

April 2017

TODD BARRETT KASHDAN

CURRICULUM VITAE

UNIVERSITY OFFICE

Todd B. Kashdan, Ph.D.
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ACADEMIC APPOINTMENTS

2014 - Present Professor, Department of Psychology, George Mason University
2010 - Present Senior Scientist, Center for the Advancement of Well-Being
2008 - 2014 Associate Professor, Department of Psychology, George Mason University
2004 - 2008 Assistant Professor, Department of Psychology, George Mason University

EDUCATIONAL HISTORY

2004 Ph.D., University at Buffalo, Clinical Psychology
2003 - 2004 Clinical psychology internship at the Medical University of South Carolina
2000 M.A., University at Buffalo, Clinical Psychology
1996 B.S., Cornell University, Human Service Studies

ACADEMIC AWARDS/HONORS

2015 Fellow, Association for Psychological Science
2015 Fellow, Association for the Advancement of Behavioral and Cognitive Therapies
2015 Fellow, Association for Behavioral and Contextual Science
2013 American Psychological Association (APA) Distinguished Scientific Award for
Early Career Contribution to Psychology (in the area of individual differences)
2012 Distinguished Research Fellow Award- International Society for Quality of Life
Studies
2011 Psychologies Magazine list of "58 people who have changed our lives"
2010 Distinguished Faculty Member of the Year- GMU Alumni Association
2010 Outstanding Faculty Award Finalist, State Council of Higher Education for Virginia
(top 29 in state)
2009 Outstanding Faculty Award Finalist, State Council of Higher Education for Virginia
(top 29 in state)
2009 Author Teleseminar-Message Contest Winner ("best-up-and-coming author with
the most relevant, compelling and powerful message")
2007 Mason Emerging Research, Scholar, Creator Award (given to 3 distinguished
faculty within 10 years of receipt of doctoral degree)
2006 Early Career Award- Association for the Advancement of Behavioral and
Cognitive Therapies- Anxiety Disorders Special Interest Group
2005-2006, 2010 Nominated for George Mason University Teaching Excellence Award
2004 Merv Wagner Research Award - South Carolina Psychological Association
2004 MUSC Psychology Intern Research Paper Award
2003 Anxiety Disorder Association of America Trainee Award

2002	Society for a Science of Clinical Psychology Dissertation Grant Award
2002	College of Arts and Sciences Dissertation Fellowship
2002	Positive Psychology Summer Institute Fellowship
2002	Wisconsin Symposium on Emotion Travel Award
2001	Excellence in Teaching Award - Undergraduate Psychology Association/Psi Chi
2000-2003	Travel Scholarship to the International Positive Psychology Summit (4 times)
1998-2001	Presidential Fellowship Award, University at Buffalo

EDITORIAL ACTIVITIES

Associate Editor:

Journal of Personality and Social Psychology (2011 – 2013)

Journal of Personality (2007 - 2011)

Journal of Positive Psychology (2007 - 2011)

Editorial Boards:

Journal of Personality (2011 - Present)

Behavior Therapy (2007 - Present)

Journal of Anxiety Disorders (2007 - Present)

Journal of Research in Personality (2006 - Present)

Self and Identity (2005 - Present)

Journal of Social and Clinical Psychology (2004 - Present)

Journal of Positive Psychology (2005 - 2007)

Ad hoc Editorial Consultant (Journals):

Psychological Science

Emotion

Journal of Abnormal Psychology

American Psychologist

Behaviour Research and Therapy

Psychological Assessment

Social Psychological and Personality Science

Depression and Anxiety

Cognition and Emotion

Personality and Individual Differences

Motivation and Emotion

Psychological Medicine

Behavior Modification

Journal of Psychosomatic Research

Journal of Research on Adolescence

Social and Personality Psychology Compass

Social and Personality Psychology Review

Current Directions in Psychological Science

Clinical Psychological Science

Journal of Consulting and Clinical Psychology

Clinical Psychology Review

Behavior Therapy

Personality and Social Psychology Bulletin

Health Psychology

Cognitive Therapy and Research

Journal of Abnormal Child Psychology

Journal of Traumatic Stress

Journal of Personality Assessment

Journal of Clinical Child and Adolescent Psychology

Journal of Happiness Studies

Journal of Studies on Alcohol

Journal of Trauma Practice

Journal of Behavior Therapy & Experimental Psychiatry

Editorial Consultant (Books):

Oxford University Press

Cambridge University Press

Sage Publications

Palgrave Macmillan

Wiley

Prentice Hall

IMPACT (assessed using *Google Scholar* and *Harzing's Publish or Perish*)

Summary Indices

h-index: 64

i10-index: 146

Total citations on 3/30/2017:

13800

Total citations since 2012:

10123

† - indicates student author

BOOKS – translated into over 15 languages

1. **Kashdan, T.B.** & Biswas-Diener, R. (2014). *The upside of your dark side: Why being your whole self - not just your "good" self - drives success and fulfillment.* Hudson/Penguin: New York, NY.

Current Foreign Rights and Translations:

- Chinese/Cheers Media
- Japanese/Soshi Sha
- Portuguese/Editora Rocco
- Polish/ M Wydawnictwo
- Romanian/ Publica
- Croatian/Profil Knjiga
- UK/OneWorld
- Estonia/Pegasus

2. **Kashdan, T.B.** & Ciarrochi, J. (2013). *Mindfulness, acceptance, and positive psychology: The seven foundations of well-being.* New Harbinger Publications: Oakland, CA.

- Spanish/Obelisco

3. Sheldon, K., **Kashdan, T.B.**, & Steger, M.F. (2011). *Designing positive psychology: Taking stock and moving forward.* Oxford University Press.

4. **Kashdan, T.B.** (2009). *Curious? Discover the missing ingredient to a fulfilling life.* New York, NY: William Morrow.

Current Translations:

- Korea/Ghungrim
- Holland/Het Spectrum
- Japan/Mikasa Shobo (NOTE: officially a bestseller)
- China/Cheers Publishing
- Russia/Eksmo
- Romanian/Editura Trei
- Taiwan/Acorn
- Turkey/Kuraldisi Yayincilik

5. **Kashdan, T.B.** & Robertson, L. (in progress). [new business book on the psychology of leadership].

LEAD SCIENTIFIC CONSULTANT FOR BOOKS

1. National Geographic. (2015). *The mind: A scientific guide to who you are, how you got that way, and how to make the most out of it.* Washington, DC: National Geographic.

Author: Daniels, P.

Scientific Consultants and Co-Authors: **Kashdan, T.B.**, †Young, K.C., & †Goodman, F.R.

2. National Geographic. (2014). *Your personality explained: Exploring the science of identity.* Washington, DC: National Geographic.

<http://shop.nationalgeographic.com/ngs/product/magazines/national-geographic-magazine/national-geographic-your-personality-explained-special-issue>

Scientific Consultants and Co-Authors: **Kashdan, T.B.**, †Goodman, F.R., & †Young, K.C.

BUSINESS AND LEADERSHIP WRITING

- For Harvard Business Review on Companies value curiosity but stifle it anyway (2015)
<https://hbr.org/2015/10/companies-value-curiosity-but-stifle-it-anyway>

- for Fast Company (with Robert Biswas-Diener) on why mindfulness is overrated (2015): <http://www.fastcompany.com/3051122/know-it-all/why-mindfulness-is-overrated>
- for CNN (with Robert Biswas-Diener) on why emotional agility is key to being a better boss (2014): <http://edition.cnn.com/2014/10/01/business/dont-hide-your-dark-side-at-work/>
- for American Express and their Passion Project (2013)- example: <http://americanexpress.tumblr.com/post/54343688972/its-okay-to-be-anxious-as-long-as-youre>

EDITED JOURNAL SPECIAL ISSUES

1. **Kashdan, T.B.** (2011) (Editor). Understanding how personality operates in the social world [Special Issue]. *Journal of Personality*, 79 (6)

2. **Kashdan, T.B.** (2007) (Editor). Emotion regulation: Current issues and new directions [Special Issue]. *Journal of Happiness Studies*, 8 (3)

PEER-REVIEWED JOURNAL ARTICLES

In Press

173. **Kashdan, T.B.**, †Goodman, F.R., †Milius, C.R., & †Stikma, M. (in press). Sexuality leads to boosts in mood and meaning in life with no evidence for the reverse direction: A daily diary investigation. *Emotion*

172. **Kashdan, T.B.**, †Blalock, D.V., †Young, K.C., †Machell, K.A., †Monfort, S.S., McKnight, P.E., & †Ferssizidis, P. (in press). Personality strengths in romantic relationships: Measuring perceptions of benefits and costs and their impact on personal and relational well-being. *Psychological Assessment*

171. **Kashdan, T.B.**, †Doorley, J., †Stikma, M., & Hertenstein, M. (in press). Discomfort and avoidance of touch: New insights on the emotional deficits of social anxiety. *Cognition and Emotion*

170. Boden, M.T., Heinz, A.J., & **Kashdan, T.B.** (in press). Pleasure as an overlooked target of substance use disorder research and treatment. *Current Drug Abuse Reviews*

169. †Goodman, F.R., †Disabato, D.J., **Kashdan, T.B.**, & †Machell, K.A. (in press). Personality strengths as resilience: A one-year multi-wave study. *Journal of Personality*

168. Ciarrochi, J., Sahdra, B.K., **Kashdan, T.B.**, Kiuru, N., & Conigrave, J. (in press). When empathy matters: The role of gender and empathy in close friendships. *Journal of Personality*

167. Jayawickreme, E., Tsukayama, E., & **Kashdan, T.B.** (in press). Examining the effect of affect on life satisfaction judgments: A within-person perspective. *Journal of Research in Personality*

166. †Disabato, D.J., †Goodman, F.R., **Kashdan, T.B.**, & Short, J.L. (in press). What predicts positive life events that influence the course of depression? A longitudinal examination of gratitude and meaning in life. *Cognitive Therapy and Research*

165. Drażkowski, D., Kaczmarek, L.D., & **Kashdan, T.B.** (in press). Gratitude pays: A weekly gratitude intervention influences monetary decisions, physiological responses, and emotional experiences during a trust-related social interaction. *Personality and Individual Differences*

164. †Young, K., †Machell, K.A., **Kashdan, T.B.**, & †Westwater, M.L. (in press). The cascade of positive events: Does exercise on a given day increase the frequency of additional positive events? *Personality and Individual Differences*

163. Kaczmarek, L.D., Behnke, M., **Kashdan, T.B.**, Kusiak, A., Marzec, K., Mistrzak, M., & Włodarczyk, M. (in press). Smile intensity in social networking profile photographs is related to greater scientific achievements. *Journal of Positive Psychology*

2017

162. †Campbell, S.B., Renshaw, K.D., **Kashdan, T.B.**, Curby, T.W., & †Carter, S.P. (2017). A daily diary study of posttraumatic stress symptoms and romantic partner accommodation. *Behavior Therapy, 48*, 222-234.

161. Brockman, R., Ciarrochi, J., Parker, P., & **Kashdan, T.B.** (2017). Emotion regulation strategies in daily life: Mindfulness, cognitive reappraisal, and emotion suppression. *Cognitive Behaviour Therapy, 46*, 91-113.

160. Riskind, J.H., Sica, C., Bottesi, G., Ghis, M., & **Kashdan, T.B.** (2017). Cognitive vulnerabilities in parents as a risk factor for anxiety symptomatology in young adult offspring: An exploration of looming maladaptive styles. *Journal of Behavior Therapy and Experimental Psychiatry, 54*, 229-238.

2016

159. **Kashdan, T.B.**, †Goodman, F.R., †Mallard, T.T., & DeWall, C.N. (2016). What triggers anger in everyday life? Exploring links to the intensity, control, and regulation of these emotions, as well as personality traits. *Journal of Personality, 84*, 737-749.

158. †Disabato, D.J., †Goodman, F.R., **Kashdan, T.B.**, Short, J.L., & Jarden, A. (2016). Different types of well-being? A cross-cultural examination of hedonic and eudaimonic well-being. *Psychological Assessment, 28*, 471-482.

157. McKnight, P.E., †Monfort, S.S., **Kashdan, T.B.**, †Blalock, D.V., & †Calton, J. (2016). Anxiety symptoms and functional impairment: A systematic review of the correlation between the two measures. *Clinical Psychology Review, 45*, 115-130.

156. †Blalock, D.V., **Kashdan, T.B.**, & †Farmer, A.S. (2016). Trait and daily emotion regulation in social anxiety disorder: Differential effects of positive and negative emotion regulation. *Cognitive Therapy and Research, 40*, 416-425.

155. †Machell, K.A., †Disabato, D., & **Kashdan, T.B.** (2016). Buffering the negative impact of poverty of youth: The power of purpose in life. *Social Indicators Research, 126*, 845-861.

154. †DiMauro, J., Renshaw, K.D., & **Kashdan, T.B.** (2016). Beliefs in negative mood regulation and daily negative affect in PTSD. *Personality and Individual Differences, 95*, 34-36.

153. †Machell, K.A., †Blalock, D.V., **Kashdan, T.B.**, & Yuen, M., (2016). Academic achievement at the cost of ambition: The mixed results of a supportive, interactive environment on socially anxious teenagers. *Personality and Individual Differences, 89*, 166-171.

152. Van Dusen, J., Tiarniyu, M., Elhai, J., & **Kashdan, T.B.** (2016). Gratitude, depression and PTSD: Assessment of structural relationships. *Psychiatry Research, 230*, 867-870.

2015

151. **Kashdan, T.B.**, Rottenberg, J., †Goodman, F.R., †Disabato, D.J., & Begovic, E. (2015). Lumping and splitting in the study of meaning in life: Thoughts on surfing, surgery, scents, and sermons. *Psychological Inquiry, 26*, 336-342.

150. **Kashdan, T.B.**, Barrett, L.F., & McKnight, P.E. (2015). Unpacking emotion differentiation:

Transforming unpleasant experience by perceiving distinctions in negativity. *Current Directions in Psychological Science*, 24, 10-16.

149. †Farmer, A.S. & **Kashdan, T.B.** (2015). Stress sensitivity and stress generation in social anxiety disorder: A temporal process approach. *Journal of Abnormal Psychology*, 124, 102-114.

148. Sheldon, K.M., Jose, P.E., **Kashdan, T.B.**, & Jarden, A. (2015). Personality, effective goal-striving, and enhanced well-being: Comparing 10 candidate personality strengths. *Personality and Social Psychology Bulletin*, 41, 575-585.

147. †Machell, K.A., **Kashdan, T.B.**, Short, J.L., & Nezlek, J.B. (2015). Relationships between meaning in life, social and achievement events, and positive and negative affect in daily life. *Journal of Personality*, 83, 287-298.

146. †Machell, K.A., †Goodman, F.R., & **Kashdan, T.B.** (2015). Experiential avoidance and well-being: A daily diary analysis. *Cognition and Emotion*, 29, 351-359.

145. †Kleiman, E.M., **Kashdan, T.B.**, †Monfort, S.S., †Machell, K., & †Goodman, F.R. (2015). Perceived responsiveness during an initial social interaction with a stranger predicts a positive memory bias one week later. *Cognition and Emotion*, 29, 332-341.

144. Ciarrochi, J., Heaven, P.C.L., & **Kashdan, T.B.** (2015). Hope and emotional well-being: A six-year study to distinguish antecedents, correlates, and consequences. *Journal of Positive Psychology*, 10, 520-532.

143. **Kashdan, T.B.**, †Young, K.C., & †Machell, K.A. (2015). Positive emotion regulation: Addressing two myths. *Current Opinion in Psychology*, 3, 117-121.

142. †Afram, A., & **Kashdan, T.B.** (2015). Coping with rejection concerns in romantic relationships: An experimental investigation of social anxiety and risk regulation rigidity. *Journal of Contextual and Behavioral Science*, 4, 151-156.

141. †Young, K.C., **Kashdan, T.B.**, McKnight, P.E., †Blalock, D.V., Yuen, M., & †Richberg, J. (2015). Happy and unhappy adolescent bullies: Evidence for theoretically meaningful subgroups. *Personality and Individual Differences*, 75, 224-228.

140. Kaczmarek, L.D., **Kashdan, T.B.**, Drażkowski, D., Enko, J., Kosakowski, M., Szäefer, A., & Bujacz, A. (2015). Why do people prefer gratitude journaling over gratitude letters? The influence of individual differences in motivation and personality on web-based interventions. *Personality and Individual Differences*, 75, 1-6.

139. **Kashdan, T.B.**, †DiMauro, J., †Disabato, D., †Folk, J.B., †Carter, S., & †Goodman, F.R. (2015). Creating clinical psychology graduate courses that lead to peer reviewed publications: A case study. *The Behavior Therapist*, 38, 47-49.

138. †Goodman, F.R., & **Kashdan, T.B.** (2015). Behind the scenes of clinical research: Lessons from a mindfulness intervention with student-athletes. *The Behavior Therapist*, 38, 157-159.

2014

137. **Kashdan, T.B.**, †Goodman, F.R., †Machell, K.A., †Kleiman, E.M., †Monfort, S.S., Ciarrochi, J., & Nezlek, J.B. (2014). A contextual approach to experiential avoidance and social anxiety: Evidence from an experimental interaction and daily interactions of people with social anxiety disorder. *Emotion*, 14, 769-781.

136. ***Kashdan, T.B.**, & *†Farmer, A.S. (2014). Differentiating emotions across contexts: Comparing adults with and without social anxiety disorder using random, social interaction, and daily experience sampling. *Emotion*, 14, 629-638.

*- equal contribution

135. ***Kashdan, T.B.**, *DeWall, C.N., Masten, C.L., Pond, R.S., Jr., Powell, C., Combs, D., Schurtz, D.R., & †Farmer, A.S. (2014). Who is most vulnerable to social rejection? The toxic combination of low self-esteem and lack of emotion differentiation on neural responses to rejection. *PLoS ONE* 9(3): e90651. doi:10.1371/journal.pone.0090651

*- equal contribution

134. **Kashdan, T.B.**, †Adams, L., †Farmer, A., †Ferssizidis, P., McKnight, P.E., & Nezlek, J.B. (2014). Sexual healing: Daily diary investigation of the benefits of intimate and pleasurable sexual activity in socially anxious adults. *Archives of Sexual Behavior*, 43, 1417-1429.

133. †Farmer, A., & **Kashdan, T.B.** (2014). Affective and self-esteem instability in the daily lives of people with generalized social anxiety disorder. *Clinical Psychological Science*, 2, 187-201.

132. **Kashdan, T.B.**, †Yarbro, J., McKnight, P.E., & Nezlek, J.B. (2014). Laughter with someone else leads to future social rewards: Temporal change using experience sampling methodology. *Personality and Individual Differences*, 58, 15-19.

131. **Kashdan, T.B.**, Dewall, C.N., Schurtz, D.R., Deckman, T., Lykins, E.L.B., Evans, D.R., McKenzie, J., Segerstrom, S.C., Gailliot, M.T., & Brown, K.W. (2014). More than words: Contemplating death enhances positive emotional word use. *Personality and Individual Differences*, 71, 171-175.

130. Huffman, J.C., DuBois, C.M., Healy, B.C., Boehm, J.K., **Kashdan, T.B.**, Celano, C.M., Denninger, J.W., & Lyubomirsky, S. (2014). Feasibility and utility of positive psychology exercises for suicidal inpatients. *General Hospital Psychiatry*, 36, 88-94.

129. †Goodman, F.R., **Kashdan, T.B.**, †Mallard, T.T., & Schumann, M. (2014). A brief mindfulness and yoga intervention with an entire NCAA Division I Athletic Team: A pilot study. *Psychology of Consciousness: Theory, Research, and Practice*, 1, 339-356.

128. †DiMauro, J., †Carter, S., †Folk, J.B., & **Kashdan, T.B.** (2014). A historical review of trauma-related diagnoses to reconsider the heterogeneity of PTSD. *Journal of Anxiety Disorders*, 28, 774-786.

127. †*Monfort, S.S., *Kaczmarek, L.D., **Kashdan, T.B.**, Drażkowski, D., Kosakowski, M., Guzik, P., Krauze, T., & Gracanin, A. (2014). Capitalizing on the success of romantic partners: A laboratory investigation on subjective, facial, and physiological emotional processing. *Personality and Individual Differences*, 68, 149-153.

*- equal contribution

126. Kaczmarek, L.D., **Kashdan, T.B.**, Drażkowski, D., Bujacz, A., & †Goodman, F.R. (2014). Why do greater curiosity and fewer depressive symptoms predict gratitude intervention use? Utility beliefs, social norm, and self-control beliefs. *Personality and Individual Differences*, 66, 165-170.

125. Kaczmarek, L.D., †Goodman, F.R., Drażkowski, D., **Kashdan, T.B.**, Połatyńska, K., & Komorek, J. (2014). Instructional support decreases desirability and initiation of a gratitude intervention. *Personality and Individual Differences*, 64, 89-93.

124. †Young, K.C., **Kashdan, T.B.**, & Macatee, R. (2014). Strength balance and implicit strength measurement: New considerations for research on strengths of character. *Journal of Positive Psychology*, 10, 17-24.

123. †Blalock, D.V., †Calton, J.M., & **Kashdan, T.B.** (2014). Understanding post-traumatic growth by attending to contextual influences, and developing wise interventions to promote it. *European Journal of Personality*, 28, 333-334.

122. Schueller, S.M., Parks, A.C., & **Kashdan, T.B.** (2014). Synthesizing positive psychological interventions: Suggestions for conducting meta-analyses and how to interpret them. *International Journal of Wellbeing*, 4 (1)

[Earned IJW Article of the Year]

121. †Adams, L.M., Stuewig, J.B., Tangney, J.P., & **Kashdan, T.B.** (2014). Perceived susceptibility to AIDS predicts subsequent HIV risk: A longitudinal evaluation of jail inmates. *Journal of Behavioral Medicine, 37*, 511-523.

2013

120. **Kashdan, T.B.**, †Farmer, A.S., †Adams, L., †Ferssizidis, P., McKnight, P. E., & Nezlek, J.B. (2013). Distinguishing healthy adults from people with social anxiety disorder: Evidence for the value of experiential avoidance and positive emotions in everyday social interactions. *Journal of Abnormal Psychology, 122*, 645-655.

119. **Kashdan, T.B.**, & McKnight, P.E. (2013). Commitment to a purpose in life: An antidote to the suffering by individuals with social anxiety disorder. *Emotion, 13*, 1150-1159

118. **Kashdan, T.B.**, †Ferssizidis, P., †Farmer, A., †Adams, L., & McKnight, P.E. (2013). Failure to capitalize on sharing good news with romantic partners: Exploring positivity deficits of socially anxious people with self-reports, partner-reports, and behavioral observations. *Behaviour Research and Therapy, 51*, 656-668.

117. **Kashdan, T.B.**, †Adams, L., †Kleiman, E., Pelham, W.E., & Lang, A.R. (2013). Stress-induced drinking in parents of boys with attention-deficit-hyperactivity disorder: Heterogeneous groups in an experimental study of adult-child interactions. *Journal of Abnormal Child Psychology, 41*, 919-927.

116. **Kashdan, T.B.**, Sherman, R.A., †Yarbro, J., & Funder, D.C. (2013). How are curious people viewed and how do they behave in social situations? From the perspectives of self, friends, parents, and unacquainted observers. *Journal of Personality, 81*, 142-154.

115. **Kashdan, T.B.**, Dewall, C.N., Pond, R.S., Silvia, P.J., Lambert, N.M., Fincham, F.D., †Savostyanova, A.A., & Keller, P.S. (2013). Curiosity protects against interpersonal aggression: Cross-sectional, daily process, and behavioral evidence. *Journal of Personality, 81*, 87-102.

114. †Kleiman, E.M., †Adams, L.M., **Kashdan, T.B.**, & Riskind, J.H. (2013). Grit and gratitude indirectly reduce risk of suicidal ideations by enhancing meaning in life: Evidence for a mediated moderation model. *Journal of Research in Personality, 47*, 539-546.

113. Steger, M.F., & **Kashdan, T.B.** (2013). The unbearable lightness of meaning: Well-being and unstable meaning in life. *Journal of Positive Psychology, 8*, 103-115.

112. *Kaczmarek, L.D., ***Kashdan, T.B.**, †Kleiman, E.M., Mickiewicz, A., Baczkowski, B., Enko, J., Sievers, A., Szaefer, A., Krol, M., & Baran, B. (2013). Who self-initiates gratitude interventions in daily life? An examination of intentions, curiosity, and unhappiness. *Personality and Individual Differences, 55*, 805-810.

*- equal contribution

111. †Kleiman, E.M., †Adams, L.M., **Kashdan, T.B.**, & Riskind, J.H. (2013). Grateful individuals are not suicidal: Buffering the risk of hopelessness and depressive symptoms. *Personality and Individual Differences, 55*, 595-599.

110. †Yarbro, J., Mahaffey, B., Abramowitz, J., & **Kashdan, T.B.** (2013). Recollections of parent-child relationships, attachment insecurity, and obsessive-compulsive beliefs. *Personality and Individual Differences, 54*, 355-360.

2012

109. **Kashdan, T.B.**, & Nezlek, J.B. (2012). Whether, when, and how is spirituality related to well-being? Moving beyond single occasion questionnaires to understanding daily process. *Personality and Social*

Psychology Bulletin, 38, 1526-1538.

108. Pond, R.S., **Kashdan, T.B.**, Dewall, C.N., †Savostyanova, A. A., Lambert, N.M., & Fincham, F.D. (2012). Emotion differentiation buffers aggressive behavior in angered people: A daily diary analysis. *Emotion*, 12, 326-337.

107. **Kashdan, T.B.**, †Young, K.C., & McKnight, P.E. (2012). When is rumination an adaptive mood repair strategy? Day-to-day rhythms of life in combat veterans with and without posttraumatic stress disorder. *Journal of Anxiety Disorders*, 26, 762-768.

106. DeWall, C.N., Lambert, N.M., Pond, R.S., Jr., **Kashdan, T.B.**, & Fincham, F.D. (2012). A grateful heart is a non-violent heart: Cross-sectional, experience sampling, longitudinal, and experimental evidence. *Social Psychological and Personality Science*, 3, 232-240.

105. Boden, M.T., Bonn-Miller, M.O., **Kashdan, T.B.**, Alvarez, J., & Gross, J.J. (2012). The interactive effects of emotional clarity and cognitive reappraisal in posttraumatic stress disorder. *Journal of Anxiety Disorders*, 26, 233-238.

104. †Farmer, A. S., & **Kashdan, T.B.** (2012). Social anxiety and emotion regulation in daily life: Spillover effects on positive and negative social events. *Cognitive Behaviour Therapy*, 41, 152-162 [Special Issue on Positivity Deficits in Social Anxiety Disorder]

103. **Kashdan, T.B.**, †Adams, L., Read, J., & Hawk, L.W., Jr. (2012). Can a one-hour session of exposure treatment modulate startle response and reduce spider fears? *Psychiatry Research*, 196, 79-82.

102. **Kashdan, T.B.** (2012). Reconsidering the neuroevolutionary framework of the SEEKING System: Emphasizing context instead of positivity. *Neuropsychanalysis*, 14, 46-50.

101. Dubois, C.M., Nyer, M.B., **Kashdan, T.B.**, Beach, S.R., Park, E.R., Celano, C.M., & Huffman, J.C. (2012). Positive psychological attributes and cardiac outcomes: Associations, mechanisms, and interventions. *Psychosomatics*, 53, 303-318.

2011

100. **Kashdan, T.B.**, Weeks, J.W., & †Savostyanova, A.A. (2011). Whether, how, and when social anxiety shapes positive experiences and events: A self-regulatory framework and treatment implications. *Clinical Psychology Review*, 31, 786-799.

99. **Kashdan, T.B.**, McKnight, P.E., Fincham, F.D., & Rose, P. (2011). When curiosity breeds intimacy: Taking advantage of intimacy opportunities and transforming boring conversations. *Journal of Personality*, 79, 1369-1401.

98. **Kashdan, T.B.**, & McKnight, P.E. (2011). Dynamic, contextual approaches to studying personality in the social world. *Journal of Personality*, 79, 1177-1190.

97. **Kashdan, T.B.**, †Adams, L., †Savostyanova, A.A., †Ferssizidis, P., McKnight, P.E., & Nezlek, J.B. (2011). Effects of social anxiety and depressive symptoms on the frequency and quality of sexual activity: A daily process approach. *Behaviour Research and Therapy*, 49, 352-360.

96. **Kashdan, T.B.**, & Roberts, J.E. (2011). Comorbid social anxiety disorder in clients with depressive disorders: Predicting changes in depressive symptoms, therapeutic relationships, and focus of attention in group treatment. *Behaviour Research and Therapy*, 49, 875-884.

95. Biswas-Diener, R., **Kashdan, T.B.**, & Minhas, G. (2011). A dynamic approach to psychological strength development and intervention. *Journal of Positive Psychology*, 6, 106-118.

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17. Steger, M.F., Beeby, A., Garrett, S., & **Kashdan, T.B.** (2013). Creating a stable architectural framework of existence: Proposing a model of lifelong meaning. In S. David, I. Boniwell, & Ayers, A.C. (Ed.), *Oxford Handbook of Happiness* (pp. 941-954). Oxford, UK: Oxford University Press.
16. **Kashdan, T.B.**, & Silvia, P. (2011). Curiosity as a social lubricant: Transforming conversations to be interesting, engaging, and meaningful. In J.J. Froh & A. Parks-Sheiner (Eds.), *Positive psychology in higher education: A practical workbook for the classroom*. Washington DC: American Psychological Association.
15. **Kashdan, T.B.**, & Steger, M.F. (2011). Challenges, pitfalls, and aspirations for positive psychology. In K. Sheldon, T.B. Kashdan, & M.F. Steger, *Designing positive psychology: Taking stock and moving forward* (pp. 9-21). New York: Oxford University Press.

14. **Kashdan, T.B.**, & Weeks, J.W. (2010). Social anxiety, positive experiences, and positive events. In S.G. Hofmann & P.M. Dibartolo (Eds.), *Social anxiety: Clinical, developmental, and social perspectives* (pp. 447-469). Needham Heights, MA: Allyn & Bacon.
13. Zvolensky, M. J., **Kashdan, T.B.**, Gonzalez, A., & Hogan, J. (2009). Vulnerability for substance use disorders in adulthood. In R. E. Ingram & J. M. Price (Eds.), *Vulnerability to psychopathology: Risk across the lifespan* (pp. 141-175). New York, NY: Guilford Press.
12. Chassin, L., Collins, R.L., Ritter, J., Shirley, M.C., Zvolensky, M. J., & **Kashdan, T.B.** (2009). Vulnerability to substance use disorders across the lifespan. In R. E. Ingram & J. M. Price (Eds.), *Vulnerability to psychopathology: Risk across the lifespan* (pp. 176-188). New York, NY: Guilford Press.
11. *Biswas-Diener, R., & ***Kashdan, T.B.** (2009). Happiness and relationships. In H. Reis & S.K. Sprecher (Ed.), *Encyclopedia of Human Relationships*. Thousand Oaks, CA: Sage.
*- equal contribution
10. **Kashdan, T.B.**, & Silvia, P. (2009). Curiosity and interest: The benefits of thriving on novelty and challenge. In S.J. Lopez (Ed.), *Handbook of Positive Psychology* (2nd Ed.) (pp. 367-375). Oxford, UK: Oxford University Press.
9. **Kashdan, T.B.**, & Silvia, P. (2009). Curiosity. In S.J. Lopez, (Ed.), *Encyclopedia of positive psychology*. Oxford, UK: Blackwell Publishing.
8. Wenzel, A., & **Kashdan, T.B.** (2008). Emotional disturbances and the initial stages of relationship development: Processes and consequences of social anxiety and depression. In S. Sprecher, A. Wenzel, & J. Harvey (Ed.), *Handbook of relationship initiation* (pp. 425-450). Mahwah, NJ: Lawrence Erlbaum.
7. †Breen, W.E., & **Kashdan, T.B.** (2008). Social anxiety. In W.A. Darity (Eds.). *International Encyclopedia of the Social Sciences*. Farmington Hills, MI: Macmillan.
6. **Kashdan, T.B.**, Steger, M.F., & †Breen, W.E. (2007). Curiosity. In R. Baumeister & K. Vohs (Eds.). *Encyclopedia of Social Psychology* (pp. 213-215). Thousand Oaks, CA: Sage Publications.
5. Steger, M.F., & **Kashdan, T.B.** (2007). Search for meaning in life. In R. Baumeister & K. Vohs (Eds.). *Encyclopedia of Social Psychology* (pp. 783-785). Thousand Oaks, CA: Sage Publications.
4. Steger, M.F., & **Kashdan, T.B.** (in press). Positive psychology. In H. E. A. Tinsley & S. H. Lease (Eds.), *Encyclopedia of counseling psychology*. Thousand Oaks, CA: Sage Publications.
3. **Kashdan, T.B.** (2004). Curiosity. In C. Peterson and M.E.P. Seligman, (Ed.), *Character strengths and virtues: A handbook and classification* (pp. 125-141). Washington, DC: American Psychological Association and Oxford University Press.
2. **Kashdan, T.B.**, & Fincham, F.D. (2004). Facilitating curiosity: A social and self-regulatory perspective for scientifically based interventions. In P.A. Linley & S. Joseph, (Ed.), *Positive psychology in practice* (pp. 482-503). New Jersey: Wiley.
1. Fincham, F.D., & **Kashdan, T.B.** (2004). Facilitating forgiveness. In P.A. Linley & S. Joseph, (Ed.), *Positive Psychology in Practice* (pp. 617-637). New Jersey: Wiley.

BOOK REVIEWS

5. **Kashdan, T.B.** (2007). The essential role of affect in understanding and treating Psychopathology: Sharpening definitions, theoretical frameworks, and measurement issues. *PsycCritiques*
4. **Kashdan, T.B.** (2007). State-of-the-art methodologies and analytic approaches in (positive) psychology.

Journal of Positive Psychology, 2, 216-218.

3. †Breen, W.E., & **Kashdan, T.B.** (2007). The role of Acceptance and Commitment Therapy in contemporary clinical intervention: A review of Eifert and Forsyth's (2005) clinical manual for anxiety related conditions. *Cognitive and Behavioral Practice, 14*, 415-416.
2. **Kashdan, T.B.** (2006). Exploring the functions, correlates, and consequences of interest and curiosity. *Journal of Personality Assessment, 87*, 322-323.
1. **Kashdan, T.B.** (2001). Happiness: The nature and nurture of joy and contentment [Book Review]. *Journal of Happiness Studies, 2*, 331-336.

OTHER PUBLICATIONS

5. **Kashdan, T.B.** (in press). All access pass to the 2014 NIMH research agenda. *the Behavior Therapist*
4. *Biswas-Diener, R., ***Kashdan, T.B.** (July, 2013). What do happy people do differently? *Psychology Today* (cover article and story)
*- equal contribution
3. **Kashdan, T.B.** (2012). The parent's balance sheet. *Psychology Today*
2. **Kashdan, T.B.** (2009). Wired to wonder. *Greater Good Magazine* [Lead article]
1. **Kashdan, T.B.** (2003). Kindling curiosity: Scientific suggestions for toy design. *Toy Industry Association Technology Access Program* [Lead article for online magazine]

CURRENT GRANTS

Title: Distinguishing extraordinarily happy from psychologically flexible people: A multi-method study of optimal human functioning

Funding Source: Koch Foundation

Amount: \$248,000 total costs

Dates: 2016-2021

Role: Principal Investigator

Title: Prospective determination of neurobehavioral risk for the development of emotion disorders

Funding Source: National Institute of Health (R01)

Amount: \$93,893 total costs for GMU

Dates: 2016-2021

Role: Co-Investigator

Title: Identifying the biopsychosocial factors promoting healthy, productive, and fulfilling transitions from high school: A seven-year longitudinal study

Funding Source: Australian Research Council

Amount: \$324,000 total costs

Dates: 2014-2017

Role: Co-Investigator

Title: The freedom to choose: Psychological flexibility and well-being in everyday life

Funding Source: Koch Foundation

Amount: \$5,000 total costs

Dates: 2016-2018

Role: Mentor (PI: †Goodman, F.R.)

Title: Androgynous creativity

Funding Source: Oscar Undergraduate Research Scholars Award at George Mason University

Amount: \$1,000 total costs
Dates: Spring 2017
Role: Principal Investigator (with †Marla Lauber)

Title: Androgynous creativity
Funding Source: Oscar Undergraduate Research Scholars Award at George Mason University
Amount: \$1,000 total costs
Dates: Spring 2017
Role: Principal Investigator (with †Marla Lauber)

COMPLETED EXTERNAL GRANTS

Title: Program evaluation for short duration interventions
Funding Source: National Geographic
Amount: \$60,711 total costs
Dates: 2015
Role: Principal Investigator

Title: Gratitude as a suicide resiliency factor: exploration of moderators and behavioral, social, and psychological mechanisms
Funding Source: The Greater Good Science Center at the University of California
Amount: \$9,299
Dates: 2013-2014
Role: Primary Mentor (PI: †Kleiman, Evan)

Title: The potency of character strengths in romantic relationships
Funding Source: Values in Action Foundation
Amount: \$70,210 total costs
Dates: 5/1/11 to 5/1/13
Role: Principal Investigator

Title: Social anxiety disorder and emotion regulation (R21 MH073937)
Funding Source: National Institute of Mental Health
Amount: \$384,438 total costs
Dates: 9/2006-1/2009
Role: Principal Investigator

COMPLETED MENTORED STUDENT GRANTS

Title: Sexuality, gratitude, and life purpose
Funding Source: Oscar Undergraduate Research Scholars Award at George Mason University
Amount: \$1,000 total costs
Dates: Summer 2013
Role: Principal Investigator (with †Cayla Milius)

Title: Chronic and Acute Effects of Nicotine Cigarettes on Social Information Processing (NIH F31)
Funding Source: National Institute of Health
Amount: \$101,188 total costs
Dates: 2011-2013
Role: Mentor (PI: †Savostyanova, A.A.)

Title: Self-compassion in romantic relationships
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 total costs
Dates: Summer 2011
Role: Principal Investigator (with †Kristin Wymard)

Title: Touch as a predictor of relationship satisfaction in high socially anxious individuals
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 total costs
Dates: Summer 2007
Role: Principal Investigator (with †Lauren Serpati)

Title: Social anxiety and romantic relationships
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 total costs
Dates: Fall 2006
Role: Principal Investigator (with †Lucy Guardiano)

Title: Veterans and values: The effect of strivings and PTSD on everyday well-being
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 total costs
Dates: Summer 2006
Role: Principal Investigator (with †Daniel Terhar)

Title: Social anxiety and romantic relationships: An initial exploration of positive relationship processes
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 total costs
Dates: Summer 2006
Role: Principal Investigator (with †Lucy Guardiano)

Title: Gratitude experiences across the lifespan
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 total costs
Dates: Fall 2005
Role: Principal Investigator (with †Anjali Mishra)

Title: Age differences in the experience, perception, and expression of gratitude
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 total costs
Dates: Summer 2005
Role: Principal Investigator (with †Anjali Mishra)

COMPLETED GRANTS FOR PSYCHOLOGICAL SERVICES CENTER

Title: Clinical Science in Practice: Creating a Sustainable Research Database
Funding Source: Society for the Science of Clinical Psychology's Clinical Scientist Training Initiative Grant
Amount: \$1500 total costs
Dates: 5/1/11 to 5/31/12
Role: Consultant

COMPLETED INTERNAL GRANTS

Title: The phenomenology of pleasure in people with social anxiety disorder
Funding Source: George Mason University Faculty Grant
Amount: \$6,000 total costs
Dates: 3/2005-8/2005
Role: Principal Investigator

COMPLETED GRANTS DURING GRADUATE SCHOOL

Title: Psychological strengths in the everyday lives of Vietnam War Veterans
Funding Source: Positive Psychology Microgrant
Amount: \$1,800 direct costs
Dates: 2/2003-6/2003

Role: Principal Investigator

Title: Psychological strengths of Vietnam War Veterans compared to matched controls

Funding Source: Veterans Integrated Service Network

Amount: \$7,100 direct costs

Dates: 2/2003-6/2003

Role: Co-Principal Investigator (Julian, T., PI)

Title: Curiosity, social anxiety, and cognitive-processing in the genesis of intimacy

Funding Source: Positive Psychology Network

Amount: \$500 direct costs

Dates: 2/2002-8/2002

Role: Principal Investigator

Title: Psychological strengths in Vietnam War Veterans with PTSD

Funding Source: Veterans Integrated Service Network

Amount: \$11,400 direct costs

Dates: 5/2002-8/2002

Role: Co-Principal Investigator (Julian, T., PI)

Title: Cigarette smoking in treatment seeking Veterans with PTSD

Funding Source: Veterans Integrated Service Network

Amount: \$11,400 direct costs

Dates: 5/2002-8/2002

Role: Co-Principal Investigator (Julian, T., PI)

Title: Social anxiety and the direction of attentional focus (F31 MH63565-01A1)

Funding Source: National Institute of Mental Health

Amount: \$40,500 direct costs

Dates: 9/2001-10/2003

Role: Principal Investigator

SELECTED LIST OF INVITED KEYNOTES, WORKSHOPS, AND CONFERENCE TALKS

202. **Kashdan, T.B.** (2017, April). *The science and practice of cultivating healthy, meaningful loving relationships*. Keynote at the Embodied Positive Psychology Summit, Kripalu Institute, Stockbridge, MA.

201. **Kashdan, T.B.** (2017, April). Workshop on agile leadership for Customs and Border Protection Leadership Institute, Harpers Ferry, West Virginia.

200. **Kashdan, T.B.** (2017, April). Workshop on agile leadership for Hudson Valley Coaching Conference, Santa Barbara, California.

199. **Kashdan, T.B.** (2017, April). Keynote on agile leadership for Chronic Care Provider Conference, Fort Myers, Florida.

198. **Kashdan, T.B.** (2017, January). Workshop on agile leadership for Customs and Border Protection Leadership Institute, Harpers Ferry, West Virginia.

197. **Kashdan, T.B.** (2017, January). *New perspectives and assessments on character strengths*. Invited presentation at the happiness pre-conference of the Society for Personality and Social Psychology conference, San Antonio, TX.

196. †Disabato, D. J., †Goodman, F. R., & **Kashdan, T. B.** (2017, January). *Measuring well-being*. Presentation given at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

195. †Milius, C, †Goodman, F. R., †Stikma, M., & **Kashdan, T. B.** (2017, January). *Sexuality and well-being in daily life: Nailing directionality*. Presentation given at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.
194. †Goodman, F. R., †Disabato, D. J., & **Kashdan, T. B.** (2017, January). *Is grit relevant to well-being? Cross-cultural evidence for separating perseverance of effort and consistency of interests*. Presentation given at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.
193. **Kashdan, T.B.** (2016, October). *Critical tests of a purpose in life*. Invited talk for the purpose and health across the lifespan conference, Half Moon Bay, CA.
192. **Kashdan, T.B.** (2016, September). *Becoming a whole person: Integrating the bright and dark sides of humanity*. Colloquia at Fordham University, NY.
191. **Kashdan, T.B.** (2016, September). *Workshop on agile leadership for the Leadership Skills Identification and Development Program for Government Intelligence*, Reston, Virginia.
190. †Goodman, F. R. & **Kashdan, T. B.** (2016, July). *Psychological needs satisfaction and the ability to tolerate pain in everyday life*. Presentation given at the 31st International Congress of Psychology, Yokohama, Japan.
189. †Disabato, D. J., †Goodman, F. R., & **Kashdan, T. B.** (2016, July). *Sustained distress tolerance to achieve well-being and long-term goals: Comparing perseverance of effort and consistency of interests from the Grit Scale*. Presentation given at the 31st International Congress of Psychology, Yokohama, Japan.
188. †Quartuccio, J., †Disabato, D. J., †Franz, S., †Alexander, L., †Goodman, F. R., †Stikma, M. C., Blalock, D., McKnight, P.E., & **Kashdan, T. B.** (2016, July). *Psychometrics of a scenario-based distress tolerance measure*. Presentation given at the 31st International Congress of Psychology, Yokohama, Japan.
187. **Kashdan, T.B.** (2016, June). A business culture of curiosity for Merck headquarters, Darmsadt, Germany.
186. **Kashdan, T.B.** (2016, June). The art and science of befriending pain at the Well-being University Symposium, Borba, Portugal.
185. **Kashdan, T.B.** (2016, May). Workshop on agile leadership for the Leadership Skills Identification and Development Program for Government Intelligence, Reston, Virginia
184. **Kashdan, T.B.** & Biswas-Diener, R. (2014, August). Five-day leadership academy workshop on “Emotional and socially agile leaders” for Standard Chartered Bank, Hanoi, Vietnam.
183. **Kashdan, T.B.** (2016, May). Keynote on *Mastering resilience to unlock your organization's true potential*. Finance Human Resources Business Operations Conference, Washington, D.C.
182. **Kashdan, T.B.** (2016, April). Keynote on *the power of negative emotions and creativity*. Learning and the Brain Annual Conference, Orlando. FL.
181. **Kashdan, T.B.**, & Fernandes, M. (2016, April). Keynote on “resilience requires a maverick mindset” at Leading to Well-Being Conference, Fairfax, VA.
180. †Goodman, F. R., †Disabato, D. J., & **Kashdan T. B.** (2016, January). *Two types of well-being? A closer look at the hedonia and eudaimonia distinction across 109 countries*. Paper presented at the annual meeting for the Society of Personality and Social Psychology. San Diego, CA.

179. **Kashdan, T.B.** (2015, November). Keynote on *Unlocking the Power to Think Differently: Where Can Your Curiosity Take You?* Annual Massachusetts Conference for Women, Boston, MA.
178. **Kashdan, T.B.** (2015, November). Keynote on becoming a whole person: Integrating the bright and dark sides of humanity. Annual conference of the Virginia Academy of Clinical Psychologists. Williamsburg, VA.
177. **Kashdan, T.B.** (2015, November). Veritas forum on the pursuit of happiness. Fairfax, VA.
176. **Kashdan, T.B.** (2015, November). Social anxiety and distress tolerance in everyday life: A daily diary study of romantic couples. In J.A. Richey (Chair), *Does social anxiety disorder fit in the research domain criteria? Opportunities and challenges within the NIMH vision for translational research*. Symposia presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Chicago, IL.
175. †Farmer, A.S., & **Kashdan, T.B.** (2015, November). How do state and daily measures of social anxiety measure up to global self-reports? In E.E. Reilly (Chair), *Moving our work forward: Using traditional methods and measurement in novel ways*. Symposia presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Chicago, IL.
174. †Ferssizidis, P., & **Kashdan, T.B.** (2015, November). Trait and state social anxiety differentially contribute to romantic relationship biases and outcomes. In J.K. Carpenter (Chair), *The ins, the outs, and the what-have-you's of SAD: Intra- and interpersonal processes*. Symposia presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Chicago, IL.
173. †Goodman, F.R., **Kashdan, T.B.**, & McKnight, P.E. (2015, November). Everyday strivings in people with social anxiety disorder. In C.R. Berghoff (Chair), *Living life to the fullest: Leveraging personal value-directed behavior to enhance well-being and undermine psychological distress*. Symposia presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Chicago, IL.
172. **Kashdan, T.B.** (2015, October). Workshop on the upside of your dark side for BoardEffects, Philadelphia, PA.
171. **Kashdan, T.B.** (2015, September). Workshop on leadership and well-being. Public Leadership 21C Program with the Brookings Leadership Institution. Williamsburg, VA.
170. **Kashdan, T.B.** & Biswas-Diener, R. (2014, August). Five-day leadership academy workshop on "Emotional and socially agile leaders" for Standard Chartered Bank, Seoul, South Korea.
169. **Kashdan, T.B.** (2015, July). Keynote on positive psychology for Ohio Prevention and Education Conference, Athens, Ohio.
168. **Kashdan, T.B.** (2015, June). Keynote on leading with your dark side for the National Wellness Institute, Minneapolis, MN.
167. **Kashdan, T.B.** (2015, June). Keynote on leading with your dark side for Annual George Mason University Volunteer Leadership Summit, Fairfax, Virginia
166. **Kashdan, T.B.** (2015, May). Keynote on agile leadership for Sustainable Brands Conference, Istanbul, Turkey.
165. **Kashdan, T.B.** (2015, May). Keynote on agile leadership for LeadingAge NJ, Atlantic City, New Jersey
164. **Kashdan, T.B.** (2015, May). B.F. Skinner Lecture on emotion agility, Association for Behavior Analysis International convention, San Antonio, TX
163. **Kashdan, T.B.** (2015, May). Keynote on agile leadership for the intelligence community, Reston, Virginia

162. **Kashdan, T.B.** (2015, May). Webinar on evolutionary psychology for coaches, Institute of Coaching, McLean Hospital, Harvard Medical School
161. †Blalock, D., McKnight, P.E., †Monfort, S.S., & **Kashdan, T.B.** (2015, November) *Measuring self-control beliefs, effects on self-control behaviors, and implications for intervention*. In J.B. Folk (chair) *Criminal thinking, self-control, and self-stigma: Novel approaches to assessment*. The American Society of Criminology, Washington, DC.
160. **Kashdan, T.B.** (2015, April). Keynote on “The Upside of Your Dark Side” for Northern Virginia Community College, Sterling, Virginia
159. **Kashdan, T.B.** (2015, April). Workshop on agile leadership for Customs and Border Protection Leadership Institute, Harpers Ferry, West Virginia
158. **Kashdan, T.B.** (2015, February). Keynote on “The Upside of Your Dark Side” for the World Bank Group, Washington, DC.
157. **Kashdan, T.B.** (2015, February). Keynote on “The Upside of Your Dark Side” for the Spanish Coaching Association AECOP, Madrid, Spain.
156. **Kashdan, T.B.** (2015, January). Workshop on emotional and socially agile leadership for Customs and Border Protection Leadership Institute, Harpers Ferry, West Virginia
155. **Kashdan, T.B.** (2014, December). Keynote on “The Upside of Your Dark Side” at Busboys and Poets, Washington, DC.
154. **Kashdan, T.B.** (2014, November). Training on “The Upside of Your Dark Side” for the New York Open Center, New York, NY.
153. **Kashdan, T.B.** (2014, November). Workshop on “10 things I wish I knew when I was a teenager” at Virginia Girls Summit, Fairfax, VA.
152. **Kashdan, T.B.** (2014, November). Speaker. In T. Ritzert (Chair), *Expanding the depth and scope of contemporary behavior therapy: Interdisciplinary conversations on meaningful clinical outcomes*. Panel presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.
151. **Kashdan, T.B.**, †Farmer, A., †Ferssizidis, P., †Goodman, F., †Machell, K., & †Monfort, S. (2014, November). A contextual approach to experiential avoidance and social anxiety. In J.A. Richey (Chair), *Expanding the focus in social anxiety disorder: A deep dive into completely novel approaches for conceptualization and treatment*. Symposia presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.
150. **Kashdan, T.B.** (2014, October). Keynote on “Becoming curious, agile, and whole” at Marine Corps General Officer Symposium (GOS) Spouse Program, Washington, DC
149. **Kashdan, T.B.** (2014, October). Keynote on “Creating a thriving organization” at American Council of Independent Laboratories Conference, Chicago, IL.
148. **Kashdan, T.B.** (2014, September). Traits are only a sliver of who we are. Smithsonian Institute Distinguished lecture series. Washington, DC.
147. **Kashdan, T.B.** (2014, September). Keynote on “The Upside of Your Dark Side” at Fall for the Book, Fairfax, VA.
146. **Kashdan, T.B.** & Hayes, S. (2014, September). Workshop on “Becoming curious, agile, and whole” at Harvard Coaching Conference, Cambridge, MA.

145. **Kashdan, T.B.** (2014, September). Keynote on “New insights on how other people influence self-regulation” at Harvard Coaching Conference, Cambridge, MA.
144. **Kashdan, T.B.** & Biswas-Diener, R. (2014, August). Five-day leadership academy workshop on “Emotional and socially agile leaders” for Standard Chartered Bank, Dubai, UAE.
143. **Kashdan, T.B.** (2014, July). Keynote on “The untold story about negative emotions: On their own, they tell us almost nothing” at OCD Conference, Los Angeles, CA.
142. **Kashdan, T.B.** (2014, June). Panel speaker for well-being initiative by Charles Koch Institute, Washington, DC.
141. †Farmer, A., & **Kashdan, T.B.** (2014, May). Navigating the social world by emotion differentiation: Comparing people with social anxiety disorder with healthy adults using daily, random, and event-contingent recording. In L.M. Matt (Chair), *Labeling and differentiating affective experiences: Adaptive and maladaptive responses across anxious populations*. Presented at the Annual Conference of the Association for Psychological Science, San Francisco, CA.
140. **Kashdan, T.B.** (2014, April). Workshop on “Becoming psychologically flexible” at Think Work Live Positive Conference, Kuwait
139. **Kashdan, T.B.** (2014, April). Keynote on “Insights into neglected resilience” at Think Work Live Positive Conference, Kuwait
138. **Kashdan, T.B.** (2014, April). Keynote on “Transforming negative emotions by understanding and distinguishing them: Insights into common resilience” at MentorCoach Conference, Bethesda, MD.
137. **Kashdan, T.B.** (2014, April). Keynote on “The really BIG picture of personality” at Leading to Well-Being Conference, Fairfax, VA.
135. **Kashdan, T.B.** †Farmer, A., & †Ferssizidis, P. (2013, November). Social anxiety and physical contact with romantic partners: Phenomenology and consequences. In J.A. Richey (Chair), *New developments in the role of positive emotions in social anxiety disorder: Using multimodel and multisensory assessment to guide treatment*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Nashville, TN.
134. †Monfort, S.S., †Kleiman, E.M., **Kashdan, T. B.**, †Machell, K.A., & †Goodman, F.R. (2013, November). *Capitalization support during an initial social interaction predicts memory bias*. In T.M. Erickson (Chair), *Amplifying and dampening positive emotional states: Implications for emotional disorders*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Nashville, TN.
133. **Kashdan, T.B.** (2013, November). Colloquia on “Reflecting, labeling, and understanding emotions” at University of Washington, Saint Louis, Missouri.
132. **Kashdan, T.B.** (2013, November). Workshop on “Developing strengths and tolerating pain” at University of Washington, Saint Louis, Missouri.
131. **Kashdan, T.B.** (2013, October). Workshop on “Vital living- The capacity to experience pain with openness” at QBE Leadership Academy, New York, New York.
130. **Kashdan, T.B.** (2013, September). Keynote on “Unpacking mindfulness” at Humana Coaching Conference, Cincinnati, Ohio.
129. **Kashdan, T.B.** (2013, September). Workshop on “Developing strengths and tolerating pain” at Humana Coaching Conference, Cincinnati, Ohio.
128. **Kashdan, T.B.** (2013, September). Keynote on “Challenging assumptions about emotions and anxiety disorders” for grand rounds, University of Arkansas Medical School, Little Rock, Arkansas.

127. **Kashdan, T.B.** (2013, June). Keynote on “Describing, labeling, and curiously exploring emotions” for Happiness and Its Causes, Melbourne, Australia.
126. **Kashdan, T.B.** (2013, June). Keynote on “Wielding your strengths” workshop for Happiness and Its Causes, Melbourne, Australia.
125. **Kashdan, T.B.** (2013, June). Keynote on “The curiosity advantage: For success, purpose, creativity, wisdom, and happiness” for Young Minds, Melbourne, Australia.
124. **Kashdan, T.B.** (2013, June). Keynote on “Mindfulness and wellbeing” for Be Learning, Sydney, Australia.
123. **Kashdan, T.B.** (2013, June). Keynote on “Science of success in an uncertain, unpredictable world” for Women in Banking and Finance lunch, Sydney, Australia.
122. **Kashdan, T.B.**, †Farmer, A., & †Ferssizidis, P. (2013, November). Social anxiety and physical contact with romantic partners: Phenomenology and consequences. In J.A. Richey (Chair), *New developments in the role of positive emotions in social anxiety disorder: Using multimodal and multisensory assessment to guide treatment*. Symposia presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Nashville, TN.
121. **Kashdan, T.B.** (2013, May). High performance leadership workshop for Gap, Inc, San Francisco, California.
120. **Kashdan, T.B.** (2013, April). Keynote on “Optimizing social relationships” at Crestone’s Finding Meaning in Money Conference, Denver, Colorado.
119. **Kashdan, T.B.** (2013, April). Workshop on “Developing our strengths and tolerating pain” at Georgia Psychological Association, Atlanta, GA.
118. **Kashdan, T.B.** (2013, April). Keynote on “Unpacking mindfulness: Describing, labeling, and curiously exploring emotions” at Georgia Psychological Association, Atlanta, GA.
117. **Kashdan, T.B.** (2013, April). Workshop on “idiosyncrasies” at Leading to Well-Being Conference, Fairfax, VA.
116. **Kashdan, T.B.** (2013, January). Keynote on “Challenging assumptions: How people with social anxiety disorder actually socialize” at Social Anxiety Conference at Hebrew University, Jerusalem, Israel.
115. **Kashdan, T.B.** (2012, November). How to be a mad scientist with your life. TEDxUtrecht, The Netherlands.
114. **Kashdan, T.B.**, †Adams, L., †Farmer, A., †Ferssizidis, P., McKnight, P.E., & Nezelek, J.B. (2012, November). Sex, particularly pleasurable and intimate sex, reduces the daily symptoms of socially anxious adults: An experience sampling investigation. In J.A. Richey (Chair), *The role of positive emotions in social anxiety disorder: Behavioral and neurobiological evidence for a new treatment approach*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
113. **Kashdan, T.B.**, †Farmer, A.S., †Adams, L., †Ferssizidis, P., & McKnight, P. E. (2012, November). Distinguishing healthy adults from people with social anxiety disorder via daily social interactions. In A.R. Menatti (Chair), *Heterogeneity in social anxiety disorder: Expanding conceptualizations*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
112. †Afram, A., & **Kashdan, T.B.** (2012, November). Social anxiety predicts increased hypervigilance and unstable partner evaluations in romantic relationships. In A. Howell (Chair), *Biased outlooks on past, present, and future events: Time-oriented cognitions as risk and maintenance factors for SAD*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

111. †Kleiman, E.M., **Kashdan, T.B.**, †Adams, L.M., & Riskind, J.H. (2012, November). Grit and gratitude as interactive resilience factors in suicide. In C.K. Danielson (Chair), *Informing transdiagnostic models of psychopathology: Implications for behavior change*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
110. Huffman, J.C., DuBois, T.M., Celano, C.M., Mastromauro, C.A., Boehm, J.K., **Kashdan T.B.**, & Lyubomirsky, S. (2012). Positive psychological interventions in medical psychiatry patients. Presented at the Academy of Psychosomatic Medicine Annual Meeting, Atlanta, GA.
109. **Kashdan, T.B.** (2012, October). Workshop on resilience to Air Force personnel at George Mason University, Fairfax, VA.
108. **Kashdan, T.B.** (2012, September). Keynote on curiosity at Gensler Annual Retreat, Dallas, TX.
107. Hayes, S., Barnes-Holmes, D., **Kashdan, T.B.**, & Ciarrochi, J. (2012, July). Strategies and tactics of contextual behavioral science research: What is it, how to do it, and how to fund it. Two day workshop at World Conference for the Association of Contextual Behavioral Science, Bethesda, MD.
106. **Kashdan, T.B.** (2012, July). Whether, when, and how is spirituality related to well-being? Keynote at World Conference for the Association of Contextual Behavioral Science, Bethesda, MD.
105. **Kashdan, T.B.** (2012, July). The science of spirituality: essential and impossible. Keynote at International Network on Personal Meaning, Toronto, Canada.
104. **Kashdan, T.B.** (2012, May). Happiness and beyond: The science of optimal living. Talk at Osher Lifelong Institute, Fairfax, VA.
103. **Kashdan, T.B.** (2012, April). Happiness and beyond: The science of optimal living. Keynote at *Spring Festival-Exploratorium on Positive Psychology*, Northern Virginia Community College, Loudoun, Virginia.
102. **Kashdan, T.B.** (2012, April). Cultivating well-being toward greater resilience. Closing keynote at GMU Resilience Conference, Fairfax, VA.
101. †Farmer, A. S., & **Kashdan, T. B.** (2012, April). *Social anxiety and emotion regulation in daily life: Spillover effects on positive and negative social events*. Individual oral presentation at the annual Anxiety Disorders Association of America Conference. Arlington, VA.
100. **Kashdan, T.B.** (2012, March). Wielding strengths and tolerating pain. Workshop at Australian Positive Psychology and Wellbeing Conference, Sydney, Australia.
99. **Kashdan, T.B.** (2012, March). Unpacking mindfulness: Describing, labeling, and curiosity exploring emotions. Keynote at Australian Positive Psychology and Wellbeing Conference, Wollongong, Australia.
98. Ciarrochi, J., **Kashdan, T.B.**, & Harris, R. (2012, March). Foundations of flourishing. Talk at Australian Positive Psychology and Wellbeing Conference, Wollongong, Australia.
97. **Kashdan, T.B.** (February, 2012). The Science behind Winning Friends, Influencing People, Creating a Thriving Organization, and Living a Life Most Worth Living. Keynote for New Spring Capital, Tysons Corner, VA.
96. **Kashdan, T.B.** (December, 2011). Personality and the perils and promises of everyday life: Lessons on sex, violence, and purpose in life. Colloquia for University of Toledo, Toledo, OH.
95. **Kashdan, T.B.** (November, 2011). Curiosity and living a well-lived life. Keynote for HarveySpeaks, Katonah, NY.
94. **Kashdan, T.B.** (November, 2011). Becoming a curious explorer. Workshop for HarveySpeaks, Katonah, NY.

93. **Kashdan, T.B.** & C.B. DeWall (November, 2011). Nuanced emotions: Adding some flexibility. In V.Vine (Chair), *Getting clear about emotional clarity: Construct, measurement, and implications for emotion regulation and psychopathology*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Toronto, Canada.
92. Boden, M.T., Bonn-Miller, M.O., Groww, J.J., Alvarez, J., **Kashdan, T.B.**, & Kuo, J. (November, 2011). Exploring links between dimensions of emotional awareness, emotion regulation and posttraumatic stress disorder. In V.Vine (Chair), *Getting clear about emotional clarity: Construct, measurement, and implications for emotion regulation and psychopathology*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Toronto, Canada.
91. †Klein, S., **Kashdan, T.B.**, †Yarbro, J., †Savostyanova, A.A., †Vitalis, J., †Pahira, J., †Dodge, A., †Vaughn, M., †McGraw, D., †L'Etoile, C., & †Julian, A. (November, 2011). Sharing in or missing out on the amusement of romantic partners. In C.L. Gordon (Chair), *Positive factors that promote relationship well-being*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Toronto, Canada.
90. †Savostyanova, A.A., & **Kashdan, T.B.**, (November, 2011). Sharing in or missing out on the amusement of romantic partners. In K.C. Fernandez (Chair), *Embracing the digital age: Methodological innovations in the study of social anxiety*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Toronto, Canada.
89. **Kashdan, T.B.** (October, 2011). How the science of curiosity can lead to greater productivity, creativity, relationships, and leadership. Keynote for Hormel Annual Meeting, New York, NY.
88. **Kashdan, T.B.** (October, 2011). Nuanced emotions: Adding some flexibility to ACT. Keynote at Australia and New Zealand Conference of Acceptance and Commitment Therapy, Brisbane, Australia.
87. **Kashdan, T.B.** (October, 2011). Cutting edge research. Panel member at Australia and New Zealand Conference of Acceptance and Commitment Therapy, Brisbane, Australia.
86. **Kashdan, T.B.** (October, 2011). ACT, Positive Psychology, and Coaching: Creating a Unified Framework. Panel member at Australia and New Zealand Conference of Acceptance and Commitment Therapy, Brisbane, Australia.
85. **Kashdan, T.B.** (September, 2011). Breeding and Nurturing Flexible Minds. Workshop for Forsyth Medical Center, Winston-Salem, VA.
84. **Kashdan, T.B.** (September, 2011). Moving away from a context-free positive psychology. Keynote for New Zealand Association of Positive Psychology (via Skype)
83. **Kashdan, T.B.** (August, 2011). Flexible Mind, Flexible Living: Who Thrives, Who Fails, and Why. Workshop for Student Affairs, College of William and Mary, Williamsburg, VA.
82. **Kashdan, T.B.** (August, 2011). Bringing publishing dreams to fruition: Tips for productive writing and public speaking that makes a real impact. Keynote for Book Breakthrough Conference, New York, NY.
81. **Kashdan, T.B.** (July, 2011). Designing the future of positive psychology. Presented at the International Positive Psychology Association, Philadelphia, PA.
80. **Kashdan, T.B.** (July, 2011). Scientific infusions to positive psychology interventions. Presented at the International Positive Psychology Association, Philadelphia, PA.
79. **Kashdan, T.B.** (July, 2011). Can we @#\$% away the pain? Presented at the International Positive Psychology Summit, Philadelphia, PA.
78. **Kashdan, T.B.** (April, 2011). Vital living and the capacity to experience pain. Workshop at the Leading to Well-Being Conference, George Mason University, Fairfax, VA.

77. **Kashdan, T.B.** (January, 2011). Flexible Mind, Flexible Living: Who Thrives, Who Fails, and Why. Workshop at General Mills, Minnesota.

76. **Kashdan, T.B.** (November, 2010). Curious People Don't Kill Their Cats: The Science Behind Winning Friends, Influencing People, and Living a Life Most Worth Living. Workshop at Design for Conversion Conference, New York, NY.

75. **Kashdan, T.B.** (November, 2010). Positive Psychology 3.0: Flexible, Dynamic Perspectives. Workshop sponsored by the Australian Psychological Association, Blairgowrie, Australia

74. **Kashdan, T.B.**, †Klein, S., †Terhar, D., & †Chesky, J. (November, 2010). When emotion regulation becomes problematic: Everyday strivings in people with social anxiety disorder. In J.W. Weeks (Chair), *Self-regulation processes in social anxiety disorder*. Symposium at the Annual Conference of the Association for Behavioral and Cognitive Therapies convention, San Francisco, CA.

73. **Kashdan, T.B.**, †Ferssizidis, P., †Savostyanova, A., †Birnbeck, M., †Plummer, C., †Jones, K., †Drvoshanov, M., †Counihan, C., †Marquart, R.A., †Nguyen, T., †Harlow, M.C., †Rock, A.C., & †Afram, A. (November, 2010). How do people with social anxiety problems respond when romantic partners share good news? In K. Peterson & D.A. Smith (Chairs), *Contemporary conceptualizations of criticism in psychopathology and close relationships*. Symposium at the Annual Conference of the Association for Behavioral and Cognitive Therapies convention, San Francisco, CA.

72. †Ferssizidis, P. Z., & **Kashdan, T.B.** (November, 2010). Contribution of hope and experiential avoidance to psychopathology and quality of life in trauma survivors. In E.C. Marshall & A.A.Vujanovic (Chairs), *Trauma exposure: Transdiagnostic risk and resilience factors*. Symposium at the Annual Conference of the Association for Behavioral and Cognitive Therapies convention, San Francisco, CA.

71. **Kashdan, T.B.** (October, 2010). Psychologically Flexible Living and Leadership. Workshop for Informational Technology Unit. George Mason University, Fairfax, VA.

70. **Kashdan, T.B.**, & Ciarrochi, J. (October, 2010). Positive psychology interventions: Focusing on sustainability and ACT consistency. Workshop at the Association for Contextual Behavioral Science World Congress, Adelaide, Australia.

69. **Kashdan, T.B.** (October, 2010). Three lessons on personality and well-being. Keynote address at the Association for Contextual Behavioral Science World Congress, Adelaide, Australia.

68. **Kashdan, T.B.** (October, 2010). Aspirational treatments for anxiety. Invited talk at the Association for Contextual Behavioral Science World Congress, Adelaide, Australia.

67. **Kashdan, T.B.** (2010, September). The Science of Happiness and Meaning in Life. Vision Series Speaker, George Mason University, Fairfax, VA.

66. **Kashdan, T.B.** (2010, June). Curiosity, Courage, and Creativity: How to Thrive in an Uncertain, Unpredictable World. Keynote for the Extraordinary Lives Colloquium. Fort Worth, TX.

65. **Kashdan, T.B.** (2010, April). Curiosity, Courage, and Creativity: The Science of Superior Performance. Keynote for the Career and Professional Development Conference for Fairfax County Government. Fairfax, VA.

64. **Kashdan, T.B.** (2010, April). Staying Curious. Keynote at the Spring LearningFest. University of Minnesota.

63. **Kashdan, T.B.** (2010, April). Emotion differentiation as risk and resilience for alcohol abuse. Colloquia at the University of Kentucky, Lexington, KY.

62. **Kashdan, T.B.** (2010, April). Three Lessons on Personality and Well-Being. Colloquia at the University of Kentucky, Lexington, KY.

61. **Kashdan, T.B.** (2010, March). Psychological Flexibility as a Fundamental Aspect of Health (in people and organizations). Keynote at the Leadership and Positive Psychology Conference, George Mason University, Fairfax, VA.
60. **Kashdan, T.B.** (2010, March). How to thrive in an uncertain, unpredictable world using modern psychology. Keynote at the Wealthy Thought Leader Conference. Vancouver, Canada.
59. **Kashdan, T.B.** (2010, March). Harnessing Strengths for Innovation, Well-Being, and Resilience. Webinar for the Comfort Café for Women Executives.
58. **Kashdan, T.B.** (2010, February). How to pursue the good life using modern psychology. Keynote at the Treasury Executive Institute. Washington, DC.
57. **Kashdan, T.B.** (2010, August). Three ideas on the meaningful life. Keynote at the Meaning Conference 2010, Vancouver, Canada.
56. **Kashdan, T.B.** (2010, August). Dynamic, flexible approaches in positive psychology. In Wong, P. (Chair), *The future of positive psychology*. Panel at the Meaning Conference 2010, Vancouver, Canada.
55. **Kashdan, T.B.** (2010, July). Aspirational treatments for anxiety. In Twohig, M. (Chair), *Where is the field going in the treatment of anxiety disorders?* Panel at the Association for Contextual Behavioral Science World Congress VIII, Reno, NV.
54. **Kashdan, T.B.** (2010, July). Scientific infusions. In Hayes, S. (Chair), *Building a firm foundation: Intervention development from the bottom up?* Invited panelist at the Association for Contextual Behavioral Science World Congress VIII, Reno, NV.
53. **Kashdan, T.B.** (2010, July). Three lessons on personality and well-being. Invited address at the Association for Contextual Behavioral Science World Congress VIII, Reno, NV.
52. †Adams, L., †Ferssizidis, P., †Plummer, C., †Birnbeck, M., †Mishra, A., Ciarrochi, J., & **Kashdan, T.B.** (2010, March). The role of motivation and commitment to relationship values on well-being: Age and gender considerations. Presented at the annual meeting of the Virginia Social Science Association, Richmond, VA.
- ** - 2010 Best Student Presentation Award
51. **Kashdan, T.B.** (2010, January). How the Science of Curiosity, Strengths, and Happiness Can Enhance Your Life and Business. Keynote at the Liquid Capital Group Annual Meeting. Washington, DC.
50. **Kashdan, T.B.** (2010, January). Harnessing Strengths for Innovation, Well-Being, and Resilience. Webinar for the Marketing Executives Networking Group (MENG).
49. **Kashdan, T.B.** (2009). New Perspectives on Social Anxiety. Colloquia at Moscow State University, Moscow, Russia.
48. **Kashdan, T.B.** (2009). The Greatest, Overlooked Personal Resource for Well-Being: Curiosity. Keynote for PSYCHOLOGIES Magazine, Moscow, Russia.
47. **Kashdan, T.B.** (2009). The Science of Happiness. Workshop for the Center for Consciousness and Transformation. Fairfax, VA.
46. **Kashdan, T.B.**, †Breen, W.E., †Terhar, D., & †Adams, L. (2009, November). Delving into the sex lives of people with elevated social anxiety: Sexual history and experience-sampling approaches. In L. Alden (Chair), *Social anxiety disorder and the approach system: Exploring the positive*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, New York, NY.
45. **Kashdan, T.B.**, †Zorbas, P., Collins, R.L., & Muraven, M. (2009, November). Being better at describing and differentiating emotions as resilience to alcohol use and abuse: An ecological momentary

- assessment in underage social drinkers. In D.M. Fresco (Chair), *Reactivity: Toward a greater understanding of this universal process in relation to vulnerability and treatment durability*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, New York, NY.
44. Weeks, J.W., **Kashdan, T.B.**, Gordon, E.A., Heimberg, R.G., & Rodebaugh, T.L. (2009, November). A longitudinal exploration of positive and negative aspects of social anxiety. In L. Alden (Chair), *Social anxiety disorder and the approach system: Exploring the positive*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, New York, NY.
43. Hofmann, S.G., **Kashdan, T.B.**, Sawyer, A.T., & Asnaani, A. (2009, November). The Affective Style Questionnaire: Development and psychometric properties. In A.G. Harvey (Chair), *Advances in the understanding of mechanisms and regulation of anxiety*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, New York, NY.
42. Ciarrochi, J., **Kashdan, T.B.**, Heaven, P.C.L., & Leeson, P. (2009, July). On being present and feeling good: The link between present-moment awareness and emotional well-being amongst adolescence. Presented at the *Third World Conference on ACT, RFT, and Contextual Behavioral Science*, Enschede, The Netherlands.
41. †Zorbas, P., **Kashdan, T.B.**, & Elhai, J.D. (2009, March). *Hope agency and pathways: Influence on psychological distress and mental health service use*. Presented at the annual meeting of the Virginia Social Science Association, Richmond, VA.
40. **Kashdan, T.B.** (2009). Chiseling at the nature of psychological health: The value of meta-emotion processes. Colloquia at Stony Brook University, Department of Psychology, Stony Brook, NY.
39. **Kashdan, T.B.** (2009). Supercharging Assessment and Treatment: Broadening the Scope to Positive Experiences, Strengths, and Healthy Relationships. Colloquia at Stony Brook University, Department of Preventative Medicine, Stony Brook, NY.
38. **Kashdan, T.B.** (2009). Chiseling at the nature of psychological health: The value of meta-emotion processes. Colloquia at Hofstra University, Hempstead, NY.
37. **Kashdan, T.B.** (2009). Supercharging our understanding of risk and resilience: Insights from affective science. Colloquia at Ohio University, Athens, OH.
36. **Kashdan, T.B.** (2008). Mindfulness. Colloquia at Reykjavík University, Reykjavík, Iceland.
35. **Kashdan, T.B.** (2008). Curiosity: The Neglected, Poorly Understood Ingredient to a Fulfilling Life. Colloquia at Reykjavík University, Reykjavík, Iceland.
34. **Kashdan, T.B.** (2008). Supercharging therapy with values and meaning work. Workshop at the University of Iceland, Reykjavík, Iceland.
33. **Kashdan, T.B.** (2008). Curiosity: The Neglected, Poorly Understood Ingredient to a Fulfilling Life. Colloquia at the University of Maryland, College Park, MD.
32. **Kashdan, T.B.** (2008). Atypical social anxiety: Evidence for a distinct risk-prone, impulsive subgroup. Colloquia at the University of Virginia, Charlottesville, VA.
31. **Kashdan, T.B.**, & McKnight, P.E. (2008, July). *Purpose in life as a system that creates and sustains health and well-being*. Presented at the European Conference on Positive Psychology, Opatija, Croatia.
30. †Breen, W.E., & **Kashdan, T.B.** (2008, November). Anger experience and expression in socially anxious individuals after imagined social rejection: Testing the moderating role of experiential avoidance. In E.B. Moses & D.T. Acheson (Co-Chairs), *Unearthing the role of emotional regulatory processes in anxiety disorders: Contributions from experimental psychopathology*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.

29. **Kashdan, T.B.** (2008, July). Discussant. In A. Parks (Chair), *Implementing positive interventions via the world wide web*. Symposium presented at the European Conference on Positive Psychology, Opatija, Croatia.
28. **Kashdan, T.B.** (2008, July). Discussant. In K. Sheldon (Chair), *SDT and positive psychology: The role of Self-Determination Theory in understanding people's optimal functioning*. Symposium presented at the European Conference on Positive Psychology, Opatija, Croatia.
27. **Kashdan, T.B.** (2008, July). *The future of positive psychology*. Round table presented at the European Conference on Positive Psychology, Opatija, Croatia.
26. **Kashdan, T.B.**, †Terhar, D., Uswatte, G., & Julian, T. (2007, November). Everyday strivings in combat veterans with posttraumatic stress disorder: Suffering from a hyper-focus on avoidance and emotion regulation. In **T.B. Kashdan** & D. Mennin (Co-Chairs), *Delineating emotion regulation processes in anxiety conditions*. Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
25. **Kashdan, T.B.** (2007, November). Evidence for a risk-prone, novelty seeking, impulsive subgroup of individuals with excessive social anxiety. In M. Wedig and M.K. Nock (Co-Chairs), *Functional aspects of psychopathology: Why do individuals engage in risky, dangerous, and potentially harmful behaviors?* Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
24. **Kashdan, T.B.** (2007, October). When socially anxious individuals go wild: Evidence for an impulsive, disinhibited subgroup. In S.C. Segerstrom (Chair), *New insights from the science of self-regulation: Physiological, behavioral, and emotional consequences*. Presented at the Society of Southeastern Social Psychologists, Durham, NC.
23. Bagwell, C.L., Waxmonsky, J., Molina, B., Pelham, W., **Kashdan, T.B.**, & Gnagy, E. (2007, November). Is ADHD in childhood associated with internalizing disorders in adolescence and adulthood? In M.A. Jarrett & T.H. Ollendick (Chair), *Current research on ADHD and internalizing disorders: Implications for assessment and treatment*. Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
22. **Kashdan, T.B.** (2007). Defining, Measuring, and Cultivating Meaning and Purpose in Life. Invited speaker at Jewish Theological Society for symposium on purpose and meaning in life. New York, NY.
21. **Kashdan, T.B.** (2007). The Psychology of Curiosity. Keynote as part of the Smithsonian Institute Distinguished lecture series on "the pursuit of a well-lived life." Washington, DC.
20. **Kashdan, T.B.** (2007). Mindfulness. Presented at Osher Lifelong Institute, George Mason University, Fairfax, VA.
19. **Kashdan, T.B.**, & McKnight, P.E. (2007, October). *Purpose in life as a system that creates and sustains health and well-being*. Presented at the International Positive Psychology Summit, Washington, DC.
18. Biswas-Diener, R., & **Kashdan, T.B.**, & King, L. (2007, October). *The good enough life: The costs of eudaimonia*. Presented at the International Positive Psychology Summit, Washington, DC.
17. **Kashdan, T.B.** (2006, November). Social anxiety and self-regulation: A systematic examination of when and why positive experiences and events (fail to) occur. In **T.B. Kashdan** (Chair), *Expanding the frontiers of anxiety and depression: Self-regulation, psychological flexibility, and positive experiences*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
16. **Kashdan, T.B.**, & †Breen, W.E. (2006, November). Social anxiety and regulatory struggles: Impediments to pleasant events and approach-related behaviors. In **T.B. Kashdan** & E. Forman (Co-Chairs), *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional Disturbances*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

15. Steger, M.F. & **Kashdan, T.B.** (2006, October). *The pursuit of meaning in life*. Presented at the International Positive Psychology Summit, Washington, DC.
14. Gessner, T., & **Kashdan, T.B.** (2006, October). *Sense of humor as vice and virtue*. Presented at the International Positive Psychology Summit, Washington, DC.
13. **Kashdan, T.B.** (2006). *Expanding the frontiers of social anxiety: Self-regulation, psychological flexibility, and positive experiences*. Colloquia at the University of North Carolina at Greensboro, Greensboro, NC.
12. **Kashdan, T.B.** (2006). The Psychology of Gratitude. Presented at Osher Lifelong Institute, George Mason University, Fairfax, VA.
11. **Kashdan, T.B.** (2006). Assessment and Cultivation of Positive Psychological Health. Keynote at Manassas Group and Roanoke Mental Health Association, Roanoke, VA.
10. **Kashdan, T.B.** (2006, May). *Expanding the frontiers of social anxiety: Self-regulation, psychological flexibility, and positive experiences*. Invited talk at the Midwestern Psychological Association, Chicago, IL.
9. **Kashdan, T.B.** (2006, March). Furthering understanding of the social anxiety spectrum: Infusing positive experiences and emotion regulation. In R.L. Leahy (Chair), *Cognitive factors and emotional regulation in anxiety disorders*. Presented at the Anxiety Disorder Association of America, Miami, FL.
8. **Kashdan, T.B.** (2005, May). *Expanding the Phenomenology of Social Anxiety: Positive Experiences and Emotion Regulation*. Keynote at Psi Chi Induction Ceremony, George Mason University, Fairfax, VA.
7. **Kashdan, T.B.** (2005, October). *Curiosity and pathways to wellness*. Presented at the International Positive Psychology Summit, Washington, DC.
6. Roberts, J.E., Ciesla, J.A., **Kashdan, T.B.**, & Carlos, E.L. (2005, September). *Interpersonal and situational moderators of rumination*. Presented at the European Association of Behavioural and Cognitive Therapies, Thessaloniki, Greece.
5. **Kashdan, T.B.** (2005, August). Examining gratitude in veterans: Basic research and clinical implications. In R.A. Emmons (Chair), *Gratitude and hope: Emotional pillars of positive psychology*. Presented at the American Psychological Association, Washington, DC.
4. Roberts, J.E., Carlos, E.L., & **Kashdan, T.B.** (2005, January). Trajectories of autobiographical memory specificity over repeated trials. Presented at the Autobiographical Memory Meeting, Oxford, England.
3. Muraven, M., Collins, R.L., & **Kashdan, T.B.** (2003, May). Drinking restraint, affect, and alcohol use: A daily diary study of young adult drinkers. In M.L. Cooper (Chair), *Studying clinically relevant behaviors via daily experience methods: Getting at what we really want to know!* Presented at the Annual Meeting of the American Psychological Society, Atlanta, GA.
2. Thrash, T., **Kashdan, T.B.**, & Haidt, J. (2002, August). *Measurement of positive traits by self-report questionnaire*. Workshop conducted at the Positive Psychology Summer Institute, Wilmington, DE.
1. Loney J., Carlson, G., Salisbury, M., Volpe, R., & **Kashdan, T.** (1997, June). *Young referred boys with DICA-P manic symptoms vs. two control groups: Comparisons on parent and teacher ratings, self reports, and observed behavior*. Presented at the National Institute of Mental Health meeting on Prepubertal Bipolar Disorder, Washington DC.

CONFERENCE SYMPOSIA CHAIRED or PANEL MODERATED

6. **T.B. Kashdan** (2012, July). Happiness vs. meaning. Panel moderated at International Network on Personal Meaning, Toronto, Canada.

5. **T.B. Kashdan** (2012, March). Positive Health. Moderator of panel at Australian Positive Psychology and Wellbeing Conference, Wollongong, Australia.
4. **T.B. Kashdan** (2011, October). ACT, Positive Psychology, and Coaching: Creating a Unified Framework. Moderator of panel at Australia and New Zealand Conference of Acceptance and Commitment Therapy, Brisbane, Australia.
3. **T.B. Kashdan** & D. Mennin (2007, November). *Delineating emotion regulation processes in anxiety conditions*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
2. **T.B. Kashdan** (2006, November). *Expanding the frontiers of anxiety and depression: Self-regulation, psychological flexibility, and positive experiences*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
1. **T.B. Kashdan** & E. Forman (2006, November). *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional disturbances*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

CONFERENCE POSTER PRESENTATIONS

118. †Young, K., †Disabato, D.J., & **Kashdan, T.B.** (2015, November). Motives for sacrifice as a way to enhance relationship and sexual satisfaction for individuals with social anxiety. Presented at the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.
117. †Goodman, F.R. & **Kashdan, T.B.** (2015, November). Social anxiety, emotion regulation, and alcohol use: A daily diary study. Presented at the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.
116. †Westwater, M., †Blalock, D., †Young, K., & **Kashdan, T.B.** (2014, November). Daily appreciation of character strengths and relationship satisfaction in romantic couples. Presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
115. †Westwater, M., †Blalock, D., †Young, K., & **Kashdan, T.B.** (2014, November). Daily strengths use in romantic relationships: Does one partner's strengths use influence the other's? Presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
114. †Goodman, F.R., **Kashdan, T.B.**, & Kaczmarek, L.D. (2014). Gratitude interventions: Targets to increase participation. Presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
113. †Goodman, F.R., **Kashdan, T.B.**, & †Mallard, T.T. (2014). Brief mindfulness and yoga intervention with an entire NCAA Division I Athletic Team: Preliminary evidence and lessons. Presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
112. †Mallard, T.T., †Westwater, M., & **Kashdan, T.B.** (2014, November). Anxiolytic role of mindfulness in daily social interaction. Presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
111. †Disabato, D.J., †Goodman, F. R., **Kashdan, T.B.**, Jarden, A., & Short, J.L. (2014, November). Daily negative affect and expectancies of negative mood regulation in Vietnam War Veterans with PTSD. Presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
110. †DiMauro, J., Renshaw, K.D. & **Kashdan, T.B.** (2014, November). Daily negative affect and expectancies of negative mood regulation in Vietnam War Veterans with PTSD. Presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

109. †Goodman, F. R., †Farmer, A. S., †Rana, V. A., †Bonner, J. A., †Rivera, R., & **Kashdan, T. B.** (2013, November). *Smiling and Laughter during Romantic Relationship Interactions: Indicators of Relationship Quality*. Presented at the Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.
108. †Young, K., **Kashdan, T.B.**, †Richberg, J., Yuen, M. (2013, November). *Happy and unhappy adolescent bullies: Evidence for theoretically meaningful subgroups*. Presented at the Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.
107. †Young, K., **Kashdan, T.B.**, & †Bonner, J. (2013, November). *How does exercise on a given day influence social anxiety symptoms?* Presented at the Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.
106. †Monfort, S.S., †Blalock, D., & **Kashdan, T.B.** (2013, November). *The Social Self-Fulfilling Prophecy: Negative Expectancies Mediate the Relationship Between Social Anxiety Symptoms and Social Interaction Outcomes*. Presented at the Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.
105. †Martin, K., †Yarbro, J., †Westwater M., †Soranzo D., †Rogers B., †Mallard T.T., †Richberg J., & **Kashdan T.B.** (2013, November). *Gender, Humor Initiation, and Satisfaction in Romantic Relationships*. Presented at the Association for Behavior and Cognitive Therapies Convention, Nashville, TN.
104. †Goodman, F.R., †Mallard, T.T., †Farmer, A.S., & **Kashdan, T.B.** (2013, November). *Congruency of perceived power in romantic relationships and implications for relationship quality*. Presented at the Association for Behavior and Cognitive Therapies, Nashville, TN.
103. †Beaver, J., †Kleiman, E.M., Riskind, J.H., Chrosniak, L.D., & **Kashdan, T.B.** (2013, November) *Meaning in life as a protective factor in the relationship between suicidal ideation and impulsivity*. Presented at the Association for Behavior and Cognitive Therapies, Nashville, TN.
102. †Ferssizidis, P. & **Kashdan, T.B.** (2013, November). *"Your partner is just not that into you": Social anxiety moderates the emotion processing impact of perceived rejection by romantic partners*. Presented at the Association for Behavior and Cognitive Therapies, Nashville, TN.
101. Bullock, J., Biswas-Diener, R., Goodman, F. R., Diener, E., & **Kashdan, T. B.** (2013, June). *The hospitality research project*. Poster presented at the Third World Congress on Positive Psychology, Los Angeles, CA.
100. Brockman, R, Ciarrochi, J., **Kashdan, T.B.**, & Pinkus, R. (2012, November). The impact of cognitive reappraisal on well-being is sensitive to context: The role of satisfying relationships. Presented at the Annual Conference of the Association for Contextual Behavioral Science, Sydney, Australia.
99. †Ferssizidis, P. & **Kashdan, T.B.** (2012, November). How interpretative biases linked to social anxiety and depression impact perceptions of partner support. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
98. †Yarbro, J., †Blevins, C., †Martin, K., †Mallard, T., †Soranzo, S., & **Kashdan, T.B.** (2012, November). Romantic partners and humor styles: Is matching important? Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
97. †Klein, S.R. & **Kashdan, T.B.** (2012, November). Social anxiety disorder and everyday emotions and kindness: An experience sampling study. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
96. †Martin, K., †Yarbro, J., †Afram, A. & **Kashdan, T.B.** (2012, November). Social anxiety and romantic Relationships: Is similarity important? Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

95. Kaczmarek, L.D., Mickiewicz, A., **Kashdan, T.B.**, †Kleiman, E.M., Baczkowski, B., Enko, J., Sievers, A., Szaefer, A., Krol, M., & Baran, B. (2012, July). Who self-initiates gratitude interventions in daily life? An examination of intentions, curiosity, and unhappiness. European Conference of Positive Psychology, Moscow, Russia.

94. †Klein, S. & **Kashdan, T.B.** (2012, November). Social anxiety disorder and everyday emotions and kindness: An experience sampling study. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

93. †Ferssizidis, P., & **Kashdan, T.B.** (2012, November). *How Interpretative Biases Linked to Social Anxiety and Depression Impact Perceptions of Partner Support*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

92. †Kleiman, E.M., **Kashdan, T.B.**, †Adams, L.M., & Riskind, J.H. (2012). Gritty Individuals are not suicidal individuals. Presented at the annual meeting of the Association for Psychological Science. Chicago, IL.

91. †Kleiman, E.M., †Adams, L.M., Riskind, J.H., & **Kashdan, T.B.** (2012). Dispositional and explanatory optimism as synergistic protective factors in suicide. Presented at the annual meeting of the Association for Psychological Science. Chicago, IL.

90. †Adams, L.M., Stuewig, J.B., Tangney, J.P., & **Kashdan, T.B.** (2012). BPD features moderate jail inmates' perceived susceptibility to HIV and post-release HIV risk. Presented at the annual meeting of the Association for Psychological Science. Chicago, IL.

89. †Young, K., †Yarbro, J., †Guram, J., & **Kashdan, T.B.** (2012). Rumination in the daily lives of combat veterans. Presented at the annual meeting of the Anxiety Disorder Association of America. Arlington, VA.

88. †Yarbro, J., †Young, K., †Guram, J., & **Kashdan, T.B.** (2012). Social interactions and pleasant events in the daily lives of combat veterans. Presented at the annual meeting of the Anxiety Disorder Association of America. Arlington, VA.

87. †Blevins, C.L., **Kashdan, T.B.**, †Klein, S., †Savostyanova, A., †Martin, K., †Listman, E., †Davidson, C., & †Soranzo, D. (2012). Self-compassion and observed expressions of affiliative and aggressive humor. Presented at the Eastern Psychological Association, Pittsburgh, PA.

86. †Unkefer, M., **Kashdan, T.B.**, & †Ferssizidis, P. (2012). Do romantic partners' curiosity scores contribute to relationship satisfaction, investment, and commitment? Presented at the Eastern Psychological Association, Pittsburgh, PA.

85. †Wymard, K.A., **Kashdan, T.B.**, †Savostyanova, A., & †Ferssizidis, P. (2012). Take me as I am: Self-compassion, acceptance, and romantic relationships. Presented at the Eastern Psychological Association, Pittsburgh, PA.

84. †Savostyanova, A.A., Esposito-Smythers, C., **Kashdan, T.B.**, †Wymard, K., & Johnson, M. (2011). Adolescents with SAD and serious aggression problems: A person-centered approach to psychopathology. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

83. McKnight, P.E., **Kashdan, T.B.**, & †Erchov, S. (2011). Diagnostic status as a moderator of the symptom-functioning relationship in depression. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

82. †Ferssizidis, P., †Savostyanova, A., †Guram, J., †Rock, A. K., †Drvoshanov, M., & **Kashdan, T. B.** (November, 2010). How social anxiety and affective states influence the ability to detect genuine smiles. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

** - First Place for Student SIG

81. †Nguyen, T., **Kashdan, T.B.**, †Marquart, R.A., & †Adams, L. (November, 2010). What makes people angry? Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San

Francisco, CA.

80. **Kashdan, T. B.**, †Mullins, P., & Nezelek, J.B. (November, 2010). How important is a daily fix of spirituality for well-being? An experience-sampling approach. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
 ** - 2010 Honorable Mention for Spirituality SIG
79. †Savostyanova, A., †Ferssizidis, P., †Rock, A. K., & **Kashdan, T. B.** (November, 2010). *Exploring health-related behavior in people with elevated social anxiety*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
78. †Savostyanova, A., †Ferssizidis, P., †Jones, K. M., †Rock, A. K., & **Kashdan, T. B.** (November, 2010). *Indecisiveness in social anxiety: Contributions of intolerance of uncertainty and perfectionist tendencies*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
77. †Harlow, M.C. & **Kashdan, T.B.** (March, 2010). Understanding and clarifying distinct emotional states as a gateway to adaptive self-regulation. Presented at the annual meeting of the Virginia Social Science Association, Richmond, VA.
76. †Savostyanova, A.A. & **Kashdan, T.B.** (November, 2009). Capturing the biases of socially anxious people by addressing partner effects and situational parameters. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
75. †Afram, A., **Kashdan, T.B.**, †Birnbek, M., †Drovoshanov, M., & †Passyousofi, M. (November, 2009). Curiosity and mindful awareness operate together in predicting reactivity to social threats. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
74. †Zorbas, P., **Kashdan, T.B.**, & Elhai, J. (November, 2009). The protective role of hope on psychological functioning following trauma exposure. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
73. †Zorbas, P., †Plummer, C.B., †Birnbek, M., & **Kashdan, T.B.** (2008, October). Time perspective, curiosity, and psychological distress. Presented at the Annual Conference of the Society of Southeastern Social Psychologists, Greenville, SC.
72. †Zorbas, P., & **Kashdan, T.B.** (2008, November). Self-expansion in couples: The roles of curiosity, capitalization, and social anxiety. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.
71. †Breen, W.E., & **Kashdan, T.B.** (2008, November). *Prospective relations between depressive symptoms and trait anger with evidence for cognitive reappraisal as a moderator*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.
70. †Weismantel, J.T., †Breen, W.E., †Lenser, M.L., †Lamm, C.E., & **Kashdan, T.B.** (2008, November). *Social anxiety and positive psychological processes: Predicting deficits in forgiveness, acceptance, and self compassion*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.
69. White, C.M., Caputo, K., Ubertini, M., Froh, J.J., Yurkewicz, C., & **Kashdan, T.B.** (2007). Psychometric properties of the Tripartite Happiness Scale-Adolescent. Paper presented at the Greater New York Conference on Behavioral Research, Hempstead, NY.
68. **Kashdan, T.B.**, †Guardiano, L., & †Serpati, L.A. (2007, November). *Feelings of satisfaction and the perception of power in the romantic relationships of socially anxious individuals*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
67. **Kashdan, T.B.**, †Guardiano, L., & †Serpati, L.A. (2007, November). *Sex and perceived power in relationships: Influences on satisfaction and investment in romantic relationships*. Presented at the

annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

66. Haigh, E.A.P., Moore, M.T., **Kashdan, T.B.**, & Fresco, D.M. (2007, November). *Examination of the factor structure of the Langer Mindfulness/Mindlessness Scale*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

65. †Breen, W.E., & **Kashdan, T.B.** (2007, November). *Theoretical mechanisms predicting anger and aggression after interpersonal rejection*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

64. †Breen, W.E., & **Kashdan, T.B.** (2007, November). *Elaborating the nomological network of gratitude and forgiveness*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

63. †Breen, W.E., **Kashdan, T.B.**, †Demory, K.N., †Lenser, M.L., & †Serpati, L.A. (2007, November). *Anger and forgiveness among socially anxious individuals after imagined interpersonal rejection*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

62. †Kane, J.Q., Kecmanovic, J., & **Kashdan, T.B.** (2007, November). *Experiential avoidance as a moderator of the relationship between PTSD Symptoms and benefit finding after trauma*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

61. †Kane, J.Q., Kecmanovic, J., & **Kashdan, T.B.** (2007, November). *Experiential avoidance as a moderator of the relationship between PTSD Symptoms and benefit finding after trauma*. Presented at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

60. Naifeh, J.A., Elhai, J.D., **Kashdan, T.B.**, & Grubaugh, A.L. (2007, November). *Confirmatory factor analysis of the PTSD Symptom Scale using a primary care sample*. Presented at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

59. †Breen, W.E., **Kashdan, T.B.**, †Terhar, D., & †Afram, A. (2007, May). *Experiential avoidance in autobiographical narratives: Predicting changes in social anxiety over time*. Presented at the Association for Psychological Science, Washington, DC.

58. **Kashdan, T.B.**, & †Breen, W.E. (2006, November). *Materialism and diminished well-being: Experiential avoidance as a mediating mechanism*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

57. †Breen, W.E., **Kashdan, T.B.**, †Terhar, D., & †Afram, A. (2006, November). *Emotion regulation and psychopathological dimensions: Investigating experiential avoidance in autobiographical narratives*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

56. †Doherty, K.R., **Kashdan, T.B.**, & †Terhar, D. (2006, August). *Exploration of specific curiosity stimuli: What are we curious about?* Presented at the International Society for Research on Emotion, Atlanta, GA.

55. †Mishra, A., **Kashdan, T.B.**, & †Breen, W.E. (2006, May). *Gratitude and age*. Presented at the Stanford Undergraduate Psychology Conference, Stanford, CA.

54. †Mishra, A., **Kashdan, T.B.**, & †Breen, W.E. (2006, March). *Gratitude experiences across the life span*. Presented at the Colonial Academic Alliance Undergraduate Research Conference, Harrisonburg, VA.

53. **Kashdan, T.B.**, & Steger, M.F. (2006, January). *A self-regulatory approach to social anxiety and positive psychological experiences and events*. Presented at the Society for Personality and Social Psychology, Palm Springs, CA.

52. Steger, M.F., Hicks, B.M., **Kashdan, T.B.**, Krueger, R.F., & Bouchard, T.B. (2006, January). *Heritability of character strengths and existential traits*. Presented at the Society for Personality and Social

Psychology, Palm Springs, CA.

51. **Kashdan, T.B.**, & Steger, M.F. (2005, November). *Experiential avoidance as a generalized psychological vulnerability*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
50. **Kashdan, T.B.**, †Volkman, J.R., & †Breen, W.E., (2005, November). *Applying self-determination theory to understanding the distinctiveness of emotional disturbances*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
49. †Breen, W.E., †Volkman, J.R., & **Kashdan, T.B.** (2005, November). *Emotion regulation strategies and psychopathological dimensions: Relationships among suppression, cognitive reappraisal, anger, depressive symptoms, and social anxiety*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
48. †Volkman, J.R., †Breen, W.E., †Terhar, D., †Fishman, E., & **Kashdan, T.B.** (2005, November). *Characteristics and concomitants of romantic relationships in individuals differing in social anxiety*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
47. †Breen, W.E., †Volkman, J.R., †Doherty, K., & **Kashdan, T.B.** (2005, November). *Understanding relations between social anxiety and positive experiences: Emotion expressiveness as potential moderator*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
46. Docherty, A.R., Elhai, J.D., Gray, M.J., **Kashdan, T.B.**, & Kose, S. (2005, November). *Structural validity of the PTSD Checklist*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
45. Elhai, J.D., Gray, M. J., **Kashdan, T.B.**, & Franklin, C.L. (2005, November). *Most commonly used instruments to assess trauma and PTSD: ISTSS surveys*. Presented at the International Society for Traumatic Stress Studies, Toronto, Canada.
44. Snyder, J.J., Elhai, J.D., **Kashdan, T.B.**, North, T.C., Heaney, C.J., & Frueh, C.B. (2005, November). *Structural equation model of health service use in military PTSD*. Presented at the International Society for Traumatic Stress Studies, Toronto, Canada.
43. Carlos, E., Roberts, J.E., **Kashdan, T.B.** (2005, March). The effects of low versus high analysis rumination on autobiographical memory in depression. Presented at the Eastern Psychological Association, Boston, MA.
42. **Kashdan, T.B.**, Uswatte, G., †Merritt, K., & Julian, T. (2005, January). *Gratitude and hedonic and eudaimonic well-being in Vietnam War veterans*. Presented at the Society for Personality and Social Psychology, New Orleans, LA.
41. Steger, M., **Kashdan, T.B.**, & Oishi, S. (2005, January). *Constructing well-being from hedonic building blocks: Evidence that depression distorts the impact of daily pleasure and pain*. Presented at the Society for Personality and Social Psychology, New Orleans, LA.
40. **Kashdan, T.B.**, Collins, R.L., & Elhai, J.D. (2004, November). *Social interaction anxiety and positive outcome expectancies on risk-taking behaviors*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.
39. **Kashdan, T.B.**, Julian, T., †Merritt, K., & Uswatte, G. (2004, November). *Social anxiety and posttraumatic stress in combat veterans: Relations to well-being and human strengths*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.
38. **Kashdan, T.B.**, & Wenzel, A. (2004, November). *A transactional approach to social anxiety and the genesis of interpersonal closeness*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

37. **Kashdan, T.B.**, Elhai, J.D., & Frueh, B.C. (2004, November). *Anhedonia and emotional numbing in combat veterans with PTSD*. Presented at the International Society for Traumatic Stress Studies, New Orleans, LA.
36. **Kashdan, T.B.**, & Yuen, M. (2004, October). *Investigating curiosity, school academic quality, and academic achievement in Hong Kong high school students: Embedding the study of human strengths in important social contexts*. Presented at the International Positive Psychology Summit, Washington, DC.
35. **Kashdan, T.B.**, Frueh, B.C., Knapp, R., Hebert, R., & Magruder, K. (2004, April). *Social anxiety disorder in veterans with and without posttraumatic stress disorder in veterans affairs primary care clinics*. Presented at the South Carolina Psychological Association Spring Conference, Myrtle Beach, SC.
34. **Kashdan, T.B.**, Collins, R.L., & Muraven, M. (2003, November). *An ecological momentary assessment of the emotional topography of social anxiety*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
33. **Kashdan, T.B.**, Julian, T., & Uswatte, G. (2003, November). *Gratitude in Vietnam War veterans: A between-and-within person approach*. Presented at the International Positive Psychology Summit, Washington, DC.
32. Uswatte, G., **Kashdan, T.B.**, Merritt, K., & Julian, T. (2003, October). *Positive affect in the daily functioning of Vietnam War veterans*. Presented at the International Positive Psychology Summit, Washington, DC.
31. **Kashdan, T.B.**, Julian, T., & Uswatte, G. (2003, November). *Gratitude in Vietnam War veterans with PTSD: How a human strength can serve as resilience in daily functioning*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
30. Roberts, J.E., Carlos, E.L., & **Kashdan, T.B.** (2003, November). *The effects of high versus low analysis rumination on depression-prone individuals*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
29. Kelly, M.A.R., Roberts, J.E., **Kashdan, T.B.**, Gamble, S.A., Ciesla, J.A., Calmes, C.A., & Bottonari, K.A., (2003, November). *Sudden gains occurring immediately prior to formal treatment for depression*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
28. Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., & **Kashdan, T.B.** (2003, November). *Depressive rumination and response to group behavioral treatment*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
27. Bottonari, K.A., Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., **Kashdan, T.B.**, Calmes, C.A., & Carlos, E.L. (2003, November). *Degree of accuracy and systematic bias in clinically depressed individuals' self-report of life events*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
26. Collins, R.L., **Kashdan, T.B.**, Koutsky, J., Morsheimer, E.T., Vetter, C.J., & Wilson, S.D. (2003, August). *A self-administered timeline follow-back measure*. Presented at the Annual Convention of the American Psychological Association, Toronto, ON.
25. **Kashdan, T.B.**, & Roberts, J.E. (2003, March). *The affective and cognitive processes of socially anxious individuals in small-talk and intimate interactions*. Presented at the Annual Convention of the Anxiety Disorder Association of America, Toronto, ON.
24. **Kashdan, T.B.**, Vetter, C., & Collins, R.L. (2002, November). *The use of licit and illicit drugs: Temperamental and gender considerations in underage college students*. Presented at the Association for Advancement of Behavior Therapy, Reno, NV.
23. **Kashdan, T.B.**, Roberts, J.E., & Kelly, M.A.R. (2002, November). *Exploring the relative impact of social anxiety on hedonic deficits in depressed individuals*. Presented at the Association for Advancement

of Behavior Therapy, Reno, NV.

22. Bottonari, K.A., Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., & **Kashdan, T.B.** (2002, November). *Exploring the role of interpersonal style in stress generation among clinically depressed individuals*. Presented at the Association for Advancement of Behavior Therapy, Reno, NV.
21. **Kashdan, T.B.** (2002, August). *Curiosity in the interpersonal sphere: Facilitating personal growth opportunities*. Presented at the Positive Psychology Summer Institute, Wilmington, DE.
20. **Kashdan, T.B.**, & Fals-Stewart, W. (2002, June). *Married drug-abusing men: An examination of HIV high risk behaviors and factors associated with unprotected sex with their wives*. Presented at the College of Problems on Drug Dependence, Quebec, CA.
19. **Kashdan, T.B.**, & Roberts, J.E. (2002, March). *Curiosity and boredom proneness in the interpersonal sphere*. Presented at the Eastern Psychological Association, Boston, MA.
18. Kelly, M.A.R., & Roberts, J.E., Ciesla, J.A., Gamble, S.A., **Kashdan, T.B.**, Shapiro, A., & Dorenfeld, D. (2001, November). *Comorbid symptoms of anxiety and their relationship to treatment outcome and clinical features in depressed outpatients*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
17. **Kashdan, T.B.** (2001, November). *Social anxiety and positive psychological functioning: An initial investigation of relations with positive subjective experiences and human strengths*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
16. **Kashdan, T.B.**, & Roberts, J.E. (2001, November). *Predicting affect during an experimental closeness-generating task: Social anxiety, boredom proneness, and the behavioral activation and inhibition systems*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
15. **Kashdan, T.B.**, Collins, R.L., & Gollnisch, G. (2001, November). *Using cellular phones for self-monitoring: A feasibility pilot study*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
14. **Kashdan, T.B.**, Collins, R.L., & Gollnisch, G. (2001, November). *The role of drinking restraint in predicting drinking behaviors and affective consequences*. Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
13. Roberts, J.E., Jedlikowski, K., Ciesla, J.A., **Kashdan, T.B.**, Kelly, M.A.R., Gamble, S.A., Stappenbeck, C., Dorenfeld, D., & Shapiro, A. (2001, November). *Individual differences in stress perception among depressed outpatients: The role of attachment security and cognitive style*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
12. **Kashdan, T.B.**, Rose, P., & Fincham, F.D. (October, 2001). *Beyond killing cats: The empirical study of curiosity*. Presented at the Annual Positive Psychology Summit, Washington, DC.
11. **Kashdan, T.B.**, Collins, R.L., Fals-Stewart, W., & Morsheimer, E.T. (2001, July). *Positive and negative mood trends during the course of a behavioral drinking moderation program: An analysis of ecological momentary data*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.
10. Collins, R.L., **Kashdan, T.B.**, & Morsheimer, E.T. (2001, July). *The role of cognitive factors in binge drinking and drinking-related affect*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.
9. **Kashdan, T.B.**, Pelham, W.E., Lang, A.R., Jacob, R.G., Jennings, J.R., Gnagy, E.M., & Blumenthal, J. D. (2000, November). *The role of hope as a resiliency factor in mothers and fathers of children with externalizing disorders: Stress is in the eye of the beholder*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

8. **Kashdan, T.B.**, & Roberts, J.E. (2000, November). *Social anxiety and the direction of attentional focus: Effects on positive affect, curiosity, and interpersonal attraction during an experimental closeness-generating task*. Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, New Orleans, LA.
7. Kelly, M., Roberts, J.E., Ciesla, J., Gamble, S., **Kashdan, T.B.**, & Drenfeld, D. (2000, November). *Treatment compliance and comorbid diagnoses in the recovery from depression during psychoeducational group therapy*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.
6. **Kashdan, T.B.**, Jacob, R.G., Pelham, W.E., Lang, A.R., Jennings, J.R., Gnagy, E.M., & Blumenthal, J. D. (2000, August). *Parental social anxiety during an experimental parent-child learned helplessness procedure*. Presented at the American Psychological Association, Washington, DC.
5. Russ, M.J., Lachman, H.M., **Kashdan, T.**, Saito, T., & Bajmakovic-Kacila, S. (2000, May). *Analysis of catechol-O-methyltransferase and 5-hydroxytryptamine transporter polymorphisms in patients at risk for suicide*. Presented at the American Psychiatric Association, Chicago, IL.
4. **Kashdan, T.B.**, Jacob, R.G., Pelham, W.E., Lang, A.R., Jennings, J.R., Blumenthal, J. D., & Gnagy, E.M. (2000, March). *The relationship between social anxiety and psychological functioning in parents of children with externalizing disorders: Alcohol problems, social adjustment, stress and coping, personality, and psychopathology*. Presented at the Anxiety Disorder Association of America, Washington, DC.
3. **Kashdan, T.**, Shiperd, J.C., Beck, J.G. (1999, November). *The effects of extraversion on the bodily sensations and panic-fear cognitions induced by a 35% CO₂ biological challenge*. Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Toronto, ON.
2. **Kashdan, T.**, Aron, A., & Steele, J. (1998, June). *Similarity, expected liking, sensation seeking, and gender, in initial attraction*. Presented at the International Society for the Study of Personal Relationships, Saratoga Springs, NY.
1. Russ, M.J., **Kashdan, T.**, Pollack, S., & Bajmakovic-Kacila, S. (1998, June). *Transient versus sustained suicide risk following hospital admission*. Presented at the North Shore-LIJ Health System Fifth Annual Poster Session Program, New Hyde Park, NY.

RESEARCH ADVISING

Graduated Doctoral Students:

William Breen (primary advisor)
Alexander Afram (primary advisor)
Patty Ferssizidis (previously Zorbas) (primary advisor)
Antonina Farmer (previously Savostyanova) (primary advisor)
Leah Adams (primary advisor, co-advised by June Tangney)

Current Doctoral Students:

Kevin Young (primary advisor; co-advised by Patrick McKnight)
Jessica Yarbro (primary advisor; co-advised by Patrick McKnight)
Fallon Goodman (primary advisor; co-advised by Patrick McKnight)
Sam Monfort (primary advisor; co-advised by Patrick McKnight)
Dan Blalock (secondary advisory, primary advisor Patrick McKnight)
Lisa Alexander (primary advisor; co-advised by Patrick McKnight)
Jim Dooley (primary advisor)
Melissa Stiksma (primary advisor)

Second Year Project Committees:

William Breen	Patty Ferssizidis
Alex Afram	Leah Adams

Antonina Farmer
Kevin Young
Fallon Goodman
Kyla Machell
Kelly Moore
Sarah Klein

Evan Kleiman
Jessica Yarbro
Sam Monfort
Dan Blalock
Sarah Campbell
Jennifer Kane

Clinical Comprehensives Committees:

Rebecca Duckworth
Anne Strauss
Courtney Heffernan
Adam Miller
Diane Wagner

Kerstin Youman
Caron Heigel
Regina Chopp
Hillary Weingarden
David DiSabato

Dissertation Committees:

Sarah Carter (clinical psychology)
Maximillian Shear (developmental psychology)
Sarah Campbell (clinical psychology)
Roi Ben-Yehuda (conflict analysis and resolution)
Evan Kleiman (clinical psychology)
Leah Adams (clinical psychology)
Antonina Farmer (clinical psychology)
Patty Ferssizidis (clinical psychology)
Alex Afram (clinical psychology)
William Breen (clinical psychology)
Karen Dunn (educational psychology)
Gabrielle Wood (I/O psychology)

Undergraduate Honor Theses Mentored:

Lucy Guardiano
Anjali Mishra
Meredith Harlow
Kristin Wymard
Roberto Rivera
Marla Lauber

Kate Doherty
Lizzy Nguyen
Ian Masson
Casey Gilchrist
Cayla Milius

Undergraduate Honor Thesis Committees:

Setareh Deljo-Zargarani
Lucy Guardiano
Anjali Mishra
Meredith Harlow
Kristin Wymard
Roberto Rivera

Jenna Beaver
Kate Doherty
Lizzy Nguyen
Ian Masson
Casey Gilchrist
Jack Tarbell

Undergraduate Students Mentored (Research Assistants):

Kate Doherty
Anjali Mishra
Lucy Guardiano
Jesika Berman
Lauren Serpati

Sarah Hijjeh
Rebecca Hixson
Emily Fishman
Alex Afram
Matt Whiting

Daniel Terhar	Monica Lenser
Caitlin Lamm	Brooke Owen
Stefanie McLeod	Kelly Demory
Christine Plummer	Jennifer Chesky
Kiley Coleman	Makees Passyou
Meghan Odom	Melissa Birnbeck
Anita Daswani	Rebecca Berlin
Katie Jones	Samantha Powers
Maria Drvoshanov	Andrew Rock
Caitlin Counihan	Grant Socha
Lizzy Nguyen	Meredith Harlow
Ian Masson	Rachel A Marquart
Danielle McGraw	Kimberly Martin
Julie Vitalis	Lindsay Yowell
Erin Listman	Tamara Ackley
Maggie Unkefer	Casey Gilchrist
Rachel Trump	Carolyn Davidson
Daniel Soranzo	Jennifer Conrad
Richard Olgoe	Casey Sutton
Silva Cami	Travis Mallard
Josh Bonner	Verda Dar
Roberto Rivera	Brandice Rogers
Barbara Clark	Melissa Simkol
Maggie Westwater	Fareeha Aziz
Cayla Milius	Michelle Gilmer
Jessica Green	Lorena Rivera
Marla Lauber	Ashley Whimpey
Rod Morris	Chris Summers
John West	Irene Lopez
Ateeb Asim	Cristian Gonzalez
Mohammad Sohrabi	Tony Smith
Ameena Ashraf	

TEACHING EXPERIENCE

Graduate

Structured Clinical Interviewing
Science of Well-Being (Ph.D. elective course)
Psychopathology I (Clinical Ph.D. core course)
Psychopathology II (Clinical Ph.D. core course)
Regular Guest Lecturer for Assessment on "Assessing Positive Psychological Functioning"

Undergraduate

Science of Well-Being
Abnormal Psychology
Personality Psychology
Regular Guest Lecturer for Abnormal Child Psychology
Regular Guest Lecturer for Clinical Psychology
Regular Guest Lecturer for Social Psychology

CLINICAL EXPERIENCE

2003 - 2004 Clinical Psychology Intern
Medical University of South Carolina [Tracks: National Crime Victims Center,
Charleston VA Hospital (Traumatic Stress Program, Neuropsychology Clinic), and

	Center for Drug and Alcohol Problems]
2002 - 2003	Clinical Research Coordinator Depression Research and Treatment Program, University at Buffalo
2002 - 2003	Graduate Student Clinician Psychological Services Center, University at Buffalo
2000 - 2001	Graduate Student Clinician Couple and Family Therapy Practicum, University at Buffalo
1999 - 2004	Graduate Student Clinician Depression Research and Treatment Program, University at Buffalo
1999 - 2000	Graduate Student Clinician Anxiety Disorders Clinic, University at Buffalo
1998 - 1999	Research Therapist Clinic for Anxiety Disorders, University at Buffalo

PROFESSIONAL SERVICE AT GEORGE MASON UNIVERSITY

2016 – Present	Mentoring Committee
2014 - Present	Quality of work life committee
2013 - Present	Well-Being University Strategic Planning Working Group, University Wide (appointed)
2012 - Present	Well-Being University Learning Community, University Wide
2013 - Present	Quantitative Committee, Department of Psychology, George Mason University
2013 - Present	CHSS Governance and Nominations
2013	Presentations on well-being and mindfulness to GMU athletic coaches
2012 – 2013	Judge at 2012 and 2013 CHSS Undergraduate Research Symposium
2012 – 2013	Promotion and Tenure Committee, University Wide
2011 – 2013	Intellectual Life Committee, CHSS
2012 – 2013	Happy hour presentations as part of GMU Family Weekend
2010	APA Summer Science Fellowship Program (mentored one student)
2010	General Education Portfolio Review
2010	Teaching Load Committee, Department of Psychology
2009 – 2013	Guest lecturer for Undergraduate Honors Program
2009	Mason Fall Premiere Speaker
2008 - 2010	Advisory Committee, Center for Consciousness and Transformation
2008 - 2011	Faculty Evaluation Committee, Department of Psychology
2007	Closing speaker at the Mason Leadership Institute
2006 - 2007	Reviewer of summer research funding proposals for tenure-track and tenured faculty, George Mason University
2005 - Present	Human Subjects Committee, Department of Psychology, George Mason University
2004 - 2007	Resource Committee, Department of Psychology, George Mason University

Contract renewal committees:

Dr. Timothy Curby (2010)
Dr. Seth Kaplan (2008)
Dr. Patrick McKnight (2007)

Promotion and tenure committees:

Dr. Tyler Shaw (2015)
Dr. Craig McDonald (2013)
Dr. Jim Thompson (2011)
Dr. Timothy Curby (2011)

Dr. Patrick McKnight (2010)
 Dr. Reeshad Dalal (2010)
 Dr. Lauren Cattaneo (2008)

Center for the Advancement of Well-Being:

1. 2009- Present senior advisor for center activities, includes multiple meetings, retreats, and white reports
2. 2009- Present Workshops for the university, for particular areas such as the GMU athletic coaches, and the general public
3. 2010- Present Served on the search committee for a director and research director
4. 2009- Present Leading program evaluation efforts for multiple interventions
5. 2009- Present Research advisor for affiliated faculty and students
6. 2009- Present assist in organization of annual well-being conference at the Mason Inn, as well as participation in meetings and delivery of keynotes and workshops

Clinical Program:

1. 2013 – Present Assessment of Student Quality Committee
2. 2010 – Present Brown Bag Committee
3. 2011 – 2013 two-person research group (with Patrick McKnight) – created letter of intent system for second year research projects and dissertation, developed ideas to enhance quality control of student research (as part of the move to a clinical science model)
4. 2011 – Present Assisting with creation and maintenance of a clinical research database in the Psychological Services Center
5. 2011 – 2013 Alumni Survey Committee
6. 2012 Clinical Science Committee, including the development of application to move from a scientist-practitioner model to a clinical science model. This ended with a center grant from the Society for the Science of Clinical Psychology and as of 2012, an approved application to the Academy of Psychological Science.
7. Presented research, workshop on scientific writing, how to produce high impact research, and how to obtain predoctoral fellowships to area
8. Assisted in changes to clinical program curriculum, including multiple alterations to the clinical program mission statement, curriculum, and student handbook
9. Clinical program search committee member (the whole clinical faculty assists in this endeavor) every year
10. Annual student admissions committee member
11. Annual student evaluations committee member

SERVICE FOR PROFESSIONAL ORGANIZATIONS

- | | |
|--------------|---|
| 2015-Present | ABCS Publications Committee |
| 2014-Present | ABCT Research Facilitation Committee |
| 2014-Present | International advisory committee for the European Association of Behavioral and Cognitive Therapies |
| 2013-Present | APA Presidential Citations Committee (appointed) |
| 2013-Present | Board Member of International Society for Quality of Life Studies (appointed) |
| 2013-Present | U.S.–Israel Binational Science Foundation reviewer |
| 2013 | Dissertation committee for the University of Haifa, Israel |
| 2013 | Dissertation committee for the University of Sydney |
| 2009-2012 | Advisory board for the Templeton Flourishing Children Project |
| 2011-2012 | External grant reviewer for Templeton Foundation |
| 2012 | Dissertation committee for the Hebrew University of Jerusalem |
| 2011 | External reviewer for Katholieke Universiteit Leuven |
| 2008-2009 | External reviewer for Social Sciences and Humanities Research Council of Canada |
| 2007 | External reviewer for APA Dissertation Research Awards |
| 2007 | External reviewer for Grants to Enhance Advanced Research Program at the University of Houston's Research Council |
| 2007 | Chair, speaker selection committee for Positive Psychology Summit |
| 2006 | Chair, speaker selection committee for Positive Psychology Summit |

2006- Present	International Advisory Board for Centre for Applied Positive Psychology (CAPP) in the United Kingdom
2005-2006	Society for the Science of Clinical Psychology dissertation grant award committee
2005	Poster award committee at the Positive Psychology Summit
2003	Poster award committee at the Positive Psychology Summit
2001 - 2003	Listmaster of several American Psychological Association sponsored listservs: POSITIVE-PSYCHOLOGY, FRIENDS-OF-PP, and PP-FORUM
2000 - 2002	Campus representative, American Psychological Association of Graduate Students (APAGS)
1999 - 2000	Vice president, Graduate Psychology Association, University at Buffalo

CURRENT MEMBERSHIPS IN PROFESSIONAL ASSOCIATIONS

Association for Contextual Behavioral Science
Association for Psychological Science
Association for Behavioral and Cognitive Therapies
Society for Personality and Social Psychology
Anxiety Disorder Association of America
ABCT Anxiety Disorders Special Interest Group

ADDITIONAL PROFESSIONAL ACTIVITIES

Co-creator (with Robert Biswas-Diener) of Social Success program for MentalWorkout-
<http://www.mentalworkout.com/store/programs/social-success/>

Board of the Global Review of Well-Being (GROW) Corporation- <http://growhq.com/>

Consultant for UK's Feel Good Campaign (2013)

Blogger for Psychology Today (2009 to present)- <http://www.psychologytoday.com/blog/curious>

Blogger for Huffington Post (2009 to present)- <http://www.huffingtonpost.com/todd-kashdan>

Expert Court Consultation- Law Offices of Rafael E. Morell, PLLC, Washington, DC. (June-July 2011)

Eight-Week Distance Mentoring Course on "Positive Psychology 3.0: Dynamic, Flexible, and Broadened Approaches to Living Well" (September – December 2009)

Scientific consultant for Greater Good Magazine (June 2007 – Present)

Consulting Psychological Examiner, United States District Court (District of South Dakota), Sioux Falls, South Dakota, 2006

Consultant for RyanTrue Health Services to develop assessment tools to predict medication persistence in patients with HIV/AIDS, 2007