

## Michael P. Twohig, Ph.D.

### *Biographical Information*

Name: Michael P. Twohig, Ph.D.  
Position: Professor  
Address: Utah State University, Department of Psychology  
2810 Old Main Hill, Logan, Utah 84322-2810  
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Licensed Psychologist in Utah: 7311791-2501

### *Education*

#### **Graduate:**

**University of Nevada, Reno (APA accredited)**  
Degree: Ph.D., Clinical Psychology  
Attendance: 9/02 – 8/07  
Dissertation: “Acceptance and Commitment Therapy as a Treatment for  
Obsessive Compulsive Disorder”  
Advisor: Steven C. Hayes, Ph.D.

#### **Clinical Internship:** **Vancouver Coastal Health, University of British Columbia, CBT Track (APA accredited)**

Attendance: 9/06 - 8/07  
Supervisor: Maureen L. Whittal, Ph.D.

**University of Wisconsin-Milwaukee**  
Degree: M.S., Psychology  
Attendance: 9/00 - 5/02  
Thesis: “Integration of Acceptance and Commitment Therapy and Habit  
Reversal in the Treatment of Trichotillomania”  
Advisor: Douglas W. Woods, Ph.D.

#### **Undergraduate:** **University of Wisconsin-Milwaukee**

Degree: B.A., Psychology  
Attendance: 9/96 - 5/00

## ***Professional Experience***

**Professor**, 2017-present  
**Associate Professor**, 2012-2017  
**Assistant Professor**, 2007-20012  
Utah State University  
Psychology Department  
Combined Clinical/Counseling Program

**President/Owner, Logan Psychotherapy and Training**, 2022-present  
Psychotherapy subcontracted through Juniper Mental Health, telehealth in Utah

**Director/Clinical Supervisor**, 2009-present  
Sorenson Legacy Foundation Center for Clinical Excellence, Behavioral Health Clinic  
Anxiety Disorders Specialty Clinic, Utah State University

**Clinical Consultant and Researcher**, 9/08—present  
Avalon Hills, Logan UT, residential eating disorders facility

**Sexual Assault Therapist and Prevention Lecturer** 6/05 – 6/06  
Sexual Assault Prevention and Counseling Program  
University of Nevada, Reno

**Forensic Psychology Extern** 9/04 - 7/05  
Lake's Crossing Center  
Sparks, NV

**Intake Coordinator/Clinic Assistant** – 8/02 - 8/04  
Psychological Services Center  
University of Nevada, Reno

**Project Coordinator** – 5/00 – 1/02  
Tic Disorders Specialty Clinic  
University of Wisconsin-Milwaukee

**Line Therapist** – 3/99 – 8/99  
Wisconsin Early Autism Project  
Milwaukee, WI

## **Research**

### ***Grant Activity*** (\*=USU graduate student)

#### **Awarded**

Acceptance and Commitment Therapy (ACT) plus Behavioral Intervention for Misophonia

Dates: October, 2022 – September, 2024

Funding Source: Misophonia Research Fund

Total Costs: \$400,000

Role on Project: PI

Acceptance and Commitment Therapy Training Program for Health Care Providers (ACT-HCP)

Dates: December, 2021 – December, 2024

Funding Source: VA Office of Mental Health and Suicide Prevention

Total Costs: \$1,018,337

Role on Project: Co-Investigator (PI: Lauren Borges)

Title: Pilot Evaluation of Peer-support Coaching to Increase Adherence to Online Self help for College Mental Health

Dates: July, 2020 – June, 2021

Funding Source: USU Office of Research

Amount: \$19,978

Role: Co-Investigator (PI: Levin)

Title: A Process-Based App Intervention Study for Clinical Perfectionism

Dates: January 2020 – January 2022

Funding Source: Association for Contextual Behavioral Science

Amount: \$4,988

Role: Co-Investigator (PI: Ong\*)

Title: Can eHealth Coaching after Early Childhood Hearing Aid Fitting Improve Parents Coping and Child Outcomes?

Dates: July, 2019 – June, 2020

Funding Source: USU Office of Research

Amount: \$19,685

Role: Co-Investigator (PI: Muñoz)

Title: Acceptance and Commitment Therapy and Obsessive Compulsive Disorder

Dates: January 1, 2016 – December 31, 2017  
Funding Source: International OCD Foundation  
Amount: \$100,000  
Role: Principal Investigator

Title: Individualized Financial Education and Values Achievement  
Dates: November 2014 – October 2017  
Funding Source: Department of Workforce Services – Temporary Assistance for Needy Families  
Amount: \$227,500  
Role: ACT Director (10%) (PI: Odum)

Title: National Institutes of Health Clinical Loan Repayment Grant  
Dates: July 2012 – June 2014  
Funding Source: National Institute of Mental Health  
Role: Principal Investigator

Title: Comparison of Multicultural Training Approaches: Traditional and Acceptance-Based Interventions  
Dates: July 2011- June 2012  
Amount: \$5,000  
Funding Source: American Psychological Association, CEMRRAT Grants  
Role: Principal Investigator

Title: Combining Acceptance and Commitment Therapy with Exposure and Response Prevention to Enhance the Treatment of OCD  
Dates: May 2011-April 2013  
Amount: \$50,344  
Funding Source: International OCD Foundation  
Role: Principal Investigator

Title: Acceptance and Commitment Therapy as a treatment for OCD (1 R21 MH074968-01AI)  
Dates: September 2006 – August 2009  
Amount: \$355,346 total (\$53,000 total subcontracted to USU)  
Funding Source: National Institute of Mental Health  
Role: Co-Principal Investigator (50%) (Hayes, PI)

Title: Acceptance- and Values-Based Multicultural Training to increase multicultural competency and engagement in applied faculty members and graduate students  
Dates: June 2007-May 2008  
Amount: \$3,600  
Funding Source: American Psychological Association, CEMRRAT Grants  
Role: Principal Investigator

Title: Assessment and treatment of scrupulosity type obsessive compulsive disorder  
Dates: July 2007-June 2008

Amount: \$14,424 USU internal grant  
Funding Source: Utah State University, New Faculty Research Grant  
Role: Principal Investigator

Title: Psychological treatment of obsessive compulsive disorder  
Date: 2005  
Amount: \$540  
Funding Source: Graduate Student Association, University of Nevada, Reno  
Role: Principal Investigator

Title: Investigating the efficacy of combined Habit Reversal and Acceptance and Commitment Therapy as a treatment for trichotillomania: A pilot investigation  
Date: 2002  
Amount: \$6,000 total  
Funding Source: Trichotillomania Learning Center  
Role: Co-Investigator (Woods, PI)

## Other Funding

Trichotillomania research funding  
Date: January 2023  
Amount: \$30,000  
Funding Source: Donation Huntsman Foundation  
Role: Principal Investigator

Trichotillomania research funding  
Date: January 2022  
Amount: \$15,000  
Funding Source: Donation Huntsman Foundation  
Role: Principal Investigator

Title: Wed-based treatment of adults with trichotillomania  
Purpose: Supported randomized trial  
Date: March 2020 --2022  
Amount: \$50,000  
Funding Source: Donation Huntsman Foundation  
Role: Principal Investigator

Title: Telehealth treatment of adolescent trichotillomania  
Purpose: Supported randomized trial  
Date: December 2017--2020  
Amount: \$50,000  
Funding Source: Donation Huntsman Foundation  
Role: Principal Investigator

Title: Avalon Hills Residential Eating Disorders Treatment Center  
Purpose: Supports 20 hour a week graduate RA for data collection and analysis at Avalon Hills  
Date: August 2008- present  
Amount: Approximately \$20,000 annually  
Funding Source: Contract with Avalon Hills  
Role: Principal Investigator

## Research Consulting

Title: Addressing the Veterinarian Mental Health Crisis through an ACT-Based Program  
Dates: September 15, 2020-August 14, 2023  
Site: Kent State University  
Source: Robert Wood Johnson Foundation  
Mechanism: Clinical Scholars Program, Award #77885  
PI: Spitznagel  
Total Budget: \$432,000

Title: Acceptance Enhanced Behavior Therapy for Trichotillomania (R01 MH080966)  
Dates: 2008-2013  
Site: Milwaukee, WI  
Source: National Institute of Mental Health  
Role: Consultant (Woods, PI)

## ***Publications***

(\* = USU graduate student coauthor, \*\* = USU undergraduate student coauthor)

### **Books**

*Many of these books have been translated to other languages including Farsi, Russian, Spanish, Finnish, Italian, and Korean.*

12. **Twohig, M. P.**, Petersen, J. M.\*, Capel, L. K.\*, Levin, M. E. (Under contract). *Stop Pulling: Leveraging Cutting Edge science to overcome trichotillomania*. New York: Oxford University Press.
11. Krafft J., Ong, C. W., **Twohig, M. P.**, & Levin, M. E. (under contract). *Making space: Acceptance and commitment therapy skills to overcome hoarding and free yourself from clutter*. San Francisco, CA: New Harbinger Press.
10. Muñoz, K., & **Twohig, M. P.** (under contract). *Person and Family-Centered Care in Audiology*. New York: Oxford Press.
9. Woods. D. W., & **Twohig, M. P.** (2023). *Trichotillomania: An ACT-enhanced behavior therapy approach therapist guide (Second Edition)*. New York: Oxford Press.
8. Woods. D. W., & **Twohig, M. P.** (2023). *Trichotillomania: An ACT-enhanced behavior therapy approach workbook (Second Edition)*. New York: Oxford Press.
7. **Twohig, M. P.**, Levin, M. E., & Petersen, J. M.\* (2023). *Oxford University Press Handbook of Acceptance and Commitment Therapy*. New York: Oxford Press.
6. Ong, C. W.\*, & **Twohig, M. P.** (2022). *The Anxious Perfectionist: How to Manage Perfectionism-Driven Anxiety Using Acceptance and Commitment Therapy*. San Francisco, CA: New Harbinger Press.
5. **Twohig, M. P.**, Levin, M. E., & Ong, C. W.\* (2020). *ACT in steps: A session-by-session guide to implementing Acceptance and Commitment Therapy*. New York: Oxford Press.
4. Levin, M. E., **Twohig, M. P.**, & Krafft, J.\* (2020) *Innovations in Acceptance and Commitment Therapy*. San Francisco, CA: New Harbinger Press.
3. **Twohig, M. P.**, & Hayes, S. C. (2008). *ACT verbatim for depression and anxiety: Annotated transcripts for learning acceptance and commitment therapy*. San Francisco, CA: New Harbinger Press.
2. Woods. D. W., & **Twohig, M. P.** (2008). *Trichotillomania: An ACT-enhanced behavior therapy approach therapist guide*. New York: Oxford Press.

1. Woods, D. W., & **Twohig, M. P.** (2008). *Trichotillomania: An ACT-enhanced behavior therapy approach workbook*. New York: Oxford Press.

### Refereed Journal Articles

227. Capel, L.K.\* , Woolley, M.G.\* , **Twohig, M.P.** (in press). Psychosocial treatment of trichotillomania: A review. *Cognitive & Behavioral Practice*.
226. Barber, K. E., Woods, D. W., Deckersbach, T., Bauer, C. C., Compton, S. N., **Twohig, M. P.**, Ricketts, E. J., Robinson, J., Saunders, S. M., & Franklin, M. E. (2024). Neurocognitive functioning in adults with trichotillomania: Predictors of treatment response and symptom severity in a randomized control trial. *Behaviour Research and Therapy*, 104556. <https://doi.org/10.1016/j.brat.2024.104556>
225. San Miguel, G. G.\* , Woolley, M. G.\* , Lee, E. B., Smith, B. M., Cuiyanos, D., Levin, M. E., & **Twohig, M. P.** (in press). Serial Mediation Analysis of Psychological Inflexibility and Daytime Insomnia Rumination in the Relationship Between Dysfunctional Beliefs About Sleep and Insomnia in College Students. *Journal of Cognitive Psychotherapy*.
224. Davis, C. H.\* , **Twohig, M. P.**, & Levin, M.E. (2024). Examining processes of change for acceptance and commitment therapy and cognitive behavioral therapy self-help books with depressed college students. *Cognitive Behaviour Therapy*.
223. Petersen, J. M.\* , Donahue, M. L.\* , Capel, L. K.\* , Bowers, E. M.\* , Woolley, M. G.\* , Boghosian, S., & **Twohig, M. P.** (2024). Telehealth acceptance and commitment therapy for adolescents with transdiagnostic health-related anxiety: A randomized controlled trial. *Journal of Contextual Behavioral Science*, 32, 100764.
222. Donahue, M.L.\* , Fruge, J.E.\* , Andersen, F.J.\* , & **Twohig, M.P.** (2024). Acceptance and commitment therapy (ACT) among U.S. Veterans: A systematic review. *Journal of Contextual Behavioral Science*, 32, 100731.
221. Barber, K. E., Woods, D. W., Ely, L. J., Saunders, S. M., Compton, S. N., Neal-Barnett, A., Franklin, M. E., Capriotti, M. R., Conelea, C. A., & **Twohig, M. P.** (2024). Long-term Follow-up of Acceptance-Enhanced Behavior Therapy for Trichotillomania. *Psychiatry Research*, 333, 115767.
220. Petersen, J.M.\* , Barney, J.L.\* , Capel, L.K.\* , Woolley, M.G.\* , Lensegrav-Benson, T., Quakenbush-Roberts, B., **Twohig, M.P.** (2024). Self-compassion and body image inflexibility as mediators of outcomes in a residential eating disorder sample. *Eating Disorders: The Journal of Treatment and Prevention*, 32, 369-386.
219. Grigsby, S.\* , Muñoz, K., San Miguel, G.G.\* , **Twohig, M.P.** (2024). Discussing patient emotions in audiology: provider experiences with the implementation process of hearing loss psychological inflexibility screenings. *American Journal of Audiology*, 33, 354-368.



218. **Twohig, M. P.**, Capel, L. K.\*, & Levin, M. E. (In Press). A review of research on acceptance and commitment therapy for anxiety and obsessive compulsive and related disorders, *Psychiatric Clinics*.
217. Donahue, M. L.\* & **Twohig, M. P.** (2024). ACT-Enhanced Behavior Therapy for a Hispanic Adult with Trichotillomania: A Case Report. *Clinical Case Studies*, 4, 255-266.
216. Levin, M. E., Krafft, J. & **Twohig, M. P.** (2024). An overview of research on acceptance and commitment therapy. *Psychiatric Clinics*, 47, 419-431.
215. Farley, C. D.\* & **Twohig, M. P.** (2023). Merging Acceptance and Commitment Therapy with exposure exercises to treat social anxiety in a teen. *Clinical Case Studies*, 23(3), 186–200. <https://doi.org/10.1177/15346501231217745>
214. Davis, C. H.\*, Klimczak, K.S.\*, Aller, T. B., **Twohig, M. P.**, & Levin, M.E. (2024). Reach, adoption, and maintenance of online acceptance and commitment therapy at a university: An implementation case study. *Psychological Services*, 21, 355-361.
213. Krafft, J.\*, Petersen, J. M.\*, Ong, C.\*, **Twohig, M. P.**, & Levin, M. E. (2023). Making Space: A randomized waitlist-controlled trial of an acceptance and commitment therapy website for hoarding. *Journal of Obsessive-Compulsive and Related Disorders*, 39, 100846
212. Davis, C.H.\*, Donahue, M.\*, Gaudiano, B.A., Uebelacker, L.A., **Twohig, M.P.**, & Levin, M.E. (2024). Adding online storytelling-based acceptance and commitment therapy to antidepressant treatment for primary care patients: A randomized clinical trial. *Cognitive Behaviour Therapy*, 53, 48-69.
211. Barber, K. E., Capel, L. K., Merl, N., **Twohig, M. P.**, Saunders, S. M., Compton, S. N., Franklin, M. E., & Woods, D. W. (2024). Pulling sites in trichotillomania: Exploring differences in characteristics, phenomenology, and contextual variables. *Cognitive Therapy and Research*, 48, 164-176.
210. Capel, L. K.\*, Petersen, J. M.\*, Levin, M. E., **Twohig, M. P.** (2024). Moderators and preliminary processes of change in a randomized controlled trial of a fully automated, website delivering AEBT for adults with trichotillomania. *Cognitive Therapy and Research*, 48, 107-118.
209. **Twohig, M. P.**, Seydavi, M., Capel, L. K.\*, Levin, M. E., & Akbari, M. (in press). Scoping Review of Acceptance and Commitment Therapy for Obsessive-Compulsive Disorder in Iran. *Journal of Cognitive Psychotherapy*.

208. Barber, K. E., Woods, D. W., Bauer, C. C., **Twohig, M. P.**, Saunders, S. M., Compton, S. N., & Franklin, M. E. (2024). Psychometric properties of trichotillomania severity measures. *Cognitive Therapy and Research, 48*, 18-29.
207. Muñoz, K., Guillen, D.\* , Muñoz, C., & **Twohig, M. P.** (2023). Pediatric hearing aid management: experiences and perspectives of Spanish-speaking parents. *American Journal of Audiology, 32*, 812-822.
206. Muñoz, K., Markle, K., San Miguel, G.G.\* , & **Twohig, M.P.** (2023). Increasing pediatric hearing aid use: considerations for clinical practice. *American Journal of Audiology, 32*, 665-670.
205. Capel, L.K.\* , Petersen, J.M.\* , Woods, D. M., Marcks, B. A., & **Twohig, M. P.** (2024). Mental health providers' knowledge of trichotillomania and skin picking disorder, and their treatment. *Cognitive Therapy and Research, 48*, 30-38.
204. Krafft, J.\* , Petersen, J. M.\* , Ong, C.\* , **Twohig, M. P.**, & Levin, M. E. (2023). Processes of change in online acceptance and commitment therapy for hoarding. *Journal of Contextual Behavioral Science, 28*, 298-206.
203. Ong, C. W., Woods, D. W., Franklin, M. E., Saunders, S. M., Neal-Barnett, A. M., Compton, S. N., & **Twohig, M. P.** (2023). The role of psychological flexibility in acceptance-enhanced behavior therapy for trichotillomania: Moderation and mediation findings. *Behaviour Research and Therapy, 164*, 104302
202. **Twohig, M. P.**, Arch, J. J., & Stewart I. (2023). Introduction to the special issue on the ACBS taskforce report. *Journal of Contextual Behavioral Science, 28*, 78-80.
201. Spitznagel M. B., Martin J. T., Was C., Updegraff A. S. G., Sislak M., Wiborg L., Fulkerson C. M., **Twohig M. P.** (2023). Self-paced acceptance and commitment training program reduces burden transfer, stress, and burnout in veterinary healthcare teams. *Journal of the American Veterinary Medical Association, 261*, 907-916
200. Capel, L.K.\* , Petersen, J.M.\* , Becker, M.R.\*\* , Levin, M.L., **Twohig, M.P** (2023). The efficacy and feasibility of a fully automated, web-based acceptance enhanced behavioral treatment for trichotillomania in adults: A randomized waitlist-controlled trial. *Journal of Obsessive-Compulsive and Related Disorders, 37*, 100800.
199. Gruner, N.G., Cullen, J.M., Crosby, J.M., DeCross, S.N., Mathes, B., Garner, L., Gironda, C., Hu, Y., Krompinger, J.W., Elias, J.A., & **Twohig, M.P.** (in press). Investigating an Acceptance and Commitment Therapy-based exposure therapy intervention in treatment-refractory OCD and related disorders: Changes in psychological flexibility, treatment engagement, and treatment perceptions. *Journal of Cognitive Psychotherapy.*

198. Klimczak, K. S.\*, San Miguel, G. S.\*, Mukasa, N. M.\*, **Twohig, M. P.**, & Levin, M. E. (2023). A systematic review and meta-analysis of online Acceptance and Commitment Therapy as a transdiagnostic self-help intervention. *Cognitive Behaviour Therapy*, 52, 269-294.
197. Johnson, K. R., Muñoz, K., San Miguel, G. G., & **Twohig, M.** (2023). EHealth coaching: Counseling characteristics of coaches used with parents. *Perspectives of the ASHA Special Interest Groups*, 8, 88-93.
196. Davis, C., **Twohig, M. P.**, & Levin, M. E. (2023). Choosing ACT or CBT: A Preliminary Test of Incorporating Client Preferences for Depression Treatment with College Students. *Journal of Affective Disorders*, 325, 413-420.
195. Klimczak, K. S.\*, **Twohig, M. P.**, Peacock, G. G., & Levin, M. E. (2023). Using peer-support coaching to improve adherence to online ACT self-help for college mental health: A randomized controlled trial. *Behaviour Research and Therapy*, 160, 104228.
194. San Miguel, G. G.\*, Muñoz, K., Barrett, T.S, & **Twohig, M.P.** (2022). Acceptance and Action Questionnaire-Adult Hearing Loss (AAQ-AHL): Validation with hearing aid users. *International Journal of Audiology*.
193. Petersen, J.M.\*, Capel, L.K.\*, Levin, M.E., & **Twohig, M.P.** (2022). Moderators and processes of change in a pilot randomized controlled trial of acceptance-enhanced behavior therapy for trichotillomania in adolescents. *Journal of Obsessive-Compulsive and Related Disorders*, 35, 100757.
192. Woods, D. W., Ely, I. J., Bauer, C. C., **Twohig, M. P.**, Saunders, S., Compton, S. N., Espil, F. M., Neal-Barnett, A., Alexander, J., Walther, M. R., Cahill, S. P., Deckersbach, T., & Franklin, M. E. (2022). Acceptance-Enhanced Behavior Therapy for Trichotillomania in Adults: A Randomized Controlled Trial. *Behaviour Research and Therapy*, 158, 104487.
191. Petersen, J. M.\* & **Twohig, M. P.** (2023). Acceptance and commitment therapy for a child with misophonia: A case study. *Clinical Case Studies*, 22, 211-223.
190. Akbari, M., Seydavi, M., Davis, C. H.\*, Levin, M. E., **Twohig, M. P.** & Zamani, E. (2022). The current status of Acceptance and Commitment Therapy (ACT) in Iran: A systematic narrative review. *Journal of Contextual Behavioral Science*, 26, 85-96.
189. Zemestani, M., Hosseini, M., Petersen, J. M.\*, & **Twohig, M. P.** (2022). A pilot randomized controlled trial of culturally-adapted, telehealth group acceptance and commitment therapy for Iranian adolescent females reporting symptoms of anxiety. *Journal of Contextual Behavioral Science*, 25, 145-152.

188. Petersen, J.\* , M., Zurita Ona, P., **Twohig, M. P.** (2024). A Review of Acceptance and Commitment Therapy (ACT) for Adolescents: Developmental and Contextual Considerations. *Cognitive and Behavioral Practice*, 31, 72-89.
187. Muñoz, K., Ortiz, D.\* , Bolinder, C.\*\* , & **Twohig, M. P.** (2022). Intervention research to increase pediatric hearing device use: A scoping review. *American Journal of Audiology*, 31, 1312-1319.
186. Ong, C. W.\* , Lee, E. B.\* , Levin, M. E., & **Twohig, M. P.** (2022). Online process-based training for clinical perfectionism: A randomized trial. *Behaviour Research and Therapy*, 156, 104152.
185. Spitznagel M., Updegraff A. S. G., Was C., Martin J.T., Sislak M., Wiborg L., **Twohig M. P.** (2022). Acceptance and commitment training program reduces burden transfer, stress, and burnout in veterinary healthcare teams. *Journal of the American Veterinary Medical Association*, 260, 1554-1561.
184. Petersen, J. M.\* , Barney, J. L.\* , Fruge, J. E.\* , Lee, E. B.\* , Levin, M. E., & **Twohig, M. P.** (2022). Longitudinal outcomes from a pilot randomized controlled trial of telehealth acceptance-enhanced behavior therapy for adolescents with trichotillomania. *Journal of Obsessive-Compulsive and Related Disorders*, 33, 100725.
183. Laurito, L. D., Loureiro, C. P., Faro, L., Dias, R. V., Torres, B. Moreira-de-Oliveira, M. E., dos Santos-Ribeiro, S., de Menezes, G. B., Fontenelle, L. F., Davis, C. H.\* , **Twohig, M. P.** (2022). Acceptance and Commitment Therapy for Obsessive Compulsive Disorder in a Brazilian Context: Treatment of Three Cases. *Journal of Contextual Behavioral Science*, 24, 134-140.
182. Bucholz, J. L., Abramowitz, J. S., Hellberg, S. N., Ojalehto, H. J., & Twohig, M. P. (2023). Different psychological processes in traditional and ACT-enhanced ERP for OCD. *Journal of Cognitive Psychotherapy: An International Quarterly*, 37, 239-251.
181. Ong, C. W.\* , Petersen, J. M.\* , Terry, C. L.\*\* , Krafft, J., Barney, J. L.\* , Abramowitz, J. S., & **Twohig, M. P.** (2022). The “how” of exposures: Examining the relationship between exposure parameters and outcomes in obsessive-compulsive disorder. *Journal of Contextual Behavioral Science*, 24, 87-95.
180. San Miguel, G. G., Muñoz, K., Barrett, T.S, & Twohig, M.P. (2023). Moderators and predictors in a parent hearing aid management eHealth program. *International Journal of Audiology*, 62, 410-417.
179. Petersen, J. M.\* , Davis, C. H.\* , Renshaw, T. L., Levin, M. E., & Twohig, M. P. (2023). School-based acceptance and commitment therapy for adolescents with anxiety: A pilot trial. *Cognitive and Behavioral Practice*, 30, 436-452.

178. Capel, L. K.\*, Zurita-Ona, P., Muller, C., **Twohig, M. P.** (2023). An Open Trial of Acceptance and Commitment Therapy and Exposure and Response Prevention in an Intensive Outpatient Setting for Adults with OCD. *Cognitive and Behavioral Practice*, 30, 218-228.
177. Petersen, J. M.\*, Zurita Ona, P., Blythe, M., Möller, C.M., **Twohig, M.P.** (2022). Intensive outpatient acceptance and commitment therapy with exposure and response prevention for adolescents. *Journal of Contextual Behavioral Science*, 23, 75-85.
176. Barney, J.L.\*, Barrett, T.S., Lensegrav-Benson, T., Quakenbush, B., **Twohig, M.P.** (2022). Examining a mediation model of body image-related cognitive fusion, intuitive eating, and eating disorder symptom severity in a clinical sample. *Eating and Weight Disorders – Studies on Anorexia, Bulimia, and Obesity*, 27, 2181-2192.
175. Nichols, N., Muñoz, K., San Miguel, G. G., & Twohig, M. P. (2022). EHealth Education and support for Pediatric Hearing Aid Management: Parent goals, questions, and challenges. *American Journal of Audiology*, 31(1), 189–203. [https://doi.org/10.1044/2021\\_aja-21-00098](https://doi.org/10.1044/2021_aja-21-00098)
174. Petersen, J. M.\*, Barney, J. L.\*, Barrett, T.S., Lensegrav-Benson, T., Quakenbush-Roberts, B., & **Twohig, M.P.** (2023). Values engagement as a predictor of eating disorder severity in female adolescents with eating disorders. *Eating Disorders: The Journal of Treatment and Prevention*, 31, 388-404.
173. Ong, C. W.\*, Terry, C. L.\*\*, Levin, M. E., & **Twohig, M. P.** (2023). Examining the feasibility and effectiveness of online acceptance and commitment therapy self-help in a quasi-stepped care model. *Psychological Services*, 20, 166.
172. Muñoz, K., Whicker, J. J.\*, Ong, C. W.\*, & **Twohig, M. P.** (2021). Factors Associated with the Psychosocial Wellbeing Among Parents of Children who are Deaf or Hard-of-hearing. *Journal of Early Hearing Detection and Intervention*, 6, 1-8.
171. Petersen, J. M.\* & **Twohig, M. P.** (2023). Sexual orientation intrusive thoughts and well-being: The mediating role of psychological inflexibility. *Journal of Cognitive Psychotherapy*, 37, 142-155.
170. Krafft, J.\*, Ong, C. W.\*, Davis, C. H.\*, Petersen, J. M.\*, Levin, M. E., & **Twohig, M. P.** (2022). An open trial of group acceptance and commitment therapy (ACT) with an adjunctive mobile app for generalized anxiety disorder (GAD). *Cognitive and Behavioral Practice*, 29, 846-859.

169. Ong, C. W.\*, Lee, E. B.\*, Petersen, J. M.\*, Levin, M. E., & **Twohig, M. P.** (2021). Is perfectionism always unhealthy? Examining the moderating effects of psychological flexibility and self-compassion. *Journal of Clinical Psychology, 77*, 2576-2591.
168. Spitznagel M. B., Updegraff A. S. G., **Twohig M. P.**, Carlson M. D., Fulkerson C. M. (2022). Reducing occupational distress in veterinary medicine personnel with acceptance and commitment training: A pilot study. *New Zealand Veterinary Journal, 70*, 319-325.
167. Barney, J. L.\*, Barrett, T. S., Lensegrav-Benson, T., Quakenbush, B., & **Twohig, M. P.** (2021). Confirmatory factor analysis and measurement invariance of the cognitive fusion questionnaire-body image in a clinical eating disorder sample. *Body Image 38*, 262-269.
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  3. Hayes, S. C., Smith, S., Lillis, J., & **Twohig, M. P.** (2005). Doing it. In S. C. Hayes & S. Smith. *Get out of your mind and into your life* (pp. 171-194). Oakland, CA: New Harbinger.

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1. Woods, D. W., & **Twohig, M. P.** (2001). Habit reversal treatment manual for oral-digital habits. In D. W. Woods & R. G. Miltenberger (Eds.), *Tic disorders, trichotillomania, and other repetitive behavior disorders: Behavioral approaches to analysis and treatment* (pp. 241-268). Norwell, MA: Kluwer Academic Publishers.

### Encyclopedia Entries

12. Capel, L. K.\*, & **Twohig, M. P.** (2023). Perfectionism. D.G. Freedman-Wheeler. *The SAGE Encyclopedia of Mood and Anxiety Disorders*. Thousand Oaks, California: Sage Publications.
11. Davis C. H., Levin M. E., & **Twohig, M. P.** (2023). Acceptance-Based Behavioral Therapies. In S. Alexis (editor). *SAGE Encyclopedia of Multicultural Counseling, Social Justice and Advocacy*. Thousand Oaks, California: Sage Publications.
10. \*Lee, E. B. & **Twohig, M. P.** (2017). Trichotillomania. In A. E. Wenzel (Ed.). *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, California: Sage Publications.
9. Levin, M. E., \*Haeger, J., & **Twohig, M. P.** Relational Frame Theory. (2017). In A. Wenzel (Ed.). *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, California: Sage Publications
8. \*Smith, B. M., Levin, M. E., & **Twohig, M. P.** Acceptance and Commitment Therapy. (2017) In A. E. Wenzel (Ed.). *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, California: Sage Publications
7. **Twohig, M. P.**, & \*Peterson, K. A. (2011). Trichotillomania. In S. Goldstein and J. Naglieri (Eds.), *Encyclopedia of Child Behavior and Development* (pp. 1505-1508). New York: Springer.
6. Codd, R. T., & **Twohig, M. P.** (2011). Obsessive compulsive disorder. In S. Goldstein and J. Naglieri (Eds.), *Encyclopedia of Child Behavior and Development* (pp. 1032-1036). New York: Springer.
5. \*Crosby J. M., & **Twohig, M. P.** (2011). Habit reversal. In S. Goldstein and J. Naglieri (Eds.), *Encyclopedia of Child Behavior and Development* (pp. 719-721). New York: Springer.

4. **Twohig, M. P.**, & Friman, P. C. (2004). Personality theories: Operant. In T. S. Watson & C. H. Skinner (Eds.), *Comprehensive encyclopedia of school psychology* (pp. 239-242). Norwell, MA: Kluwer Academic/Plenum.
3. **Twohig, M. P.**, & Friman, P. C. (2003). Tic disorders: Tourette's Disorder, Chronic tic disorder, and transient tic disorder. In T. H. Ollendick & C. S. Schroeder (Eds.), *Encyclopedia of pediatric and child psychology*. (pp. 669-671). Norwell, MA: Kluwer Academic/Plenum.
2. **Twohig, M. P.**, & Friman, P. C. (2003). Habit reversal. In T. H. Ollendick & C. S. Schroeder (Eds.), *Encyclopedia of pediatric and child psychology*. (pp.271-272). Norwell, MA: Kluwer Academic/Plenum.
1. Woods, D. W., & **Twohig, M. P.** (2002). Home-based reinforcement. In M. Hersen & W. Sledge (Eds.), *The encyclopedia of psychotherapy* (pp. 937-941). USA. Academic Press.

### **Book Review in Scholarly Journal**

1. **Twohig, M. P.** (2005). Book review of the anorexia workbook: How to accept yourself, heal your suffering, and reclaim your life. *Revista Latinoamericana De Psicologia*, 37, 404-405.

### **Newsletters**

1. **Twohig, M. P.** (2010). What is acceptance and commitment therapy, what is its effectiveness, and should I look into it? *OCD Newsletter*, 24, 19-21.

### **Popular Writing**

Shipper, D., Ong, C. W., & Twohig, M. P. (2022). *Perfectionism: Why and how to beat it. A guide to doing great work without fixating on flawlessness.*

<https://every.to/superorganizers/perfectionism-why-and-how-to-beat-it>

### ***Works in Progress***

### ***On Demand Online Courses***

**Twohig, M. P.** (Launched October, 2022). ACT for Anxiety Disorders. This is a six module, 12 CE, on demand course that can be purchased from Praxis Continuing Education Training.  
<https://www.praxiscet.com/act-for-anxiety-sneak-peek/>

### ***Invited Presentations and Workshops***

**Twohig, M. P.** (June & August, 2024). *ACT in Steps*. Two-day CEU training delivered to Davis Behavioral Health Layton, UT.

**Twohig, M. P.** (April, 2024). *Acceptance and Commitment Therapy (ACT): Enhancing Your Practice with Acceptance, Self-Compassion, and Values-Based Action*. Two day training delivered over Zoom to the Missouri Behavioral Health Council.

**Twohig, M. P.** (November 2023 and January 2024). *Acceptance and Commitment Therapy in Steps*. A one-day training delivered to the Utah State Hospital in Provo Utah.

**Twohig, M. P.** (October, 2023). *Acceptance and Commitment Therapy and Exposure Exercises in the treatment of Anxiety Disorders*. One day workshop delivered to the Counseling Center at the University of Wisconsin-Milwaukee.

**Twohig, M. P. and various student co-presenters.** (September, 2012, 2013, 2014, 2015, 2016, 2017, 2019, 2022, 2023). *Introduction to Acceptance and Commitment Therapy an experiential workshop*. Two day workshop in Logan, UT.

**Twohig, M. P.** (August, 2023). *ACT-Enhanced Behavior Therapy for Trichotillomania*. One day CEU training delivered over Zoom organized by Juniper Mental Health, Sandy Utah.

**Twohig, M. P.** (August, 2023). *Acceptance and Commitment Therapy as a treatment for OCD and anxiety Disorders*. Two day CEU training delivered to the Neurobehavioral Institute in Fort Lauderdale, FL.

**Twohig, M. P. & Davis C.** (March and April, 2023). *Acceptance and Commitment Therapy for Psychosis*. A two-day training delivered to the Utah State Hospital in Provo Utah.

**Twohig, M. P.** (March, 2023). *ACT in Steps*. One day CEU training delivered to The Association for Utah Community Health in Salt Lake City.

**Twohig, M. P.** (March, 2023). *Acceptance and commitment therapy for anxiety and OCD*. Two day training in Milan, Italy organized by Centro Interazioni Umane.

**Twohig, M. P. & Petersen, J. M.** (October, 2022). *ACT for children and adolescents*. One day CEU training delivered over Zoom organized by Juniper Mental Health, Sandy Utah.

**Twohig, M. P.** (April, 2022). *ACT as a treatment for OCD and anxiety disorders*. Invited Zoom presentation to II International Symposium of Clinical Behavior Analysis, Instituto Brasiliense de Análise do Comportamento.

**Twohig, M. P.** (February, 2022). *ACT in Steps*. One day free CEU training delivered over Zoom via CAPSA to all eligible nonprofit centers in Utah.

- Twohig, M. P.** (October, 2021). *Acceptance and commitment therapy for OCD and the anxiety disorders*. Three-hour CEU training for the New Jersey Association of Cognitive Behavioral Therapists delivered over Zoom.
- Twohig, M. P.** (October, 2021). *ACT and exposure therapy in the treatment of OCD and anxiety disorders*. One day CEU training delivered over Zoom organized by Juniper Mental Health, Sandy Utah.
- Twohig, M. P.** (August, 2021). *How ACT can help to behavior analysts with their own mental health*. Keynote delivered at Utah Association for Behavior Analysis over Zoom.
- Twohig, M. P.** (August, 2021). *An Acceptance and Commitment Training to Address Stress and Increase Motivation*. Three hour workshop delivered at Utah Association for Behavior Analysis over Zoom.
- Zurita Ona P. E. & **Twohig, M. P.** (June, 2021). *Acceptance and commitment therapy for anxiety and obsessive compulsive disorder in adolescents and teens*. Eight-hour training presented over Zoom at the pre-conference of ACBS world conference.
- Twohig, M. P.** (May, 2021). *Acceptance and Commitment Therapy for OCD and Related Disorders*. One-hour CEU training delivered via Zoom or the National VA system.
- Twohig, M. P.** (April, 2021). *Exposure therapy for adolescents*. Three-hour training delivered to La Europa Academy in Murry, UT.
- Twohig, M. P.** (May & April, 2021). *ACT in Steps*. Two-day CEU training delivered to D7 treatment programs in Idaho Falls, ID.
- Twohig, M. P.** (November, 2020). *Acceptance and commitment therapy for anxiety disorders*. One day workshop organized by Centro de Mindfulness e Redução de Estresse, in Rio de Janeiro, Brazil (delivered over Zoom).
- Twohig, M. P.** (September, 2020). *Acceptance and commitment therapy*. One day CEU training delivered to D7 treatment programs. Idaho Falls, ID (delivered over Zoom).
- Twohig, M. P.** (August, 2020). *A modern treatment approach to obsessive and perfectionistic thinking*. One day CEU training delivered to UCEBT. Salt Lake City, UT (delivered over Zoom).
- Twohig, M. P.** (May, 2017; October 2018, January 2020) *Acceptance and commitment therapy for substance use disorders*. One or two day workshop given First Step Substance Abuse Treatment in Salt Lake City, UT.

- Twohig, M. P.** (April, 2019). *Acceptance and commitment therapy for anxiety disorders*. One day workshop organized by Centro de Mindfulness e Redução de Estresse, in Rio de Janeiro, Brazil.
- Twohig, M. P.** (January, 2019). *Changing psychotherapy*. Lecture given as part of USU's Sunrise Sessions in Salt Lake City, UT.
- Twohig, M. P.** (October 2018). *Acceptance and commitment Therapy*. Two day workshop delivered at Kent State, Kent OH.
- Twohig, M. P.** (September, 2018). *Exposure therapy for anxiety disorders*. Two day CEU workshop conducted in Draper, UT.
- Twohig, M. P.** (August, 2018). *Practical use of ACT within behavior analysis*. Keynote delivered at Utah Association for Behavior Analysis in Salt Lake City.
- Twohig, M. P.** (May, 2018). *Acceptance and commitment therapy for obsessive compulsive and related disorders*. One hour training delivered at Association for Behavior Analysis International in San Diego, CA.
- Twohig, M. P.** (April, 2018). *All humans struggle with similar things*. Four hour self-care training delivered to the Utah School for the Deaf and the Blind, Salt Lake City, UT.
- Twohig, M. P.** (April 2018). *An Introduction to Acceptance and commitment Therapy*. Once day workshop delivered at Idaho State University.
- Twohig, M. P.** (January, 2018). *Acceptance and commitment therapy and exposure therapy for obsessive compulsive disorder*. One day workshop conducted in Oakland, CA.
- Twohig, M. P.** (January, 2018). *Skills for enhancing counseling within audiology and speech language pathology*. Three hour training to the Utah School for the Deaf and the Blind delivered via telehealth.
- Twohig, M. P.** (May, 2017) *Acceptance and commitment therapy*. One day workshop given in St. George, UT.
- Twohig, M. P.** (November, 2016). *Acceptance and mindfulness: Acceptance and commitment therapy as an example*. One day CEU training completed for the Idaho Psychological Association in Boise, ID.
- Twohig, M. P.** (September, 2016). *Acceptance and commitment therapy as a treatment for scrupulosity type obsessive compulsive disorder*. Two day CEU training completed for Spring Haven, Inc in Dundee, OH.

- Twohig, M. P.** (June, 2016). *A collaborative approach to translational research: The mutual interest model*. Presidential address delivered at the annual conference of the Association for Contextual Behavioral Science in Seattle, WA.
- Twohig, M. P.** (May, 2016). *Acceptance and commitment therapy for anxiety disorders*. One day workshop organized by Centro de Mindfulness e Redução de Estresse, in Rio de Janeiro, Brazil.
- Twohig, M. P.** (December, 2015). *Acceptance and commitment therapy*. One day workshop delivered to Unita Academy in Logan, UT.
- Twohig, M. P.** (November, 2015). *Acceptance and commitment therapy with treatment resistant PTSD clients*. One hour workshop delivered at the annual BYU Social Work conference.
- Twohig, M. P.** (November, 2015). *Acceptance and commitment therapy: A skills-based training*. Three hour training delivered to Crysalis in Salt Lake City.
- Twohig, M. P.** (October, 2015). *Acceptance and commitment therapy in practice: A 2-day experiential workshop*. Two day CEU workshop delivered in Vancouver, BC, Canada.
- Twohig, M. P.** (July, 2015). *A functional contextual approach to the treatment of OCD and related disorders*. Workshop delivered at the annual conference for the Association for Contextual Behavioral Sciences in Berlin, Germany.
- Twohig, M. P.** (May, 2015). *Skills for enhancing counseling within audiology and speech language pathology*. CEU training sponsored by NCHAM delivered on USU's campus.
- Twohig, M. P.** (August, 2010; September 2011, August 2014; June 2015). *Acceptance and commitment therapy*. One or two day training conducted at the Charlie Norwood VA Medical Center or Eisenhower Army Medical Center in Augusta, GA. Sponsored by the Clinical Internship Program at Eisenhower Army Medical Center.
- Twohig, M. P.** (October, 2014). *Acceptance and Commitment Therapy*. Once day CEU workshop given for the North Dakota Psychological Association in Fargo, ND.
- Twohig, M. P.** (October, 2014). *ACT for OCD and anxiety disorders*. Workshop given at the annual ANZ ACBS conference in Mooloolaba, Australia.
- Twohig, M. P.** (October, 2014). *Contextual behavioral science*. Keynote given at the annual ANZ ACBS conference in Mooloolaba, Australia.
- Twohig, M. P.** (October, 2014). *A modern cognitive behavioural conceptualization and treatment of anxiety disorders*. Two day workshop given at the annual ANZ ACBS conference in Mooloolaba, Australia.

**Twohig, M. P.** (June, 2014). *Acceptance and commitment therapy for anxiety disorders*. One day ACBS preconference workshop provided in Minneapolis, MN.

**Twohig, M. P.** (October, 2013). *Acceptance and commitment therapy research outcomes*. Two hour CEU training provided in Sacramento, CA.

Muñoz, K, **Twohig, M. P.**, Blaiser, K., & Nelson, L. (October 2013). *Parent training and support: Providing a foundation for effective daily management for children with hearing loss*. One day American Speech-Language-Hearing Association CUE workshop given at USU.

**Twohig, M. P.** (September, 2013). *Contextual behavioral sciences*. Keynote address given at the Rocky Mountain ACBS conference in Golden, CO.

**Twohig, M. P.** (September, 2013). *Acceptance and mindfulness in the treatment of OCD and OC-spectrum disorders*. Workshop given at the Rocky Mountain ACBS conference in Golden, CO.

**Twohig, M. P.** (July, 2013). *Acceptance and Commitment Therapy as a treatment for OCD*. Presentation given at the annual conference for the IOCDF in Atlanta, GA.

**Twohig, M. P.** (October, 2012). *Acceptance and Commitment Therapy*. Presentation given at Utah State Hospital.

**Twohig, M. P.** (June, 2012). *ACT based exposure therapy*. One day workshop in Portland, OR.

**Twohig, M. P.** (May, 2012). *How ACT can be integrated into standard treatments for anxiety disorders*. Two day workshop in Stockholm, Sweden.

**Twohig, M. P.** (March, 2011). *How can acceptance and commitment therapy inform the treatment of OCD at the OCDI?* Two day training conducted at the OCD Institute at McLean Hospital, Boston, MA.

**Twohig, M. P.** & Szymanski, J. (June, 2010) *How to integrate ACT into your existing treatments for OCD*. Three hour workshop presented at the ACBS annual world conference in Reno, NV.

**Twohig, M. P.** (March, 2010). *Acceptance and commitment therapy as a treatment for OCD and other anxiety disorders*. Master clinician presentation at the Anxiety Disorders Association Annual Conference in Baltimore, MD.

**Twohig, M. P.** (October, 2009). *Applying acceptance and commitment therapy to anxiety and other disorders*. Six hour invited CEU training at the Idaho Health Care Conference in Pocatello, ID.



**Twohig, M. P.** (August, 2009). *Using acceptance and commitment therapy (ACT) in the treatment of OCD*. Five hour invited CEU training to occur at the 16th annual Obsessive Compulsive Foundation conference in Minneapolis, MN.

**Twohig, M. P., & Crosby, J. M.** (March, 2009). *Problematic use of internet pornography: Research review and preliminary ideas for helping clients*. A one hour CEU training provided online to the Practice Ground Learning Community.

**Twohig, M. P., Domenech Rodríguez, M. M., & Enno A.** (October, 2008). *Acceptance- and values-based multicultural training to increase multicultural competency and engagement in applied faculty members and graduate students*. A 4.5 hour CEU provided (twice) at Utah State University.

**Twohig, M. P.** (August, 2008). *State of the evidence on ACT OCD*. Presentation given at the 15<sup>th</sup> Annual Obsessive Compulsive Foundation Conference, in Boston, MA.

**Twohig, M. P.** (August, 2008). *ACT for OCD: An introduction for treatment providers*. Presentation given at the 15<sup>th</sup> Annual Obsessive Compulsive Foundation Conference, in Boston, MA.

**Twohig, M. P.** (July, 2008). *Introduction to acceptance and commitment therapy*. One-day CEU training provided to the Montana Psychological Association.

**Twohig, M. P.** (July, 2008). *Experiential training in acceptance and commitment therapy*. One-day CEU training provided to the Montana Psychological Association.

**Twohig, M. P.** (July, 2008). *Acceptance and commitment therapy*. Training for Utah State University Counseling Center predoctoral internship program.

**Twohig, M. P.** (September, 2005). *Introduction to ACT for kids*. Workshop conducted at the annual retreat of the Trichotillomania Learning Center in Seattle, WA.

**Twohig, M. P.** (September, 2005). *Been there before: Acceptance and commitment therapy as a treatment for hair pulling and skin picking*. Three-hour workshop conducted at the annual retreat of the Trichotillomania Learning Center in Seattle, WA.

**Twohig, M. P.** (September, 2005). *Introduction to acceptance and commitment therapy as a treatment skin picking and hair pulling*. Three-hour workshop conducted at the annual retreat of the Trichotillomania Learning Center in Seattle, WA.

Hayes, S. C. & **Twohig, M. P.** (May, 2005). *Acceptance and commitment therapy: An experiential workshop*. Three-day training delivered at the University of California, Los Angeles, CA.

**Twohig, M. P.** (September, 2004). *Acceptance and commitment therapy for skin picking and hair pulling*. Three-hour workshop conducted at the annual retreat of the Trichotillomania Learning Center in Seattle, WA.

Bach, P. & **Twohig, M. P.** (July, 2004). *Behavioral principles for non-behavioral clinicians*. Workshop given at the 2004 ACT Summer Conference in Reno, NV.

**Twohig, M. P.**, Hayes, S. C., & Coyne, L. (July, 2004). *ACT for anxiety in adults and children*. Workshop given at the 2004 ACT Summer Conference in Reno, NV.

**Twohig, M. P.** (April, 2004). *Let's try something different: Acceptance and commitment therapy as a treatment for skin picking and hair pulling*. Workshop given at the national conference for the Trichotillomania Learning Center in Houston, TX.

## **Teaching**

### ***Courses Taught***

#### **Utah State University**

- Psych 6810: Empirically Supported Treatments across the lifespan (3 Credit)
- Psych 7370: Practicum in Clinical/Counseling Psychology (6 credits: 3 Fall, 3 Spring)
- Psych 6360: Introduction to the Practice of Professional Psychology (3 Credit)
- Psych 6810: Seminar on Acceptance and Commitment Therapy (3 Credit)
- Psych 6320: Objective Assessment of Personality and Affect (3 Credit)
- Psych 3210: Abnormal Psychology (3 Credit)

#### ***Dissertation Chairs***

##### ***Defended***

Andrew Armstrong, 2011  
Jesse Crosby, 2011  
Michelle Woidneck, 2012  
Kendra Homan, 2014  
Kate Morrison, 2015  
Ellen Bluett, 2015  
Eric Lee, 2017  
Brooke Smith, 2018  
Clarissa Ong, 2019  
Jennifer Barney, 2022  
Jeremiah Fruge, 2023  
Juliana Petersen, 2023  
Leila Capel, proposed 2022  
Gabe San Miguel, proposed 2022  
Emily Bowers, thesis proposed 2022  
Mercedes Woolley, thesis proposed 2022

#### ***Thesis Only***

##### ***Defended***

John Dehlin, December 2011  
P. Ryan Mitchell, February 2013

## **Service**

### ***Service Committees at USU***

USU's Institutional Review Board 2023-present  
Member, awards policy review committee 2017-2020  
Chair, sexual assault prevention workgroup, 2016-2019; member 2019-present  
AAEO review panel, 2018-present  
Chair, admissions combined program, 2015-2019  
Psychology department website committee, 2007-2009  
Combined program steering committee, 2007-present

Chaired and served on many search committees  
Chaired and served on many promotion and tenure meetings

## ***Professional Activities***

### **Editor:**

Guest co-editor *Journal of Contextual Behavioral Science*. Special issue on invited commentaries on ACBS taskforce. Published 2023.

Guest co-editor *Journal of the Experimental Analysis of Behavior*. Special issue on translational research. Published January 2014

Guest editor *Cognitive and Behavioral Practice*. Special issue on Acceptance and Commitment Therapy. Published Fall 2012.

### **Associate Editor:**

*Journal of Contextual Behavioral Science* June 2013-2016

### **Editorial Boards:**

*Eating Disorders: The Journal of Treatment and Prevention* 2017-present

*Journal of Contextual Behavioral Science* 2017-present

*Behavior Therapy*, 2014-present

*Mindfulness*, 2011-present

*Behavior Modification*, 2009-present

*Cognitive and Behavioral Practice*, 2008-2024

## ***Membership in Professional Associations***

American Psychological Association

Association for Contextual and Behavioral Sciences (Fellow)

Association for Behavioral and Cognitive Therapies

Association for Behavior Analysis

## ***Professional Boards***

President, Association for Contextual and Behavioral Sciences, 2015-2016

Member at Large, Association for Contextual and Behavioral Sciences, 2012-2014.

Research Facilitation Committee, Association for Behavioral and Cognitive Therapies  
Chair 2009-2012

Member 2012-present

Member, Membership Recruitment and Retention Committee, Association for Behavior  
Analysis, 2000-2002

## ***Honors and Awards***

2023, Spotlight on a Mentor, Association for Behavioral and Cognitive Therapies

2019, Emma Eccles Jones College of Education, Utah State University, Strong Human Services  
Award

2016, Emma Eccles Jones College of Education, Utah State University, Researcher of the Year

2014, Western Psychological Association, Enrico E. Jones Award for Research in Psychotherapy  
and Clinical Psychology

2006, Association for Behavioral and Cognitive Therapies, Virginia Roswell Dissertation Award

2006, Outstanding Graduate Student Award, University of Nevada

2005, Outstanding Graduate Student Researcher Award, University of Nevada

2001, Fazio Research Prize, University of Wisconsin-Milwaukee

1999-2000, Academic All-American, University of Wisconsin-Milwaukee

1998-2000, Scholar Athlete, University of Wisconsin-Milwaukee