

# CURRICULUM VITAE

**James D. Herbert**

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*Personal:* Married to Lynn Brandsma, Ph.D.; 4 children  
*Licensure:* Psychology (Pennsylvania; PS-005802-L)

## EDUCATION

University of North Carolina at Greensboro  
Ph.D. in Clinical Psychology, August 1989  
M.A. in Clinical Psychology, August 1986

Clinical Internship 1988-1989  
Department of Psychiatry, Beth Israel Medical Center, New York, NY

University of Texas at Austin  
B.A. in psychology, *magna cum laude*, May 1983

Le Gymnase Cantonal de Neuchâtel, Switzerland  
Youth for Understanding exchange program, 1979-1980

## KEY ACADEMIC LEADERSHIP POSITIONS

- **Executive Vice Provost, Drexel University** (2015-present)  
*Work closely with President John Fry and Provost Brian Blake on multiple enterprise-level strategic and operational initiatives, including fundraising, strategic planning, development of external partnerships, major infrastructure projects, and academic policies; member of President's Cabinet.*
- **Dean, Graduate College, Drexel University** (2015-present)  
*Inaugural dean of new university-wide office serving over 9100 graduate students in 230 programs across 14 colleges and schools. Responsibility for oversight and quality control of all programs. Developed unique graduate co-operative education program and graduate minors; expanded international partnerships; expanding professional development programming; implementing various initiatives to grow certificate, master's, and doctoral programs.*

- **Interim Provost & Senior Vice President for Academic Affairs, Drexel Uni.** (2014-2015)  
*Oversight of \$700M budget; supervision of 32 direct reports; implemented (with president and CFO) responsibility-centered management budget model; reviewed and closed several fiscally challenged legacy programs and partnerships; created 7 new academic departments; co-led campus-wide diversity and social justice programming; reorganized academic program review process; partnered with SVP for research to revise all research support services; co-led strategic plan implementation committee; established minimum baseline compensation for adjunct faculty while enhancing working conditions; primary responsibility for all academic policies.*
- **Head, Department of Psychology, Drexel University** (2012-2014)  
*Developed training clinic providing evidence-based psychological services to the local community; significantly increased research grant submissions and expenditures; increased stipends for PhD students; established peer mentorship program for new faculty members; established new PhD program in applied cognitive and brain sciences; developed individualized development plan program for graduate students; oversaw renovation of, and move into, building for department.*
- **Associate Dean, College of Arts and Sciences, Drexel University** (2005-2012)  
*With dean, led development and implementation of strategic plan focused on integrating sciences and humanities; Grew research expenditures 37% (from \$8,120,845 to \$11,086,535); led college's first branding effort and marketing campaign; developed 2 new PhD programs and several interdisciplinary master's programs; established tailored alerts to investigators re. research funding opportunities; reduced teaching loads of faculty supervising undergraduate research; spearheaded reform of university IRB policies and procedures.*
- **Interim Head, Department of Biology, Drexel University** (2008-2009)  
*Increased research grant submissions 119% over prior year; renamed department and launched strategic planning process; restructured and enhanced graduate recruitment; initiated revision of undergraduate curriculum; established microscopy center to serve both department and larger university community; initiated undergraduate senior honors program*
- **Director, Ph.D. Program in Clinical Psychology, Drexel University** (2003-2007)  
*Led program to rank of 7 in nation (out of 354 programs) according to Chronicle of Higher Education. Significantly raised program quality and impact on multiple metrics, including highest internship match rate in Pennsylvania. Increased GRE scores of entering class by 190 points, while more than doubling number of underrepresented minority students. Raised program's first gift (to support student experiential work).*
- **President of University Faculty, MCP Hahnemann University** (2002-2003)  
*Led merger of faculty of nation's largest private medical school and associated health sciences programs with traditional research university. Led negotiation of integrated charter on shared governance. Consulted with university leadership on multiple issues surrounding the merger.*

## SELECTED HONORS and FELLOWSHIPS

Trustee, The Academy of Natural Sciences of Drexel University (2014-2015)  
 Highly Commended Faculty Mentor, Drexel Univer. Graduate Student Association (2011)  
 Representative-at-Large, Association for Behavioral and Cognitive Therapies (2011-2014)  
 Fellow, Association for Cognitive and Behavior Therapies (2015-present)

Fellow, Association for Contextual Behavioral Science (2014-present)  
 Fellow, Institute for Science in Medicine (2009-present)  
 Fellow, Commission for Scientific Medicine and Mental Health (2003-present)  
 Founding Fellow, Academy of Cognitive Therapy (2001-present)  
 Fellow, Behavior Therapy and Research Society (1992-present)  
 Distinguished Faculty Award for Teaching Excellence, MCP Hahnemann Univ., 1999  
 Board of Scientific Advisors, American Council on Science and Health (2001-pres.)  
 Phi Beta Kappa

## FACULTY APPOINTMENTS

2006-pres *Professor*, Department of Psychology, Drexel University  
 2002-2006 *Associate Professor*, Department of Psychology, Drexel University  
 1997-2002 *Associate Professor*, Department of Psychology, MCP Hahnemann University  
 1993-1997 *Assistant Professor*, Department of Clinical and Health Psychology, Allegheny University of the Health Sciences  
 1989-1993 *Assistant Professor*, Department of Psychiatry, Medical College of Pennsylvania, Eastern Pennsylvania Psychiatric Institute

## PROFESSIONAL POSITIONS

1997-2015 *Director, Anxiety Research and Treatment Program*, Dept. of Psychol., Drexel University  
 2006-2015 *Co-Director, Acceptance-Based Behavior Therapy Program*, Drexel University  
 1998 *Acting Director, Student Counseling Center*, MCP Hahnemann University  
 1994-2002 *Director, Psychological Services*, Department of Clinical and Health Psychology, Allegheny University of the Health Sciences  
 1993-1994 *Director, Student Mental Health Services*, Hahnemann University  
 1989-1993 *Co-Director, Behavior Therapy Clinic*, Medical College of Pennsylvania at Eastern Pennsylvania Psychiatric Institute  
 1992-1993 *Consulting Psychologist*, Department of Medicine, Medical College Hospitals, Elkins Park Campus, Elkins Park, PA, and Department of Coronary-Thoracic Surgery, Medical College of Pennsylvania  
 1987-1988 *Assistant Director, Psychology Clinic*, University of North Carolina, Greensboro, NC  
 1986-1987 *Psychology Extern*, Forsyth-Stokes Co. Mental Health Authority, Winston-Salem, NC  
 1985-1987 *Instructor, Department of Psychology*, University of North Carolina at Greensboro  
 1985-1986 *Staff Therapist*, Psychology Clinic, Univ. of North Carolina, Greensboro, NC  
 1985-1986 *Mental Health Associate*, Charter Hills Hospital, Greensboro, NC  
 1985 *Group Leader*, Choice for Change Program, North Carolina Dept. of Corrections, Greensboro, NC  
 1985 *Behavior Modification Therapist*, Triad Weight Control Clinic, Greensboro, NC  
 1984-1985 *Research Assistant* to Rosemary O. Nelson-Gray, Ph.D., Dept of Psychology, University of North Carolina at Greensboro  
 1983-1984 *Psychological Trainee*, Adoptions Unit, Guilford County, Dept of Social Services, Greensboro, NC  
 1982-1983 *Family Planning and Sexuality Counselor*, People's Community Clinic, Austin, TX  
 1982 *Therapist*, Child Abuse Section, Texas Dept. of Human Resources, Austin, TX

## PUBLICATIONS

### I. Peer-Reviewed Papers

- Glassman, L. H., Kuster, A. T., Shaw, J. A., Forman, E. M., Izzetoglu, M., Matteucci, A. & Herbert, J. D. (2016). The Relationship between dorsolateral prefrontal activation and speech performance-based social anxiety using functional near infrared spectroscopy. *Brain Imaging and Behavior*, 14, 1-11.
- Glassman, L. H., Forman, E. M., Herbert, J. D., Bradley, L. E., Foster, E. E., Izzetoglu, M., & Ruocco, A. C. (2016). The effects of a brief acceptance-based behavioral treatment versus traditional cognitive-behavioral treatment for public speaking anxiety: An exploratory trial examining differential effects on performance and neurophysiology. *Behavior modification*, 40(5), 748-776.
- Hitchcock, P., Martin, L., Fischer, L., Marando-Blanck, S., Herbert, J. D. (2016). Popular conceptions of mindfulness: Awareness and emotional control. *Mindfulness*, 7(4), 940-949.
- Hitchcock, P. F., Herbert, J. D., & Forman, E. M. (2016). Best learning practices for Internet treatments. *The Behavior Therapist*, 39(2), 51-55.
- Bradley, L. E., Forman, E. M., Kerrigan, S. G., Butryn, M. L., Herbert, J. D., & Sarwer, D. B. (2016). A pilot study of an acceptance-based behavioral intervention for weight regain after bariatric surgery. *Obesity Surgery*. doi: 10.1007/s11695-016-2125-0
- Bradley, L. E., Sarwer, D. B., Forman, E. M., Kerrigan, S. G., Butryn, M. L., & Herbert, J. D. (2016). A Survey of Bariatric Surgery Patients' Interest in Postoperative Interventions. *Obesity Surgery*, 26(2), 332-338.
- Forman, E. M, Gaudiano, B. A., Herbert, J. D. (2016). Pragmatic recommendations to address challenges in disseminating evidenced-based treatment guidelines. *Canadian Psychology*, 57(3), 160-171.
- Glassman, L. H., Martin, L. M., Ibrahim, A., Bradley, L. E., Goldstein, S. P., Forman, E. M., & Herbert, J. D. (2016). A brief report on the assessment of distress tolerance: Are we measuring the same construct? *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 34, 87-99.
- Gershkovich, M., Herbert, J. D., Glassman, L. H., Ibrahim, A. I., Forman, E., & Kaye, J. L. (2016). Clinicians' attitudes and experiences regarding telemental health services. *The Behavior Therapist*, 39(1), 14-20.
- Shaw, J. A., Forman, E. M., Espel, H. M., Butryn, M. L., Herbert, J. D., Lowe, M. R., & Nederkoorn, C. (2016). Can evaluative conditioning decrease soft drink consumption? *Appetite*, 105, 60-70.
- Gershkovich, M., Herbert, J. D., Forman, E. M., & Glassman, L. (2016). Guided Internet-based self-help intervention for social anxiety disorder with videoconferenced therapist support. *Cognitive and Behavioral Practice*, 23(2), 239-255.
- Juarascio, A. S., Schumacher, L. M., Shaw, J., Forman, E. M., & Herbert, J. D. (2015). Acceptance-based treatment and quality of life among patients with an eating disorder. *Journal of Contextual Behavioral Science*, 2015(4), 42-47.

- Bradley, L. E., Forman, E. M., \*Kerrigan, S. G., \*Goldstein, S. P., Butryn, M. L., Thomas, J. G., Herbert, J. D., & Sarwer, D. B. (2015). A pilot study to assess feasibility, acceptability, and effectiveness of a remotely-delivered intervention to address weight regain after Bariatric Surgery. *Surgery for Obesity and Related Diseases*, 11(6) S55.
- Herbert, J. D., & Padovani, F. (2015). Breaking the ontology taboo: Reply to Monestès and Villatte. *Journal of Contextual Behavioral Science*, 4, 235-236.
- Herbert, J. D., & Padovani, F. (2015). Contextualism, psychological science, and the question of ontology. *Journal of Contextual Behavioral Science*, 4, 225-230.
- Timko, C. A., Zucker, N. L., Herbert, J. D., Rodriguez, D., & Merwin, R. M. (2015). An open trial of Acceptance-based Separated Family Treatment (ASFT) for adolescents with anorexia nervosa. *Behaviour Therapy and Research*, 69, 63-74.
- Rabin-Scherr, S., Herbert, J. D., & Forman, E. M. (2015). The role of therapist experiential avoidance in predicting therapist preference for exposure treatment for OCD. *Journal of Contextual Behavioral Science*, 4, 21-39.
- Glassman, L. H., Herbert, J. D., Forman, E. M., Bradley, L. E., Izzetoglu, M., Ruocco, A. C., & Goldstein, S. P. (2014). Near-infrared spectroscopic assessment of in-vivo prefrontal activation in public speaking anxiety: A preliminary investigation. *Psychology of Consciousness: Theory, Research, and Practice*, 1(3), 271-283.
- Goetter, E. M., Herbert, J. D., Forman, E. M., Yuen, E. K., & Thomas, J. G. (2014). An open trial of videoconference-mediated exposure and ritual prevention for obsessive-compulsive disorder. *Journal of Anxiety Disorders*, 28(5), 460-462.
- Goldstein, S. P., Forman, E. M., Meiran, N., Herbert, J. D., Juarascio, A. S., & Butryn, M. L. (2014). The discrepancy between implicit and explicit attitudes in predicting disinhibited eating. *Eating Behaviors*, 15, 164-170.
- Price, M., Yuen, E. K., Goetter, E., M., Herbert, J. D., Forman, E. M., Acierno, R., & Ruggiero, K. J. (2013). mHealth: A mechanism to deliver more accessible, more effective mental health care. *Clinical Psychology & Psychotherapy*.
- Juarascio, A., Shaw, J., Forman, E. M., Timko, C. A., Herbert, J. D., Butryn, M. L., & Lowe, M. (2013). Acceptance and Commitment Therapy for eating disorders: Clinical applications of a group treatment. *Journal of Contextual Behavioral Science*, 2(3), 85-94.
- Juarascio, A., Kerrigan, S., Goldstein, S. P., Shaw, J., Forman, E. M., Butryn, M., & Herbert, J. D. (2013). Baseline eating disorder severity predicts response to an acceptance and commitment therapy-based group treatment. *Journal of Contextual Behavioral Science*, 2(3), 74-78.
- Herbert, J. D., Gaudiano, B. A., & Forman, E. B. (2013). The importance of theory in cognitive behavior therapy: A perspective of contextual behavioral science. *Behavior Therapy*, 44, 580-591.

- Forman, E. M., Butryn, M. L., Juarascio, A. S., Bradley, L. E., Lowe, M. R., Herbert, J. D., & Shaw, J. A. (2013). The Mind Your Health Project: A randomized controlled trial of an innovative behavioral treatment for obesity. *Obesity, 21*(6), 1119-1126.
- Juarascio, A. S., Shaw, J. S., Forman, E. M., Herbert, J. D., Timko, C. A., Butryn, M. L., Bunnell, D., Matteucci, A. J., & Lowe, M. (2013). Acceptance and commitment therapy as a novel treatment for eating disorders: An initial test of efficacy and mediation. *Behavior Modification, 37*(4), 459-489.
- Yuen, E. K., Herbert, J. D., Forman, E. M., Goetter, E. M., Juarascio, A. S., Rabin, S., Goodwin, C., & Bouchard, S. (2013). Acceptance based behavior therapy for social anxiety disorder through videoconferencing. *Journal of Anxiety Disorders, 27*, 389-397.
- Bach, P., Gaudiano, B. A., Hayes, S. C., & Herbert, J. D. (2013). Reduced believability of positive symptoms mediates improved hospitalization outcomes of Acceptance and Commitment Therapy for psychosis. *Psychosis: Psychological, Social, and Integrative Approaches, 5* (2), 166-174.
- Herbert, J.D., & Forman, E. M. (2013). Caution: The differences between CT and ACT may be larger (and smaller) than they appear. *Behavior Therapy, 44*, 218-223.
- Tuscan, L., Herbert, J. D., Forman, E. M., Juarascio, A. S., Izzetoglu, M., Schultheis, M. (2013). Exploring frontal asymmetry using functional near-infrared spectroscopy: A preliminary study of the effects of social anxiety during interaction and performance tasks. *Brain Imaging and Behavior, 7*, 140-153.
- Goetter, E. M., Herbert, J. D., Forman, E. M., Yuen, E. K., Gershkovich, M., Glassman, L. H., Rabin, S., & Goldstein, S. P. (2013). Delivering exposure and response prevention for Obsessive Compulsive Disorder via videoconference: Clinical considerations and recommendations. *Journal of Obsessive-Compulsive and Related Disorders, 2*(2), 137-143.
- Timko, C. A., Merwin, R. M., Herbert, J. D., & Zucker, N. (2013, Winter). Acceptance-based separated family treatment for adolescent anorexia nervosa. *The Renfrew Perspective, 1-5*.
- Yuen, E. K., Herbert, J. D., Forman, E. M., Goetter, E. M., Comer, R., & Bradley, J. (2013). Treatment of social anxiety disorder using online virtual environments in Second Life. *Behavior Therapy, 44*, 51-61.
- Forman, E. M., Hoffman, K. L., Juarascio, A. S., Butryn, M. L., & Herbert, J. D. (2013). Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women. *Eating Behaviors, 14*, 64-68.
- Forman, E. M., Shaw, J. A., Goetter, E. M., Herbert, J. D., Parks, J. A., & Yuen, E. K. (2012). Long-term follow-up of a randomized controlled trial comparing acceptance and commitment therapy and cognitive therapy for anxiety and depression. *Behavior Therapy, 43*, 801-811.
- England, E. L., Herbert, J. D., Forman, E. M., Rabin, S. J., Juarascio, A., & Goldstein, S. P. (2012). Acceptance-based exposure therapy for public speaking anxiety. *Journal of Contextual Behavioral Science, 1*(1), 66-72.

- Forman, E. M., Herbert, J. D., Juarascio, A. S., Yeomans, P. D., Zebell, J. A., Goetter, E. M., & Moitra, A. (2012). The Drexel Defusion Scale: A new measure of experiential distancing. *Journal of Contextual Behavioral Science, 1* (1), 55-65.
- Herbert, J. D., Goetter, E. M., Forman, E. M., Yuen, E. K., Erford, B. M., Milillo, J. J., Goldstein, S. P. (2012). Crossing the line: Interstate delivery of remote psychological services. *The Behavior Therapist, 35* (8), 145-152.
- Klepac, R. K., Ronan, G. F., Andrasik, F., Arnold, K., Belar, C., Berry, S., Christoff, K., Craighead, L. W., Dougher, M. J., Dowd, E. T., Herbert, J. D., McFarr, L., Rizvi, S., Sauer, E. M. & Strauman, T. J. (2012). Guidelines for cognitive behavioral training within doctoral psychology programs in the United States of America: Report of the Inter-Organizational Task Force on Cognitive and Behavioral Psychology Doctoral Education. *Behavior Therapy, 43* (4), 687-697.
- Goodwin, C. L., Forman, E. M., Herbert, J. D., Butryn, M. L. & Ledley, G. S. (2012). A pilot study examining the initial effectiveness of a brief acceptance based behavior therapy for modifying diet and physical activity among cardiac patients. *Behavior Modification, 36* (2), 199-217.
- Forman, E. M., Chapman, J. E., Herbert, J. D., Goetter, E. M., Yuen, E. K., & Moitra, E. M. (2012). Using session-by-session measurement to compare mechanisms of action for acceptance and commitment therapy and cognitive therapy. *Behavior Therapy, 43*, 341-354.
- Yuen, E. K., Goetter, E. M., Herbert, J. D., & Forman, E. M. (2012). Challenges and opportunities in Internet-mediated telemental Health. *Professional Psychology: Research and Practice, 43*, 1-8.
- Blacker, K. J., Herbert, J. D., Forman, E. M., & Kounios, J. (2012). Acceptance- versus change-based pain management: The role of psychological acceptance. *Behavior Modification, 36*, 37-48.
- Moitra, E., Herbert, J. D., & Forman, E. M. (2011). Acceptance-based behavior therapy to promote HIV medication adherence. *AIDS Care, 23* (12), 1660-1667.
- Herbert, J. D., & Redding R. (2011, Sept/Oct). When “the shrinks” ignore science, sue them. *Skeptical Inquirer, 13-15*. Reprinted in *The 33<sup>rd</sup>: The CoAS Anthology* (2012). Philadelphia: Drexel University.
- Feinstein, A. B., Forman, E. M., Masuda, A., Cohen, L. L., Herbert, J. D., Moorthy, L. N., & Goldsmith, D. P. (2011). Pain intensity, psychological inflexibility, and acceptance of pain as predictors of functioning in adolescents with juvenile idiopathic arthritis: A preliminary investigation. *Journal of Clinical Psychology in Medical Settings, 18*, 291–298.
- Juarascio, A. S., Forman, E. M., Timko, C. A., Herbert, J. D., Butryn, M., & Lowe, M. (2011). Implicit internalization of the thin ideal as a predictor of increases in weight, body dissatisfaction, and disordered eating. *Eating Behaviors, 12*, 207-213.
- Brown, L. A., Forman, E. M., Herbert, J. D., Hoffman, K. L., Yuen, E. K., & Goetter, E. M. (2011). A randomized controlled trial of acceptance-based behavior therapy and cognitive therapy for test anxiety: A pilot study. *Behavior Modification, 35*(1), 31-53.

- Gaudiano, B. A., Herbert, J. D., & Hayes, S. C. (2010). Is it the symptom or the relation to it? Investigating potential mediators of change in acceptance and commitment therapy for psychosis. *Behavior Therapy, 41*(4), 543-554.
- Timko, C. A., England, E. L., Herbert, J. D., & Forman, E. M. (2010). The implicit relational assessment procedure as a measure of self-esteem. *The Psychological Record, 60*, 679-698.
- Yeomans, P.D., Forman, E. F., & Herbert, J. D., & Yuen, E. (2010). A randomized trial of a reconciliation workshop with and without PTSD psychoeducation in Burundian sample. *Journal of Traumatic Stress, 23*, 305-312.
- Juarascio, A. S., Forman, E. M., Herbert, J. D. (2010). Acceptance and commitment therapy versus cognitive therapy for the treatment of comorbid eating pathology. *Behavior Modification, 34*(2), 175-190.
- Hope, D. A., Burns, J. A., Hayes, S. A., Herbert, J. D., & Warner, M. D. (2010). Automatic thoughts and cognitive restructuring in cognitive behavioral group therapy for social anxiety disorder. *Cognitive Therapy and Research, 34*, 1-12.
- Forman, E. M., Butryn, M., Hoffman, K.L., & Herbert, J. D. (2009). An open trial of an acceptance-based behavioral treatment for weight loss. *Cognitive and Behavioral Practice, 16*, 223-235.
- Herbert, J. D., Gaudiano, B. A., Rheingold, A. A., Moitra, E., Myers, V. H., Dalrymple, K. L., & Brandsma, L. L. (2009). Cognitive behavior therapy for generalized social anxiety disorder in adolescents: A randomized controlled trial. *Journal of Anxiety Disorders, 23*, 167-177.
- Sharp, I. R., Herbert, J. D., & Redding, R. E. (2008). The role of critical thinking skills in practicing psychologists' choice of intervention techniques. *Scientific Review of Mental Health Practice, 6*, 21-30.
- Redding, R. E., Herbert, J. D., Forman, E. M., & Gaudiano, B. A. (2008). Popular self-help books for anxiety, depression and trauma: How scientifically grounded and useful are they? *Professional Psychology: Research and Practice, 39*, 537-545.
- Cardaciotto, L., Herbert, J. D., Forman, E. M., Moitra, E., & Farrow, V. (2008). The assessment of present-moment awareness and acceptance: The Philadelphia Mindfulness Scale. *Assessment, 15*, 204-223.
- Moitra, E., Herbert, J. D., & Forman, E. (2008). Behavioral avoidance mediates the relationship between social anxiety disorder and depressive symptoms. *Journal of Anxiety Disorders, 1205-1213*.
- Yeomans, P. D., Herbert, J. D., & Forman, E. M. (2008). Symptom comparison across multiple solicitation methods among Burundians with traumatic event histories. *Journal of Traumatic Stress, 21*, 231-234.
- Timko, C. A., & Herbert, J. D. (2007). Physician self-reported experiences with direct-to-consumer advertising of psychotropic medication. *Scientific Review of Mental Health Practice, 5* (2), 3-7.



- Forman, E. M., Hoffman, K. L., McGrath, K. B., Herbert, J. D., Brandsma, L. L., & Lowe, M. R. (2007). A comparison of acceptance- and control-based strategies for coping with food cravings: An analog study. *Behaviour Research and Therapy, 45*, 2372-2386.
- Dalrymple, K. L., Herbert, J. D. & Gaudiano, B. A. (2007). Onset of illness and developmental factors in Social Anxiety Disorder: Preliminary findings from a retrospective interview. *Journal of Psychopathology and Behavioral Assessment, 29*, 101-110.
- Forman, E. M., Herbert, J. D., Moitra, E., Yeomans, P. D., & Geller, P. A. (2007). A randomized controlled effectiveness trial of Acceptance and Commitment Therapy and Cognitive Therapy for anxiety and depression. *Behavior Modification, 31*, 772-799.
- Dalrymple, K. L., & Herbert, J. D. (2007). Acceptance and Commitment Therapy for generalized social anxiety disorder: A pilot study. *Behavior Modification, 31*, 543-568.
- Myers, V. H., Boyer, B. A., Herbert, J. D., Barakat, L. P., & Scheiner, G. (2007). Fear of hypoglycemia and self-reported posttraumatic stress in adults with Type I diabetes treated by intensive regimens. *Journal of Clinical Psychology in Medical Settings, 14*, 11-21.
- Gaudiano, B. A., Miller, I. W., & Herbert, J. D. (2007). The treatment of psychotic major depression: Is there a role for adjunctive psychotherapy? *Psychotherapy and Psychosomatics, 76*, 271-277.
- Herbert, J. D., Neeren, A. M., & Lowe, M. R. (2007, Winter). Clinical intuition and scientific evidence: What is their role in treating eating disorders? *The Renfrew Perspective*, 15-17. Reprinted in *The 33<sup>rd</sup>: An Anthology*, College of Arts & Sciences, Drexel University, Philadelphia; Reprinted in the 30<sup>th</sup> anniversary special of *The Renfrew Perspective*, 2015, 19-23.
- Gaudiano, B. A., & Herbert, J. D. (2006). Self-efficacy for social situations in adolescents with generalized social anxiety disorder. *Behavioural and Cognitive Psychotherapy, 35*, 209-223.
- Gaudiano, B. A., & Herbert, J. D. (2006). Believability as a potential mediator of hallucination frequency and associated distress in psychotic inpatients. *Behavioural and Cognitive Psychotherapy, 34*, 497-502.
- Gaudiano, B. A., & Herbert, J. D. (2006). Acute treatment of inpatients with psychotic symptoms using Acceptance and Commitment Therapy: Pilot results. *Behaviour Research and Therapy, 44*, 415-437.
- Herbert, J. D., Gaudiano, B. A., Rheingold, A., Harwell, V., Dalrymple, K., & Nolan, E. M. (2005). Social skills training augments the effectiveness of cognitive behavior group therapy for social anxiety disorder. *Behavior Therapy, 36*, 125-138.
- Herbert, J. D., & Gaudiano, B. A. (2005). Moving from empirically supported treatment lists to practice guidelines in psychotherapy: The role of the placebo concept. *Journal of Clinical Psychology, 61*, 893-908.
- Herbert, J. D., & Gaudiano, B. A. (2005). Introduction to the special issue on the placebo concept in psychotherapy. *Journal of Clinical Psychology, 61*, 787-790.

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- Herbert, J. D., Crittenden, K., & Dalrymple, K. L. (2004). Knowledge of social anxiety disorder relative to attention deficit hyperactivity disorder among educational professionals. *Journal of Clinical Child and Adolescent Psychology, 33*, 366-372.
- Herbert, J. D. (2004). Connections between ancient philosophies and modern psychotherapies: Correlation doesn't necessarily prove causation. *The Behavior Therapist, 27*, 53-54.
- Herbert, J. D., Rheingold, A., Gaudiano, B. A., & Myers, V. H. (2004). Standard versus extended cognitive behavior therapy for social anxiety disorder: A randomized-controlled trial. *Behavioural and Cognitive Psychotherapy, 32*, 1-17.
- Cardaciotto, L., & Herbert, J. D. (2004). Cognitive behavior therapy for social anxiety disorder in the context of Asperger's syndrome: A single-subject report. *Cognitive and Behavioral Practice, 11*, 75-81.
- Herbert, J. D. (2003). The concept of pseudoscience as a pedagogical heuristic. *The Scientific Review of Mental Health Practice, 2*, 102-104
- Gaudiano, B. A., & Herbert, J. D. (2003). Preliminary psychometric evaluation of a new self-efficacy scale and its relationship to treatment outcome in Social Anxiety Disorder. *Cognitive Therapy and Research, 27*, 537-555.
- Rheingold, A. A., Herbert, J. D., & Franklin, M. E. (2003). Cognitive bias in adolescents with social anxiety disorder. *Cognitive Therapy and Research, 27*, 639-655.
- Herbert, J. D. (2003). The science and practice of empirically supported treatments. *Behavior Modification, 27*, 412-430.
- Herbert, J. D. (2003). Introduction to the special series on empirically supported treatments. *Behavior Modification, 27*, 287-289.
- Herbert, J. D. (2002). The dissemination of novel psychotherapies: A commentary on Corrigan, Gaynor, and Hayes. *The Behavior Therapist, 25*, 140-144.
- Herbert, J. D., Rheingold, A. A., & Goldstein, S. G. (2002). Brief cognitive behavioral group therapy for social anxiety disorder. *Cognitive and Behavioral Practice, 9*, 1-8.
- Evans, D., Herbert, J. D., Nelson-Gray, R. O., Gaudiano, B. A. (2002). Determinants of diagnostic prototypicality judgments of the personality disorders. *Journal of Personality Disorders, 16*, 95-106.
- Herbert, J. D., & Brandsma, L. (2002). Applied behavior analysis for childhood autism: Does the emperor have clothes? *The Behavior Analyst Today, 3*, 45-50.
- Herbert, J. D., Sharp, I. R., & Gaudiano, B. A. (2002). Separating fact from fiction in the etiology and treatment of autism: A scientific review of the evidence. *Scientific Review of Mental Health*

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## II. Books and Book Chapters

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### III. Other Publications

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- Moitra, E., Herbert, J. D., & Forman, E. M. (2007). Avoidance and depression among socially anxious adults (abstract). *Depression and Anxiety*, 24 (4), 299-300.

- Forman, E. M., Hoffman, K. L., McGrath, K. B., Brandsma, L., Herbert, J. D. & Lowe, M. R. (2007). The Power of Food Scale predicts chocolate cravings and consumption and response to a cravings intervention (abstract). *Appetite*, 49, 291.
- Forman, E. M., & Herbert, J. D. (2007, July 5). Acceptance and Commitment therapy: Similarities and differences with cognitive therapy – Part 1. *Scientist-Practitioner Weekly Update*, 42. Retrieved July 31, 2007, from <http://www.scientist-practitioner.com>.
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- Harwell, V. D., & Herbert, J. D. (2002). Review of N. Tarrier, A. Wells, & G. Haddock (1999, Eds.), "Treating complex cases: The cognitive behavioural therapy approach." Chichester, England: John Wiley & Sons. *Clinical Psychology Review*, 22, 161-162.
- Gaudiano, B. A., & Herbert, J. D. (2001). Tips for designing a web site to promote your research/clinical services. *Anxiety Disorders: A Quarterly Report*, 1, 4-5.
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- Herbert, J. D., & Sharp, I. R. (2001). Dr. Herbert and Mr. Sharp respond (Letter to the editor). *Priorities for Health*, 13, 6.



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- Gaudio, B. A., Osman, D., Boylan, C., & Herbert, J. D. (2001, December). Effectiveness of cognitive behavioral group therapy for psychotic disorders: Pilot results and lessons learned [Abstra]. *Cognitive Approaches to Schizophrenia Newsletter*, 3, 5-7.
- Gaudio, B. A., & Herbert, J. D. (2000). Reply to Callahan [Letter to the editor]. *Skeptical Inquirer*, 24, 62.
- Nordman, J. E., & Herbert, J. D. (1996). Review of "Cognitive Therapy for Personality Disorders: A schema-focused approach." *Clinical Psychology Review*, 16, 78-79.
- Herbert, J. D. (1995). Single dads and moms: Alike or not? *SingleMOTHER*, 2, 6.
- Herbert, J. D., & Kadish, D. A. (1994). Review of "Adult behavior therapy casebook." *Journal of Behavior Therapy and Experimental Psychiatry*, 25, 261-262.
- Herbert, J. D., (1992). Review of "Cognitive therapy of personality disorders". *Clinical Psychology Review*, 12, 470-471.

## CONFERENCE PRESENTATIONS

- Herbert, J. D., & Franke, J. (2016, December). *Reinventing graduate orientation*. Presentation delivered at the annual meeting of the Council of Graduate Schools, Washington, DC.
- Herbert, J. D. (2016, October). *Exposure and response prevention, distress tolerance, mindfulness, and acceptance: Expert perspectives on treating anxiety disorders*. Clinical roundtable presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Marando-Blanck, S., Martin, L., Espel, H., Evans, B., Forman, E., Butryn, M., & Herbert, J. D. (2016, October). *The context of mindfulness matters: Results of two distinct mindfulness-based interventions for short-term weight loss*. Symposium presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Bradley, L., Forman, E. M., Kerrigan, S., Goldstein, S., Butryn, M., Thomas, G., Herbert, J. D., & Sarwer, D. *The utility of an acceptance-based behavioral approach for weight regain following bariatric surgery*. Symposium presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Gershkovich, M., Herbert, J. D., Forman, E. M., Fischer, L., Schumacher, L. (2016, October). Implementation of a novel Internet intervention with videoconferencing for SAD. Symposium presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Forman, E. M., Martin, L. M., Espel, H. M., Marando-Blanck, S., Evans, B. C., Butryn, M. L., & Herbert, J. D. (2016, October). *Overriding versus tuning into satiety cues: Randomized controlled trial*

*comparing distinct mindfulness approaches to weight loss.* Poster presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

- Kaye, J. L., Marando-Blanck, S., Herbert, J., Forman, E., & Juarascio, A. (2016, October). *The perceived impacts and relative effects of goal-setting, values plus goal-setting, and information provision on freshman quality of life.* Poster presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Kaye, J. L., Marando-Blanck, S., Herbert, J., Forman, E., & Juarascio, A. (2016, October). *Relative effects of goal-setting, values plus goal-setting, and information provision on maladaptive eating behaviors and self-control in college freshmen.* Poster presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Marando-Blanck, S., Kaye, J., Martin, L., Espel, H., Forman, E., & Herbert, J. D. (2016, October). *Effects of caffeine on caloric intake vary according to two distinct mindfulness-based weight loss treatments.* Poster presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Herbert, J. D. (2016, July). *Got data? Now what?* Technical workshop presented at the summer workshop and new deans institute of the Council of Graduate Schools, Savannah, Georgia.
- Kaye, J. L., Marando-Blanck, S., Herbert, J. D., Forman, E., & Juarascio, A. (2016, April). The effects of goal setting and values interventions among college freshmen. In Boettcher, H. (Chair), *The best offense is a good defense: Brief programs for preventing anxiety, depression and maladjustment in undergraduates.* Symposium presented at the 36<sup>th</sup> annual meeting of the Anxiety and Depression Association of America, Philadelphia, PA.
- Marando-Blanck, S., Kaye, J., Herbert, J. D., & Forman, E. B. (2016, April). *Psychological inflexibility mediates the relationship between self-efficacy and stress, anxiety, and depression symptoms.* Poster presented at the 36<sup>th</sup> annual meeting of the Anxiety Disorders Association of America, Philadelphia, PA.
- Gershkovich, M., Fischer, L., Schumacher, L., Herbert, J. D., & Forman, E. M. (2016, April). *Exposure adherence in an Internet acceptance-based behavioral intervention for social anxiety.* Poster presented at the 36<sup>th</sup> annual meeting of the Anxiety Disorders Association of America, Philadelphia, PA.
- Herbert, J. D. (2015, November). *Addressing common clinical issues using acceptance and commitment therapy.* Panel discussion (K. Morrison, moderator) presented at the 49<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Kaye, J. L., Gershkovich, M., Herbert, J.D. & Forman, E.M. (2015, November). *Clinicians' perceptions of the benefits and challenges of telemental health services.* Poster presented at the 49<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Shaw, J. A., Forman, E. M., Espel, H. M., Butryn, M. L., Herbert, J. D. Lowe, M. R., & Nederkoorn, C. (2015, November). *Effect of evaluative conditioning on implicit attitudes and consumption of sugar-sweetened soft drinks.* Poster to be presented at the 32<sup>nd</sup> annual meeting of the Obesity Society, Los Angeles, CA.

- Bradley, L. E., Forman, E. M., Kerrigan, S. G., Goldstein, S. P., Butryn, M. L., Thomas J., G., Herbert, J. D., & Sarwer, D. S. (2015, November). *A Pilot Study to Assess Feasibility, Acceptability, and Effectiveness of a Remotely-Delivered Intervention to Address Weight Regain after Bariatric Surgery*. Paper to be presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Los Angeles, CA.
- Kaye, J., Berkowitz, S. Marando-Blanck, S., Forman, E., & Herbert, J. D. (2015, April.). *Early change predicts later response to acceptance and commitment therapy and cognitive behavior therapy*. Poster presented at the annual convention of the Anxiety Disorders Association of America, Miami, FL.
- Fischer, L.E., Gershkovich, M., Schumacher, L., & Herbert, J. D. (2015, May). *Predictive utility of early change in an Internet-based, acceptance-oriented behavioral intervention for SAD*. Poster presented at the 27th annual convention of the Association for Psychological Science (APS), New York, NY.
- Strowger, M.E., Hitchcock, P., & Herbert, J. D. (2015, May). Political orientation and religiosity predict rape myths. Poster presented at the 27th annual convention of the Association for Psychological Science (APS), New York, NY.
- Herbert, J. D. (2014, November). *Acceptance and mindfulness-based therapies for social anxiety disorder*. Clinical grand rounds presentation at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Herbert, J. D. (2014, November). *Protecting the practice of CBT*. Panel discussion presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Herbert, J. D. (2014, November). Discussant for *Tele-CBT: Efficacy, predictors, and challenges when using the Internet to deliver CBT*. Symposium presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Gershkovich, M., Herbert, J. D., Forman, E., Schumacher, L. M., & Fischer, L. (2014, November). The role of therapist support in an Internet self-help Intervention for SAD. In G. Diefenbach (Chair), *Tele-CBT: Efficacy, predictors, and challenges when using the Internet to deliver CBT*. Paper presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Glassman, L. H., Schumacher, L. M., Ibrahim, A., Strohmaier, H., Forman, E., Herbert, J. D., Goldstein, S. P. (2014, November). *Effects of a brief acceptance-based behavior therapy versus traditional cognitive behavior therapy for public speaking anxiety*. Poster presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Schumacher, L. M., Glassman, L. H., Ibrahim, A., Strohmaier, H. N., Goldstein, S. P., Forman, E. M., & Herbert, J. D. (2014, November). *Psychological acceptance and cognitive defusion predict speech performance among individuals with public speaking anxiety*. Poster presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

- Herbert, J. D., & Forman, E. M. (2014, October). Integrating evidence-based methods into ACT: Processes, techniques, and results. Workshop presented at *ACT Founders Bootcamp*, Philadelphia, PA.
- Herbert, J. D. (2014, June). *Keepin it real: Contextualism, psychological science, and the question of ontology*. In R. Trent Codd (Chair), *Perspectives on Ontology in Functional Contextualism*. Paper presented at the 12th annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Herbert, J. D., Gershkovich, M., Yuen, E. K., Goetter, E. M., & Forman, E. M. (2014, June). *ACT-based treatment of anxiety disorders via videoconferencing*. In M. E. Levin (Chair), *Technology-based ACT interventions to support large scale behavior change*. Paper presented at the 12th annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Strowger, M., Juarascio, A., Mattetucci, A., Forman, E. M., & Herbert, J. D. (2014, June). *Body Image Flexibility as a Predictor of Eating Pathology*. Paper presented at the 12th annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Hitchcock, P., Martin, L., & Herbert, J. D. (2014, June). *Mindfulness: Acceptance verses Control-based Conceptions*. Poster presented at the 12th annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Hitchcock, P., Glassman, L. H., & Herbert, J. D. (2014, June). *Inconsistency compensation and the BIS, BAS, FFFS: A new light on a clinically-relevant phenomenon from social psychology, with implications for treatment development*. Poster presented at the 12th annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Herbert, J. D. (2014, June). Discussant for *Disordered Eating: New Findings*. Symposium presented at the 12th annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Matteucci, A. J., Juarascio, A. S., Schumacher, L. M., Forman, E. M., & Herbert, J. D. (2014, March). *Perseveration as a potential mediator of body-image dissatisfaction and eating pathology*. Poster presented at the International Conference on Eating Disorders, New York, NY.
- Schumacher, L. M., Juarascio, A. S., Shaw, J., Forman, E. M., & Herbert, J. D. (2014, March). *Quality of life among patients with an eating disorder: The roles of defusion and acceptance*. Poster presented at the annual International Conference on Eating Disorders, New York, NY.
- Herbert, J. D. (2013, November). *Anxiety disorders: Navigating legal and ethical dilemmas*. Panel discussion presented at the 47<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Gershkovich, M., Herbert, J. D., & Forman, E. M. (2013, November). *A novel Internet guided self-help intervention for social anxiety disorder: Development and pilot data*. In M. M. Carper (Chair), *New directions in computer-based psychological interventions: How we got there and where we are going*. Symposium presented at the 47<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

- Juarascio, A. S., Kerrigan, S. G., Goldstein, S. P., Shaw, J. A., Forman, E. M., Butryn, M. L., & Herbert, J. D. (2013, November). *Baseline Eating Disorder Severity Predicts Response to an Acceptance and Commitment Therapy-based Group Treatment*. Poster presented at the 47th annual meeting of the Association for Behavior and Cognitive Therapies, Nashville, TN.
- Glassman, L. H., Forman, E. M., Bradley, L. E., Herbert, J. D., Izzetoglu, M., Ruocco, A. C. (2013, November). *Brief traditional cognitive-behavior therapy vs. acceptance based behavior therapy for public speaking anxiety: Differential effects on performance and neurophysiology*. In J. Arch (Chair), ACT and CBT for anxiety: Comparing process and outcome within brief interventions. Symposium presented at the 47th annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Glassman, L. Gershkovich, M., Ibrahim, A., Herbert, J. D. & Forman, E. M. (November, 2013). *The Impact of theoretical orientation, professional degree, and discipline on the utilization of telemental health platforms*. Poster presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
- Goldstein, S. P., Forman, E. M., Butryn, M. L., Frohn, A. F., & Herbert, J. D. (2013, November). *Distress tolerance moderates the relationship between implicit attitudes and overeating*. Poster presented at the 47th annual meeting of the Association for Behavior and Cognitive Therapies, Nashville, Tennessee.
- Glassman, L., Shaw, J. A., Talkul, A., Herbert, J. D., Izzetoglu, M., & Forman, E. M. (November, 2013). *Using near-infrared spectroscopy to measure in-vivo functional activation of the prefrontal cortex during speech performance in adults with generalized social anxiety disorder*. Poster presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
- Bradley, L. E., Forman, E. M., Sarwer, D. B., Butryn, M. L., & Herbert, J. D. (November, 2013). *Behavioral interventions to stop weight regain in bariatric surgery patients: Patient attitudes and preliminary effectiveness*. Poster presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
- Ibrahim, A. Y., Herbert, J., Forman, E., Kira, I., & Arnetz, B. (2013, November). *An examination of the prevalence and suggestibility of PTSD in a highly-traumatized sample of Iraqi refugees: a culturally-sensitive mixed-methods analysis*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Gershkovich, M., Glassman, L. H., Ibrahim, A. Y., Herbert, J. D., & Forman, E. M. (2013, November). *Clinicians' attitudes toward and experiences with telemental health services*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Bradley, L. E., Forman, E. M., Sarwer, D. B., Butryn, M. L., & Herbert, J. D. (2013, November). *A role for Acceptance-Based interventions to stop weight regain in bariatric surgery patients*. Paper presented at The Obesity Society annual convention, Atlanta, GA.
- Goldstein, S. P., Forman, E. M., Butryn, M. L., & Herbert, J. D. (2013, November). *Building an Innovative Physical Activity Program for College Students*. Poster presented at The Obesity Society annual convention, Atlanta, GA.

- Talkul, A., Herbert, J. D., Izzetoglu, M., Forman, E. M., Glassman, L. H., & Shaw, J. A. (2013). *The relationship between dorsolateral prefrontal activation and speech performance-based social anxiety using functional near infrared spectroscopy*. Paper presented at the World Congress of Asian Psychiatry, Bangkok, Thailand.
- Gershkovich, M., Herbert, J. D., & Forman, E. M. (2013, May). *The unique challenges of developing a low-cost, exposure-based Internet self-help intervention for social anxiety disorder*. Poster presented at the 6th Scientific Meeting of the International Society for Research on Internet Interventions, Chicago, IL.
- Gershkovich, M., Herbert, J. D., & Forman, E. M. (2013, April). Developing an Internet-based self-help intervention for social anxiety disorder: Special considerations, challenges, and recommendations. In E. M. Goetter (Chair), *Implementing Internet-mediated exposure therapy for various anxiety disorders: Research findings and clinical considerations*. Paper presented at the 33<sup>rd</sup> annual convention of the Anxiety and Depression Association of America, La Jolla, CA.
- Goetter, E. M., Herbert, J. D., & Forman, E. M. (2013, April). *Videoconference-mediated exposure and ritual prevention for obsessive compulsive disorder*. Poster presented at the 33<sup>rd</sup> annual convention of the Anxiety and Depression Association of America, La Jolla, CA.
- Yuen, E. K., Herbert, J. D., Forman, E. M., Goetter, E. M., Juarascio, A. S., Rabin, S. J., McGrath, K. B., & Goodwin, C. L. (2013, April). Videoconference-mediated exposure therapy for social anxiety disorder. In E. M. Goetter (Chair), *Implementing internet-mediated exposure therapy for various anxiety disorders: Research findings and clinical considerations*. Paper presented at the 33<sup>rd</sup> annual convention of the Anxiety and Depression Association of America, La Jolla, CA.
- Gershkovich, M., Herbert, J. D., & Forman, E. M. (2013, May). *The unique challenges of developing a low-cost, exposure-based Internet self-help intervention for social anxiety disorder*. Poster presented at the 6th Scientific Meeting of the International Society for Research on Internet Interventions, Chicago, IL.
- Goetter, E. M., Herbert, J. D., Forman, E. M., Yuen, E. K., Gershkovich, M., Goldstein, S., Glassman, L. H., & Rabin, S. (2013, April). *Remote delivery of exposure and ritual prevention for obsessive compulsive disorder: Results and clinical recommendations*. In E. M. Goetter (Chair), *Implementing Internet-mediated exposure therapy for various anxiety disorders: Research findings and clinical considerations*. Paper presented at the 33<sup>rd</sup> annual convention of the Anxiety and Depression Association of America, La Jolla, CA.
- Forman, E. M., Butryn, M. L., Bradley, L. E., Juarascio, A. S., Shaw, J. A., Lowe, M. R., Herbert, J. D., Clark, V. (2013, March). Outcomes from Mind Your Health I and II: Randomized Controlled Trials of an Innovative Acceptance-based Behavioral Treatment for Obesity. In *Impact of Novel Obesity Intervention Studies*. Paper presented at the annual meeting of the Society for Behavioral Medicine, San Francisco, CA.
- Herbert, J. D. (2012, Nov.). Philosophy, theory, and ethics in doctoral training in cognitive behavioral psychology. In R. Klepac & G. F. Ronan (Chairs), *Report of the Inter-Organizational Task Force on Cognitive and Behavioral Psychology Doctorate Education*. Panel Discussion presentation at the

46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Herbert, J. D. (2012, Nov.). Discussant for *Developing High Quality Remote Interventions for Youth*. Symposium presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Forman, E. M., Butryn, M. L., Shaw, J. A., Kelly, M., Belmont, A., Clark, V., Lowe, M. R., & Herbert, J. D. (2012, Nov.). Outcomes from the Mind Your Health Project: A randomized controlled trial comparing standard behavioral and acceptance-based behavioral interventions for obesity. In M. L. Butryn (Chair), *Innovative behavioral approaches to weight loss*. Symposium paper presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Tuscan, L., Herbert, J. D., Forman, E. M., Izzetoglu, M., & Juarascio, A. S. (2012, Nov.). *Examining frontal asymmetry using functional near-infrared spectroscopy: The effects of social anxiety during interaction and performance tasks*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Gershkovich, M., Herbert, J. D., Forman, E. M., Glassman, L. H., & Goldstein, S. P. (2012, Nov.). *Client satisfaction and treatment distinctiveness in a randomized controlled trial of ACT versus CT for social anxiety disorder: Preliminary findings*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Goldstein, S. P., Forman, E. M., Herbert, J. D., Juarascio, A. S., Erford, B., & Barbieri, A. J. (2012, Nov.). *Implicit-explicit attitude discrepancy as a predictor of disinhibited eating and the moderating role of psychological acceptance*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Matteucci, A. J., Juarascio, A. S., Forman, E. M., & Herbert, J. D. (2012, Nov.). *Body-related acceptance as a potential mediator of body image dissatisfaction and eating pathology*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Rabin, S. J., Herbert, J. D., Forman, E. M., Ibrahim, A. Y., Matteucci, A. J., & Goldstein, S. P. (2012, Nov.). *The roles of therapist experiential avoidance and extraneous clinical information in predicting therapist preference for exposure treatment for OCD: Preliminary results*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Glassman, L. H., Herbert, J. D., Forman, E. M., Bradley, L. E., Izzetoglu, M., & Ruocco, A. C. (2012, Nov.). *Using near-infrared spectroscopy to measure in vivo functional activation of the prefrontal cortex during speech performance in adults with public speaking anxiety*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Glassman, L. H., Forman, E. M., Herbert, J. D., Bradley, L. E., Izzetoglu, M., Ruocco, A. C., & Foster, E. E. (2012, Nov.). *Brief acceptance-based behavior therapy vs. traditional CBT for public speaking anxiety: Differential effects on performance and neurophysiology*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

- Forman, E.M., Butryn, M., Juarascio, A.S., Bradley, L. E., Kelly, M., Belmont, A. P., Lowe, M. R., Herbert, J. D., & Clark, V. L. (2012, Sept.). *A randomized controlled trial comparing gold standard and acceptance-based behavioral treatment for obesity: Outcomes from the mind your health program*. Poster presented at the 30th annual convention of the Obesity Society, San Antonio, TX.
- Goldstein, S. P., Glassman, L. H., Martin, L. M., Bradley, L. B., Ibrahim, A., Herbert, J. D., & Forman, E. M. (2012, Sept.). *The relationship between distress tolerance and disordered eating related constructs*. Poster presented at the 30th annual convention of the Obesity Society, San Antonio, TX.
- Herbert, J. D. (2012, July). Chair, *Internet-based delivery of ACT: Legal, ethical, and clinical developments*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Yuen, E. K., Herbert, J. D., Forman, E. M., Goetter, E. M., Juarascio, A. S., Rabin, S. J., & McGrath, K. B. (2012, July). Acceptance-based behavior therapy for social anxiety disorder using videoconferencing and virtual environments. In J. Herbert (Chair), *Internet-based delivery of ACT: Legal, ethical, and clinical developments*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Goetter, E. M., Herbert, J. D., Forman, E. M., Yuen, E. K., Gershkovich, M., & Goldstein, S. (2012, July). Acceptance and commitment therapy in combination with exposure and ritual prevention for obsessive compulsive disorder via videoconference. In J. Herbert (Chair), *Internet-based delivery of ACT: Legal, ethical, and clinical developments*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Shaw, J. A., Juarascio, A. S., Matteucci, A., Forman, E. M., Timko, C. A., Herbert, J. D., Butryn, M. Lowe, M. (2012, July). Acceptance and commitment therapy as a novel treatment for eating disorders: An initial test of efficacy and mediation. In L. Martin (Chair), *ACT for disordered eating: Recent findings*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Herbert, J. D. (2012, July). Ontology: Is it what it is, or what we think it is? In R. T. Codd (Chair), *A-ontology: An in-depth discussion of this critical functional contextual feature*. Panel discussion presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Forman, E. M., Glassman, L. H., Herbert, J. D., Shaw, J. A., Bradley, L. E., Izzetoglu, M., Ruocco, A. C., Goetter, E. M., & Yuen, E. K. (2012, July). Comparative efficacy of standard cognitive behavior therapy and acceptance and commitment therapy for depression and anxiety at long-term follow-up and for public speaking performance: Two randomized trials. In J. J. Arch (Chair), *ACT versus standard CBT for anxiety: How do the outcome and process data compare?* Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Forman, E. M., Butryn, M. L., Bradley, L. E., Juarascio, A. S., Shaw, J. A., Lowe, M. R., Herbert, J. D., Kelly, M., & Belmont, A. P. (2012, July). Outcomes from the Mind Your Health Project: An RCT comparing standard behavioral and acceptance-based behavioral interventions for obesity. In



L. Martin (Chair), *The role of ACT in battling the obesity epidemic: Current research and future directions*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.

- Herbert, J. D. (2012, July). *The future of doctoral psychology training in CBT: Report of the Inter-organization Task Force on Cognitive and Behavioral Psychology Doctoral Education*. Invited lecture presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Gershkovich, M., Herbert, J. D., & Forman, E. M. (2012, July). *ACT-based Internet self-help interventions: The role of therapist support?* Paper presented at the Innovative Treatment Technologies Forum, 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Juarascio, A., Matteucci, A., Forman, E. M., & Herbert, J. D. (2012, July). The role of values in the treatment of eating disorders. In N. Reetz (Chair), *Building flexibility with food, body, and self: Contextual behavior science and disordered eating*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Glassman, L. H., Matteucci, A. J., Forman, E., Herbert, J. D., Izzetoglu, M., Bradley, L., & Foster, E. *Relationships between acceptance-related constructs, anxiety, and speaking performance in public speaking anxiety*. Poster presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Goldstein, S. P., Herbert, J. D., Forman, E. M., Juarascio, A., Erford, B., & Barbieri, A. (2012, July). *Psychological acceptance and impulsivity: Interaction predicts disordered eating behavior*. Poster presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Matteucci, A., Juarascio, A., Forman, E. M., & Herbert, J. D. (2012, July). *Body-related acceptance as a potential mediator of body image dissatisfaction and eating pathology*. Poster presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Martin, L. M., Forman, E. M., Butryn, M. L., Herbert, J. D. (2012, May). A contextual approach to the obesity epidemic. In J. Jacobi (chair), *Contextual behavioral science as a framework for understanding binge-eating and obesity*. Paper presented at the 38th annual meeting of the Association of Behavioral Analysis International, Seattle, WA.
- Juarascio, A. S., Forman, E. M., Timko, C. A., Shaw, J., Matteucci, A., Herbert, J. D., Butryn, M., Lowe, M. (2012, May). *Acceptance and Commitment Therapy as a Novel Treatment for Eating Disorders: An Initial Test of Efficacy and Mediation*. Paper presented at the AED Annual Conference, Austin, TX.
- Matteucci, A. J., Juarascio, A. S., Shaw, J.A., Forman, E. M., Bradley, L., Herbert, J. D., Butryn, M. L., & Lowe, M. R. (2012, May). *The Role of values in the change of eating disorder symptomatology*. Poster presented at the International Conference of Eating Disorders, Austin, TX.
- Goldstein, S. P., Goetter, E. M., Forman, E. M., & Herbert, J. D. (2012, March). *Examination of Technological Difficulties and Interpersonal Relationships in Remote Treatment for OCD: An Interim Report*. Poster presented at the annual convention of the Eastern Psychological Association, Pittsburgh, PA.

- Herbert, J. D. (2011, November). Chair, *Internet-based psychological services: Legal, ethical, and clinical issues*. Symposium presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Goetter, E. M., Herbert, J. D., Forman, E. M., Yuen, E. K., Erford, B. M., Milillo, J. J., & Goldstein, S. P. (2011, November). Crossing the line: Interstate delivery of remote psychological services. In J. D. Herbert (Chair), *Internet-based psychological services: Legal, ethical, and clinical issues*. Paper presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Moritz, K., Hoffman, J., Herbert, J. D., Szymanski, J., Tanaka-Matsumi, J. (2011, November). *Legal and clinical perspectives in using teleconferencing in CBT*. Panel discussion presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Forsyth, J. P., Herbert, J. D., Hofmann, S. G., Luoma, J., McKay, M., Robb, H. B., Herzberg, K. N., & Russo, A. R. (2011, November). *Dissemination of CBTs to the public on a shoestring budget: Old problem, new solutions?* Panel discussion presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Rabin, S. J., Herbert, J. D., Forman, E. M., Lissek, S., Erford, B. M., & Goldstein, S. P. (2011, November). *Testing an alternative hypothesis for cognitive bias modification for public speaking anxiety*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Shaw, J. A., Juarascio, A. S., Forman, E. M., Bradley, L., Herbert, J. D., Butryn, M., Berner, L., Doshi, S., & Lowe, M. R. (2011, November). *Controlled trial of residential-based ACT for eating disorders: Impact on behavioral measures of eating psychopathology*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Milillo, J. J., Glassman, L., Bradley, L., Foster, E., Matteucci, A., Izzetoglu, M., Forman, E., & Herbert, J. D. (2011, November). *Functional near-infrared spectroscopy in public speaking anxiety: Preliminary findings*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Juarascio, A., Shaw, J., Matteucci, A., Forman, E., Timko, C. A., Herbert, J. D., Butryn, M., & Lowe, M. (2011, November). *Acceptance and commitment therapy as a novel treatment for eating disorders: An initial test of efficacy and mediation*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Goetter, E. M., Herbert, J. D., Forman, E. M., & Milillo, J. (2011, July). *Videoconferencing as a means for delivering exposure and ritual prevention for obsessive compulsive disorder: Preliminary findings from a randomized controlled trial*. Poster presented to the 18th annual convention of the International OCD Foundation, San Diego, CA.
- Tyler, J, Neal, A., Timko, C.A., & Herbert, J.D. (2011, March). *The effect of social anxiety on one's evaluation of an individual depicting socially anxious behaviors*. Poster presented at the 31st annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.

- Herbert, J. D. (2010, November). Chair, *New developments in remote and internet-based treatment*. Symposium presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Herbert, J. D., Forman, E. M., Yuen, E., Goetter, E., England, E., Massey, J., Brandsma, L. L., Blacker, K., Timko, C. A., Geboy, A. (2010, November). Awareness, acceptance, defusion, and psychopathology: Implications of recent data on the deconstruction of mindfulness. In K. Herzberg (Chair), *Assessment and evaluation of fusion and defusion as a universal process in psychopathology and behavior change*. Paper presented at the 44<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Forman, E. M., Butryn, M. L., Shaw, J. A., Glassman, L. H., Clark, V. L., Belmont, A., & Herbert, J. D. (2010, November). Preliminary outcomes from the Mind Your Health project: A randomized controlled trial comparing standard behavioral and acceptance-based behavioral interventions for obesity. In J. Arch (Chair), *Acceptance-based therapies for anxiety disorders and obesity*. Paper presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Forman, E. M., Herbert, J. D., & Park, J. A. (2010, November) Standard CBT and ACT as transdiagnostic treatments: Theory and outcome from an RCT. In M. Berking (Chair), *Addressing commonalities across mental health disorders with transdiagnostic treatments*. Paper presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Geboy, A. G., Glassman, L. H., Yuen, E. K., Park, J. A., Goetter, E. M., Herbert, J. D., & Forman, E. M. (2010, November). *Moderators of acceptance-based behavior therapy for social anxiety disorder*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Glassman, L. H., Goetter, E. M., Forman, E. M., & Herbert, J. D. (2010, November). *Hoarding, obsessive-compulsive disorder and the DSM-V: Report on the status of current research*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Glassman, L. H., Shaw, J. A., Yuen, E. K., Goetter, E. M., Park, J.A., Herbert, J. D., & Forman, E. M. (2010, November). *Differences in ACT-based constructs and social phobia symptoms between post-treatment and follow-up periods following ACT intervention*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Goetter, E., Forman, E. M., Herbert, J. D., Geboy, A., & Yuen, E. K. (2010, November). *A theoretical examination of depressive rumination and the role of cognitive flexibility and mindfulness*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Goodwin, C. L., Forman, E. M., Butryn, M. L., Herbert, J. D., Ledley, G. S., Park, J. A., Yuen, E. K., Ambani, R. (2010, November). *Project ABLE: An acceptance-based behavioral lifestyle modification program for cardiac patients: A preliminary investigation*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

- McGrath, K. B., Forman, E. M., Herbert, J. D., Arch, J. J., Craske, M. G., & Eifert, G. H. (2010, November). *Differences in therapist behavior in implementing ACT and CT for the treatment of anxiety disorders*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Park, J. A., Rabin, S. R., Herbert, J. D., & Forman, E. M. (2010, November). *Examining potential mediators in an acceptance-based treatment for social anxiety disorder*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Yuen, E. K., Goldstein, S. P., Geboy, A. G., Campbell, A. D., Barbieri, A. J., Capozzoli, M., C., Johnson, F. A., Glassman, L. H., Shaw, J. A., Herbert, J. D., & Forman, E. M. (2010, November). *Differences in baseline characteristics between adults enrolled in an online versus in-person treatment program for social anxiety disorder*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Yuen, E. K., Herbert, J. D., Forman, E. M., Goetter, E. M., Juarascio, A. S., Rabin, S. J., McGrath, K. B., Goodwin, C. L., Park, J. A., & Bouchard, S. (2010, November). Using Skype videoconferencing and Second Life virtual environments to deliver acceptance-based behavior therapy for social anxiety disorder. In J. Herbert (Chair), *New developments in remote and internet-based treatment*. Paper presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Neal, A., Timko, C. A., Herbert, J. D., Parente, R., Cubitt, L., & McLamb, D. (2010, November). *The suppression of frustration in social anxiety: A behavioral test*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Herbert, J. D. (2010, June). *Balancing clinical innovation with the imperative to utilize best available practices*. Paper presented at the 8th World Conference of the Association for Contextual Behavioral Science, Reno, NV.
- Herbert, J. D. (2010, June). New developments in acceptance-based treatments for anxiety disorders. In M. Twohig (Chair), *ACT anxiety research*. Paper presented at the 8th World Conference of the Association for Contextual Behavioral Science, Reno, NV.
- Wilson, T., Wilson, K., Koerner, K., Follette, W., & Herbert, J. D. (2010, June). *How is the third wave contributing to the progress of CBT?* Panel discussion presented at the 8th World Conference of the Association for Contextual Behavioral Science, Reno, NV.
- Herbert, J. D. (2010, June). Discussant for T. Wilson, *Improving cognitive behavior therapy: Problems and prospects*. Paper presented at the 8th World Conference of the Association for Contextual Behavioral Science, Reno, NV.
- Herbert, J. D. (2010, June). Negotiating the path forward. In S. C. Hayes, T. Wilson, & J. D. Herbert (Chairs), *The road ahead: Developing an ACT research and publication strategy consistent with contextual behavioral science*. Paper presented at the 8th World Conference of the Association for Contextual Behavioral Science, Reno, NV.
- Forman, E. M., Goetter, E. M., Park, J., Herbert, J. D., Moitra, E., & Yuen, E. K. (2010, June). Mediators and long-term outcomes in a randomized controlled trial of ACT and CT. In E. Foley (Chair),

*Empirical innovations in acceptance-based therapies.* Paper presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, MA.

- Goetter, E., Forman, E. M., Herbert, J. D., Yuen, E. K., Geboy, A., Barbieri, A., & Goldstein, S. (2010, June). *Rumination, cognitive inflexibility and mindfulness: Implications for problem solving.* Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Yuen, E. K., Goetter, E. M., Park, J. A., Erford, B., Venable, C., Herbert, J. D., & Forman, E. M. (2010, June). *Treatment resistance in cognitive behavioral therapy for social anxiety disorder.* Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Yuen, E. K., Goetter, E. M., Park, J. A., Patterson, A., Courtois, E., Novac, R., Herbert, J. D., & Forman, E. M. (2010, June). *Moderators of treatment outcome in an online CBT intervention for social anxiety disorder.* Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.
- Juarascio, A., Forman, E. M., Butryn, M., Herbert, J. D., & Lowe, M. R. (2010, May). Implicit measurement of internalization of the thin ideal. In C.A. Timko (Chair), *Development of the Implicit Relational Assessment Procedure (IRAP) for use as a treatment outcome measure.* Paper presented at the 36th annual meeting of the Association for Behavior Analysis, San Antonio, TX.
- Neal, A., Timko, C. A., & Herbert, J. D. (2010, March). *Why suppress anger? Social anxiety, anger experience, or alexithymia?* Poster presented at the annual meeting of the Anxiety Disorder Association of America, Baltimore, MD.
- Herbert, J. D. (2010, March). Acceptance and commitment therapy. In Salzinger, K. (Chair), *Will the real behavior therapy please stand up?* Paper presented at the annual meeting of the Eastern Psychological Association, New York, NY.
- Herbert, J. D. (2009, November). Chair, *Cognitive reappraisal vs. experiential acceptance.* Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Sheppard, S. C., Forsyth, J. P., Anestis, J., Kaplan, J., Herbert, J. D., Gahm, G. A., & Pearson, A. N. (2009, November). *Alternative treatment delivery systems: New frontiers in training, dissemination, and intervention.* Panel discussion presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Coon, K. A., Herbert, J. D., Primack, J., Scrimali, T., & Shiekh, M. (2009, November). *Cultural influences as mediating factors for patient vulnerability and treatment.* Panel discussion presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Forman, E. M., Park, J., Herbert, J. D. (2009, November). One-year follow-up of an ACT vs. CT randomized controlled trial. In J. D. Herbert (Chair), *Cognitive reappraisal vs. experiential acceptance.* Paper presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

- Blacker, K., Herbert, J. D., Kounios, J., & Forman, E. M. (2009, November). *Differential electroencephalography (EEG) activity exhibited in acceptance- and control/distraction-based pain management strategies*. Poster presented at the 43<sup>rd</sup> annual convention of the Association of Behavioral and Cognitive Therapies, New York, NY.
- Brown, L., Forman, E. M., Herbert, J. D., & Hoffman, K. L. (2009, November). *Acceptance and commitment therapy versus cognitive therapy for test anxiety: A pilot study*. In J. D. Herbert (Chair), *Cognitive reappraisal vs. experiential acceptance*. Paper presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Hoffman, K. L., Forman, E. M., Herbert, J. D., Butryn, M., Juarascio, A. S., Ryan, N. M., & Asnaani, A. (2009, November). Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women. In J. D. Herbert (Chair), *Cognitive reappraisal vs. experiential acceptance*. Paper presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Juarascio, A., Forman, E., Herbert, J., Rabin, S. & Goodwin, C. (2009, November). Acceptance and commitment therapy versus cognitive therapy for the treatment of co-morbid eating pathology. In S. C. Sheppard (Chair), *Beyond the efficacy ceiling: Targeting universal processes across diverse problems in ACT clinical effectiveness*. Symposium presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapies, New York, NY.
- Herbert, J. D., Yadavaia, J., & Forman, E. M. (2009, November). Experiential avoidance as a moderator and mediator of mindfulness-based behavioral and cognitive therapies: Explication and evidence for a transdiagnostic model. In J. Boulanger (Chair), *Experiential avoidance: A core common process in the development, maintenance, and treatment of psychological disorders*. Paper presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- McGrath, K. B., Forman, E. M., & Herbert, J. D. (2009, November). *Validation of the ACT/CT adherence and competence rating scale: Phase two*. Poster presented at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Rabin, S., Park, J., Goodwin, C. L., Juarascio, A., Forman, E. & Herbert, J. D. (2009, November). *Comparison of acceptance and commitment therapy and traditional cognitive behavior therapy on reduction of hopelessness in depressed individuals*. Poster presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapies, New York, NY.
- Yuen, E. K., Herbert, J. D., Forman, E. M., Comer, R., Bradley, J., Goetter, E. M., & Park, J. A. (2009, November). *Virtual therapy for social anxiety disorder using Second Life: Preliminary Results*. Poster presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.
- Collins, J., Herbert, J. D., Forman, E.M., & Butryn, M. (2009, November). *Dietary restraint, physical activity and body image satisfaction: A study of college freshman women*. Poster presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.
- England, E., Herbert, J. D., & Forman, E. M. (2009, November). *Exposure with acceptance-based vs. habituation-based rationale for public speaking anxiety*. In A. N. Pearson (Chair), *New applications*

of acceptance-based interventions. Paper presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

- Gaudiano, B., Herbert, J. D., & Hayes, S. C. (2009, November). *Mediation of treatment outcome in a clinical trial of ACT for inpatients with psychosis*. Poster presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.
- Goodwin, C. L., Juarascio, A. J., Rabin, S. L., Goetter, E., Park, J., Forman, E. M., & Herbert, J. D. (2009, November). *Acceptance and commitment therapy versus cognitive therapy for test anxiety in an undergraduate population*. Poster presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapies, New York, NY.
- Goetter, E. M., Forman, E. M., Herbert, J. D., & Yuen, E. K. (2009, November). *The impact of mindfulness and defusion on the relationship between rumination and problem solving*. Poster presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Blacker, K., Herbert, J., Kounios, J., & Forman, E. (2009, November). *Differential electroencephalography (EEG) activity exhibited in acceptance- and control/distraction-based pain management strategies*. Poster presented at the Mid-Atlantic Regional Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Herbert, J. D., Gaudiano, B. A., Rheingold, A. A., Moitra, E., Myers, V. H., Dalrymple, K. L., & Brandsma, L. L. (2008, November). *Cognitive behavior therapy for generalized social anxiety disorder in adolescents: A randomized controlled trial*. Paper presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- England, E. L., Herbert, J. D., Forman, E. M., & Timko, C. A. (2008, November). *Use of the Implicit Relational Assessment Procedure to assess cognitive defusion, mindfulness, and psychological functioning*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Feinstein, A. B., Forman, E. M. & Herbert, J. D. (2008, November). *Acceptance as a moderator of functional variables in adolescents with juvenile idiopathic arthritis*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Forman, E. M., Butryn, M. L., Hoffman, K. L., Herbert, J. D. & Brown, L. (2008, November). An open pilot trial of an acceptance-based behavioral intervention for weight loss: Post-intervention and six-month follow-up findings. In P. Wupperman & S. R. Axelrod (Chairs), *Mindfulness training for problems of self-regulation: New applications and mechanisms of change*. Paper presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Forman, E. M., Herbert, J. D. & Moitra, E. (2008, November). *Defusion as a Differential Mediator of Acceptance and Commitment Therapy and Cognitive Therapy*. In S. A. Hayes (Chair), *Processes and Mechanisms of Change in Mindfulness and Acceptance Based Therapies*. Paper presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

- Goetter, E., Yuen, E. K., Moitra, E., Forman, E. M. & Herbert, J. D. (2008, November). *Acceptance and awareness: Differential effects as a function of anxiety*. Paper presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Moitra, E., England, E., Forman, E. M. & Herbert, J. D. (2008, November). *Initial psychometric properties of the Drexel Defusion Scale*. Paper presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Yuen, E. K., Goetter, E., Moitra, E., Forman, E. M., & Herbert, J. D. (2008, November). *Moderators of treatment outcome in cognitive therapy and acceptance and commitment therapy*. Paper presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Herbert, J. D. (2008, June). *Novel therapies and extraordinary claims: Being a good consumer*. In M. Pignotti (Chair), *Novel unsupported therapies: Pseudoscientific and cult-like characteristics*. Paper presented at the annual meeting of the International Cultic Studies Association, Philadelphia, PA.
- Forman, E. M., Chapman, J. E. & Herbert, J. D. (2008, June). *Mediational analyses of session-by-session outcomes across two types of CBT*. In L. K. McGinn (Chair), *The mediating impact of cognitive processes in anxiety and depression*. Paper presented at the 6th International Congress of Cognitive Psychotherapy of the International Association for Cognitive Psychotherapy, Rome, Italy.
- Butryn, M., Forman, E., Hoffman, K., Brown, L., Johnson, A., & Herbert, J. D. (2008, March). *A pilot test of acceptance-based behavioral treatment for obesity*. Paper presented at the annual meeting of the Society for Behavioral Medicine.
- Herbert, J. D. (2007, November). *Symposium Discussant* In C. A. Timko & E. Sandoz (Chairs), *Eating Your Words: Relational Responding and Experiential Avoidance in Disruptions of Eating and Body Image*. Symposium presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Herbert, J. D. (2007, November). *Chair, Posttraumatic Stress Disorder: New Data and Emerging Questions*. Symposium presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Hoffman, K. L., Forman, E. M., Butryn, M. L., Brown, L., & Herbert, J. D. (2007, November). *Preliminary evaluation of an acceptance-based behavioral weight control intervention*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Yeomans, P. D., Herbert, J. D., & Forman, E. M. (2007, November). *The relationship between exposure to Western trauma discourse and posttraumatic symptoms among Burundians with traumatic event histories*. In J. D. Herbert (Chair), *Posttraumatic Stress Disorder: New data and emerging questions*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- England, E., Tuscan, L., & Herbert, J. D. (2007, November). *Molar versus molecular ratings of social skills in patients with social anxiety disorder*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.



- Forman, E. M., Butryn, M., Hoffman, K. L., & Herbert, J. D. (2007, November). A pilot study of an acceptance-based behavioral treatment for weight loss. In M. J. Hildebrandt (Chair), *Behavioral demonstrations of distress tolerance: Understanding psychological processes as they apply to clinical outcomes*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Forman, E. M., Herbert, J. D., Cardaciotto, L., Moitra, E., & Brown, L. A. (2007, November). The relationship between mindfulness and psychopathology: Not all dimensions of mindfulness are created equal. In P. Wupperman & S. Axelrod (Chairs), *Mindfulness, emotion regulation and impulsivity*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Forman, E. M., Herbert, J. D., & McGrath, K. B. (2007, November). Evidence for ACT's distinctiveness from cognitive therapy across five overlapping investigations. In K. Vowles (Chair), *Exploring the influence of acceptance, mindfulness, and values-based action on treatment outcomes and overall functioning: Unique contributions or old wine in a new bottle?* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Forman, E. M., Redding, R., Herbert, J. D., & Gaudiano, B. (2007, November). Scientific grounding and usefulness of 50 popular self-help books for anxiety, depression, and trauma: Toward evidence-based self-help manuals. In T. Lazzaroni (Chair), *Toward evidence-based self-help manuals*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Hoffman, K. L., Brown, L., Forman, E. M., Butryn, M., & Herbert, J. D. (2007, November). *Emotional eating as a mediator of weight loss in an acceptance-based behavioral weight control intervention*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Herbert, J. D. *ACT, CT, & CBT: Similarities, differences, and unanswered questions*. (2007, July). Keynote address presented at the annual meeting of the Association for Contextual Behavioral Science, Houston, TX.
- Herbert, J. D. *Acceptance and Commitment Therapy for social anxiety disorder*. (2007, July). Paper presented at the annual meeting of the Association for Contextual Behavioral Science, Houston, TX.
- Forman, E. M., Hoffman, K. L., McGrath, K. B., Herbert, J. D., Brandsma, L., & Lowe, M. R. (2007, July). *The Power of Food Scale predicts chocolate cravings and consumption and response to a cravings intervention*. In M. Boggiano (Chair), *Eating Disorders*. Paper presented at the annual meeting of the Society for the Study of Ingestive Behavior, Steamboat Springs, CO.
- Brown, L. A., Hoffman, K. L., Forman, E. M., & Herbert, J. D. (2007, April). *Emotions and weight loss in an ACT intervention*. Paper presented at the Colonial Academic Alliance Research Conference, Wilmington, NC.
- Hoffman, K. L., Forman, E. M., Yeomans, P.D., McGrath, K. B., Marquez, K., Zebell, J., Herbert, J. D., Brandsma, L., Herbert, J. D., & Lowe, M. (2007, April). *A comparison of experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of dieting*. Paper

presented at the meeting of the Dissemination of Research on Addiction, Infectious Disease and Public Health, John Hopkins University, Baltimore, MD.

- Herbert, J. D. (Chair). *Understanding the basic processes underlying second and third generation behavioral and cognitive therapies*. Symposium presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.
- Gaudiano, B. A., & Herbert, J. D. *ACT vs. treatment as usual for hospitalized patients with psychosis: Process and outcome*. In E. M. Forman (Chair), Mechanisms of action and comparative effectiveness of Acceptance and Commitment Therapy across five treatment groups. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.
- Forman, E. M., Herbert, J. D., Chapman, J. E., Yeomans, P., Moitra, E., McGrath, K., Hoffman, K., & Marquez, K. Using standard and session-by-session outcomes to delineate differential mediating mechanisms of Acceptance and Commitment and cognitive behavioral therapies. In E. M. Forman (Chair), Mechanisms of action and comparative effectiveness of Acceptance and Commitment Therapy across five treatment groups. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.
- Dalrymple, K. L., & Herbert, J. D. Processes related to improvement in ACT for social anxiety disorder. In E. M. Forman (Chair), Mechanisms of action and comparative effectiveness of Acceptance and Commitment Therapy across five treatment groups. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.
- Forman, E. M., Hoffman, K. L., Lowe, M. R., Brandsma, L., Herbert, J. D., Marquez, K., McGrath, K., Moitra, E., & Yeomans, P. *A comparison of experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of dieting*. In E. M. Forman & T. B. Kashdan (Chairs), *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional disturbances*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.
- Dalrymple, K. L., Herbert, J. D., & Forman, E. M. *Acceptance and commitment therapy for generalized social anxiety disorder: A pilot study*. In C. E. Drake (Chair), *ACT, mindfulness, and social anxiety disorder*. Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, England, July, 2006.
- Forman, E. M., Hoffman, K., McGrath, K., Lowe, M. R., Herbert, J. D., & Brandsma, L. *A comparison of acceptance- and control-based strategies for coping with food cravings: An analog study of dieting*. In E. K. Sandoz (Chair), *All shapes and sizes: An exploration of body image acceptance and eating behaviour*. Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, England, July, 2006.
- Forman, E. M., Herbert, J. D., Marquez, K., Moitra, E., Yeomans, P. D., McGrath, K., & Hoffman, K. *Results from a randomized controlled trial comparing ACT and CBT in a mixed outpatient sample*. In A. Biglan (Chair), *Effectiveness studies on ACT*. Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Sciences, London, England, July, 2006.

- Herbert, J. D. *Show me the data! Finding scientifically-based practices for educating individuals with ASD.* Delaware Autism Program Education Seminar, New Castle, DE, June 2, 2006.
- Moitra, E., Herbert, J. D., & Forman, E. *Avoidance and depression among socially anxious adults.* Paper presented at the meeting of the Anxiety Disorders Association of America, Miami, FL, March, 2006.
- Forman, E. M., Herbert, J. D., Yeomans, P. D., McGrath, K., Moitra, E., Geller, P. A. *Effectiveness and mediating mechanisms of Acceptance and Commitment and Cognitive Behavioral Therapies in the treatment of mixed depression and anxiety.* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Herbert, J. D., & Cardaciotto, L (chairs). *The conceptualization and assessment of mindfulness.* Symposium presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Cardaciotto, L., & Herbert, J. D. *The development of a bi-dimensional measure of mindfulness: The Philadelphia Mindfulness Scale (PHLMS).* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Woldoff, S. B., & Herbert, J. D. *Reliability of the Global Assessment of Functioning Scale.* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Moitra, E., Cardaciotto, L., Yeomans, P. D., Carleton, M. E., & Herbert, J. D. *Symptom clusters in the Social Phobia subscale of the Social Phobia and Anxiety Inventory.* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Greenberg-Saluck, R., & Herbert, J. D. *Attentional demands and recall of interpersonal information in social anxiety disorder.* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Herbert, J. D., Dalrymple, K., Carleton, M., Cardaciotto, L., Gaudiano, B., Bulleit, B., Yeomans, P. D., & Moitra, E. *The effects of comorbid depression on the clinical presentation and treatment outcome of generalized social anxiety disorder.* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Moitra, E., del Mar Cabiya, M., Forman, E. M., Herbert, J. D., Yeomans, P. D., & McGrath, K. B. (2005, November). *Mindfulness as predictor of treatment outcome in cognitive behavioral and acceptance and commitment therapies.* Poster presented at the 39th annual convention of the Association for Behavioral and Cognitive Therapy, Washington, D.C.
- Yeomans, P. D., Forman, E. F., & Herbert, J. D. (2005, November). *The relationship between prior exposure to Western trauma discourse and the severity and nature of psychological symptoms.* Poster presented at the 39th annual convention of the Association for Behavioral and Cognitive Therapy, Washington, D.C.
- Herbert, J. D. *ACT for social anxiety.* Paper presented at the meeting of the ACT Summer Institute, Philadelphia, July, 2005.

- Herbert, J. D. Is ACT just the latest therapeutic fad? Paper presented at the meeting of the ACT Summer Institute, Philadelphia, July, 2005.
- Herbert, J. D., & Luoma, J. *Clinician's roundtable on training and supervision in ACT*. Paper presented at the meeting of the ACT Summer Institute, Philadelphia, July, 2005.
- Forman, E., & Herbert, J. D. *ACT and CBT: Similarities, differences, and relative effectiveness*. Paper presented at the meeting of the ACT Summer Institute, Philadelphia, July, 2005.
- Herbert, J. D. *How do we bridge the gap between science and practice in mental health?* Paper presented at the conference "Curing the ills of alternative medicine and questionable mental health practices," Center for Inquiry, Amherst, NY, May, 2005.
- Dalrymple, K., & Herbert, J. D. *Acceptance and Commitment Therapy for generalized social anxiety disorder: Initial findings from a pilot study*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA, November, 2004.
- Forman, E. M., Herbert, J. D., Yeomans, P. D., & Geller, P. A. *Comparing outcome and mechanisms of action in cognitive behavioral and Acceptance and Commitment Therapies*. In E. M. Forman (Chair), *Mechanisms of change in acceptance-based interventions*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA, November, 2004.
- Casten, K. M., & Herbert, J. D. Marital functioning and communication in generalized social anxiety disorder. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA, November, 2004.
- Casten, K. M., & Herbert, J. D. *The relationship of marital status to SAD severity and treatment response*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA, November, 2004.
- Herbert, J. D., Dalrymple, K., Carleton, M., Cardaciotto, L., Gaudiano, B., & Bulleit, B. A. *The effects of comorbid depression on the clinical presentation and treatment outcome of generalized Social Anxiety Disorder*. DePauw University Summer Science Research Conference, September 22, 2004.
- Gaudiano, B. A., & Herbert, J. D. *A randomized clinical trial of Acceptance and Commitment Therapy for Psychiatric Inpatients*. Brown University Research Conference, March, 2004.
- Myers, V. H., Boyer, B. A., Herbert, J. D., & Schneider, G. *Adults with Type I diabetes: Posttraumatic stress related to hypoglycemia*. Paper presented at the meeting of the Society of Behavioral Medicine, Baltimore, MD, March, 2004.
- Herbert, J. D., Gaudiano, B. A., Rheingold, A. A., Harwell, V., Dalrymple, K., Nolan, E. M., Crittenden, K., Cardaciotto, L., Carleton, M., Murray, H., & Gorman, A. Social skills training augments the effectiveness of cognitive behavioral group therapy for social anxiety disorder. In D. A. Roth (chair), *Cognitive behavior therapy for social phobia: Recent findings and future directions*. Symposium

presented at the meeting of the Association for Advancement of Behavior Therapy, Boston, November, 2003.

Carleton, M. E., Herbert, J. D., Dalrymple, K., Nolan, E. M., Gaudiano, B. A., Cardaciotto, L., Murray, H., Gorman, A., & Crittenden, K. *Psychometric properties of the Teenage Inventory of Social Skills among socially anxious adolescents*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Boston, November, 2003.

Herbert, J. D., Rheingold, A. A., Gaudiano, B. A., & Harwell, V. D. Does increasing the time between sessions improve the efficacy of cognitive behavior therapy for social anxiety disorder? In J. D. Huppert & D. A. Roth (chairs), *Variations in cognitive behavior therapy for social phobia: Optimizing treatment outcomes*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, Reno, NV, November, 2002.

Rheingold, A., Herbert, J. D., Cardaciotto, L., & Franklin, M. *Cognitive bias in adolescents with social anxiety disorder*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Reno, NV, November, 2002.

Cardaciotto, L., Herbert, J. D., Gaudiano, B. A., Nolan, E. M., & Dalrymple, K. L. *Treating social anxiety disorder with cognitive behavior therapy in the context of Asperger's syndrome: A single-subject report*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Reno, NV, November, 2002.

Dalrymple, K., Herbert, J. D., & Goldstein, S. *Developmental factors and adolescent-parent concordance in ratings of symptoms of social anxiety disorder*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Reno, NV, November, 2002.

Gaudiano, B. A., Dalrymple, K. L., & Herbert, J. D. *Future directions in cognitive behavior therapy for psychotic disorders: Incorporating acceptance and mindfulness*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Reno, NV, November, 2002.

Herbert, J. D. *Critical scientific issues facing the empirically supported treatment movement*. In W. C. Follette (Chair), Panel Discussion conducted at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia, November, 2001.

Harwell, V. D., Herbert, J. D., Brandsma, L. L., Dalrymple, K., Cardaciotto, L., & Crittenden, K. *Research utilization among mental health professionals*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia, November, 2001.

Gaudiano, B. A., Herbert, J. D., & Harwell, V. D. *Psychometric evaluation of a new self-efficacy scale for social situations*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia, November, 2001.

Gaudiano, B. A., Osman, D., Boylan, C., & Herbert, J. D. *Twelve-week group cognitive behavioral social skills training for psychotic disorders: A preliminary investigation of effectiveness*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia, November, 2001.

- Gaudiano, B. A., Slank, K., & Herbert, J. D. *Continued concerns over retest effects and discriminant validity in repeated administrations of the BDI-II and BAI in a student sample*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Philadelphia, November, 2001.
- Herbert, J. D. False hopes and empty promises in the treatment of autism. In S. O. Lilienfeld (Chair), *Fringe psychotherapies: What lessons can we learn?* Symposium conducted at the meeting of the American Psychological Association, San Francisco, August, 2001.
- Kleinknecht, R. A., Herbert, J. D., Dinnel, D., & Harwell, V. *Comparison between DSM-IV-type generalized social phobia and Taijin Kyofusho in a clinical treatment sample*. Paper presented at the meeting of the World Congress of Behavior Therapy, Vancouver, Canada, July, 2001.
- Herbert, J. D., Rheingold, A. A., & Goldstein, S. G. *Brief cognitive-behavior group therapy for social phobia: Preliminary post-treatment and follow-up results*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, November, 2000.
- Saluck, R. G., Herbert, J. D., Rheingold, A. A., & Harwell, V. *Validity of the brief and full versions of the FNE scales*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, November, 2000.
- Sharp, I. R., Herbert, J. D., Harwell, V. D., Rheingold, A. A., Gaudiano, B. A., & Makin-Byrd, K. N. *Avoidance as a predictor of depressive symptoms in primary social phobia*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, November, 2000.
- Gaudiano, B. A., Herbert, J. D., & Sharp, I. R. *Tapping our problems away? A critical analysis of thought field therapy*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, November, 2000.
- Sharp, I. R., Herbert, J. D., & Gaudiano, B. A. *Pseudoscience in the treatment of autism*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans, November, 2000.
- Herbert, J. D. A critical perspective on EMDR. In G. K. Hare (Chair), *EMDR: The search for a database on which we all can agree*. Panel discussion at the meeting of the Association for Advancement of Behavior Therapy, Toronto, November, 1999.
- Maffie, K., Herbert, J. D., Rheingold, A., Dalrymple, K., Goldstein, S., Greenberg, R., Darze, F., Harwell, V., & Sharp, I. *Cognition and social skills in adult social phobia*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, Toronto, November, 1999.
- Herbert, J. D. What is an empirically supported treatment? A critique of the criteria. In J. Lohr (Chair), *The implications of codifying empirically supported treatments for behavior therapy*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, Washington, DC, November, 1998.
- Herbert, J. D., Goldstein, S. G., Rheingold, A., Christian, R., Hartfield, C., Maffie, K., Brandsma, L., & Hope, D. *Brief treatment for social phobia*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, DC, November, 1998.

- Herbert, J. D., Tolin, D. F., Lilienfeld, S. O. & Lohr, J. M. Nonspecific factors in the reported treatment effects of power therapies. In J. Lohr (Chair), *The challenge of power therapy: Implications for behavior therapy*. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, Washington, DC, November, 1998.
- Davison, G. C., Devilly, G., Herbert, J. D., Lohr, J. M., Keane, T., McNally, R. J., Montgomery, R., Roemer, L., Rosen, G., & Sawchuk, C. *If eye movements are unnecessary in EMDR are we left with behavior therapy?* Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, DC, November, 1998.
- Brandsma, L., Herbert, J. D., Goldstein, S., & Simmons, D. *Social Phobia: The school counselor's critical role in identifying "the neglected anxiety disorder."* Presented at the annual conference of the Pennsylvania School Counseling Association, State College, PA, March 19-22, 1998.
- Hartfield, C., Herbert, J. D., Goldstein, S. G., Kadish, D. A., Nordmann, J. E., & Maffie, K. *Self-efficacy in social phobia: Work in progress*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Miami, FL, November, 1997.
- Goldstein, S., Herbert, J. D., Hartfield, C., Christian, R., Kaplan, M., & Rheingold, A. *The etiology of social phobia: A developmental perspective*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Miami, FL, November, 1997.
- Bolton, C. H., Herbert, J. D., Rooney, J. J., & Watson, M. A. *Clinical skills development through the practicum*. Presented at the meeting of the Eastern Psychological Association, Washington, D. C., April, 1997.
- Gitin, Nancy M., Herbert, J. D., & Schmidt, C. *One-session in vivo exposure for odontophobia*. Presented at the meeting of the Association for Advancement of Behavior Therapy, New York, November, 1996.
- Tobey, B. K., & Herbert, J. D. *A comparison of worry in the psychiatric and community elderly*. Presented at the meeting of the Association for Advancement of Behavior Therapy, New York, November, 1996.
- Herbert, J. D., Kadish, D. A., Nordmann, J. E., Best, M., Goldstein, S., Bolton, K., Christian, R., Hartfield, C., Kaplan, M., & Habboushe, D. *Social phobia: Assessment and treatment*. Presented at the Allegheny Univer. Research Conference, Philadelphia, Oct., 1996.
- Foa, E. B., Franklin, M. E., Perry, K. J., & Herbert, J. D. *Judgemental biases in generalized social phobia*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1995.
- Harap, S. T., & Herbert, J. D. *Coping styles in test-anxious students*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1995.
- Kadish, D. A., Herbert, J. d., Olszowka, S., & Nordmann, J. E. *Attachment styles in social phobia*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1995.

- Saad, R. M., & Herbert, J. D. *Impact on families of home-based versus school-based early intervention programs for autism*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1995.
- Meyerson, A. T., Herbert, J. D., & Druhan, J., & Adams, C. *A pilot study of an iatrogenic model of posttraumatic stress disorder*. Paper presented at the meeting of the American Psychiatric Association, Philadelphia, May, 1994.
- Laguna, L. B., Hope, D. A., & Herbert, J. D. *Homework compliance and improvement in cognitive-behavioral group therapy with social phobics*. Paper presented at the meeting of the Anxiety Disorders Association of America, 1994.
- Waugh, F. E., Webb, C., & Herbert, J. D. *Nonacademic factors may be particularly important to the performance of minority medical students*. Paper presented at the meeting of the National Association of African-American Studies, Petersburg, Virginia, February, 1994.
- Herbert, J. D. *Subtypes of social anxiety disorders: Problems with the DSM-III-R*. In symposium entitled "Assessment and treatment of social phobia: Effects of subtypes and avoidant personality disorder," D. Chambless, Chair. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Atlanta, November, 1993.
- Herbert, J. D., Franklin, M. E., Perry, K. J., Foa, E. B., & Hope, D. A. *Cognitive-behavioral group therapy with and without social skills training in the treatment of generalized social phobia*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, November, 1993.
- Herbert, J. D., Sayers, M. D., Nishith, P., Turk, E., Salzman, D., & Belecanech, M. *Cognitive-behavioral group therapy of adolescent social phobia: A pilot study*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Nov., 1993.
- Franklin, M. E., Perry, K. J., Herbert, J. D., & Foa, E. B. *Threat interpretation in generalized social phobia*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, November, 1993.
- Perry, K. J., Franklin, M. E., Herbert, J. D., & Foa, E. B. *Autobiographical memory in generalized social phobia*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, November, 1993.
- Herbert, J. D. *The role of outcome research in mental health care reform*. Invited address to the Mental Health Commissioners Working Conference on National Health Care Reform, Chantilly, Virginia, October, 1993.
- Herbert, J. D. & Hope, D. A. *Social knowledge and skill in social phobia*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, November 1992.
- Hope, D. A., & Herbert, J. D. *Automatic thoughts elicited from social phobics before therapeutic exposure*. In symposium entitled "The Nature and Treatment of Social Phobia," R. Rapee, Chair. Fourth World Congress on Behavior Therapy. Gold Coast, Australia, 1992.



- Herbert, D. L., Herbert, J. D. & Nelson-Gray, R. O. *Determinants of diagnostic prototypicality judgements of the personality disorders*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, New York, November 1991.
- Herbert, J. D., Bellack, A. S., & Hope, D. A. *Concurrent Validity of the Social Phobia and Anxiety Inventory*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, New York, November, 1991.
- Hope, D. A., & Herbert, J. D. *Common and uncommon thoughts among social phobics*. Presented at the annual meeting of the Association for Advancement for Behavior Therapy, New York, November, 1991.
- Hope, D. A., Herbert, J. D., & Bellack, A. S. *Social phobia, avoidant personality disorder, and psychotherapy outcome*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, New York, November, 1991.
- Herbert, J. D., Hope, D. A. & Bellack, A. S. *Social phobia and avoidant personality disorder: Qualitative or quantitative differences?* Presented at the annual meeting of the Association for Advancement of Behavior Therapy, San Francisco, November, 1990.
- Herbert, J. D., Nelson, R. O., & Herbert, D. L. *The role of dysfunctional cognitions in depression*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1989.
- Nelson, R. O., Herbert, D. L., Herbert, J. D., Farmer, R., Lin, K., & Badawi, I. *Estimation vs. counting in behavioral assessment*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, November, 1987.
- Nelson, R. O., Herbert, J. D., Herbert, D. L., Brannon, S. E., & Sigmon, S. T. *The importance of assessment in the treatment of depression*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, November, 1987.
- Herbert, D. L., Nelson, R. O., & Herbert, J. D. *The effects of psychodiagnostic labels, behavioral vs. diagnostic instructions, and level of depression upon the accuracy of clinical assessment*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Chicago, November, 1986.
- Herbert, J. D., Nelson, R. O., & Herbert, D. L. *The effects of feedback on the behavior of depressed inpatients in two structured interactions*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Chicago, November, 1986.
- Nelson, R. O., Herbert, D. L., Herbert, J. D., & Badawi, I. *Estimation versus counting in behavioral assessment*. Symposium presentation, Annual meeting of the American Psychological Association, 1986.
- Nelson, R. O., Romano, B., Haas, J., Herbert, J. D., & Herbert, D. L. *The effects of open-ended vs. closed-ended questions on interview problem-related statements*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Houston, November, 1985.

Keane, S. P., Nelson, R. O., Roberson, C., Herbert, D. L., & Herbert, J. D. *Parental reaction to children's compliant and compliant behavior*. Presented at the annual Psychology Conference, University of North Carolina at Greensboro, November, 1984.

### **INVITED COLLOQUIA, LECTURES, AND WORKSHOPS**

Herbert, J. D. Invited Panelist, Psychological and Legal Perspectives on *Titticut Follies*. University of North Carolina at Greensboro, February, 1988.

Nelson, R. O., & Herbert, J. D. *Depression: Using assessment results in treatment selection*. Workshop presented at the annual meeting of the Association for Advancement of Behavior Therapy, Chicago, November, 1986.

Herbert, J. D. *Seasonal Depression*. U.S. Public Service Employees, Philadelphia, January, 1990.

Herbert, J. D. *Cognitive Therapy*. Norristown State Hospital, Norristown, PA, January, 1990.

Herbert, J. D. *Coping with Stress*. Invited address to faculty and staff of The Medical College of Pennsylvania, Philadelphia, May, 1990.

Herbert, J. D. *Stress Management for the Medical Student*. Invited address to medical students of the Medical College of Pennsylvania, Philadelphia, August, 1990.

Herbert, J. D. *Relaxation Training for Psychiatric Inpatients*. Invited workshop to the staff of the psychiatric inpatient service, Medical College of Pennsylvania/EPPI, September, 1990.

Herbert, J. D. *Coping with Anxiety*. Invited presentation to the Schizophrenia Family Support Group, Medical College of Pennsylvania/EPPI, April, 1992.

Herbert, J. D. & Mueser, K. T. *Survival skills for Inpatient Psychiatric Nursing Staff*. Invited workshop to the staff of the psychiatric inpatient service, Medical College of Pennsylvania/EPPI, May 1992.

Herbert, J. D. *Current status of the Type A Construct*. Invited address to the medical students of the Medical College of Pennsylvania, December, 1992.

Herbert, J. D. *Assessment and Treatment of Adolescent Social Phobia*. Invited address to the Delaware County Association of School Psychologists, October 12, 1994.

Herbert, J. D., & Volpicelli, J. *Combined pharmacological and cognitive-behavioral treatment of psychiatric disorders*. Workshop presented to the Philadelphia Behavior Therapy Association, November 5, 1994.

Herbert, J. D. *Using the Structured Clinical Interview for DSM-IV in the outpatient psychiatric clinic*. Philadelphia Center for Human Development, February, 1995.

Herbert, J. D., & Weisberg, R. M. *Songs and stories about families*. Borders Books and Music, Bryn Mawr, PA, March 25, 1995.

- Herbert, J. D. *Dealing with shyness and social phobia*. Employee Assistance Program, Medical College of Pennsylvania and Hahnemann University, January 16, 1996.
- Herbert, J. D. *Cognitive-behavior therapy*. Invited lecture, outpatient service, Department of Psychiatry, Allegheny University of the Health Sciences, October 18, 1996.
- Nieman, L., & Herbert, J. D. *Career development for junior faculty*. Invited presentation, selected faculty of Allegheny University of the Health Sciences, January 30, 1997.
- Herbert, J. D. *The Mind-medicine-mood connection: Psychotherapy and psychopharmacology in the 1990s*. Invited lecture, Borders Books and Music, Bryn Mawr, PA, May 22, 1997.
- Herbert, J. D. *Diagnosis and treatment of mood disorders*. Invited lecture, outpatient service, Department of Psychiatry, Allegheny University of the Health Sciences, October 24, 1997.
- Herbert, J. D. *Anxiety disorders in children and adolescents*. Invited lecture, child division, Department of Psychiatry, Allegheny University of the Health Sciences, November 5, 1997.
- Herbert, J. D. *An overview of clinical psychopharmacology*. Invited workshop, Distance Learning Network, Washington, DC, March 27, 1998.
- Herbert, J. D. *Clinical psychopharmacology for the psychologist*. Invited workshop, Rosemont College, Rosemont, PA, October 16-17, 1998.
- Herbert, J. D. *Assessment and treatment of adolescent social phobia*. Grand rounds presentation, Department of Psychiatry, MCP Hahnemann University, March 11, 1999.
- Herbert, J. D. *Current trends in clinical psychology*. Invited lecture, Widner University Psi Chi Chapter, March 28, 2000.
- Herbert, J. D., Harwell, V., Dalrymple, K., & Cardaccio, L. *Social anxiety disorder in adolescence*. Workshop presented to the Haverford School District, October 19, 2000.
- Herbert, J. D., & Gaudiano, B. *Pseudoscience in mental health: The case of Thought Field Therapy*. Invited lecture, Philadelphia Association for Critical Thinking, October 21, 2000.
- Herbert, J. D. *An overview of empirically supported treatments of anxiety disorders*. Invited inservice workshop, Department of Psychiatry, MCP Hahnemann University, February 9, 2001.
- Herbert, J. D. *A brief introduction to clinical psychopharmacology*. Invited inservice workshop, Drexel University Student Counseling Center, March 14, 2001.
- Herbert, J. D. *The rise of pseudoscience in mental health: An empirical response*. Invited lecture, Philadelphia Behavior Therapy Association, April 3, 2001.
- Herbert, J. D. *New developments in the assessment and treatment of social anxiety disorder*. Invited workshop, Updated on PTSD, GAD, and Trauma (CME, Inc.), New Orleans, April 12, 2002.

- Herbert, J. D. *Science and pseudoscience in clinical psychology*. Invited colloquium, Chestnut Hill College, March 29, 2004.
- Herbert, J. D. *The "third wave" of behavior therapy: Acceptance and Commitment Therapy*. La Salle University, May 21, 2004.
- Herbert, J. D. *The "third wave" of behavior therapy: Acceptance and Commitment Therapy*. New York Institute for Cognitive and Behavioral Therapies, June 19, 2004
- Herbert, J. D. *The "third wave" of behavior therapy: An introduction to Acceptance and Commitment Therapy*. Philadelphia Behavior Therapy Association (at Chestnut Hill College), Nov. 3, 2004.
- Herbert, J. D. *Acceptance and Commitment Therapy for social anxiety disorder*. Workshop presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Herbert, J. D. *Mindfulness and acceptance-based behavior therapy: New developments in the CBT tradition*. Keynote address to the Philadelphia Area Psi Chi Psychology Research Day, March 16, 2006.
- Herbert, J. D. New developments in CBT: *Mindfulness and acceptance-based behavior therapies*. New York Institute for Cognitive and Behavioral Therapies, March 18, 2007.
- Herbert, J. D. *New developments: Cognitive behavior therapy, the use of mindfulness and acceptance methods*. Grand Rounds, Department of Psychiatry, Drexel University College of Medicine. September 13, 2007.
- Herbert, J. D. *Graduate study in psychology*. Lecture to Drexel University Psi Chi Chapter, October 17, 2007.
- Herbert, J. D. *Emerging guidelines for the treatment of PTSD*. Webcast, On Good Authority, Inc. November 20, 2007.
- Herbert, J. D. Moderator, panel discussion on *Temptation*. Painted Bride Quarterly, Philadelphia, May 29, 2008.
- Herbert, J. D. *The importance of science in clinical psychology*. Keynote address, La Salle University Annual Awards and Recognition Ceremony, June 6, 2008.
- Herbert, J. D. *Science and pseudoscience in psychology*. Invited lecture, College of Arts & Sciences, Drexel University. March 2, 2009.
- Herbert, J. D. *Acceptance and commitment therapy: An introduction*. Invited lecture, Stony Brook University, March 13, 2009.
- Herbert, J. D. *Evolution on trial: Science, religion, and the future of American education*. Invited panelist, Department of Biology, Drexel University, June 3, 2009.

- Herbert, J. D. *New developments in cognitive behavior therapy: Acceptance and commitment therapy*. Invited lecture, Binghamton University, October 21, 2009.
- Herbert, J. D. *Clinical applications of acceptance and commitment Therapy*. Invited workshop, Behavioral Health Consultants, Philadelphia, Jan. 25, 2010
- Herbert, J. D., & Forman, E. M. *Acceptance and commitment therapy: An overview*. Invited lecture, Temple University, May 26, 2010.
- Herbert, J. D. *What is happiness?* Keynote address, Eagle Scout Court Ceremony, Zion Baptist Church, Ardmore, PA, October 23, 2010
- Herbert, J. D. *Morality and the nature of belief*. Keynote address, Psi Chi Induction Ceremony, Drexel University, May 10, 2011.
- Herbert, J. D. *Acceptance and commitment therapy*. University of Pennsylvania, October 12, 2011.
- Herbert, J. D. *Career options with an undergraduate psychology degree*. Drexel University Psi Chi, March 6, 2012.
- Herbert, J. D. *Careers in psychology*. Lower Merion High School, March 15, 2012.
- Herbert, J. D. *Graduate study in psychology and related fields*. Drexel University Psi Chi, April 24, 2012.
- Herbert, J. D. *Acceptance and commitment therapy: A radically different yet remarkably familiar approach to behavior change*. Webinar hosted by the Association for Behavioral and Cognitive Therapies, April 27, 2012.
- Herbert, J. D. *An introduction to acceptance and commitment therapy*. Center for the Treatment and Study of Anxiety, University of Pennsylvania, May 1, 2012.
- Herbert, J. D. *An introduction to acceptance and commitment therapy*. Drexel University Student Counseling Center, June 21, 2012.
- Herbert, J. D. *What we talk about when we talk about religion*. In M. Piety (Chair), Interdisciplinary panel discussion, Drexel University, March 6, 2013.
- Herbert, J. D. *Science and pseudoscience in psychology: Why learning to think scientifically is hard, but essential*. Invited colloquium, Sabanci University, Istanbul, Turkey, April 15, 2013.
- Herbert, J. D. *The “third wave” of behavior therapy: The rise of mindfulness and acceptance-based models*. Invited colloquium, Sabanci University, Istanbul, Turkey, April 17, 2013.
- Herbert, J. D. *An introduction to acceptance and commitment therapy*. University of the Sciences in Philadelphia, June 24, 2013.
- Herbert, J. D. *Comparer l’ACT à la TCC Traditionnelle*. Institut de formation en thérapie comportementale & cognitive, Montréal, Québec, Canada, October 18, 2013.

Herbert, J. D. Discussant, *Critical conversations in urban education*. School of Education, Drexel University, October 29, 2013.

Herbert, J. D. *Acceptance and commitment therapy: A radically different yet remarkably familiar approach to behavior change*. Workshop presented at the 47th annual convention of the Association for Behavioral and Cognitive Therapies, November 20, 2013.

Herbert, J. D. *Remote, Internet-based psychotherapy*. Invited testimony to the City of Philadelphia's Committee on Public Safety and Committee on Public Health on Resolution 130886 re. innovative technological developments in health care, January 16, 2014.

Herbert, J. D., Navarro, I., Velazquez, E., & Jimenez, M. *Terapia de Aceptación y Compromiso: una propuesta diferente pero familiar para cambiar el comportamiento*. Workshop presented at the Universidad Central de Nicaragua, May 17, 2014.

Herbert, J. D. *The history of behavior therapy*. Keynote address to the 11<sup>th</sup> Annual Philadelphia Area Psi Chi Research Day, University of the Sciences, April 13, 2016.

Herbert, J. D. *Free speech in the academy*. Commencement address, Drexel University doctoral ceremony, June 9, 2016.

## FORENSIC CONSULTATION

*Students Doe v. The Lower Merion School District (2009-2012)*. Consultant to plaintiff's attorney and spokesperson for plaintiffs in a case alleging that the Lower Merion School District is engaged in illegal bussing of African American school children.

*Taus v. Loftus (2009)*. Contributed to an amicus brief for the Massachusetts Supreme Court arguing that the scientific community has not accepted the reliability of "repressed-recovered memories" of trauma.

*Commonwealth of Massachusetts v. Shanley (2009)*. Contributed to an amicus brief for the Commonwealth of Massachusetts Supreme Court arguing that the scientific community has not accepted the reliability of "repressed-recovered memories" of trauma.

*Varnum v. Brien (2008)*. Contributed to an amicus brief for the Iowa Supreme Court in marriage equality case in which the defense argued that expert testimony should be excluded because the experts for the prosecution had no documented expertise in the scientific literature regarding the effectiveness of gay parents in rearing children.

*Olsson v. Kleinman (2008-2009)*. Expert witness for plaintiffs.

*Taus v. Loftus (2005)*. Contributed to an amicus brief for the California Supreme Court urging the Court to review a case involving Dr. Elizabeth Loftus' investigation of a widely publicized case of purportedly repressed memories.

## RESEARCH / TRAINING GRANTS

- 2015-2017 Greater Philadelphia Region LSAMP Bridge to the Doctorate (Cohort XIII) Project. (PI). National Science Foundation. \$987,000.
- 2014-2019 Greater Philadelphia Region Louis Stokes Alliance for Minority Participation (Philadelphia AMP) Initiative (Senior-Level Alliance), Phase V. (PI). National Science Foundation. \$3,175,000.
- 2009-2015 Greater Philadelphia Region Louis Stokes Alliance for Minority Participation (Philadelphia AMP) Initiative (Senior-Level Alliance), Phase VI. (PI). National Science Foundation. \$2,323,743.
- 2008-2012 *Acceptance-Based Separated Family Treatment for Adolescent Anorexia Nervosa* (Consultant; C. A. Timko, Principal Investigator). National Institute of Mental Health, R21MH085975. Period: 2009-2011. Total Direct Costs: \$275,000
- 2009-2011 *Acceptance-Based Behavior Treatment: An Innovative Weight Control Intervention* (Co-I; E. Forman, PI). National Institute for Diabetes and Digestive and Kidney Diseases. R21 DK080430-01. Period: 2009-2011. Total Direct Costs: \$275,000 (funded)
- 2007-2008 *A Comparative Trial of an Acceptance-Based Behavior Treatment for Weight Control* (Co-I; E. Forman, PI). College of Arts and Sciences, Drexel University. Period: 2007-2008. Total Direct Costs: \$10,000 (funded)
- 1997-2002 *Cognitive-Behavior Therapy of Adolescent Social Phobia* (PI). National Institute of Mental Health. Period: 1997-2002. Total Direct Costs: \$380,932 (funded)
- 1995-2000 *Consultant, Clonazepam and Behavior Therapy in Social Phobia* (E. Foa, Principal Investigator). National Institute of Mental Health
- 1992 *Behavior Therapy for Adolescent Social Phobia* (PI). Intramural Pilot Research Program, Medical College of Pennsylvania (\$8,300)
- 1988 Sigma Xi grant-in-aid of research for dissertation (\$600)
- 1988 American Psychological Association dissertation award (\$500)
- 1987-88 Dissertation Research Award, University of North Carolina at Greensboro (\$2000)

## EDITORIAL ACTIVITIES

### Editorships/Editorial Boards

- 2011-2017 Associate Editor, *Journal of Contextual Behavioral Psychology*
- 2001-2010 Associate Editor, *Scientific Review of Mental Health Practice*
- 2013-present Editorial Board, *Consciousness: Theory, Research, and Practice*
- 2011-2013 Editorial Board, *Journal of Abnormal Psychology*
- 2007-2011 Editorial Board, *Journal of Anxiety Disorders*

2005	Special Issue Editor <i>Journal of Clinical Psychology</i> , on the concept of placebo in psychotherapy research and practice
2003	Special Issue Editor, <i>Behavior Modification</i> , on empirically supported treatments in mental health
1998-2007	Associate Editor, <i>Cognitive and Behavioral Practice</i>
1998-2005	Associate Editor, <i>the Behavior Therapist</i>
2000-2005	Associate Editor, <i>The Review</i> (Electronic Journal of the Science and Pseudoscience Review Special Interest Group of the Association for Advancement of Behavior Therapy)
1990-1996	Editor, <i>Behavioral News</i> (Philadelphia Behavior Therapy Association)

Ad Hoc Reviewer

*Anxiety, Stress, & Coping*  
*Assessment*  
*Behavior Therapy*  
*Behavior Modification*  
*Behaviour Research and Therapy*  
*Behavioral Assessment*  
*Clinical Psychology Review*  
*Clinical Psychology: Science and Practice*  
*Cognitive and Behavioral Practice*  
*Cognitive Behaviour Therapy*  
*Cognitive Therapy and Research*  
*Depression and Anxiety*  
*International Journal of Law and Psychiatry*  
*Journal of Abnormal Psychology*  
*Journal of Behavior Therapy and Experimental Psychiatry*  
*Journal of Clinical Psychology*  
*Journal of Consulting and Clinical Psychology*  
*Journal of Mental Health*  
*Journal of Traumatic Stress*  
*Perceptual and Motor Skills*  
*Psychological Assessment*  
*Psychological Bulletin*  
*Psychological Reports*  
*The Psychological Record*

**PROFESSIONAL ASSOCIATIONS**

American Psychological Society  
 Association for Cognitive and Behavior Therapies (Fellow; Rep.-at-Large, 2011-present)  
 Association for Contextual Behavioral Science (Founding Member)  
 Council of Graduate Schools  
 Philadelphia Behavior Therapy Association  
 Society of Clinical Psychology  
 Society for a Science of Clinical Psychology  
 Psychologists Opposed to Prescription Privileges for Psychologists (Board of Advisors)



Commission for Scientific Medicine and Mental Health (Fellow)  
 Board of Scientific Advisors, American Council on Science and Health  
 Academy of Cognitive Therapy (Founding Fellow)  
 Association for Women in Science

## TEACHING

### Undergraduate Courses

*Introductory Psychology* (Drexel University)  
*Science & Pseudoscience in Psychology* (Drexel University)  
*Abnormal Psychology* (University of North Carolina at Greensboro)  
*Introductory Psychology* (University of North Carolina at Greensboro)  
*Experimental Methods in Psychology* (University of North Carolina at Greensboro)

### Graduate Courses

*Cognitive Behavior Therapy* (Drexel University)  
*History and Systems of Psychology* (Drexel University; MCP Hahnemann University)  
*Clinical Psychopharmacology* (Drexel, MCP Hahnemann, & Villanova Universities, Rosemont College)  
*Introductory Psychotherapy Skills* (MCP Hahnemann University)  
*Clinical Practicum Seminar* (MCP Hahnemann University)  
*Seminar in Behavior Therapy* (Medical College of Pennsylvania)

### Mentorship of Graduate Students

Mentor/Doctoral Dissertation Chair:	46 students
Member of Doctoral Committee:	72 students
Mentor/Masters Thesis Chair (terminal MS pgm):	12 students
Member of Master's Committee:	9 students

### Selected Student Awards

2014 American Psychological Association of Graduate Students/Psi Chi Junior Scientist Fellowship (S. Goldstein)  
 2014 National Institutes of Health F31 award (L. Bradley)  
 2013 Distinguished Poster Award, Society for a Science of Clinical Psychology (P. Hitchcock)  
 2013 Dissertation Award, American Psychological Association (L. Bradley)  
 2013 Dissertation Award, Society for a Science of Clinical Psychology (L. Bradley)  
 2013 Office of Research Travel Award, Drexel University (M. Gershkovich)  
 2013 Theodore Blau Early Career Award for Distinguished Professional Contributions to Clinical Psychology, jointed sponsored by the Society for a Science of Clinical Psychology and the American Psychological Foundation, (A. Juarascio)  
 2012 Yates Foundation Award, Montana State University (A. Ibrahim)  
 2012 Undergraduate Research Grant, Psi Chi Psychology Honors Society (A. Matteucci)  
 2011 Dissertation Award, Society for a Science of Clinical Psychology (S. Rabin)  
 2011 Dissertation Grant, Society for the Advancement of Behavior Analysis (A. Juarascio)  
 2011 Student Research Grant, Academy for Eating Disorders (A. Juarascio)

- 2011 Second place, College of Arts and Sciences Research Day, Drexel University (S. Rabin)
- 2011 National Science Foundation Graduate Fellowship (L. Brown)
- 2011 Philadelphia Behavior Therapy Association Poster Exhibition Award (E. Goetter)
- 2011 Philadelphia Behavior Therapy Association Poster Exhibition Award (A. Juarascio)
- 2011 High Commendation, Best Dissertation in the Social Sciences, Drexel University (E. Yuen)
- 2010 Best Dissertation in the Social Sciences, Drexel University (K. Hoffman)
- 2010 Pre-doctoral Fellowship Award, Human Cognition Enhancement Prgm, Drexel Univer. (L. Hayley)
- 2010 Best Poster, Philadelphia Behavior Therapy Association Poster Exhibition (C. Goodwin)
- 2010 Jeanne D. Brugger Award for the Outstanding Junior Psychology Major (B. Erford)
- 2010 General Electric College Bowl Award (S. Goldstein)
- 2009 Most Outstanding Masters Student in the Social Sciences, Drexel University (K. Blacker)
- 2009 Best Poster, Philadelphia Behavior Therapy Association Poster Exhibition (K. McGrath)
- 2009 Best Poster, Philadelphia Behavior Therapy Association Poster Exhibition (E. Yuen)
- 2009 1st Prize (Cognitive Category), Fourth Annual Philadelphia Psi Chi Research Day (L. Goetter)
- 2009 International Travel Award, Office of International Programs, Drexel University (A. Juarascio)
- 2009 Dept. of Homeland Security Graduate Fellowship (V. Farrow)
- 2009 College of Arts and Sciences Humanities Fellow (R. Novac)
- 2008 Jack Kent Cooke Foundation scholarship (A. Johnson)
- 2008 American Psychological Assoc. Div. 52 (Internat. Psychol.) Student Research Award (P. Yeomans)
- 2008 Most Promise in Enhancing Drexel's Reputation, Ph.D. graduates, Drexel University (P. Yeomans)
- 2008 Community Service Award, Pennsylvania Psychological Society (K. Hoffman)
- 2008 Best Undergrad. Poster (Humanities and Social Sciences); Coll. of Arts & Sci. Res. Day (L. Brown)
- 2008 Best Graduate Poster; (Humanities and Social Sciences); Coll. of Arts & Sci. Res, Day (E. Yuen)
- 2007 Dissertation Grant Award, Society for a Science of Clinical Psychology (P. Yeomans)
- 2007 Applied Social Issues Diss. Award, Society for the Psych. Study of Social Issues (P. Yeomans)
- 2007 First place neuro/physiological poster, Philadelphia Area Psi Chi Research Conference (L. Tuscan)
- 2007 First place, psychology research division, Drexel University Research Day (V. Farrow)
- 2006 Diversity Diss. Scholarship, American Psychol. Association of Graduate Students (P. Yeomans)
- 2006 Grant-in-Aid of Research Award, Sigma Xi (P. Yeomans)
- 2006 Senior Research Award, Drexel University Dept. of Psychology (V. Farrow)

## COMMITTEE MEMBERSHIPS

### Extramural

- 2016 Review panel, National Science Foundation, Education Directorate
- 2016 Member, Selection Committee, CGS/ProQuest Distinguished Dissertation Award
- 2015 Tenure/Promotion Reviewer, University of Massachusetts, Boston
- 2013 Promotion Reviewer, University of Wyoming
- 2013 Tenure/Promotion Reviewer, The Medical University of South Carolina
- 2011-2012 Member, Inter-organizational Task Force on Doctoral Training in Cognitive Behavioral Psychology (representing the Association for Contextual Behavioral Psychology)
- 2012, 13, 14, 15 Member, Program Committee, Association for Behavioral and Cognitive Therapies
- 2010-2011 Member, Data Safety and Monitoring Board, National Institute of Mental Health grant on CBT for schizophrenia (under review; A. T. Beck, PI).
- 2010 Tenure Reviewer, The University of North Texas
- 2009 Tenure Reviewer, The Hebrew University of Jerusalem

2009 Promotion Reviewer, Binghamton University  
 2009 Program Committee, Association for Behavioral and Cognitive Therapies  
 2008-present ABCT Ambassador, Association for Behavioral and Cognitive Therapies  
 2005-2009 Member, Parent Campaign Committee, Camphill Special School  
 2008 Tenure Reviewer, University of Wisconsin-Milwaukee  
 2004-present Member, Advisory Board, Cognitive Behavior Therapy Program, Ferkauf Graduate School of Psychology, Yeshiva University.  
 2002-2006 Chair, Data Safety and Monitoring Board, Grant #MH45404-11 (E. Foa & M. Liebowitz, PI's), National Institute of Mental Health  
 2006 Grant Reviewer, Ontario Mental Health Foundation  
 2005 Member, Program Committee, Acceptance and Commitment Therapy Summer Institute, La Salle University, Philadelphia, PA  
 2004, 2005 Member, Program Review Committee, Mindfulness and Acceptance Special Interest Group, Association for Advancement of Behavior Therapy  
 2003, 2005 Reviewer, Loan Repayment Program (ZMH1-DEA-M-C7), National Institute of Mental Health  
 2000 Member, Center for Scientific Review Special Emphasis Panel (BBBP), National Institutes of Health  
 1994-1999 Committee on Research Agenda, Association for Advancement of Behavior Therapy (Chair, 1995-97)  
 1990-1997 Member, Executive Board, Philadelphia Behavior Therapy Association  
 1996-1998 Member, Ad Hoc Task Force on Mid-Atlantic Psychopharmacology Training, American Psychological Association  
 1996-1999 Advisory Board Member, National Organization for Single Mothers  
 1994 Consultant-Reviewer, B/START Research Grant Program, National Institutes of Health  
 1992-1993 Ad Hoc Member, Subpanel on Methodology (Chairman: Robert Liberman, M.D.), Committee on Prevention of Mental Disorders, Institute of Medicine, National Academy of Sciences

#### At Drexel University

2016-present Member, Crisis Management Team  
 2016-present Member, Presidential Forum Advisory Committee  
 2016-present Chair, Decanal Search Committee, Thomas R. Kline School of Law  
 2016 Chair, Senior Vice Provost for Academic Affairs Search Committee  
 2014-present Member, President's Cabinet  
 2014-present Member, President's Executive Council  
 2015-present Member, Steering Committee, Diversity & Inclusive Excellence Committee  
 2015-present Member, University Program Alignment and Review (PAR) Committee  
 2014-present Chair, Honorary Degree Committee  
 2014-2015 Chair or member, various committees re. academic programing (as Interim Provost)  
 2013 Member, Dept. Head Search Committee, Dept. of Mathematics  
 2012 Chair, Faculty Appointment and Promotions Committee for all inaugural Academy of Natural Science faculty members  
 2011-2012 Member, Institutional Review Board Advisory Committee  
 2011-2012 Member, Steering Committee on Entrepreneurship & Innovation  
 2011-2012 Member, Committee on Off-Campus Events, Transportation, and Safety  
 2011 Member, University Strategic Plan Task Force on Research

2010-2013	Member, Discovery (undergraduate research) Advisory Committee
2010-2013	Member, Custom-Designed Major Advisory Committee
2010-2013	Member, Human Relations Advisory Committee
2010	Member, Promotion Committee (T. Shewokis & M. Smith Glasgow), College of Nursing and Health Professions
2010-2012	Member, Psychology Graduate Curriculum Committee
2010-2012	Member, Advisory Committee, Applied Cognitive and Brain Sciences Program
2009-2010	Member, Presidential Search Committee
2009-2010	Member, Vice Provost for Research Search Committee
2008-2009	Member, Provost's Strategic Research Task Force
2007-2008	Member, 5-year review committee for Dean Marla Gold, School of Public Health
2005-2012	Ad hoc member of all committees related to research and/or graduate education in the College of Arts and Sciences (as Associate Dean)
2003-2007	Member of all committees related to doctoral programs in psychology (through role as program director of the PhD program in clinical psychology)
2006-2007	Member, Search Committee, Inaugural Dean of College of Law
2007	Member, College of Nursing & Health Professions Doctoral Comprehensive Examination Committee
2006	Member, Jack Kent Cooke Graduate Scholarship Nomination Committee
2004-2005	Member, Advisory Board for the Medical Humanities Program
2005-2006	Subcommittee on Departmental Identity, Dept. of Psychology
2004-2005	Co-Chair, Provost's Committee on Research and Graduate Programs and Academic Quality
2005	Chair, Promotion and Tenure Fact Finding Committee (N. Goldstein)
2005	Member, Mid-term Review Committee (F. Powell, College of Nursing and Health Professions)
2005	Member, Mid-term Review Committee (M. Orlin, College of Nursing and Health Professions)
2005	Host, Eisenhower Fellowship Program (Mohamed Yehia T. El-Rakhawy, Ph.D, Cairo University, Dar El-Mokattam Psychiatric Hospital, Cairo, Egypt)
2003	Member, Departmental Tenure & Promotion Fact Finding Committee (J. Kloss)
2003	Member, Mid-term Review Committee (P. Geller)
2003-04	Member, Mid-term Review Committee (N. Goldstein)
2003	Member, Ad Hoc Committee on Auxiliary Faculty Governance, College of Arts and Sciences
2002	Member, Search Committee, Vice Provost for Research & Graduate Studies
2002	Member, Advisory Committee on Accreditation, School of Public Health

#### At MCP Hahnemann University

2002-2003	President, University Faculty
1999-2002	Member-at-Large, University Council (President-Elect, 2001-2002)
2000-2002	Member, Executive Faculty Committee, School of Nursing and Health Professions
2000-2002	Member, Appointments and Promotions Committee, School of Nursing and Health Professions
2000-2001	Chair, Departmental Committee on Appointments, Promotions, and Tenure
2001	Member, Provost's Task Force on Academic Issues/Programs and Merger, MCP Hahnemann University and Drexel University
2001	Member, Departmental Committee on Space

1999-2000 Representative to University Council for the School of Health Professions  
 1999-2000 Member-at-Large, School of Health Professions Council  
 1999-2000 Member, Academic Planning Task Force for Faculty, Drexel University and MCP Hahnemann University  
 1995-2000 Member, Appointments and Promotions Committee, School of Health Professions  
 1999-2001 Chair, Departmental Adjunct Faculty Search & Appointment Committee  
 1997-1998 Member, University Research Committee  
 1997 Chair, Task Force on Faculty Development, School of Health Professions  
 1996-1997 Member, AHERF Behavioral Health Care Services Task Force  
 1996-1997 Member, Task Force on Faculty Practice/Service Plan, School of Health Professions  
 1995-1996 Chair, Faculty Search Committee, Department of Clinical and Health Psychology  
 1995-1996 Member, Research Committee, School of Health Professions  
 1995 Member, Chair Search Committee, Department of Humanities, Social Sciences, and Biometrics, School of Health Professions  
 1995 Member/Consultant, Ad Hoc Committee on Patient Focused Care Quality Assessment and Improvement, Hahnemann University Hospital  
 1994 Member, Ad Hoc Committee on Student Nonacademic Disciplinary Sanctions, School of Health Professions  
 1994 Member, Faculty Search Committee, Dept. of Clinical & Health Psychology  
 1993-1994 Member, Curriculum Committee, Division of Psychology, Department of Mental Health Sciences  
 1993-1994 Member, Psychology Internship Training Committee, Division of Psychology, Department of Mental Health Sciences

At the Medical College of Pennsylvania at Eastern Pennsylvania Psychiatric Institute

1989-1993 Member, Utilization Review Committee, Department of Psychiatry  
 1989-1993 Member, Research Committee, Department of Psychiatry  
 1989-1993 Member, Psychology Internship Steering Committee