (Chairs), *Client perceptions of therapy*. Symposium presented at the meeting of the Society for the Exploration of Psychotherapy Integration, New York.
- Levy, J. A., Glass, C. R., Arnkoff, D. B., Gershefski, J. J., & Elkin, E. (1993, April). Clients' perceptions of harmful aspects of treatment for depression: Common and specific factors. In C. R. Glass & D. B. Arnkoff (Chairs), *Client perceptions of therapy*. Symposium presented at the meeting of the Society for the Exploration of Psychotherapy Integration, New York.
- Landsman, I. S., Arnkoff, D. B., & Rozycki, G. (1993, October). *Understanding good outcomes: Developmental, cognitive, and existential dimensions of trauma recovery*. International Society for Traumatic Stress Studies, San Antonio, TX.
- Glass, C. R., & Arnkoff, D. B. (1994, July). Discussants in H. Fernandez-Alvarez (Chair), *Psychotherapy integration: Ten years after*. Plenary session at the Society for the Exploration of Psychotherapy

Integration, Buenos Aires.

- Glass, C. R., Arnkoff, D. B., Wood, H., Meyerhoff, J. L., Smith, H. R., Oleshansky, M. A., & Hedges, S. M. (1994, November). *Cognition, anxiety, and performance on a career-related oral examination*. Association for Advancement of Behavior Therapy, San Diego.
- Arnkoff, D. B., & Glass, C. R. (1996, April). Co-chairs of *Empirically validated treatments: Implications for psychotherapy integration*. Symposium presented at the meeting of the Society for the Exploration of Psychotherapy Integration, Berkeley.
- Siddique, H. I., Arnkoff, D. B., & Glass, C. R. (1996, November). *Dispositional variables, anxiety, coping, and performance in the first year of law school*. Association for Advancement of Behavior Therapy, New York.
- Arnkoff, D. B., & Glass, C. R. (1997, April). Co-moderators of *Psychotherapy integration and empirically validated treatments*. Panel discussion presented at the meeting of the Society for the Exploration of Psychotherapy Integration, Toronto.
- Foster, T. K. L., Arnkoff, D. B., & Glass, C. R. (1997, April). *Development and validation of a questionnaire to assess clients' perceptions of their psychotherapy*. Society for the Exploration of Psychotherapy Integration, Toronto.
- Ewell, F. M., Glass, C. R., Arnkoff, D. B., Saviolakis, G. A., Oleshansky, M. A., Mougey, E. H., & Meyerhoff, J. L. (1997, May). *Relationships among self-report, physiological, and performance measures in an anxiety-provoking oral examination*. American Psychological Society, Washington, DC.
- Beazley, M. B., Glass, C. R., Chambless, D. L., & Arnkoff, D. B. (1997, November). *Cognitive self-statements in social phobia*. Association for Advancement of Behavior Therapy, Miami Beach.
- Glass, C. R., Arnkoff, D. B., & Rodriguez, B. F. (1998, July). A review of psychotherapy integration research. In C. R. Glass (Chair), *Research on psychotherapy integration: An international overview*. Symposium presented at the Society for the Exploration of Psychotherapy Integration, Madrid, Spain.
- Leong, Y.-M., Glass, C. R., Arnkoff, D. G., Diaz, R. J., & Siddique, H. I. (1998, August). *Gender and sex-role identity predict law school performance*. American Psychological Association, San Francisco.
- Glass, C. R., Arnkoff, D. B., Caspar, F., & Opazo, R. (1999, April). Co-leaders of discussion group *Research directions in psychotherapy integration*. Society for the Exploration of Psychotherapy Integration, Miami Beach.
- Tanofsky-Kraff, M., Glass, C. R., Arnkoff, D. B., Epstein, K. L., & Diaz, R. J. (1999, August). *Gender and sex-role identity in law school performance and experiences*. American Psychological Association, Boston.

- Arnkoff, D. B., & Glass, C. R. (1999, November). *Research directions in psychotherapy integration: A discussion group*. Society for Psychotherapy Research Mid-Atlantic conference, College Park, MD.
- Marmarosh, C., Piergrossi, B., Arnkoff, D. B., Glass, C. R., Foster, T. L., & Shapiro, S. (1999, November). *Seeing what you want to see: How counselors in training (mis)perceive clients' readiness for change*. Society for Psychotherapy Research Mid-Atlantic conference, College Park, MD.
- Diaz, R. J., Glass, C. R., Arnkoff, D. B., & Siddique, H. (1999, November). *Cognition, anxiety, and prediction of performance in first-year law students*. Association for Advancement of Behavior Therapy, Toronto.
- Arnkoff, D. B., Glass, C. R., Opazo, R., Caspar, F., & Lampropoulos, G. (2000, May). *Discussion group: Collaborative research on psychotherapy integration*. Society for the Exploration of Psychotherapy Integration, Washington, DC.
- Glass, C. R., Arnkoff, D. B., Shapiro, S. J., Marmarosh, C., & Piergrossi, B. A. (2000, May). *Pure-form and integrative therapists and the outcome of psychotherapy*. Society for the Exploration of Psychotherapy Integration, Washington, DC.
- Shapiro, S. J., Glass, C. R., Marmarosh, C., Arnkoff, D. B., & Piergrossi, B. A. (2000, June). *Do therapists of varying theoretical orientations have different personality characteristics?* Society for Psychotherapy Research, Chicago.
- Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2000, August). *Predicting anxiety associated with the Year 2000 computer problem*. American Psychological Association, Washington, DC.
- Schottenbauer, M. A., Rodriguez, B. F., Arnkoff, D. B., & Glass, C. R. (2000, August). *Religious coping, anxiety, and the Year 2000 event*. American Psychological Association, Washington, DC.
- Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2000, November). *The effects of optimism, mood, and anxiety on cognitions about an uncertain negative event: The Y2K computer problem*. Association for Advancement of Behavior Therapy, New Orleans.
- Schottenbauer, M. A., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2000, November). *Dispositional and demographic predictors of anxiety associated with the Year 2000 computer problem*. Association for Advancement of Behavior Therapy, New Orleans.
- Glass, C. R., Arnkoff, D. B., & Shapiro, S. J. (2001, June). *Psychotherapy patients' expectations and preferences*. In F. Caspar (Chair), *Clinical international symposium: Psychotherapy relationships that work*. Symposium presented at the Society for the Exploration of Psychotherapy Integration, Santiago.
- Rodriguez, B. F., Schottenbauer, M. A., Arnkoff, D. B., & Glass, C. R. (2001, August). *Effects of denominational and situational differences on religious coping*. American Psychological Association, San Francisco.
- Schottenbauer, M. A., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2001, August). *Gender and situational differences in religious and non-religious coping*. American Psychological Association, San Francisco.

- Schottenbauer, M. A., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2001, November). *Relationships between situational and dispositional factors and coping behaviors for negative life events*. Association for Advancement of Behavior Therapy, Philadelphia.
- Arnkoff, D. B. (2002, May). Discussant in L. G. Castonguay (Chair), *Processes of change in psychotherapy: Are they what we think they are?* Symposium at Society for the Exploration of Psychotherapy Integration, San Francisco.
- DiGiorgio, K. E., Arnkoff, D. B., & Glass, C. R. (2002, May). EMDR and theoretical orientation: A qualitative study of how therapists integrate EMDR into their approach to psychotherapy. In C. R. Glass & D. B. Arnkoff (Chairs), *Assimilative integration: How therapists from three orientations integrate EMDR into their clinical practice*. Symposium at the Society for the Exploration of Psychotherapy Integration, San Francisco.
- Schottenbauer, M. A., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2002, August). *The relationship between attachment and religious coping: Correspondence or compensatory?* American Psychological Association, Chicago.
- Rodriguez, B. F., Schottenbauer, M. A., Glass, C. R., & Arnkoff, D. B. (2002, November). *The influence of dispositional positive and negative affectivity on anxiety, perceptions, and emotional reactions to stressful life events*. Association for Advancement of Behavior Therapy, Reno, NV.
- Lyhus, K. E., Glass, C. R., Arnkoff, D. B., & Lawrence, M. A. (2003, May). Integration of EMDR with other approaches: A survey investigation. In D. B. Arnkoff & C. R. Glass (Co-Chairs), *EMDR and psychotherapy integration: Clinical, research, and theoretical perspectives*. Symposium presented at the Society for the Exploration of Psychotherapy Integration, New York.
- Kwako, L., Schottenbauer, M. A., Rodriguez, B. F., Arnkoff, D. B., & Glass, C. R. (2003, August). *Exploring race, evangelicalism, and religious leadership in religious coping*. American Psychological Association, Toronto.
- Schottenbauer, M. A., Rodriguez, B. F., Arnkoff, D. B., & Glass, C. R. (2003, November). *Exploring the validity of Internet-based research*. Association for Advancement of Behavior Therapy, Boston.
- Leong, Y.-M., Glass, C. R., Arnkoff, D. B., Greenberg, B., & Murphy, D. (2003, November). *The five-factor model in OC-spectrum disorders*. Association for Advancement of Behavior Therapy, Boston.
- Arnkoff, D. B. (2004, January). Co-facilitator for *DCT challenges: Maintaining a research program while DCT*. Council of University Directors of Clinical Psychology, Santa Fe.
- Schottenbauer, M. A., Arnkoff, D. B., Glass, C. R., & Gray, S. H. (2004, June). *Expert therapists and practicing clinicians: Reported prototypical treatments of trauma*. Society for Psychotherapy Research, Rome.

- Glass, C. R., Arnkoff, D. B., & Schottenbauer, M. A. (2004, June). Outcome research on psychotherapy integration: An overview. In F. Caspar & H. Rapp (Co-Chairs), *Empirical evidence in psychotherapy: Head, heart, or appendix?* Plenary panel presented at the Society for the Exploration of Psychotherapy Integration, Amsterdam.
- Glass, C. R., Arnkoff, D. B., Schottenbauer, M. A., DiGiorgio, K. E., & Kwako, L. E. (2004, June). What makes a good psychotherapist? Perspectives of practicing clinicians. In R. Curtis (Chair), *What makes a good psychotherapist? Research perspectives*. Society for the Exploration of Psychotherapy Integration, Amsterdam.
- Ronquillo, J. G., Tunison, S. A., Hasler, G., LaSalle, V. H., Glass, C. R., Arnkoff, D. B., & Murphy, D. L. (2004, October). *Cluster analysis of OCD symptom dimensions*. Virginia Psychological Association, Richmond, VA.
- Tunison, S. A., Ronquillo, J. G., LaSalle, V. H., Arnkoff, D. B., Glass, C. R., & Murphy, D. L. (2004, October). *Stress-related illness in individuals with OCD*. Virginia Psychological Association, Richmond, VA.
- Schottenbauer, M. A., Arnkoff, D. B., Glass, C. R., & Gray, S. H. (2004, November). *Reported psychodynamic treatment of trauma: Comparison among variations of psychodynamic theory and practice*. North American Society for Psychotherapy Research, Springdale, Utah.
- LaSalle, V. H., Cromer, K. R., Glass, C. R., Arnkoff, D. B., Tunison, S. A., Ronquillo, J. G.,...Murphy, D. L. (2004, November). *Hoarding in OCD: A clinical research perspective*. Association for Advancement of Behavior Therapy, New Orleans, LA.
- LaSalle, V. H., Tunison, S. A., Glass, C. R., Arnkoff, D. B., Ronquillo, J. R., & Murphy, D. L. (2004, November). *Hoarding in OCD: Objects and locations*. Association for Advancement of Behavior Therapy, New Orleans, LA.
- Schottenbauer, M. A., Arnkoff, D. B., Glass, C. R., & Gray, S. H. (2005, January). *Approaches to psychotherapy of trauma: Differences among psychoanalysts, psychodynamic clinicians and cognitive therapists*. American Psychoanalytic Association, New York.
- Sandham Swope, J., Glass, C. R., & Arnkoff, D. B. (2005, May). *Integrating psychotherapy and pharmacotherapy for depression and anxiety: A discussion group*. Society for the Exploration of Psychotherapy Integration, Toronto.
- Schottenbauer, M. A., Glass, C. R., & Arnkoff, D. B. (2005, May). *How insight is developed, consolidated, or destroyed between sessions*. Penn State Conference on the Process of Change, State College, PA.
- Schottenbauer, M., Arnkoff, D. B., Glass, C. R., Bassett, A., & Burns, N. (2005, June). *What happens when pure-form therapists hit roadblocks?* Society for Psychotherapy Research, Montreal.
- Schottenbauer, M., Tendick, V., Glass, C. R., & Arnkoff, D. B. (2005, June). *An empirical review of dropout and nonresponse rates in cognitive-behavioral and EMDR treatments for PTSD*. Society for Psychotherapy Research, Montreal.

- Kwako, L. E., Arnkoff, D. B., Glass, C. R., & DiGiorgio, K. E. (2005, August). *Factors predicting use and modification of dialectical behavior therapy*. American Psychological Association, Washington, DC.
- Kaufman, K. A., Glass, C. R., Arnkoff, D. B., & LaSalle-Ricci, V. H. (2005, August). *Demystifying the bar: Psychological, educational, and demographic predictors of success*. American Psychological Association, Washington, DC.
- Gamse, S. S., Glass, C. R., & Arnkoff, D. B. (2005, August). *Independence-interdependence, social anxiety, and college adjustment: A longitudinal analysis*. American Psychological Association, Washington, DC.
- LaSalle-Ricci, V. H., Arnkoff, D. B., Glass, C. R., Ronquillo, J. G., Tunison, S. A., & Murphy, D. L. (2005, August). *Hoarding and OCD: Psychological comorbidity and the five-factor personality model*. American Psychological Association, Washington, DC.
- DiGiorgio, K. E., Glass, C. R., & Arnkoff, D. B. (2005, November). *Use of DBT with various clinical populations: A survey study of clinical practice*. Association for Behavioral and Cognitive Therapies, Washington, DC.
- Ronquillo, J. G., LaSalle-Ricci, V. H., Tunison, S. A., Arnkoff, D. B., Glass, C. R., & Murphy, D. L. (2005, November). *Cluster analyzed symptom categories of the Yale-Brown Obsessive-Compulsive Scale Symptom Checklist*. Association for Behavioral and Cognitive Therapies, Washington, DC.
- Schottenbauer, M. A., Glass, C. R., Arnkoff, D. B., Pahel, N., & Baranck, K. (2005, November). *Reported treatment of PTSD: Differences among cognitive-behavioral therapists in the community*. Association for Behavioral and Cognitive Therapies, Washington, DC.
- Tunison, S. A., LaSalle-Ricci, V. H., Ronquillo, J. G., Glass, C. R., Arnkoff, D. B., & Murphy, D. L. (2005, November). *Obsessive-compulsive disorder and the presence of irritable bowel-like symptoms*. Association for Behavioral and Cognitive Therapies, Washington, DC.
- Walter, R. C., Glass, C. R., Arnkoff, D. B., Safer, M., & Baillie, L. E. (2005, November). *Self-focus, perfectionism, and memory for emotion in social anxiety*. Association for Behavioral and Cognitive Therapies, Washington, DC.
- Schottenbauer, M. A., Arnkoff, D. B., Glass, C. R., & Gray, S. H. (2006, January). *Psychotherapists in the community: Reported prototypical psychodynamic treatments of trauma*. American Psychoanalytic Association, New York.
- Arnkoff, D. B., & Glass, C. R. (2006, May). Issues in the assessment of theoretical orientation. In L. G. Castonguay (Chair), *Therapist theoretical orientation: Toward a better understanding of its nature and role in psychotherapy*. Symposium presented at the Society for the Exploration of Psychotherapy Integration, Los Angeles.

- DiGiorgio, K. E., Glass, C. R., & Arnkoff, D. B. (2006, May). Integration in dialectical behavior therapy: A survey study of clinical practice. In S. McMain (Chair), *Dialectical behavior therapy adaptations*. Symposium presented at the Society for the Exploration of Psychotherapy Integration, Los Angeles.
- Schottenbauer, M., Arnkoff, D. B., & Glass, C. R. (2006, August). How insight is developed, consolidated, or destroyed between sessions. In L. G. Castonguay & C. E. Hill (Chairs), *Insight in psychotherapy: Theoretical perspectives and clinical issues*. Symposium presented at the annual meeting of the American Psychological Association, New Orleans.
- Franz, V., Schottenbauer, M. A., Arnkoff, D. B., Glass, C. R., & Gray, S. H. (2006, October). *Psychodynamic psychotherapists' qualitative descriptions of treatment for trauma*. North American Society for Psychotherapy Research, Burr Oak Resort, Ohio.
- Schottenbauer, M. A., Glass, C. R., Arnkoff, D. B., & Gary, S. H. (2006, October). *Psychodynamic treatment of severe psychopathology: Convergence among clinicians' reports*. North American Society for Psychotherapy Research, Burr Oak Resort, Ohio.
- Hernandez, E., Glass, C. R., Arnkoff, D. B., Kaplan, J., & Pine, D. S. (2006, November). *Ethnic differences in the presentation of panic during a biological challenge*. Association for Behavioral and Cognitive Therapies, Chicago.
- Kaplan, J., Arnkoff, D. B., Glass, C. R., Hernandez, E., Tinsley, R., & Carlson, P. (2006, November). *Maladaptive coping in panic disorder: A yohimbine biological challenge study*. Association for Behavioral and Cognitive Therapies, Chicago.
- Olatunji, B. O., Schottenbauer, M. A., Rodriguez, B. F., Glass, C. R., & Arnkoff, D. B. (2006, November). *The structure of worry: Differential relation to state-trait dispositions*. Association for Behavioral and Cognitive Therapies, Chicago.
- Schottenbauer, M. A., Olatunji, B. O., Arnkoff, D. B., Glass, C. R., & Gray, S. H. (2006, November). *Cognitive-behavioral therapists' qualitative descriptions of psychotherapy for PTSD*. Association for Behavioral and Cognitive Therapies, Chicago.
- Schottenbauer, M. A., Franz, V. A., Arnkoff, D. B., Glass, C. R., & Gray, S. H. (2007, January). *Comparing prototypical psychotherapy processes of ego-drive psychology, object relations, and self-psychology*. American Psychoanalytic Association, New York.
- Schottenbauer, M. A., Arnkoff, D. B., & Glass, C. R. (2007, August). Psychodynamic psychotherapy for PTSD related to military operation: Empirical evidence. In M. A. Schottenbauer (Chair), *Current perspectives on trauma related to military operations: Was Freud right?* American Psychological Association, San Francisco.
- De Petrillo, L. A., Kaufman, K. A., Glass, C. R., & Arnkoff, D. B. (2007, November). *Mindfulness for long-distance runners*. Association for Behavioral and Cognitive Therapies, Philadelphia.
- Swope, J. S., Glass, C. R., Arnkoff, D. B., Fallot, R. D., & McHugo, G. J. (2007, November). *An examination*

of predictors of engagement and outcome in a trauma-specific intervention for women with co-occurring mental disorders. Association for Behavioral and Cognitive Therapies, Philadelphia.

Swope, J. S., Arnkoff, D. G., Glass, C. R., Fallot, R. D., & McHugo, G. J. (2007, November). *The relationship of trauma exposure to outcome in an integrative trauma-focused intervention.* International Society for Traumatic Stress Studies, Baltimore, MD.

Glass, C. R., & Arnkoff, D. B. (2008, May). *Integrating mindfulness into different approaches to psychotherapy: A discussion group.* Society for the Exploration of Psychotherapy Integration, Boston.

Swope, J. S., Glass, C. R., Arnkoff, D. B., Fallot, R. D., & McHugo, G. J. (2008, May). *Perceptions of integration in a trauma-focused treatment for co-occurring disorders.* Society for the Exploration of Psychotherapy Integration, Boston.

De Petrillo, L. A., Thompson, R. W., Hindman, R. K., Bohn, E. G., Arnkoff, D. B., Glass, C. R., & Kaufman, K. A. (2008, August). *Mindfulness for long-distance runners: The role of athlete attributes.* American Psychological Association, Boston.

Kaufman, K. A., Glass, C. R., Arnkoff, D. B., & Hatfield, B. D. (2008, November). *Evaluating a mindfulness intervention for athletes: Effects on anxiety, flow, intrusive thoughts, and confidence.* Association for Behavioral and Cognitive Therapies, Orlando, FL.

Thompson, R. W., Kaufman, K. A., De Petrillo, L. A., Arnkoff, D. B., Glass, C. R., Bohn, E. G., & Hindman, R. K. (2008, November). *One-year follow-up of mindful sport performance enhancement.* Association for Behavioral and Cognitive Therapies, Orlando, FL.

Hickman, E. E., Arnkoff, D. B., Glass, C. R., & Schottenbauer, M. A. (2009, May). *Psychotherapy integration as practiced by experts.* Society for the Exploration of Psychotherapy Integration, Seattle, WA.

Alexander, C. L., Glass, C. R., Arnkoff, D. B., & Buchanan, P. P. (2009, August). *Mental health resources in central Kenya: A primary care study.* American Psychological Association, Toronto, Canada.

Crowley, K. J., Hindman, R. K., Arnkoff, D. B., Glass, C. R., Brown, C. E., & Bohn, E. G. (2009, November). *Relationships between individual facets of mindfulness and social anxiety.* Association for Behavioral and Cognitive Therapies, New York.

Hindman, R. K., Crowley, K. J., Glass, C. R., Arnkoff, D. B., Bohn, E. G., & Brown, C. E. (2009, November). *The relationship between mindfulness and cognitive aspects of social anxiety.* Association for Behavioral and Cognitive Therapies, New York.

Kaplan, J. S., Geraci, M., Arnkoff, D. B., Glass, C. R., Carlson, P. J., & Pine, D. S. (2010, March). *Lower-order factors on the Anxiety Sensitivity Index-Revised and the development of panic symptomatology during a caffeine biological challenge.* Anxiety Disorders Association of America, Baltimore, MD.

Glass, C. R., Constantino, M. J., Arnkoff, D. B., & Ametrano, R. M. (2010, May). *A meta-analysis of the relationship between clients' psychotherapy outcome expectations and post-treatment outcomes:*

Implications for psychotherapy integration. Society for the Exploration of Psychotherapy Integration, Florence, Italy.

- Constantino, M. J., Arnkoff, D. B., Glass, C. R., & Ametrano, R. M. (2010, June). *The association between patients' psychotherapy outcome expectations and posttreatment outcomes: A meta-analysis.* Society for Psychotherapy Research, Asilomar, CA.
- Crowley, K. J., Hindman, R. K., Woodruff, S. C., Glass, C. R., & Arnkoff, D. B. (2010, November). *The application of mindfulness and analytical attention skills to anticipatory speech anxiety.* Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- De Petrillo, L., Arnkoff, D. B., Glass, C. R., Fallot, R., & McHugo, G. (2010, November). *Childhood sexual abuse and comorbid PTSD and depression in impoverished women.* Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Kaplan, J. S., Glass, C. R., Arnkoff, D. B., Geraci, M., Pine, D. S., Drevets, W. C., & Carlson, P. J. (2010, November). *Prediction of panicogenic effects of caffeine and yohimbine in patients with panic disorder and healthy controls.* Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Thompson, R. W., Glass, C. R., Arnkoff, D. B., Amdur, R. L., Green, B. L., VanMeter, J. W., & Dutton, M. A. (2010, November). *Mindfulness, acceptance, distress tolerance, and psychological response to trauma memory activation.* Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Woodruff, S. C., Crowley, K. J., Hindman, R. K., Arnkoff, D. B., & Glass, C. R. (2010, November). *Speech anxiety following a mindfulness-based intervention for public speaking.* Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Arnkoff, D. B. (2011, May). Discussant in M. J. Constantino (Chair), *Psychotherapy expectations and preferences: Integrating theory, practice, and research.* Symposium presented at the Society for the Exploration of Psychotherapy Integration, Washington, DC.
- Safer, M. A., Glass, C. R., Arnkoff, D. B., & Walter, R. C. (2011, May). Individual differences in memory for social anxiety. In L. J. Levine (Chair), *Mispredicting and misremembering emotion: Recalculating why our mental GPS goes awry.* Association for Psychological Science, Washington, DC.
- Alexander, C. L., Arnkoff, D. B., Glass, C. R., & Kaburu, A. W. (2011, August). *Detecting depression in primary care clinics in central Kenya.* American Psychological Association, Washington, DC.
- Crowley, K. J., Woodruff, S. C., Hindman, R. K., Hirschhorn, E. W., Arnkoff, D. B., Glass, C. R., & Smith, J. K. (2011, November). *Differential relationships between aspects of mindfulness, depressive symptomatology, and anxiety.* Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Hirschhorn, E., Hindman, R.K., Glass, C.R., Arnkoff, D.B., Crowley, K.J., Woodruff, S.C., Pineau, T.R., & Severino, R. C. (2011, November). *Mindfulness and cognitive change: Development and initial validation of the Mindful Thoughts Questionnaire (MTQ).* Association for Behavioral and Cognitive Therapies,

Toronto, Canada.

- Woodruff, S. C., Crowley, K. J., Hindman, R. K., Hirschhorn, E. W., Glass, C. R., Arnkoff, D. B., & Kulish, A. L. (2011, November). *Comparing self-compassion, mindfulness, and psychological inflexibility as predictors of psychological health*. Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Kaplan, J. S., Glass, C. R., Arnkoff, D. B., Geraci, M., Luckenbaugh, D., Tinsley, R.,...Carlson, P. (2012, April). *Subtypes of panic elicited by caffeine and yohimbine: Biological challenges in patients with panic disorder*. Anxiety Disorders Association of America, Arlington, VA.
- Franz, V., Arnkoff, D. B., Glass, C. R., & Elkin, I. (2012, May). *The other side of purity: The presence of therapeutic integration in the NIMH Treatment of Depression Collaborative Research Program and its impact on outcome and alliance*. Society for the Exploration of Psychotherapy Integration, Evanston, IL.
- Steven-Wheeler, M. S., Glass, C. R., Crowley, K. J., Hindman, R. K., Maron, D. D., Hirschhorn, E. W., . . . Arnkoff, D. B. (2012, July). Psychological inflexibility, personality, and treatment outcome following a mindfulness-based intervention for stress. *Association for Contextual Behavioral Science*, Washington, DC.
- Hindman, R. K., Hirschhorn, E. W., Maron, D. D., Crowley, K. J., Steven-Wheeler, M. S., Woodruff, S. C., Boyd, D., Arnkoff, D. B., & Glass, C. R. (2012, November). *Construct validity of the Mindful Thoughts Questionnaire: Comparing experienced meditators vs. non-meditators*. Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Hirschhorn, E. W., Maron, D. D., Woodruff, S. C., Steven-Wheeler, M. S., Hindman, R. K., Crowley, K. J., Kulish, A. J., Glass, C. R., & Arnkoff, D. B. (2012, November). *Comparing experienced meditators and non-meditators: Facets of mindfulness and self-compassion*. Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Steven-Wheeler, M. S., Crowley, K. J., Hindman, R. K., Maron, D. D., Hirschhorn, E. W., Woodruff, S. C., Smith, J. K., Glass, C. R., & Arnkoff, D. B. (2012, November). *Personality as a predictor of treatment expectation and outcome for a mindfulness-based stress intervention*. Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Woodruff, S. C., Crowley, K. J., Steven-Wheeler, M. S., Hindman, R. K., Hirschhorn, E. W., Severino, R. C., Arnkoff, D. B., & Glass, C. R. (2012, November). *Affectivity and psychological inflexibility as mediators of mindfulness: Analyzing two transdiagnostic models of psychopathology*. Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Crowley, K. J., Glass, C. R., Arnkoff, D. B., & Jobes, D. A. (2013, June). *Relationships between theoretical orientation and applied interventions with suicidal clients*. Society for the Exploration of Psychotherapy Integration, Barcelona, Spain.
- Alexander, C. L., Glass, C. R., & Arnkoff, D. B. (2013, November). *The need to leverage technology to improve*

- access to CBT in low-resource settings*. Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Hindman, R. K., Glass, C. R., Arnkoff, D. B., Maron, D. D., & McDaniel, P. A. (2013, November). *Is formal mindfulness meditation necessary? A comparison of mindfulness-based programs for stress in university students*. Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Hirschhorn, E. W., Hindman, R. K., Glass, C. R., Arnkoff, D. B., Maron, D. D., Crowley, K. J., & Woodruff, S. C. (2013, November). *Assessment of mindfulness-related cognitions: Factor structure of the Mindful Thoughts Questionnaire (MTQ)*. Association for Behavioral and Cognitive Therapies, Nashville, TN.
- McMorran, K. E., Hindman, R. K., Woodruff, S. C., Arnkoff, D. B., Glass, C. R., Maron, D. D., & Webb, M. (2013, November). *Self-compassion, worry and non-reactivity to inner experience mediate reductions in stress in a mindfulness-based intervention*. Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Monahan, M. F., Crowley, K. J., Glass, C. R., Arnkoff, D. B., & Jobes, D. A. (2013, November). *Therapist theoretical orientation and treatment planning for suicidal patients*. Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Steven-Wheeler, M. S., Hindman, R. K., Arnkoff, D. B., Glass, C. R., Maron, D. D., & Woodruff, S. C. (2013, November). *Pretreatment neuroticism and psychological inflexibility as predictors of outcome following a mindfulness intervention for stress*. Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Crowley, K. J., Arnkoff, D. B., Glass, C. R., & Jobes, D. A. (2014, April). Collaborative assessment and management of suicidality (CAMS): Adherence to a flexible clinical framework. In C. Corona (Chair), *The collaborative assessment and management of suicidality: Perspectives from the Catholic University Suicide Prevention Lab*. American Association of Suicidology, Los Angeles, CA.
- Crowley, K. J., Glass, C. R., Arnkoff, D. B., & Jobes, D. A. (2014, April). *The Suicide Status Form and general risk assessment in clinical practice: What are practitioners reporting?* American Association of Suicidology, Los Angeles, CA.
- Monahan, M. F., Crowley, K. J., Arnkoff, D. B., Glass, C. R., & Jobes, D. A. (2014, April). *Therapist collaboration with suicidal patients*. American Association of Suicidology, Los Angeles, CA.
- Arnkoff, D. B. (2014, April). Comments on SEPI's past, present, and future. In S. McMMain & L. G. Castonguay (Chairs), *The SEPI pioneers: Recalling the past and reflecting on the future of psychotherapy integration*. Plenary panel, Society for the Exploration of Psychotherapy Integration, Montreal, Canada.
- Crowley, K. J., Arnkoff, D. B., Glass, C. R., & Jobes, D. A. (2014, November). No-suicide contracts and safety planning/crisis response planning in clinical practice: What are practitioners reporting? In K. J. Crowley (Chair), *Safety planning for suicidal patients: Empirical support and future directions*. Symposium presented at Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

- Hindman, R. K., Arnkoff, D. B., & Glass, C. R. (2014, November). *Mindfulness-based programs for stress reduction with and without formal meditation: Do outcomes differ on facets of mindfulness and subscales of self-compassion?* Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- McMorran, K. E., Glass, C. R., Arnkoff, D. B., Hindman, R. K., Maron, D. D., & McDaniel, P. A. (2014, November). *One-year follow-up of a comparison of mindfulness-based programs for stress in university students.* Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Woodruff, S. C., Glass, C. R., Arnkoff, D. B., Webb, M. E., & Noble, K. K. (2014, November). *The effects of mindfulness and acceptance-based interventions and cognitive-behavioral interventions on positive and negative affect: A meta-analysis.* Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Glass, C. R., & Arnkoff, D. B. (Co-chairs). (2015, June). *Integrating mindfulness into different approaches to psychotherapy.* Symposium presented at the Society for the Exploration of Psychotherapy Integration, Baltimore, MD.
- Carney, C. A., Arnkoff, D. B., Glass, C. R., McMorran, K. E., Hindman, R. K., & Interrante, M. (2015, November). *One-year follow-up of mindfulness-based programs for stress: Changes in facets of mindfulness and self-compassion.* Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Hirschhorn, E. W., Noble, K. K., Arnkoff, D. B., & Glass, C. R. (2015, November). *Associations among meditation practice, mindfulness, and rumination in experienced meditators.* Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Maron, D. D., Glass, C. R., Arnkoff, D. B., Belsher, B. E., & Amdur, R. L. (2015, November). *Predictors and moderators of outcomes in an internet intervention for Veterans with post-traumatic stress.* Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Raymond, R., Anderson, N. K., Hirschhorn, E. W., Spears, C. A., Glass, C. R., & Arnkoff, D. B. (2015, November). *Correlates of self-compassion in a sample of meditation practitioners.* Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Hirschhorn, E. W., Glass, C. R., Arnkoff, D. B., & Jobes, D. A. (2016, October). *Integrating technology into suicide risk assessment: Statistical and experiential equivalence of paper and electronic versions of the Suicide Status Form.* Association for Behavioral and Cognitive Therapies, New York.
- Wheeler, M. S., Glass, C. R., Arnkoff, D. B., Sullivan, P. M., & Hull, A. E. (2016, October). *The effect of mindfulness and acupuncture on psychological health in Veterans.* Association for Behavioral and Cognitive Therapies, New York.

Editorial and Reviewing Activities

Associate Editor, *Cognitive Therapy and Research*, 1989-1994. Editorial board, 1978-1989, 1994-2005.

Editorial board, *Journal of Psychotherapy Integration*, 1990-2016.

Editorial Board, *Psychotherapy*, 2004-2009.

Editorial Board, *Journal of Consulting and Clinical Psychology*, 1996-2002.

Editorial board, *Psychotherapy Research*, 1990-2001.

Editorial Board, *In Session: Psychotherapy in Practice*, 1994-2000.

Editorial board, *Journal of Cognitive Psychotherapy: An International Quarterly*, 1985-1997.

Editorial board, *Journal of Integrative and Eclectic Psychotherapy*, 1987-1990.

NIMH Grant Review Committees: December, 1988 (Psychosocial Treatments); April, 1990 (Psychosocial Treatments); October, 1990 (Clinical Psychopharmacology).

Guest reviewer, *Behavior Therapy*, *Behavioral Assessment*, *British Journal of Clinical Psychology*, *Clinical Psychology and Psychotherapy*, *Clinical Psychology: Science and Practice*, *Clinical Psychology Review*, *Counselling Psychology Quarterly*, *Human Development*, *International Journal of Personal Construct Psychology*, *Journal of Clinical Psychology*, *Journal of Counseling Psychology*, *Journal of Psychotherapy Practice and Research*, *Journal of Social and Clinical Psychology*, *Motivation and Emotion*, *Professional Psychology*.

External reviewer of dissertations: University of Waterloo, University of Melbourne.

Academic and Professional Honors

Award given by the Society for the Exploration of Psychotherapy Integration permanently named after myself and Carol Glass in recognition of our service to the organization, 2016: Arnkoff & Glass Award for Regional Network of the Year. Also given Fellow status, 2016.

Elected a Founding Fellow of the Academy of Cognitive Therapy, 1999.

Elected a Fellow of the American Psychological Association (Division 12), 1997.

Appointed to the Steering Committee of the Society for the Exploration of Psychotherapy Integration, 1987. Advisory Board, 2014-.

University Fellowship, Pennsylvania State University, 1977-1978 and 1978-1979.

Public Health Service traineeship, Pennsylvania State University, 1975-1976.

Elected to Phi Beta Kappa, University of Chicago, 1970.

Graduated with honors, University of Chicago, 1970. Dean's List, University of Chicago, 1966-1970.

Professional Activities

Society for the Exploration of Psychotherapy Integration:

- Advisory Board, 2015-present.
- Co-chair of Regional Networks Committee, 2015-2016.
- Steering Committee, 1987-2014.
- Co-Chair of Conference Committee, 1986.
- Member of Program Committee, 1985, 1987.
- Member of Local Arrangements Committee, 2011.

Association for Advancement of Behavior Therapy:

- Member of Program Committee, 1985, 1990.
- Co-Chair of Local Arrangements Committee, 1983.

License to practice psychology: District of Columbia, Maryland.

Presented seminar on cognitive assessment, University of Maryland School of Education, December, 1989.

Participated in National Institute of Mental Health workshop on Research in Psychotherapy Integration, March, 1986.

Chair of Roundtable on the Training of Psychotherapists, International Conference on Psychotherapy, Bogota, Colombia, February, 1983.

Presented workshop, "Cognitive-eclectic therapy: The clinical integration of techniques," St. Petersburg Beach, FL, February, 1983.

Presented seminar on cognitive therapy at Georgetown University Department of Psychiatry, March, 1982.

Training faculty in graduate-level continuing education course, Introduction to Cognitive Therapy, George Washington University, 1982.

Training faculty in workshop on Cognitive Therapy of Depression with Aaron T. Beck, Washington, DC, December, 1981.

Founding member, Center for Cognitive Therapy (Washington-Baltimore), 1981.

Membership in Professional Organizations

Academy of Cognitive Therapy (Founding Fellow)

American Psychological Association (Fellow, Division 12: Society of Clinical Psychology; Member, Division 29: Society for the Advancement of Psychotherapy)

Association for Behavioral and Cognitive Therapies

Society for the Exploration of Psychotherapy Integration (Fellow, Advisory Board)

Society for Psychotherapy Research