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EDUCATION and CREDENTIALS

License # 60198057	State of Washington
Ph.D. Clinical Psychology APA-accredited	1999 University of Mississippi Department of Psychology University, MS
Clinical Psychology Internship APA-accredited July 1998 – June 1999	University of California, San Diego Psychology Internship Consortium UCSD Department of Psychiatry San Diego, CA
M.A. Clinical Psychology APA-accredited	1996 University of Mississippi Department of Psychology University, MS
B.S. Psychology	1993 Oklahoma State University Stillwater, OK

POSITIONS

1999 – present	Department of Psychology Eastern Washington University Cheney, WA USA <u>Position:</u> Professor <u>Undergraduate Classes Taught:</u> Compassion-Focused Therapy; Trauma: Theory, Assessment, and Treatment; Introductory Statistics, Abnormal Psychology <u>Graduate Courses Taught:</u> Diversity & Counseling, Scientific Methods, Foundations of Psychotherapy, Advanced Psychotherapy Strategies, Behavior Therapy, Clinical Practicum Supervision
2011-present	Inland Northwest Compassionate Mind Center Spokane, WA USA <u>Position:</u> Director <u>Duties:</u> Psychotherapy, Therapist Consultation and Training, Provision of Professional Workshops

PUBLICATIONS

Books

Kolts, R. (2021). *True Strength: A Compassion-Focused Therapy Approach for Working with Anger* (コンパッション・フォーカスト・セラピーに基づいたアンガーマネジメント: 真の強さを育てるために). Tokyo: Seiwa Shoten Publishers).

Kolts, R.L., Bell, T., Irons, C., & Bennett-Levy, J. (2018). *Experiencing Compassion-Focused Therapy from the Inside Out: A Self-Practice/Self-Reflection Manual for Practitioners*. New York: Guilford.

Kolts, R.L. (2016). *CFT Made Simple: A Straightforward Guide to Learning and Applying Compassion-Focused Therapy*. Oakland: New Harbinger.

Tirch, D., Silberstein, L., & Kolts, R.L. (2015). *Buddhist Psychology and CBT: A Clinician's Guide*. New York: Guilford.

Kolts, R.L., & Chodron, T. (2013). *Living with an Open Heart: Cultivating Compassion in Everyday Life*. London: Constable & Robinson. (published in the U.S. as *An Open-Hearted Life* by Shambhala, Jan. 2015, and in Germany as *Die Weisheit eines offenen Herzens: Eine Synthese aus buddhistischer Praxis und westlicher Psychotherapie* by Arbor, April 2016).

Kolts, R.L. (2012). *The Compassionate Mind Approach to Managing Your Anger Using Compassion-Focused Therapy*. London: Constable & Robinson. (published in the U.S. by New Harbinger).

Book Chapters

Kolts, R.L. (2021). True strength: Using compassion focused therapy in the treatment of problematic anger. In P. Gilbert & G. Simos (Eds.), *Compassion focused therapy: Clinical practice and applications*. London: Routledge.

Rhoads, W., Alasiri, E., & Kolts, R.L. (2018). Compassion Focused Therapy. In D. Dewulf (Ed.) *Zelfcompassie in training en therapie. Een bron van veerkracht en geluk* (pp. 317-336). Netherlands: Uitgeverij LannooCampus Nederland.

Kolts, R.L. & Gilbert, P. (2018). Understanding and Using Compassion-Focused Therapy in Forensic Settings. In *The Wiley-Blackwell Handbook of Forensic Neuroscience*. Oxford: Wiley Blackwell.

Robinson, A.M., Kolts, R.L., & Watkins, P.C. (2006). A trauma by any other name: Examining college students' PTSD symptoms, posttraumatic growth, and depression following exposure to negative life events. In *Stress and Mental Health of College Students*. New York: Nova Science Publishers

Peer-Reviewed Publications

- Matos, M., McEwan, K., Kanovsky, M., Halmova, J., Steindl, S.R., Ferreira, N., Linharelhos, M., Rijo, D., Asano, K., Vilas, S.P., Marquez, M.G., Gregorio, S., Brito-Pons, G., Lucena-Santos, P., da Silva Oliveira, M., de Souza, E.L., Llobenes, L., Gumiy, N., Costa, M.I., Habib, N., Hakem, R., Hussain, K., Alzahrani, A., Cheli, S., Petrocchi, N., Tholouli, E., Issari, P., Simos, G., Lunding-Gregersen, V., Elklit, A., Kolts, R., Kelly, A.C., Bortolon, C., Delamillieure, P., Paucsik, M., Wahl, J.E., Zieba, M., Zatorski, M., Komendzinski, T., Zhang, S., Basran, J., Kagialis, A., Kirby, J., & Gilbert, P. (2023). Improvements in compassion and fears of compassion throughout the COVID-19 pandemic: A multinational study. *International Journal of Environmental Research and Public Health*, 20(3), 1845; Doi: 10.3390/ijerph20031845.
- Matos, M., McEwan, K., Kanovsky, M., Halamova, J., Steindl, S.R., Ferreira, N., Linharelhos, M., Rijo, D., Asano, K., Gregorio, S., Marquez, M.G., Vilas, S.P., Brito-Pons, G., Lucena-Santos, P., da Silva Oliveira, M. de Souza, E.L., Llobenes, L., Gumiy, N., Costa, M.I., Habib, N., Hakem, R., Khrad, H., Alzahrani, A., Cheli, S., Petrocchi, N., Tholouli, E., Issari, P., Simos, G., Lunding-Gregersen, V., Elklit, A., Kolts, R., Kelly, A.C., Bortolon, C., Delamillieure, P., Paucsik, M., Wahl, J.E., Zieba, M., Zatorski, M., Komendzinski, T., Zhang, S., Basran, J., Kagialis, A., Kirby, J., & Gilbert, P. (2022). Compassion protects mental health and social safeness during the COVID-19 pandemic across 21 countries. *Mindfulness*, 13(4): 863-880. Doi: 10.1007/s12671-012-01822-2.
- Matos, M., McEwan, K., Kanovsky, M., Halamova, J., Steindl, S.R., Ferreira, N., Linharelhos, M., Rijo, D., Asano, K., Gregorio, S., Marquez, M.G., Vilas, S.P., Brito-Pons, G., Lucena-Santos, P., da Silva Oliveira, M. de Souza, E.L., Llobenes, L., Gumiy, N., Costa, M.I., Habib, N., Hakem, R., Khrad, H., Alzahrani, A., Cheli, S., Petrocchi, N., Tholouli, E., Issari, P., Simos, G., Lunding-Gregersen, V., Elklit, A., Kolts, R., Kelly, A.C., Bortolon, C., Delamillieure, P., Paucsik, M., Wahl, J.E., Zieba, M., Zatorski, M., Komendzinski, T., Zhang, S., Basran, J., Kagialis, A., Kirby, J., & Gilbert, P. (2021). The role of social connection on the experience of COVID-19 related post-traumatic growth and stress. *PLoS ONE*, 16(12): e026134. [https://DOI: 10.1371/journal.pone.0261384](https://doi.org/10.1371/journal.pone.0261384).
- Matos, M., McEwan, K., Kanovsky, M., Halamova, J., Steindl, S.R., Ferreira, N., Linharelhos, M., Rijo, D., Asano, K., Gregorio, S., Marquez, M.G., Vilas, S.P., Brito-Pons, G., Lucena-Santos, P., da Silva Oliveira, M. de Souza, E.L., Llobenes, L., Gumiy, N., Costa, M.I., Habib, N., Hakem, R., Khrad, H., Alzahrani, A., Cheli, S., Petrocchi, N., Tholouli, E., Issari, P., Simos, G., Lunding-Gregersen, V., Elklit, A., Kolts, R., Kelly, A.C., Bortolon, C., Delamillieure, P., Paucsik, M., Wahl, J.E., Zieba, M., Zatorski, M., Komendzinski, T., Zhang, S., Basran, J., Kagialis, A., Kirby, J., & Gilbert, P. (2021). Fears of compassion magnify the harmful effects of threat of COVID-19 on mental health and social safeness across 21 countries. *Clinical Psychology and Psychotherapy*. DOI: 10.1002/cpp.2601.

- Alasiri, E., Bast, D., & Kolts, R.L. (2019). Using the implicit relational assessment procedure (IRAP) to explore common humanity as a dimension of self-compassion. *Journal of Contextual Behavioral Science*, 65-72.
- Grodin, J., Clark, J.L., Kolts, R., & Lovejoy, T.I. (2019). Compassion focused therapy for anger: A pilot study of a group intervention for veterans with PTSD. *Journal of Contextual Behavioral Science*, 13, 27-33.
- Gilbert, P., Caterino, F., Duarte, C., Matos, M., Kolts, R., Stubbs, J., Ceresatto, L., Duarte, J., Pinto-Gouveia, J., & Basran, J. (2017). The development of compassionate engagement and action scales for self and others. *Journal of Compassionate Health Care*, 4: DOI: 10.1186/s40639-017-0033-3.
- Bell, T., Dixon, A., & Kolts, R.L. (2016). Developing a compassionate internal supervisor: compassion-focused therapy for trainee therapists. *Psychology and Psychotherapy: Theory, Research, and Practice*. DOI: 10.1002/cpp. 2031
- Bhat, A., Chowdayya, R., Selvam, S., Khan, A., Kolts, R., & Srinivasan, K. (2015). Maternal prenatal psychological distress and temperament in 1-4 month old infants – A study in a non-western population. *Infant Behavior and Development*, 39: 35-41.
- Khan, A., Bhat, A., Faucett, J., Kolts, R., & Brown, W.A. (2011). Antidepressant-placebo differences in 16 clinical trials over 10 years at a single site: role of baseline severity. *Psychopharmacology*, 214:961-965.
- Khan, A., Bhat, A., Kolts, R., Thase, M., & Brown, W. (2010). Why has the antidepressant-placebo difference in antidepressant clinical trials diminished over the past three decades? *CNS Neuroscience and Therapeutics*, 16: 217-226.
- Faulkner, G.E., Kolts, R.L., & Hicks, G.F. (2008). Sex Role Ideology, Relationship Context, and Response to Sexual Coercion in College Females. *Sex Roles*, 59: 139-150.
- Watkins, P.C., Cruz, L., Holben, H., & Kolts, R.L. (2008). Taking care of business? Grateful processing of unpleasant memories. *Journal of Positive Psychology*, 3: 87-99.
- Alper, K., Schwartz, K.A., Kolts, R.L., & Khan, A. (2007). Seizure incidence in psychopharmacological clinical trials: an analysis of FDA Summary Basis of Approval reports. *Biological Psychiatry*, 62: 345-354.
- Benson, K., Marchand-Martella, N.E., Martella, R.C., & Kolts, R.L., (2007). Assessing the Effects of the *Reading Success Level B* Program with Fifth-Grade Students at a Title I Elementary School. *Journal of Direct Instruction*, 7: 29-44.
- Khan, A., Kolts, R.L., Brodhead, A.E., Krishnan, K.R.R., & Brown, W. (2007). Suicide risk analysis among patients assigned to psychotropics and placebo. *Psychopharmacology Bulletin*, 39(1): 6-14.

- Khan, A., Schwartz, K., Stern, C., Redding, N., Kolts, R.L., Brown, W.A., & Robinson, D. (2007). Mortality risk in patients with schizophrenia participating in pre-marketing atypical antipsychotic clinical trials. *Journal of Clinical Psychiatry, 68*(12): 1828-1833.
- Khan, A., Schwartz, K., Redding, N., Kolts, R.L., & Brown, W.A. (2007). Psychiatric diagnosis and clinical trial completions rates: analysis of the FDA SBA reports. *Neuropsychopharmacology, 32*: 2422-2430.
- Khan, A., Schwartz, K., Kolts, R.L., Ridgway, D., & Lineberry, C. (2007). Relationship between depression severity entry criterion and antidepressant clinical trial outcomes. *Biological Psychiatry, 62*: 65-71.
- Khan, A., Schwartz, K.A., Kolts, R.L., & Brown, W. (2007). BMI, sex, and antidepressant response. *Journal of Affective Disorders, 99*(1-3): 101-106.
- Reed, J.M., Marchand-Martella, N.E., Martella, R.C., Kolts, R.L., (2007). Assessing the Effects of the *Reading Success Level A* Program with Fourth-grade Students at a Title I Elementary School. *Education & Treatment of Children, 30*(1), 45-68.
- Marchand-Martella, N.E., Martella, R.C., Kolts, R.L., Mitchell, D., & Mitchell, C. (2006). Effects of a Three-Tier Strategic Model of Intensifying Instruction using a Research-Based Core Reading Program in Grades K-3. *Journal of Direct Instruction, 6*(1): 49-72.
- Watkins, P.C., Scheer, J., Ovnicek, M., & Kolts, R. (2006). The debt of gratitude: Dissociating gratitude and indebtedness. *Cognition and Emotion, 20*(2): 217-241.
- Khan, A., Kolts, R.L., Rapaport, M.H., Krishnan, K.R.R., Brodhead, A.E., & Brown, W.A. (2005). Magnitude of placebo response and drug-placebo differences across psychiatric disorders. *Psychological Medicine, 35*(5): 743-749.
- Khan, A., Brodhead, A.E., Schwartz, K.A., Kolts, R.L., & Brown, W.A. (2005). Sex differences in antidepressant response in recent antidepressant clinical trials. *Journal of Clinical Psychopharmacology, 25*(4): 318-324.
- Khan, A., Brodhead, A.E., Kolts, R.L. & Brown, W.A. (2005). Severity of depressive symptoms and response to antidepressants and placebo in antidepressant trials. *Journal of Psychiatric Research, 39*, 145-150.
- Khan, A., Kolts, R.L., Thase, M.E., Krishnan, K.R.R., & Brown, W. (2004). Research design features and patient characteristics related to antidepressant clinical trial outcome. *American Journal of Psychiatry, 161*(11), 2045-2049.
- Kolts, R.L., Lombardo, T., & Faulkner, G. (2004). Trauma-cueing and short-term memory in college students with PTSD. *Journal of College Student Psychotherapy, 19*(2), 29-47.

- Khan, A., Brodhead, A., & Kolts, R.L. (2004). Relative sensitivity of the Montgomery-Asberg Depression Rating Scale, the Hamilton Depression rating scale, and the Clinical Global Impressions rating scale in antidepressant clinical trials: a replication analysis. *International Clinical Psychopharmacology*, 19, 157-160.
- Watkins, P.C., Grimm, D.L., & Kolts, R.L. (2004). Counting your blessings: Positive memories among grateful persons. *Current Psychology*, 23, 52-67.
- Kolts, R.L., Robinson, A.M., & Tracy, J.J. (2004). The relationship of sociotropy and autonomy to posttraumatic cognitions and PTSD symptomatology in trauma survivors. *Journal of Clinical Psychology*, 60(1), 53-63.
- Watkins, P.C., Woodward, K., Stone, T., & Kolts, R.L. (2003). Gratitude and happiness: development of a measure of gratitude, and relationships with subjective well-being. *Social Behavior and Personality*, 31(5), 431-452.
- Khan, A., Khan, S., Kolts, R.L., & Brown, W.A. (2003). Suicide rate in clinical trials of SSRIs, other antidepressants, and placebo: Analysis of FDA reports. *American Journal of Psychiatry*, 160, 790-792.
- Khan, A., Khan, S., Walens, G., Kolts, R., & Giller, E. (2003). Frequency of positive studies among fixed and flexible dose antidepressant trials: an analysis of the food and drug administration summary basis of approval reports. *Neuropsychopharmacology*, 28 (3), 552-557.
- Koch, L.M., Gross, A.M., & Kolts, R.L. (2001). Attitudes toward black English and code-switching. *Journal of Black Psychology*, 27, 29-42.

Other Publications

- Baum, J., & Kolts, R.L. (2019, February). Compassionate Communication in the Workplace. *Mindfulness: Business and Life*, 1.
- Parker, L., & Kolts, R.L. (2014, October). Compassion-focused therapy for problematic anger. *Advances in Cognitive Therapy newsletter*, 8-9.
- Kolts, R.L. (2013). Review of the book *Self-Agency in Psychotherapy: Attachment, Autonomy, and Intimacy*, by Jean Knox. *Journal of Trauma and Dissociation*, 14, 362-364.

AWARDS AND HONORS

- 2014 *Faculty of the Year Award* – Eastern Washington University – awarded by the Associated Students of Eastern Washington University

- 2013 *Psychology Faculty of the Year Award* – awarded by the Eastern Washington University Chapter of Psi Chi
- 2010 *Outstanding Commitment to Student Success Award* – Eastern Washington University Academic Support Center
- 2009 *Outstanding Commitment to Student Success Award* – Eastern Washington University Academic Support Center
- 2008 *Faculty Merit Award: Professors of the Year Award* – (1 of 5) Eastern Washington University
- 2008 *Faculty Merit Award: Outstanding Faculty Award in Teaching* - Eastern Washington University
- 2008 *Faculty Merit Award: Outstanding Faculty Award in Scholarship/Creative Activity* - Eastern Washington University
- 2008 *Psychology Faculty of the Year Award* – awarded by the Eastern Washington University Chapter of Psi Chi
- 2005 Thomson Essential Science Indicators recognizing top 1% of articles between 2000 and 2004 (Khan, Khan, Kolts, & Brown, 2003; based upon number of times cited between 2000 and 2004).
- 2002 *Faculty of the Year Award* – Eastern Washington University – awarded by the Associated Students of Eastern Washington University
- 1997 *John and Lillian Wolfe Outstanding Graduate Student Award*
Psychology Department, University of Mississippi
- 1996 *Outstanding Poster Award*, Mississippi Psychological Association Annual Convention

CONFERENCE KEYNOTE PRESENTATIONS AND WORKSHOPS

Kolts, R.L. (December, 2022). *Applying Compassion-Focused Therapy in the Treatment of Problematic Anger*. Invited presentation for the 2022 Compassionate Mind Summit (sponsored by the Compassionate Mind Foundation and Compassionate Mind Italia), Online.

Kolts, R.L. (November, 2022). *Meeting Suffering with Courage, Strength, and Kindness: A Brief Introduction to Compassion-Focused Therapy*. Invited workshop for the 2022 Hawaii Behavioral Health and Wellness Convention, Online.

- Kolts, R.L. (June, 2022). *Bringing Compassion to Life in the Therapy Room: A Process-based Framework for Organizing and Delivering CFT*. Workshop presented at the 2022 World Conference of the Association for Contextual Behavioral Science, San Francisco, CA.
- Kolts, R.L. (January, 2021). *Experiencing Compassion-Focused Therapy from the Inside Out: The Importance of Self-Practice/Self-Reflection work for CFT Therapists*. Invited interview for the 2021 Compassion in Therapy Summit, Online.
- Kolts, R.L. (October, 2019). *Layered Processes and Practices: Using Implicit and Explicit Strategies to Help Clients Cultivate Their Compassionate Minds*. Invited pre-conference workshop for the International Conference on Compassion-Focused Therapy, Edinburgh, Scotland.
- Kolts, R.L. (November, 2018). *A Process-Focused Approach to Bringing Compassion into Psychotherapy: CFT and Beyond*. Invited Presentation for the Second Italian Congress of Comparison between Third Generation Cognitive-Behavioral Psychotherapies, Milan, Italy.
- Kohlenberg, B., & Kolts, R. (July, 2018). *Therapy with Our Hearts Wide Open: Love and Compassion in FAP and CFT*. Workshop presented at the 16th Annual World Conference of the Association for Contextual Behavioral Science, Montreal, Canada.
- Tirch, D., Silberstein, L., & Kolts, R. (July, 2018). *Exploring a Process-Focused Approach to Understanding and Practicing Compassion Focused Therapy*. Workshop presented at the 16th Annual World Conference of the Association for Contextual Behavioral Science, Montreal, Canada.
- Kolts, R.L. (April, 2018). *Layers of Compassion: Bringing CFT to Life In and Out of the Therapy Room*. Invited Presentation for the 1st Annual North American CFT Summit and Retreat, Sparkill, NY.
- Kolts, R.L. (November, 2017). *Compassionate Connection: Creating a Context for Healing*. Invited Keynote for the Annual Conference of the Washington State Psychological Association, Bellevue, WA.
- Kolts, R.L. (April, 2017). *CFT Made Simple: A Layered Process-and-Practice Approach to Learning and Applying Compassion-Focused Therapy*. Invited Master Clinician session presented at the annual conference of the Anxiety and Depression Association of America, San Francisco, CA.
- Kolts, R.L. (September, 2016). *CFT Made Simple: Understanding and Organizing Compassion-Focused Therapy*. Invited lecture presented at Mindfulness and Compassion in Therapy and Society Congress, Freiburg, Germany.

- Kolts, R.L. (September, 2016). *Bringing Compassion to Anger: A Compassion-Focused Therapy Approach to Understanding and Treating Problematic Anger*. Invited workshop presented at Mindfulness and Compassion in Therapy and Society Congress, Freiburg, Germany.
- Kolts, R.L. (June, 2016). *CFT Made Simple: A Layered Process and Practice Approach to Learning and Applying Compassion-Focused Therapy*. Workshop presented at the 14th Annual World Conference of the Association for Contextual Behavioral Science, Seattle, WA.
- Kolts, R.L. (April, 2016). *Compassion and Diversity: Applying Compassion-Focused Therapy in Understanding and Working with Privilege and Oppression*. Invited Keynote address for the Annual Conference of the New Zealand College of Clinical Psychology, Wellington, New Zealand.
- Kolts, R.L. (April, 2016). *True Strength: A Compassion-Focused Therapy Approach to Working with Problematic Anger*. Invited post-conference workshop for the Annual Conference of the New Zealand College of Clinical Psychology, Wellington, New Zealand.
- Kolts, R.L. (October, 2015). *Applying CFT to the Treatment of Problematic Anger*. Invited pre-conference workshop for the 4th International Conference on Compassion-Focused Therapy, Manchester, England.
- Kolts, R.L. (September, 2015). *A Brief Introduction to CFT for Problematic Anger*. Invited workshop for the Washington State Chapter of the Association for Contextual Behavioral Science's Annual Conference: Washington Innovators in Behavioral Therapy, Seattle, WA.
- Kolts, R.L. (May, 2015). *Compassion and Intimacy: Building Closeness by Creating Safeness*. Keynote for the 2015 Metrohealth Pastoral Care Conference – Intimacy: Bridges, Barriers, and Interventions, Cleveland, OH.
- Kolts, R.L. (February, 2015). *Maintaining Our Passion for Compassion: A Compassion-Focused Therapy Approach to Caring for Our Clients and Ourselves*. Invited presentation for the 18th Annual Child Welfare Training and Advancement Program (CWTAP) Student Institute, Spokane, WA.
- Kolts, R.L. (October, 2012). *Working Compassionately and Courageously with Emotion and Conflict: An Introduction to Compassion Focused Therapy*. Pre-conference Keynote for the Annual Conference of the Washington Counseling Association, Spokane, WA.
- Kolts, R.L. (May, 2012). *Helping Kids Work With Difficult Emotions: A Compassion-Focused Therapy Perspective*. Invited presentation for the 2012 Building Better Communities: Engaging Young Voices Conference, Eastern Washington University, Cheney, WA.

Kolts, R.L., & Basham, A. (October, 2004). *When Terror and Tragedy Strike: Minimizing the Effects of Trauma in Your Community*. Invited workshop for the Annual Conference of the Washington Counseling Association.

CONFERENCE PAPER PRESENTATIONS AND PANELS

Walser, R., Hayes, L., Westrup, D., O'Connell, M., Lins, M., & Kolts, R. (2022). *Women's Rights and the Rise of Authoritarianism: How can CBS Help?* Panel presented at the 2022 Convention of the Association of Contextual Behavioral Science, San Francisco, CA.

Tirch, D., Kolts, R. (for Gilbert, P.), Siberstein-Tirch, L., Vogel, T., & Dufrene, T. (2022). *Answering the Challenge of Trauma with the Contextual Behavioral Science of Compassion and Process Based Approaches*. Panel Presented at the 2022 Convention of the Association of Contextual Behavioral Science, San Francisco, CA. (invited to substitute for Gilbert, who was unable to attend.)

Teeter, N., Wolff, J., & Kolts, R. (May, 2021). *Post-bariatric surgery patients fail to exercise consistently: Exploring the potential role of self-compassion*. Poster presented at the 2021 Virtual Convention of the Association for Psychological Science, online.

Viveiros, M., Gilmore, A., Teeter, N., Wolff, J., & Kolts, R. (April, 2021). *Proposing the mindful check-in: A brief mindfulness exercise*. Poster presented at the 2021 Convention of the Western Psychological Association, online.

Kolts, R.L. (October, 2019). *Doing CFT-Anger Work in Prison Settings*. Presentation for the *Working with the Dark Side: Compassion-Focused Therapy for People Who Commit Serious Offenses* Symposia presented at the International Conference on Compassion-Focused Therapy, Edinburgh, Scotland.

Schoendorff, B., A-Tjak, J., Tsai, M., Koerner, K., Kolts, R., Gillanders, D., Plummer-Louden, M. (July, 2018). *Negotiating changing roles and respecting boundaries in experiential therapies training and supervision*. Panel presented at the 16th Annual World Congress of the Association for Contextual Behavioral Science, Montreal, Canada.

Alasiri, E., Ferroni-Bast, D., & Kolts, R. (May 2018). *"I am not alone in my suffering": Implicitly Measuring the Common Humanity Factor of Self-Compassion*. Poster presented at the 30th Annual Convention of the American Psychological Society, San Francisco, CA.

Dixon, A., Bell, T., & Kolts, R. (October 2015). *How can the development of a compassionate internal supervisor benefit therapists in training?* Poster presented at the 4th International Conference on Compassion Focused Therapy, Manchester, England.

Kolts, R. (October 2015). *Roles of the Therapist in Compassion-Focused Therapy*. Presentation at the 4th International Conference on Compassion Focused Therapy, Manchester, England.

Tirch, D., Cree, M., Kolts, R., Gilbert, P., and Lee, D. (October 2015). *Question and answer session with a panel of CFT therapists*. Panel at the 4th International Conference on Compassion Focused Therapy, Manchester, England.

Gilbert, P., Catarino, F., Matos, M., Duarte, C., & Kolts, R. (October, 2015). *Measuring Compassion: The New Compassion Scales*. Paper presented at the 4th International Conference on Compassion Focused Therapy, Manchester, England.

Mozafari, A., Witt, E., Parker, L., & Kolts, R. (April, 2015). *If You Can't Join 'Em, Beat 'Em: Narcissism and Fears of Compassion*. Poster presented at the 2015 Convention of the Western Psychological Association, Las Vegas, NV.

- Watkins, P., Hutchinson, D.E., & Kolts, R. (April, 2015). *Joy in Times of Trouble: The Importance of Grateful Processing*. Poster presented at the 2015 Convention of the Western Psychological Association, Las Vegas, NV.
- Tirch, D., & Kolts, R. (June, 2014). *The Contextual Science of Compassion in ACTION*. Workshop presented at the 12th Annual World Congress of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Wright, M. J., Tirch, D., Kolts, R., Pritchard, J., Schoendorff, B., & Segal, Z. (June, 2014). *Contextual Approaches to Compassion Across Methods and Disciplines: New Clinical Applications in CBS*. Panel presented at the 12th Annual World Congress of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Kolts, R.L., Conteras, C., Longworth, A., Enos, M., & Salzman, B. (April, 2014). *Evaluation of a Compassion-Focused Therapy Prison Group for Problematic Anger*. Poster presented at the 2014 Convention of the Western Psychological Association, Portland, OR.
- Parker, L., Zumba, M., Lewallen, C., Pellett, B., & Kolts, R.L. (April, 2014). *Exploring Relationships between Narcissism, Shame, and Anger*. Poster presented at the 2014 Convention of the Western Psychological Association, Portland, OR.
- Parker, L., Lewallen, C., Walsdorf, A., Cervantes, A., & Kolts, R.L. (April, 2014). *Exploring Mathematics Anxiety*. Poster presented at the 2014 Convention of the Western Psychological Association, Portland, OR.
- Kolts, R.L. (April, 2014). *Emotion-Informed Teaching: A Compassion-Focused Therapy Approach to Pedagogy*. Presentation for the PT@CC Teaching Take-Outs at the 2014 Annual Conference of the Western Psychological Association, Portland, OR.
- Kolts, R.L., Parker, L., & Johnson, E. (December, 2013). *Initial Exploration of Compassion-Focused Exposure: Making Use of Reconsolidation*. Poster presented at the 2nd Annual Conference on Compassion-Focused Therapy, London, England.
- Kolts, R.L. (December, 2013). *Applying CFT in Working with Problematic Anger: The 'True Strength' Prison Program*. Paper presented at the 2nd Annual Conference on Compassion-Focused Therapy, London, England.
- Davidson, O.A. & Kolts, R.L. (January, 2013). *Bullying in Schools: A Compassionate Perspective*. Paper presented at the 11th annual Hawaii International Conference on Education, Honolulu, HI.
- Tirch, D., Leahy, R., Kolts, R.L., Warren, R., Henderson, L., & Irons, C. (November, 2012). *An Introduction to Compassion Focused Therapy (CFT): Clinical Applications of Compassion and Mindfulness in Cognitive Behavioral Therapy*. Symposium presented at the 2012 Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MA.
- Bhat, A., Chowdayya, R., Selvan, S., Khan, A., Kolts, R., & Srinivasan, K. (November, 2012). *Maternal Antenatal Psychological Symptoms and Temperament in 1-4 Month Old Infants*. Poster presented at the 59th Annual Meeting of the Academy of Psychosomatic Medicine, Atlanta, GA.
- Cole, T., Thomas, L., Parker, L., & Kolts, R.L. (April, 2012). *Effects of a Self-Compassion Intervention in University Students*. Poster presented at the 2012 Convention of the Western Psychological Association, San Francisco, CA.
- Myers, T., Bennett, C., Patterson, C., Yotz, J., Staley, K., & Kolts, R.L. (April, 2012). *Mindfulness, Impulsivity, Empathy, and Sexual Aggression in University Students*. Poster presented at the 2012 Convention of the Western Psychological Association, San Francisco, CA.

- Kolts, R.L. (June, 2011). *Things that Aren't Your Fault: Facilitating Self-Compassion through the Understanding of Implicit Processes*. Paper presented at the 2011 Conference of the International Conference of Cognitive Therapy, Istanbul, Turkey.
- Hancock, J., Julyan, K., & Kolts, R.L. (April, 2011). *Hate and the Public Practice of Compassion*. Symposium presented at the 2nd Annual International Conference on Hate Studies, Spokane, WA.
- Khan, A., Bhat, A., Faucett, J., Kolts, R., & Brown, W.A. (June, 2010). *Antidepressant – Placebo Differences Over a Ten Year Period in a Sample of 472 Patients With High and Similar Baseline Scores*. Poster presented at the 2010 convention of NIMH's New Clinical Drug Evaluation Unit, Boca Raton, FL.
- Ferrell, S., Ziehnert, A., George, A., Roraback, J., LaVonway, N., & Kolts, R.L. (April, 2010). *Examining Sexual Assault, Sexual Assertiveness, and Responses to Risk*. Poster presented at the 2010 Convention of the Western Psychological Association, Cancun, Mexico.
- Ferrell, S., Torrano, T., Powell, M., Mackay, K., Zawacki, L., & Kolts, R.L. (April, 2010). *Mindfulness in Relation to Sexual Assault Risk Recognition and Response*. Poster presented at the 2010 Convention of the Western Psychological Association, Cancun, Mexico.
- Stoll, J., Powell, M., Ziehnert, A., Roraback, J., Hicks, G., & Kolts, R.L. (April, 2010). *Qualitative Correlates of Religio-Spiritual Development in College Students*. Poster presented at the 2010 Convention of the Western Psychological Association, Cancun, Mexico.
- Stoll, J., Mackay, K., Leibing, T., Hicks, G., & Kolts, R.L. (April, 2010). *Initial Investigation of a Stage Model of Religio-Spiritual Development*. Poster presented at the 2010 Convention of the Western Psychological Association, Cancun, Mexico.
- Stoll, J., Ayers, J., Torrano, T., Hicks, G., & Kolts, R.L. (April, 2010). *An Examination of Gender Differences in College Student's Religio-Spiritual Development*. Poster presented at the 2010 Convention of the Western Psychological Association, Cancun, Mexico.
- Watkins, P.C., Frias, A., Webber, A.C., & Kolts, R.L. (April, 2010). *Death Reflection Enhances Gratitude...for Some More than Others*. Poster presented at the 2010 Convention of the Western Psychological Association, Cancun, Mexico.
- Gamboa, B., Welch, E., Ayers, J., George, A., Kolts, R.L. (May, 2009). *An Examination of Sexual Orientation Differences in Myspace.com Utilization*. Poster presented at the 2009 Convention of the Western Psychological Association, Portland, OR.
- Hickey, B., Rowley, A., Mackay, D., Kolts, R.L., & Watkins, P.C. (May, 2009). *The Effects of Narcissistic Personality Traits and Entitlement on the Perpetration of Sexual Coercion*. Poster presented at the 2009 Convention of the Western Psychological Association, Portland, OR.
- Hosner, P., Beattie, M.A., Sprecher, A., Lindgren, S.J., & Kolts, R.L. (May, 2009). *Examining Differences in the Ways Ethnic Groups Utilize Myspace.com*. Poster accepted for presentation at the 2009 Convention of the Western Psychological Association, Portland, OR.
- Rowley, A., Jarmin, K., Trimble, D., Welch, E., & Kolts, R.L. (May, 2009). *Do You Share What I Share? Examining Religion and Myspace.com*. Poster presented at the 2009 Convention of the Western Psychological Association, Portland, OR.
- Khan, A., Bhat, A., Kolts, R., Thase, M., & Brown, W. (December, 2008). *Decrease in Antidepressant-Placebo Differences over Time is Associated with Changes in Research Design Features*. Poster presented at the 45th Annual Convention of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico.

- Watkins, P.C., Xiong, I., & Kolts, R.L. (2008). *How Grateful Processing Brings Closure to Troubling Memories*. Poster presented at the 2008 convention of the Association for Psychological Science, Chicago, IL.
- Ahmad, Z., Isgrigg, A., Farrar, B., Daniel, A., & Kolts, R.L. (May, 2007). *Secondary Trauma and the Military*. Poster presented at the 2007 Convention of the Western Psychological Association, Vancouver, B.C.
- Stalley, J.A., Susens, A.E., Bell, S.A., Gamboa, B.E., & Kolts, R.L. (May, 2007). *How stalkable are you? An examination of Myspace.com*. Poster presented at the 2007 conference of the Western Psychological Association, Vancouver, B.C.
- Meek, J.L., LaShot, D., N., Fleming, A.M., Deubel, M.G., & Kolts, R.L. (May, 2007). *Examining the Narcissistic-Reactance Theory of Rape with College Undergraduates*. Poster presented at the 2007 Convention of the Western Psychological Association, Vancouver, B.C.
- Watkins, P.C., Cruz, L., Holben, H., & Kolts, R.L. (May, 2007). *Taking Car of Business? Grateful Processing of Unpleasant Memories*. Poster presented at the 2007 Convention of the Western Psychological Association, Vancouver, B.C.
- Khan A., Redding N., Kolts R., Brown W. (December, 2006). *The persistence of the placebo response*. Poster presented at the 45th Annual Convention of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico.
- Khan A., Schwartz K., Kolts R., Ridgway D., Lineberry C. (December, 2006). *Relationship between depression severity entry criteria and antidepressant clinical trial outcomes*. Poster presented at the 45th Annual Convention of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico.
- Gire, J., Cleanthous, C. C., & Kolts, R.L. (June, 2006). *Increasing correct condom use skills*. Poster presented at the 8th Biennial Congress of the European Federation of Sexology. Prague, Czech Republic.
- Cleanthous, C. C., Kolts, R.L., Duncan, S. L., & Gire, J. (June, 2006). *Purpose-in-life, condom attitudes, and health locus of control*. Poster presented at the 8th Biennial Congress of the European Federation of Sexology. Prague, Czech Republic.
- Gire, J., Cleanthous, C. C., Kolts, R.L., & Duncan, S. L. (June, 2006). *Predicting condom attitudes, use and health locus of control*. Poster presented at the 8th Biennial Congress of the European Federation of Sexology. Prague, Czech Republic.
- Cleanthous, C. C., Gire, J., & Kolts, R.L. (June, 2006). *Self-Control and safer sex behaviors and attitudes*. Poster presented at the 8th Biennial Congress of the European Federation of Sexology. Prague, Czech Republic.
- Khan, A., Schwartz, K.A., Kolts, R.L., Alper, K., Brown, W.A., & Krishnan, K.R.R. (June, 2006). *Seizure, suicide, and mortality risk among psychiatric patients based on FDA SBA reports*. Poster presented at the 2006 convention of NIMH's New Clinical Drug Evaluation Unit, Phoenix, AZ.
- Farrar, B., Isgrigg, A., LaShot, Derek, Chamberlain, C., & Kolts, R.L. (April, 2006). *Predicting PTSD symptomatology: Exploring the role of social support*. Poster presented at the 2006 Convention of the Western Psychological Association, Palm Springs, CA.
- Redding, N., Daniel, A., Marek, C., Stenhjem, K., & Kolts, R.L. (April, 2006). *Gender role and personal trauma: Examining PTSD, cognitions, and help-seeking*. Poster presented at the 2006 Convention of the Western Psychological Association, Palm Springs, CA.
- Weston, J., Faulkner, G., Hegel, J.M., Alvarez, E., & Kolts, R.L. (April, 2006). *Gender role, relationship context, and responses to sexual coercion*. Poster presented at the 2006 Convention of the Western Psychological Association, Palm Springs, CA.

- Khan A., Alper K., Schwartz K., Kolts R., Brown W. (December, 2005). *Seizure risk among patients participating in psychopharmacology clinical trials*. Poster presented at the 44th Annual Convention of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico.
- Alvarez, E., Stenehjem, K., Kincaid, S., Kolts, R., Mulick, P., & Medina, A. M. (November 2005). *Stereotyping effects on rape support and victim blame*. Poster presented at the 39th annual conference for the Association of the Advancement of Cognitive and Behavioral Therapy. Washington, D. C.
- Jackson, N., Johnson, M., & Kolts, R.L. (November, 2005). *The Link Between Discrimination and Health Care Utilization Among Older Lesbian and Gay Adults in the Northwest*. Poster accepted for presentation at the 2005 Annual Meeting of the Gerontological Society of America, New Orleans, LA.
- Neal, M., Watkins, P.C., & Kolts, R.L. (August, 2005). *Does gratitude inhibit intrusive memories?* Poster submitted for presentation at the 2005 Conference of the American Psychological Association, Washington, D.C.
- Watkins, P.C., Gibler, A., Mathews, M., & Kolts, R.L. (August, 2005). *Aesthetic experience enhances gratitude*. Poster presented at the 2005 Conference of the American Psychological Association, Washington, D.C.
- Cleanthous, C., Duncan, S., Kolts, R., & Gire, J. (August, 2005). *Peers teaching self-management: The impact on attitudes regarding condom use and sexual activity*. Poster presented at the 11th Annual Convention of the European Conference for Research on Learning and Instruction, Nicosia, Cyprus.
- Khan, A., Schwartz, K.A., Kolts, R.L., Brodhead, A.E., & Brown, W.A. (June, 2005). *Sex differences and BMI in relation to antidepressant clinical trial outcomes*. Poster presented at the 2005 convention of NIMH's New Clinical Drug Evaluation Unit, Boca Raton, FL.
- Brodhead, A.E., Ransom, R., Marek, C., Watkins, P.C., & Kolts, R.L. (April, 2005). *The relationship of intrinsic and extrinsic religiosity to posttraumatic growth*. Poster presented at the 2005 Convention of the Western Psychological Association, Portland, OR.
- Faulkner, G., Meek, J., Kolbeck, K., Hedrick, R., Hicks, G.F., & Kolts, R.L. (April, 2005). *Responses to sexual coercion: Impacts of gender socialization and relationship context*. Poster presented at the 2005 Convention of the Western Psychological Association, Portland, OR.
- Kraft, S., Tracy, J.J., Rawlins, K., Williams, W.C., & Kolts, R.L. (April, 2005). *Examining the startle reflex in college students with PTSD*. Poster presented at the 2005 Convention of the Western Psychological Association, Portland, OR.
- Lucas, C., Berner, D., Hedrick, R., Kolts, R.L., & Barnes, P. (April, 2005). *Adult attachment styles and perceptions of infant emotions*. Poster presented at the 2005 Convention of the Western Psychological Association, Portland, OR.
- McComb, D., Watkins, P., & Kolts, R. (April, 2005). *The relationship between gratitude, depression, and anxiety*. Poster presented at the 2005 Convention of the Western Psychological Association, Portland, OR.
- Rossi, K., Mack, L., Daniel, A., Eubank, B., Tomes, Y., & Kolts, R.L. (April, 2005). *Effects of stereotype cueing on rape attributions and victim blame*. Poster presented at the 2005 Convention of the Western Psychological Association, Portland, OR.

- Marchand-Martella, N.E., Reed, J., Martella, R.C., & Kolts, R.L. (January, 2005). *Assessing the effects of the Reading Success program*. Paper presented at the Hawaii International Conference on Education, Honolulu, HI.
- Khan, A., Brodhead, A.E., Kolts, R.L., & Brown, W.A. (December, 2004). *Sex differences in SSRI antidepressant response among outpatients participating in antidepressant clinical trials*. Poster presented at the 43rd Annual Meeting of the American College of Neuropsychopharmacology, San Juan, Puerto Rico.
- Khan, A., Kolts, R.L., Thase, M.E., Krishnan, K.R.R., & Brown, W.A. (June, 2004). *Research design features and patient characteristics related to antidepressant clinical trial outcome*. Poster presented at the 2004 convention of NIMH's New Clinical Drug Evaluation Unit, Phoenix, AZ.
- Khan, A., Brodhead, A.E., Kolts, R.L., & Brown, W.A. (June, 2004). *Severity of depressive symptoms and response to antidepressants and placebo in antidepressant clinical trials*. Poster presented at the 2004 convention of NIMH's New Clinical Drug Evaluation Unit, Phoenix, AZ.
- Khan, A., Brodhead, A.E., Kolts, R.L. (June, 2004) *Relative sensitivity of the Montgomery-Asberg Depression Rating Scale, the Hamilton Depression Rating Scale, and the Clinical Global Impressions rating scale in antidepressant clinical trials: A replication analysis*. Poster presented at the 2004 convention of NIMH's New Clinical Drug Evaluation Unit, Phoenix, AZ.
- Cleanthous, C.C., Kolts, R.L., & Duncan, S. L. (May, 2004). *Statistical and clinical analyses of risky sexual behavior: Implications for research and practice*. Poster presented at the 2004 Convention of the European Federation of Sexology, London, England.
- Cleanthous, C.C., Duncan, S.L., & Kolts, R.L. (May, 2004). *Decreasing sexually risky behavior, increasing condom use, and positively modifying condom attitudes*. Poster presented at the 2004 Convention of the European Federation of Sexology, London, England.
- Berner, D., Johnson, M., Jackson, N., Mack, L., & Kolts, R.L. (April, 2004). *Correlates of orientation disclosure in an adult homosexual sample*. Poster presented at the 2004 Convention of the Western Psychological Association, Phoenix, AZ.
- McComb, D., Watkins, P., & Kolts, R. (April, 2004). *Personality predictors of happiness: The importance of gratitude*. Poster presented at the 2004 Convention of the Western Psychological Association, Phoenix, AZ.
- Meek, J.L., Robinson, A.M., Beard, S., Kolts, R.L., & Watkins, P. (April, 2004). *Sexual trauma history as a predictor of current life distress*. Poster presented at the 2004 Convention of the Western Psychological Association, Phoenix, AZ.
- Reiber, S., Weston, J., Berner, D., Kolts, R.L., & Islam-Zwart, K. (April, 2004). *Responses to community trauma: Safety perceptions and subjective distress*. Poster presented at the 2004 Convention of the Western Psychological Association, Phoenix, AZ.
- Robinson, K., Robinson, A.M., Meek, J., Watkins, P., & Kolts, R.L. (April, 2004). *Posttraumatic growth following stressors meeting and not meeting DSM trauma criteria*. Poster presented at the 2004 Convention of the Western Psychological Association, Phoenix, AZ.
- Khan, A., Kolts, R., Thase, M., Krishnan, K.R.R., & Brown, W. (December, 2003). *Differences in research design features and patient characteristics among successful compared to unsuccessful antidepressant clinical trials*. Poster presented at the 42nd Annual Meeting of the American College of Neuropsychopharmacology, San Juan, Puerto Rico.

- Jackson, N., Johnson, M., & Kolts, R.L. (December, 2003). *Perceptions of discrimination in health care settings among older gay men and lesbians: The role of community size*. Poster presented at the 2003 Annual Meeting of the Gerontological Society of America, San Diego, CA.
- Khan, A., Khan, S., Kolts, R., Krishnan, K.R.R., & Brown, W. (May, 2003). *Heterogeneity of Placebo Response and Drug-Placebo Differences in Psychopharmacology Clinical Trials*. Presented at the 2003 convention of NIMH's New Clinical Drug Evaluation Unit, Boca Raton, FL.
- Khan, A., Khan, S., Kolts, R.L., & Brown, W. (May, 2003). *Research Design Features Associated with Antidepressant Clinical Trial Outcome*. Presented at the 2003 convention of NIMH's New Clinical Drug Evaluation Unit, Boca Raton, FL.
- Weston, J., Stigall, M., Kolts, R.L., & Watkins, P. (May, 2003). *Trait gratitude and social support in a college sample*. Poster presented at the 2003 convention of the Western Psychological Association, Vancouver, BC, Canada.
- Whitney, A., Watkins, P., Gibler, A., McComb, D., & Kolts (May, 2003). *Grateful traits: Big-5 markers of grateful people*. Poster presented at the annual meeting of the Western Psychological Association, Vancouver, BC, Canada.
- Khan, A., Khan, S., Walens, G., Kolts., R.L., & Giller, E. (December, 2002). *Frequency of positive studies among fixed and flexible dose antidepressant clinical trials: an analysis of FDA SBA reports*. Poster presented at the 41st Annual Convention of the American College of Neuropsychopharmacology, San Juan, Puerto Rico.
- Khan, A., Khan, S., Kolts, R.L., Baldessarini, R.J., & Brown, W.A. (December, 2002). *Suicide rate with SSRI antidepressants compared to other antidepressants and placebo in antidepressant clinical trials: an analysis of the FDA SBA reports*. Poster presented at the 41st Annual Convention of the American College of Neuropsychopharmacology, San Juan, Puerto Rico.
- Pierce, C., Benson, K., Fouad, B., Johnson, T., Graham, B., & Kolts, R.L. (November, 2002). *Social support, fear of intimacy, and posttraumatic growth*. Poster presented at the convention of the International Society for Traumatic Stress Studies, Baltimore, MD.
- Schoonover, S., DeMars, S., Rossi, K., Kraft, S., & Kolts, R.L. (April, 2002). *Perceived controllability and dissociation in trauma survivors*. Poster presented at the convention of the Western Psychological Association, Irvine, CA.
- Masingale, A.M., Galvan, N., Schoonover, S., Kraft, S., Burton, R., Waring, S., Fouad, B. Tracy, J., Phillips, S., Kolts, R.L., & Watkins, P. (December, 2001). *Gratitude and posttraumatic symptomatology in a college sample*. Poster presented at the convention of the International Society for Traumatic Stress Studies, New Orleans, LA.
- Masingale, A., Jones, S., Kraft, S., Bishop, K., Galvan, N., Kolts, R.L., & Koffman, S.D. (November, 2000). *Exploring cognitive variables in trauma survivors*. Poster presented at the convention of the International Society for Traumatic Stress Studies, San Antonio, TX.
- Kolts, R.L., Lombardo, T.W., & Bynum, M. (April, 2000). *Generalizing PTSD and short-term memory findings: a systematic replication*. Poster presented at the convention of the Western Psychological Association, Portland, OR.
- Koch, L.M., Kolts, R.L., & Gross, A. (April, 2000). *Black English and code-switching: a variable in intra-racial perception*. Poster presented at the convention of the Western Psychological Association, Portland, OR.

- Kolts, R.L., Bynum, M., & Lombardo, T.W. (November, 1999). *Effects of trauma-cueing on short-term memory performance in college students with PTSD*. Poster presented at the convention of the Association for the Advancement of Behavior Therapy, Toronto, Canada.
- Bragdon, R., Gray, M.J., Kolts, R., Heuton, D., Pumphrey, J., Bynum, M., & Lombardo, T.W. (October, 1999). *Convergent validity of a brief paper and pencil measure of Posttraumatic Stress Disorder (MPSS-SR) with a structured clinical interview (CAPS)*. Poster presented at the meeting of the Mississippi Psychological Association, Biloxi, MS.
- Bragdon, R., Gray, M.J., Kolts, R., Heuton, D., Pumphrey, J., Bynum, M., & Lombardo, T.W. (October, 1999). *Prevalence of Posttraumatic Stress Disorder and Types of Trauma Encountered in a Sample of 799 College Undergraduates*. Poster presented at the meeting of the Mississippi Psychological Association, Biloxi, MS.
- Lombardo, T.W., Heuton, D., Kolts, R.L., Gray, M., Pumphrey, J.E., & Parker, L.L. (November, 1997). *Critical incident exposure and PTSD in police officers*. Poster presented at the convention of the Association for Advancement of Behavior Therapy, Miami, FL.
- Kolts, R.L., Heuton, D., Gray, M., Parker, L.L., Pumphrey, J.E., & Lombardo, T.W. (November, 1996). *Peritraumatic dissociation as a risk factor for PTSD in police officers*. Poster presented at the convention of the Association for Advancement of Behavior Therapy, New York, NY.
- Kolts, R.L., Heuton, D., Pumphrey, J.E., Parker, L., Gray, M.J., & Lombardo, T.W. (September, 1996). *Dissociation and trauma: Predicting PTSD symptomatology in police officers*. Poster presented at the convention of the Mississippi Psychological Association, Biloxi, MS.
- Mendolia, M., Kolts, R.L., Koch, L.K., and Olive, B.R. (June, 1996). *Repressors' appraisal of facial expressions is altered after receiving success and failure feedback*. Poster presented at the 8th Annual Convention of the American Psychological Society, San Francisco, CA.
- Heuton, D., Kolts, R., & Lombardo, T.W. (November, 1995). *Posttraumatic stress disorder in law enforcement personnel*. Poster presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C.
- Kolts, R., Heuton, D., & Lombardo, T.W. (September, 1995). *Posttraumatic stress disorder in rural law enforcement officers*. Poster presented at the meeting of the Mississippi Psychological Association, Biloxi, MS.
- Mendolia, M., & Kolts, R.L. (June, 1995). *Repressors' appraisal of facial expressions is altered after receiving self-evaluation feedback*. Poster presented at the 7th Annual Convention of the American Psychological Society, New York, NY.
- Heuton, D., Kolts, R.L., & Lombardo, T.W. (September, 1994). *Prevalence and characterization of Posttraumatic stress disorder in law enforcement personnel*. Paper presented at the meeting of the Mississippi Psychological Association, Biloxi, MS.
- Kolts, R.L., Mendolia, M., Moore, J., & Tesser, A. (July, 1994). *Repressor's attention to emotional stimuli is impaired when self-presentation is threatened*. Poster presented at the 6th Annual Convention of the American Psychological Society, Washington, DC.

PROFESSIONAL CONTINUING EDUCATION WORKSHOPS

- May-June 2019 2-Day Workshop (12 hours): *CFT in Practice: A Layered-Process-and-Practice Approach to Understanding and Practicing Compassion-Focused Therapy*. Sponsored by The Learning Center at Red Willow, Missoula, MT.
- April 2019 2-Day Workshop (12 hours): *CFT Made Simple: A Layered-Process-and-Practice Approach to Understanding and Practicing Compassion-Focused Therapy*. Sponsored by the Boulder Center for Cognitive and Behavioral Therapies, Boulder, CO.
- March 2019 2-Day Workshop (12 hours): *CFT Made Simple: A Layered-Process-and-Practice Approach to Understanding and Practicing Compassion-Focused Therapy*. Sponsored by Compassionfocus Sweden, Stockholm, Sweden.
- March 2018 1-Day Workshop (6 hours): *CFT In Practice: A Layered-Process-and-Practice Approach to Understanding and Practicing Compassion-Focused Therapy*. Sponsored by Zentrum für Achtsamkeit (Center for Mindfulness), Basel, Switzerland.
- March 2018 2-Day Workshop (12 hours): *Applying Compassion-Focused Therapy in the Treatment of Problematic Anger*. Sponsored by ACT-Tage, Switzerland, Winterthur, Switzerland.
- January 2018 2-Day Workshop (12 hours): *CFT Made Simple: A Layered-Process-and-Practice Approach to Understanding and Practicing Compassion-Focused Therapy*. Sponsored by the University of Iceland, Reykjavik, Iceland.
- September 2017 2-Day Workshop (12 hours): *CFT in Practice*. Sponsored by the Outpatient Psychiatry Unit, Vancouver General Hospital, Vancouver, B.C.
- July 2017 2-Day Workshop (12 hours): *Applying Compassion-Focused Therapy in the Treatment of Problematic Anger*. Sponsored by The Compassionate Mind Foundation - France, Caen, France.
- May 2017 2-Day Workshop (12 hours): *Applying Compassion-Focused Therapy in the Treatment of Problematic Anger*. Sponsored by BABCP, Manchester, England.
- May 2017 2-Day Workshop (12 hours): *CFT Made Simple: A Layered-Process-and-Practice Approach to Understanding and Practicing Compassion-Focused Therapy*. Sponsored by ACT Now Ireland, Dublin, Ireland.

- May 2017 2-Day Workshop: *Applying Compassion-Focused Therapy in the Treatment of Problematic Anger*. Sponsored by the Ireland Public Mental Health Service (HSE), Galway, Ireland.
- August 2016 3-Day Workshop (18 hours): *Applying Compassion-Focused Therapy in the Treatment of Problematic Anger*. Sponsored by Kognitiv Terapi Center, Aarhus, Denmark.
- August 2016 2-Day Workshop (12 hours): *Compassion-Focused Therapy for Anger: The True Strength Program*. Sponsored by Kognitiv Terapi Center, Aarhus, Denmark.
- April 2016 2-day Workshop: *CFT Made Simple: An Introduction to Compassion-Focused Therapy*, Sponsored by the Inland Northwest Compassionate Mind Center, Spokane, WA.
- October 2015 1-Day Workshop (6 hours): *CFT Made Simple*. Sponsored by Compassionate Wellbeing, Derby, England.
- April 2015 1-day Workshop (6 hours): *A Compassion-Focused Therapy Approach to Working with Anger*, sponsored by Park Center, Ft. Wayne, IN.
- March 2015 1-day Workshop (6 hours): *Compassionate Capacity: Beyond the Basics of Compassion-Focused Therapy*, sponsored by the Portland Psychotherapy Clinic, Portland, OR.
- March 2015 1-day Workshop (6 hours): *An Introduction to Compassion-Focused Therapy*, sponsored by the Portland Psychotherapy Clinic, Portland, OR.
- Fall 2014 10-Week Online Workshop (15 hours): *Compassion Focused Therapy from the Inside Out*, Sponsored by Practice Ground, Seattle, WA.
- August 2014 2-Day Workshop (12 hours): *Compassion-Focused Therapy for Anger: The True Strength Programme*. Sponsored by Compassionate Wellbeing, Derby, England.
- August 2014 2-Day Workshop (12 hours): *Applying Compassion-Focused Therapy in the Treatment of Problematic Anger*. Sponsored by BABCP, Manchester, England.
- March 2014 1/2 day Workshop (4 hours): *Advanced Compassion-Focused Therapy: Techniques for Helping Clients Deal with Difficult Emotions*. Sponsored by Hope Springs, Norman, OK.

- March 2014 1-day Workshop (6 hours): *Compassion-Focused Therapy: Helping Clients Overcome Shame, Anger, Self-Criticism, and other Difficult Emotions*. Sponsored by Hope Springs, Norman, OK.
- Fall 2013 10-Week Online Workshop (15 hours): *Compassion Focused Therapy from the Inside Out*, Sponsored by Practice Ground, Seattle, WA.
- September 2012 One-day Workshop: *Introduction to Compassion-Focused Therapy*, Sponsored by the Inland Northwest Compassionate Mind Center, Spokane, WA.

GRANTS

- 2012 Eastern Washington University Faculty Research Grant, “Summer Grant to support writing the book, *Cultivating Compassion in Everyday Life*” (\$10,000)
- 2011 Eastern Washington University Faculty Research Grant, “Evaluating a Compassion-Focused Therapy Group for Working with Anger” (\$10,000)
- 2001 Eastern Washington University Faculty Research Grant, “Assessing the Effectiveness of a Comprehensive Family-Based Treatment Program” (\$7500)

REVIEWING ACTIVITIES

- 2017 Program Committee for the 15th Annual World Conference of the Association of Contextual Behavioral Sciences
- 2016 Program Committee for the 14th Annual World Conference of the Association of Contextual Behavioral Sciences
- 2005 - 2016 Program Review Committee, 2006-2018 Conventions of the Western Psychological Association
- 2002 - 2007 *American Journal of Psychiatry*, Member of Statistical Review Board

Ad-hoc Peer Reviewer for:

Archives of General Psychiatry
American Journal of Psychiatry
Journal of Clinical Psychopharmacology
Journal of Injury and Violence Research
International Journal of Psychology
Journal of Interpersonal Violence

Behaviour Research and Therapy
Depression and Anxiety
Sex Roles
Journal of Positive Psychology
Psychological Assessment
Psychological Medicine

PLOS One
Psychology and Psychotherapy: Theory, Research, and Practice
Mindfulness
British Journal of Psychiatry
The Cognitive Behaviour Therapist

Cognitive Therapy and Research
Behaviour Change
Self and Identity

SERVICE: COMMITTEE MEMBERSHIP AND ADVISING

2022	Member, Psychology Counseling Program Admissions Committee
2021-2022	Member, Psychology Counseling Program Assistant Professor Search Committee
2021	Interim Director, Counseling Programs, Eastern Washington University
2021	External Examiner for Michaela Swee's Ph.D. Dissertation Defense, Temple University, Philadelphia, Pennsylvania.
2020	Member, Psychology Department Assistant Professor Search Committee
2018	External Examiner for Lynn Farrell's Ph.D. Defense, University College Dublin, Dublin, Ireland
2018-current	Member, Eastern Washington University School of Psychology/Psychology Department Personnel Committee
2017 – 2018	Member, Psychology Department Lecturer Search Committee
2012 – 2017	Member, College of Social and Behavioral Sciences and Social Work Dean's Faculty Advisory Board
2012 – 2017	Eastern Washington University Psychology Department Personnel Committee
2012 – 2014	Faculty Advisor, Active Minds student group
2007 – 2010	Eastern Washington University Psychology Department Personnel Committee (Chair 2009-2010)
2005 - 2008	Eastern Washington University Counseling and Psychological Services Center Continuing Education/APA Accreditation Committee
2008 - 2009	Eastern Washington University Teaching and Learning Center Board of Governors

2003-2009	Eastern Washington University Disability Support Services Advisory Committee
2002-2005	Eastern Washington University College of Social and Behavioral Sciences Methods Subcommittee of the Social Sciences Integration Project
2001-2005	Eastern Washington University Psychology Department Admissions Committee
2001	Eastern Washington University September 11 Task Force
2000 - 2002	Eastern Washington University Athletic Policy Board
1999 – 2000	Eastern Washington University Mental Health Review Board
1999 – 2005	Eastern Washington University Sexual Assault Task Force
1999 – 2010	Eastern Washington University Psychology Department Research Committee
1999 – 2001	Eastern Washington University Psychology Department Space and Equipment Committee
1999- 2016	Eastern Washington University Psychology Department Clinical Program Coordinating Committee

MEDIA APPEARANCES

April, 2022	“Talking Anger” Interview for the Welcome to Self Podcast (https://drhayleydquinn.com/podcast/episode-18-talking-anger-with-dr-russell-kolts/)
September, 2021	“Managing Anger and Irritability” Interview for Psychologists Off the Clock Podcast (https://offtheclockpsych.com/216-anger-and-irritability/)
March, 2021	“Compassion for Anger” Interview for the Pause Purpose Play Podcast (https://thethomasconnection.co.uk/compassion-for-anger-with-russell-kolts/)
October, 2019	“How Can We Use Compassion to Manage Our Anger?” Interview for National Public Radio’s TED Radio Hour (https://www.npr.org/2019/10/18/769450372/russell-kolts-how-can-we-use-compassion-to-manage-our-anger)

- October, 2018 “Anger,” Interview for Authentic Moments Podcast
(<https://www.iheart.com/podcast/263-authentic-moments-p-28753215/episode/anger-russell-kolts-phd-29978218/>)
- July 2018 “Compassion-Focused Therapy,” Interview for Psychologists Off the Clock Podcast (<https://www.offtheclockpsych.com/podcast/compassion-focused-therapy>)
- February 2018 “Getting Triggered, Anger, and Compassion Focused Therapy,” Interview for Safely Embodied Podcasts
(<https://www.youtube.com/watch?v=m8cUHTwRX9g&t=1s>)
- April 2017 “Managing Anger Through Compassion,” Interview for Shrink Rap Radio Podcast (<http://shrinkrapradio.com/551-managing-anger-through-compassion-with-russell-kolts-phd/>)
- September, 2015 “Anger, Compassion, and What it Means to Be Strong.” Presentation for TEDxOlympia (<https://www.youtube.com/watch?v=QG4Z185MBJE>).
- February, 2015 “Compassion Focused Therapy,” Interview for Meditation Freedom Podcast, (<http://meditationfreedom.com/006-russell-kolts-compassion-focussed-therapy-interview/>)
- August, 2012 “How to Build a Culture of Empathy and Compassion,” interview with Edwin Rutsch, Center for Building a Culture of Empathy,
<http://cultureofempathy.com/References/Experts/others/Russell-Kolts.htm>
- May 9, 2010 “Compassion-Focused Therapy”, appearance on *Just a Theory*, KPBX/KSFC – Spokane Public Radio

COMMUNITY AND UNIVERSITY PRESENTATIONS & PUBLIC WORKSHOPS

- June 2023 Presentation for Young Adults Week at Sravasti Abbey, “Exploring Compassion”
- February 2022 Presentation for the Unitarian Universalist Church of Spokane Meditation Group, “Working Compassionately in Difficult Times”
- February 2022 Presentation for Eagle Family Hour, “Helping Your Student Cope with Seasonal Depression”
- June 2021 Presentation for Young Adults Week at Sravasti Abbey, “Compassion and Coping in Difficult Times”
- May 2021 Keynote Presentation for the EWU at Bellevue College Psychology Student Research Virtual Conference, “Kindness Matters: The Power of Compassion in Therapy and Life”

June 2020	Presentation for Young Adults Week at Sravasti Abbey, "Compassionate and Coping in Difficult Times"
September 2019	Presentation for the Spokane Veterans Forum, "Using Compassion-Focused Therapy to work with Problematic Anger"
August 2019	Presentation for the EWU Dental Hygiene Program Fall Inservice, "Self-Compassion for Academics"
June 2019	Presentation for Young Adults Week at Sravasti Abbey, "Infusing Compassion into Everyday Life"
May 2019	Presentation for the EWU Running Start Graduation Ceremony, "How to Fly like an Eagle"
March 2019	Presentation for the EWU Faculty Commons Speaker Series, "Self-Compassion for Academics"
June 2018	Presentation for Young Adults Week at Sravasti Abbey, "A Compassionate Lifestyle"
May 2018	Presentation for Lutheran Community Services mental health awareness staff training, "Compassion-Focused Therapy for Therapist Self-care"
April 2018	Presentation for the Provost Lecture Series on Social Analysis and Critical Thought, Nevada State College, "Applying Compassion-Focused Therapy in Understanding Privilege and Oppression"
March 2018	Presentation for Universitatsspital-Basel (Univerisity Hospital, Basel, Switzerland), "Working Compassionately with Anger"
January 2018	Panel Member for Eastern Washington University event, "On Cruelty."
November 2017	Presentation for the Spokane Veterans Forum, "Becoming the Best Version of Ourselves."
September 2017	Presentation for the Cheney, WA Kiwanis, "Bringing Compassionate Understanding to Emotions"
September 2017	Presentation for Transitions of Spokane, "Working with Diverse Populations: A Compassion-Focused Therapy Approach"
June 2017	Presentation for Young Adults Week at Sravasti Abbey, "Exploring Compassion"
March, April, June 2017	Presentation for Lutheran Community Services CFT Training Series, "Compassion-Focused Therapy"
February 2017	Presentation for the Unitarian Universalist Church of Spokane meditation group, "Bringing Compassion to Our Everyday Lives"
December 2016	Presentation for the Spokane Veterans Forum, "Working with Suicidal Thoughts and Helping Ourselves Feel Safe"
September 2016	2-Day Invited Public Workshop in Salzburg, Austria: "Living and Working with an Open Heart: Dealing Compassionately With Emotions and Life Difficulties"

September 2016	Presentation for the 2016 Spokane Compassion Games Compassion Forum: “Awakening Compassion for Ourselves and Others”
September 2016	Online Webinar sponsored by Hashimoto Help, Maastricht, Netherlands, “Anger and Immunity” (https://www.youtube.com/watch?v=aR3KxoJoUGY)
June 2016	Presentation for the Unitarian Universalist Church of Spokane, “Compassionate Psychology”
June 2016	Presentation for Young Adults Week at Sravasti Abbey, “Compassion-Focused Therapy”
May 2016	Presentation for the Spokane Rotary #21, “True Strength: Manifesting Compassion”
May 2016	Presentation for the Spokane Veterans Forum, “Helping Yourself and Others Be at Your Best”
February 2016	Presentation for the EWU Days of Happiness program, “The Power of Compassion”
February 2016	Presentation for the Unitarian Universalist Church of Spokane, “Setting the Stage for Compassion”
December 2015	Presentation for the Chapter Meeting of the Spokane Chapter of the Association of Advanced Practice Psychiatric Nurses, “Bringing Compassion to Nursing Practice: Lessons from Compassion-Focused Therapy.”
November 2015	Presentation for the Spokane Veterans Forum, “Becoming the Person You Want to Be.”
August, 2015	Presentation sponsored by the Unitarian Universalist Church of the Palouse Buddhist Fellowship, “Compassion-Focused Therapy”
August, 2015	Workshop sponsored by the Unitarian Universalist Church of the Palouse Buddhist Fellowship, “An Open Hearted Life” (with Thubten Chodron)
June 2015	Presentation for Young Adults Week at Sravasti Abbey, “Meeting Ourselves with Compassion.”
May, 2015	Presentation for the Unitarian Universalist Church of Spokane, “Living an Open-Hearted Life: Practical Ways to Develop Compassion”
March, 2015	Presentation for the EWU CSBS-SW Faculty Book Release Series, “Living with an Open Heart”
December, 2014	Workshop for the Brahm Centre, Singapore, “An Introduction to Compassion-Focused Therapy”
December, 2014	Presentation for Poh Ming Tse Temple, Singapore, “Living with an Open Heart” (with Thubten Chodron).
December, 2014	Presentation for Poh Ming Tse Temple, Singapore, “A Brief Introduction to Compassion-Focused Therapy”
December, 2014	Presentation for Kong Meng San Phor Kark See Monastery, Singapore, “A Brief Introduction to Compassion-Focused Therapy”
December 2014	Presentation for the Spokane Veterans Forum, “Bringing Compassion to Our Relationships”

November, 2014	Presentation for the EWU College of Social and Behavioral Sciences and Social Work's Global Lecture Series, "The Courage to Let Your Heart Break: Mindfulness and Compassion Across Culture and Time"
June 2014	Presentation for Young Adults Week at Sravasti Abbey, "Moving Towards Compassion"
April, 2014	Invited Keynote address for the EWU Housing and Residential Life Dean's List Reception, "Keep Going"
December 2013	Presentation for the Spokane Veterans Forum, "Relating and Working Compassionately with our Challenging Emotions."
April 2013	Workshop for the South Seattle Community Colleagues Student Services Quarterly Professional Development Days, "Working Compassionately in an Educational Setting"
April 2013	Presentation for EWU Pursuit of Happiness week, "Compassion and Connectedness"
March 2013	Presentation for the Spokane Friends of Compassion, "Compassion and Forgiveness in Working with Anger in a Prison Setting"
March 2013	Presentation for the Pacific Lutheran University Psychology Speaker series, "A Brief Introduction to Compassion-Focused Therapy"
December 2012	Presentation for the Spokane chapter of the Peace and Justice Action League, "Doing Compassion-Focused Therapy in Prison Settings"
November 2012	Presentation for the EWU CSBS-SW Faculty Book Release Series, "Using Compassion-Focused Therapy to work with Anger"
October 2012	Presentation for the EWU Eastern Scholars Program, "Working Compassionately with Our Emotions"
September 2012	Presentation for the One Peace Many Paths Pathway to Peace Event: "My Recipe for Peace."
July 2012	Presentation for the Spokane Veterans Forum, "Old Brains and New Brains: Understanding and Working with Challenging Emotions."
June 2012	Workshop for the 2012 EWU Student Affairs Stress Relief Workshop, "Stress Relief with Mindfulness"
May 2012	Presentation for the EWU Student Activities Involvement and Leadership (SAIL) Compassionate Leadership series, "Compassionate Leadership: Understanding and Working with Difficult Emotions"
May 2012	Presentation for the EWU/BCC Psychology Speaker Series, "A Brief Introduction to Mindfulness"
February 2012	Presentation for the EWU Women's & Gender Studies Contemporary Issues in Feminist Research speaker series, "Compassion-Focused Therapy 101: Difficult Emotions, Tricky Brains, and Why We Should Treat Ourselves (and each other) With Compassion"
January 2012	Presentation for the EWU Counseling and Psychological Services Center Student Workshop Series, "Understanding Our Emotions"
October 2011	Presentation for the Spokane Veterans Forum, "Finding Self-Compassion"

July 2011	Workshop for the Heart Shrine Relic Tour, "True Strength: Cultivating Compassion in Everyday Life"
May 2011	Presentation for the EWU Holocaust "More than Remembrance" Day, "From Hate to Compassion"
October 2010	Training for the Hutton Settlement staff meeting, "An Introduction to Compassion-Focused Therapy"
May 2010	Presentation for the EWU Counseling and Psychological Services Center Student Workshop Series, "Using Mindfulness to Work with Difficult Habits"
May 2010	Presentation for the Airway Heights Correctional Center Psychology Staff Meeting, "Introduction to Compassion-Focused Therapy"
March 2010	Presentation for the Spokane Mental Health Predoctoral Intern Training Seminar Series, "Mindfulness for Clinicians"
February 2010	Presentation for the EWU Counseling and Psychological Services Center Student Workshop Series, "Mindful Eating"
April 2009	Presentation for the EWU Counseling and Psychological Services Center Student Workshop Series, "Cultivating Compassion"
March 2009	Presentation for the Spokane Mental Health Predoctoral Intern Training Seminar Series, "Mindfulness for Clinicians"
January 2009	Presentation for the EWU Counseling and Psychological Services Center Student Workshop Series, "Relax by the Count of 10: An Introduction to Mindfulness."
November 2008	Presentation for the Spokane Valley Veterans' Outreach Centers, 16 th Annual Women Veterans' Recognition Day, "Introduction to Mindfulness"
October 2008	Presentation for the EWU Counseling and Psychological Services Center Student Workshop Series, "An Introduction to Mindfulness"
March, 2008	Presentation for the Spokane Mental Health Predoctoral Intern Training Seminar Series, "Cognitive Behavioral Therapy for Traumatized Children and Adolescents"
November, 2007	Presentation for Children's Home Society Staff Training Seminar, "Effective Treatment Approaches for Traumatized Children"
November, 2006	Presentation for the Spokane Mental Health Predoctoral Intern Training Seminar Series, "Cognitive Behavioral Therapy for Traumatized Children and Adolescents"
November, 2006	Presentation for the EWU Counseling and Psychological Services Center Community Workshop Series, "Thinking, Feeling, & Doing: Understanding and Managing Our Lives"
May, 2006	Working for Tamarack Center Staff Training Seminar, "Cognitive and Behavioral Therapy with Traumatized Children and Adolescents"
September, 2005	Presentation for the Spokane Mental Health Predoctoral Intern Training Seminar Series, "Cognitive Behavioral Therapy for Traumatized Children and Adolescents"

April, 2005	Training for the Hate Incident Response Team of Spokane (HIRTS; a subcommittee of the Spokane Task Force on Race Relations), "Providing Effective Therapeutic Responses for Victims of Hate Incidents"
March, 2005	Training for Tamarack Center Staff Training Seminar, "Principles of Effective Intervention with Traumatized Children and Adolescents."
January 2005	Presentation for the Spokane Mental Health Predoctoral Intern Training Seminar Series, "CBT for Traumatized Children and Adolescents: Conceptualization, Strategies, and Techniques."
November, 2004	Training for Lutheran Social Services, "Cognitive-Behavioral Treatment for Traumatized Children and Adolescents"
March 2004	Presentation for the Spokane Mental Health Predoctoral Intern Training Seminar Series, "Applied Aspects of Cognitive Behavioral Therapy for Depression"
February 2004	Presentation for the Spokane Mental Health Predoctoral Intern Training Seminar Series, "An Introduction to Dialectical Behavior Therapy"
May 2002	Presentation for the Spokane Mental Health Intern Training Seminar Series, "Dialectical Behavior Therapy"
November 2001	Presentation for the Eastern Washington University Counseling Center, "Cognitive Behavior Therapy: A Case Conceptualization Approach"
October 2001	Presentation for the Spokane Mental Health Intern Training Seminar Series, "A Case Conceptualization Approach to Cognitive Behavior Therapy"
March 2001	Presentation for the Spokane Mental Health Intern Training Seminar Series, "An Introduction to Dialectical Behavior Therapy"
January 2001	Presentation for the Spokane Mental Health Training Seminar Series, "Cognitive Behavior Therapy"
November 2000	Presentation for the Eastern Washington University Counseling Center, "Conducting Cognitive-Behavioral Therapy"
November 2000	Presentation for the Eastern Washington University Critical Incident Debriefing Team Training, "How to Help a Friend Who Has Been Raped" – Presented by members of the EWU Traumatic Stress Research Team
October 2000	Presentation for the Eastern Washington University Women's Center Fall Speaker Series, "How to Help a Friend Who Has Been Raped" – Presented by members of the EWU Traumatic Stress Research Team
April 2000	Presentation for the Eastern Washington University Women's Center Feminist Research series, "Sex, Drugs, and Attitudes: The relationship between beliefs about alcohol and sexual coercion"
March 2000	Presentation for the Eastern Washington University Counseling Center, "Cognitive-Behavioral Group Therapy for Depression"
February 2000	Presentation for the Spokane United Parcel Service, "Stress: Effects, Awareness, and Management."

November 1999 Presentation for Eastern Washington University Disciplinary Board, “Special issues in assessing sexual assault survivors”

CLINICAL POSITIONS

- 2011-present **Inland Northwest Compassionate Mind Center**
Position: Founder and Director
Duties: Oversee all INCMC operations, conduct workshops, clinical supervision, consultation, and group and individual psychotherapy
- 2010-2014 **Airway Heights Correctional Center**
Position: Volunteer
Duties: Develop and run anger-management groups based upon the Compassion-Focused Therapy Model
- 1999-present **Counseling and Psychological Services**
Eastern Washington University
Position: Psychologist (part-time pro-bono)
Duties: Individual and group psychotherapy, conducting trainings for practicum students
- 1999 - present **Trauma Response Education at Eastern (TREE) Team**
Eastern Washington University
Position: Coordinator and Trainer

PROFESSIONAL AFFILIATIONS

Association for Contextual Behavior Sciences
Board Member, ACBS Compassion-Focused Special Interest Group
Board Member, Washington Chapter, Association for Contextual Behavioral Sciences
Compassionate Mind Foundation – USA
Board Member and Founding Research Chair