

Fallon R. Goodman

Department of Psychology
George Mason University
Fairfax, VA
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EDUCATION

- 12/14 — present **George Mason University**, Fairfax, VA
Ph.D. Clinical Psychology. Advanced Quantitative Track
APA-Accredited Doctoral Program in Clinical Psychology
Advisors: Todd Kashdan, Ph.D., Patrick McKnight, Ph.D.
Dissertation: Missing levels of analysis in the study of emotional disturbances: Social anxiety disorder as an exemplar
- 8/2012 — 12/2014 **George Mason University**, Fairfax, VA
M.A. Psychology
- 8/2008 — 5/2012 **University of Maryland**, College Park, MD
B.S. Psychology; B.S. Family Science
Summa Cum Laude honors

GRANTS AND AWARDS

- 2016 — 2018 **F31 Ruth L. Kirschstein National Research Service Award (NRSA)**
Motivational underpinnings of alcohol use for people with social anxiety disorder: A daily diary study (F31-AA024372)
Role: Principal Investigator
Sponsor: Todd Kashdan, Ph.D.; Co-Sponsor: Howard Tennen, Ph.D.
Total direct costs: \$63,788
- 2016 — 2018 **Charles Koch Foundation Dissertation Grant**
Psychological flexibility and well-being in everyday life
Role: Principal Investigator
Total direct costs: \$5,000
- 2016 — 2017 **Diversity Award, George Mason University Psychology Department**
Profiles of emotion regulation across the world
Role: Principal Investigator
Total direct costs: \$1,700
- 2016 — 2017 **Dean's Challenge Award for Excellence in Research and Service, George Mason University**
Total award: \$5,000
- 2016 — 2017 **Provost Research Grant, George Mason University**
Social anxiety and alcohol use
Role: Principal Investigator
Total direct costs: \$1,500

2016 — 2017

Provost Research Grant, George Mason University Provost Office

The transdiagnostic nature of distress tolerance

Role: Principal Investigator

Total direct costs: \$1,500

PEER-REVIEWED PUBLICATIONS

1. **Goodman, F. R.**, Stikma, M. C., & Kashdan, T. B. (in press). Social anxiety and the quality of everyday social interactions: The moderating influence of alcohol consumption. *Behavior Therapy*.
2. **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., & Kaufman, S.B. (in press). Measuring well-being: A comparison of subjective well-being and PERMA. *Journal of Positive Psychology*.
3. Kashdan, T. B., **Goodman, F. R.**, Stikma, M. C., Milius, C. R., & McKnight, P. E. (in press). Sexuality leads to boosts in mood and meaning in life with no evidence for the reverse direction: A daily diary investigation. *Emotion*.
4. **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., & Machell, K. A. (2017). Personality strengths as resilience: A one-year multiwave study. *Journal of Personality*, 85, 423-434.
5. Folk, J. B., Disabato, D. J., **Goodman, F. R.**, Bricker-Carter, S., DiMauro, J., & Riskind, J. H. (2017). Wise additions bridge the gap between social psychology and clinical practice: Cognitive-behavioral therapy as an exemplar. *Journal of Psychotherapy Integration*, 27, 407-423.
6. 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.
7. Kashdan, T. B., **Goodman, F. R.**, Mallard, T. M., & Dewall, C. N., (2016). What triggers anger in everyday life? Links to the intensity, control, and regulation of these emotions, and personality traits. *Journal of Personality*, 84, 737-749.
8. 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.
9. 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.
10. **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.
11. Lucas, N. & **Goodman, F. R.** (2015). Well-being, leadership, and positive organizational scholarship: A case study of project-based learning in higher education. *The Journal of Leadership Education*, 14, 138-152.
12. Kashdan, T. B., DiMauro, J., Disabato, D. J., 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.

13. Kleiman, E. M., Kashdan, T. B., Monfort, S. S., Machell, K. A., & **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.
14. Kashdan, T. B., **Goodman, F. R.**, Machell, K. A., Kleiman, E. M., Monfort, S. S., & Ciarrochi, J., & Nezlek, J. (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.
15. **Goodman, F. R.**, Kashdan, T. B., Mallard, T. M., & Schumann, M. (2014). A brief mindfulness and yoga intervention with an entire NCAA Division I athletic team: An initial investigation. *Psychology of Consciousness: Theory, Research, and Practice*, 1, 339-356.
16. Kaczmarek, L. D., **Goodman, F. R.**, Kashdan, T. B., Drajzkowski, D., Potatynska, & K., Komorek, J. (2014). Instructional support decreases desirability and initiation of a gratitude intervention. *Personality and Individual Differences*, 64, 89-93.
17. Kaczmarek, L. D., Kashdan, T. B., Drajzkowski, D., Bujacz, A., & **Goodman, F. R.** (2014). Why do greater curiosity and fewer depressive symptoms predict gratitude intervention use? Desirability, social norm beliefs, and perceived self-control. *Personality and Individual Differences*, 66, 165-170.

BOOK CHAPTERS

1. **Goodman, F. R.**, Kashdan, T. B., Larrazabal, M., West, J. (in press). Experiential avoidance across anxiety disorders. In B. O. Olatunji (Ed). *Cambridge Handbook of Anxiety and Related Disorders*.
2. **Goodman, F. R.**, Doorley, J., & Kashdan, T. B. (in press). Well-being and psychopathology: A deep exploration into positive emotions, meaning and in purpose in life, and social relationships. In E. Diener, S. Oishi, and L. Tay (Eds.). *Handbook of Well-Being*.

SCIENTIFIC CONSULTING

Books

1. National Geographic. (2016). *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. ([Link](#)).
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. ([Link](#)).
Scientific Consultants and Co-Authors: Kashdan, T. B., **Goodman, F. R.**, & Young, K.C.

EDITORIAL ACTIVITIES

Ad hoc Reviewer:

Acta Psychologica
Anxiety, Stress, & Coping
Behavior Modification
Clinical Psychological Science
Clinical Psychologist
Journal of Affective Disorders

Journal of Positive Psychology
Journal of Psychopathology & Behavioral Assessment
Journal of Intercollegiate Sport
Journal of Social and Clinical Psychology
Journal of Youth and Adolescence
Medical Journals

Journal of Anxiety Disorders
Journal for Clinical Child & Adolescent Psychology
Journal of Clinical Psychology
Journal of Clinical Sport Psychology

Personality and Individual Differences
Perspectives on Psychological Science
Social Behavior and Personality
World Medical and Health Policy

CHAired CONFERENCE SYMPOSIA

1. Disabato, D. J. & **Goodman, F. R.** (2018, April). *Expanding the scientific scope of emotion dysregulation: Novel topics and clinical applications*. Symposium to be conducted at the annual convention of Anxiety and Depression Association of America, Washington, DC.
2. **Goodman, F. R.** (2016, July). *The transdiagnostic nature of distress tolerance: Strengths, detriments, and a new measure*. Symposium conducted at the 31st International Congress of Psychology, Yokohama, Japan.
3. **Goodman, F. R.** & Young, K. C. (2015, May). *It takes two: Examining dynamic, couple-level factors in romantic relationships*. Symposium conducted at the annual convention of the Association for Psychological Science, New York, NY.

CONFERENCE PRESENTATIONS

†Denotes student mentored or supervised.

1. **Goodman, F. R.** & Kashdan, T. B. (2018, April). *Beliefs and values about emotions among people with social anxiety disorder*. Presentation to be given at the annual convention of Anxiety and Depression Association of America, Washington, DC.
2. Doorley, J. D., **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., Weinstein, J. S., & Shackman, A. J., (2017, November). *Dissecting the lives of people with social anxiety disorder: Assessing the best and worst of every hour using ecological momentary assessment*. Presentation to be given at the annual convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.
3. **Goodman, F. R.** (2017, April). *A problem of reinforcement: Alcohol consumption mitigates adverse effects of social anxiety*. Presented at the annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.
4. **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*. Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.
5. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., & Kaufman, S. B. (2017, January). *General well-being: The G of well-being research*. Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.
6. †Milius, C. R., **Goodman, F. R.**, Stikma, M. C., & Kashdan, T. B. (2017, January). *Sexuality and well-being in daily life: Nailing directionality*. Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.
7. **Goodman, F. R.** & Mehlenbeck, R. S. (2016, September). *Resilience in the classroom: Wise interventions to enhance creative and reflective learning*. Presented at the 2016 Innovations in Teaching & Learning (ITL) Conference: Cultivating Creative and Reflective Learners, Fairfax, VA.

8. **Goodman, F. R.** & Kashdan, T. B. (2016, July). *Psychological needs satisfaction and the ability to tolerate pain in everyday life*. Presented at the 31st International Congress of Psychology, Yokohama, Japan.
9. 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*. Presented at the 31st International Congress of Psychology, Yokohama, Japan.
10. 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*. Presented at the 31st International Congress of Psychology, Yokohama, Japan.
11. **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2016, April). *Well-being across the world: The danger of sharp lines*. Presented at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.
12. Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2016, April). *To CFA or EFA - that is the question*. Presented at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.
13. **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*. Presented at the annual meeting for the Society of Personality and Social Psychology. San Diego, CA.
14. **Goodman, F. R.**, Kashdan, T. B., & McKnight, P. E. (2015, November). Everyday strivings in people with social anxiety disorder. In Berghoff, C. R. (Chair). *Living life to the fullest: Leveraging personal value-directed behavior to enhance well-being and undermine psychological distress*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
15. Kashdan, T. B., Blalock, D., **Goodman, F. R.**, Disabato, D. J., Alexander, L., & McKnight, P. E. (2015, November). Social anxiety and distress tolerance in every day life: A daily diary study of romantic couples. In Richey, J. A. (Chair). *Does SAD fit in the research domain criteria?: Opportunities and challenges within the NIMH vision for translational research*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
16. **Goodman, F. R.**, Kashdan, T. B., McKnight, P. E., & Farmer, A. (2015, May). Power play: Variations of power perceptions in romantic relationships. In **F. R. Goodman** & K. C. Young (Chairs). *It takes two: Examining dynamic, couple-level factors in romantic relationships*. Presented at the annual convention of the Association for Psychological Science, New York, NY.
17. Kashdan, T.B., Farmer, A., Ferssizidis, P., **Goodman, F. R.**, 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*. Presented at the annual convention of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.
18. 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 convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

19. Franz, S., Quartuccio, J., **Goodman, F. R.**, & McKnight, P. E. (2012, May). *A comparison of SEM, HLM, and Bayesian approaches to dyadic partner interactions*. Presented at the annual convention for the Association for Psychological Science, Washington, DC.

CONFERENCE POSTER PRESENTATIONS

1. **Goodman, F. R.**, †Larrazabal, M. A., Doorley, J. D., & Kashdan, T. B. (2017, November). *Maximize pleasure or minimize pain? Implicit beliefs about well-being moderate the relationship between anxiety and well-being*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
2. Disabato, D. J., Kashdan, T. B., **Goodman, F. R.**, †Larrazabal, M. A., & †West, J. T. (2017, November). *Hidden problems in the measurement of experiential avoidance: Indiscrimination and tautologies*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
3. †Lauber, M.D., Disabato, D. J., **Goodman, F. R.**, †Whimpey, A. I., & Kashdan, T. B. (2017, November). *Persevering through avoidance: Grit as a shield against diminished well-being*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
4. Doorley, J. D., †Milius, C., †West, J. T., **Goodman, F. R.**, & Kashdan, T. B. (2017, November). *When is it beneficial to believe that emotions are malleable? The interplay among implicit emotion beliefs and experiential avoidance in predicting well-being*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
5. **Goodman, F. R.**, Yarbro, J., Kashdan, T. B., & McKnight, P. E. (2017, January). *Pathways to meaning in life: Managing emotions and persevering towards valued goals*. Poster presented at the annual convention of the Society of Personality and Social Psychology, San Diego, CA.
6. **Goodman, F. R.**, Stikma, M. C., & Kashdan, T. B. (2016, October). *Liquid antidote: Alcohol attenuates adverse effects of social anxiety during social interactions*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
7. **Goodman, F. R.**, †Lauber, M. D., Stikma, M. C., Blalock, D. V., †Milius, C. R., †Whimpey, A. I., & Kashdan, T. B. (2016, October). *Fear of success? When and why people with social anxiety disorder strive for power and achievement*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
8. Stikma, M. C., †Milius, C. R., **Goodman, F. R.**, Blalock, D. V., †Lauber, M. D., †Whimpey, A. I., & Kashdan, T. B. (2016, October). *Interpersonal desire and dysfunction: An analysis of strivings in people with social anxiety disorder*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
9. **Goodman, F. R.** & Kashdan, T. B. (2015, November). *Social anxiety, emotion regulation, and alcohol use: A daily diary study*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
10. **Goodman, F. R.**, Lucas, N., & †Milius, C. R. (2015, May). *Creating and measuring a well-being university*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.

11. Yarbro, J., **Goodman, F. R.**, Kashdan, T. B., McKnight, P. E. (2015, May). *Daily emotion regulation, meaning in life, and goal pursuit*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.
12. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., & Jarden, A., (2015, May). *Perseverance of effort - not consistency of interests - predicts well-being*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.
13. **Goodman, F. R.**, Kashdan, T. B., & Kaczmarek, L. D. (2014, November). *Gratitude interventions: Targets to increase participation*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
14. **Goodman, F. R.**, †Mallard, T. T., & Kashdan, T. B. (2014, November). *A brief mindfulness and yoga intervention with an entire Division I athletic team: Preliminary evidence and lessons learned*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
15. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., Jarden, A., & Short, J. L. (2014, November). *Measuring well-being in clinical psychology*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
16. **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*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
17. **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*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
18. 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.
19. **Goodman, F. R.**, Machell, K. A., & Kashdan, T. B. (2013, May). *Experiential avoidance and daily well-being*. Poster presented at the annual convention of the Association for Psychological Science, Washington, DC.
20. **Goodman, F. R.**, Russell, B. A. H., & Hatfield, B. D. (2011, November). *Measuring residual processing capacity under different levels of task difficulty*. Poster presented at the annual convention of the Mid-Atlantic Chapter of the American College of Sports Medicine, Harrisburg, PA.
21. **Goodman, F. R.**, Russell, B. A. H., & Hatfield, B. D. (2011, September). *Auditory processing of deviant tones under different levels of cognitive workload*. Poster presented at the annual School of Public Health Research Interaction Day, College Park, MD.
22. **Goodman, F. R.**, Russell, B. A. H., Rietschel, J., & Hatfield, B. D. (2010, August). *The impact of anxiety on cognitive processes during varying degrees of visuo-motor challenge*. Poster presented at the annual meeting for University of Maryland Summer Training and Research Program, College Park, MD.

INVITED TALKS

1. **Goodman, F. R.** & Stikma, M. C. (2017, April). *The building blocks of psychological flexibility*. Presented at the Department of Health Administration and Policy, George Mason University, Fairfax, VA.
2. **Goodman, F. R.** (2015, July). *A primer on mindfulness*. Presented at the Summer Mindfulness Meditation Series, United States House of Representatives, Washington, DC.
3. **Goodman, F. R.** & Mehlenbeck, R. S. (2015, May). *Building resilience into education*. Presentation given at Fairfax County Public Schools' Annual Community Conversation on Teen Stress, Fairfax, VA.

TEACHING EXPERIENCE

Summer 2017	Instructor Applied Well-Being Studies (PSYC417) <i>*Co-developed course</i> Department of Psychology, George Mason University
Spring 2015	Co-Instructor Leadership and Positive Organizations (NCLC474) <i>*Co-developed course</i> Department of Psychology, George Mason University
Fall 2013	Co-Instructor Understanding Happiness and Human Well-Being (NCLC475) Department of Psychology, George Mason University
Fall 2012, Spring 2013, Summer 2013	Instructor Research Methods Lab (PSYC301) Department of Psychology, George Mason University
Fall 2012, Spring 2013	Teaching Assistant Introduction to Psychology (PSYC100) Department of Psychology, George Mason University
Fall 2011, Spring 2012	Teaching Assistant Psychology of Communication and Persuasion (PSYC424) Department of Psychology, University of Maryland

SPECIALIZED PROFESSIONAL TRAINING

6/2017	Analyzing Intensive Longitudinal Data Workshop Center for Research on Families, Amherst, MA
2/2017	Substance Use Disorders and Addictions Series American Psychological Association, Webinar
1/2017	MEMORE: Mediation and Moderation in Repeated Measures Designs Annual Convention of the Association for Personality and Social Psychology, San Antonio, TX
8/2016	Screening, Brief Intervention, and Referral to Treatment (SBIRT) Mason SBIRT, Fairfax, VA
5/2013	Multilevel Modeling Workshop Annual Convention of the Association for Psychological Science, Washington, DC

9/2012 **Recognizing and Responding to Suicide Risk: Essential skills for clinicians**
American Association of Suicidology (AAS), Fairfax, VA

SERVICE TO UNIVERSITY AND COMMUNITY _____

7/2015 — present Academic mentor, GMU OSCAR Undergraduate Research Scholars Program
7/2015 — present Academic mentor, GMU Undergraduate Psychology Honors Program
6/2013 — 8/2016 Invited member, Well-being University Learning Community, GMU
4/2016 Reviewer, Innovations in Teaching and Learning Conference
7/2014 — 7/2016 Co-chair, Resilience Working Group, GMU Well-being University Initiative
6/2014 — 6/2015 Class representative, Clinical Psychology Department, GMU
5/2015 Volunteer, Fairfax County Public Schools (FCPS) Community Conversation

ACADEMIC HONORS AND AWARDS _____

2017 Diversity Award, Society for Personality and Social Psychology
2017 Research Fellow, Summer Institute in Social and Personality Psychology
2017 Graduate Student Travel Award, Society for Personality and Social Psychology
2016 APA International Conference Travel Award
2013 — 2017 Graduate Student Travel Fund Award, George Mason University
2011 Academic Excellence, School of Public Health, University of Maryland
2008 — 2012 President's Academic Scholarship, University of Maryland
2010 — 2011 Research Fellow, Summer Training and Research Program (STAR), U. of Maryland
2010 Outstanding Academic Achievement, College Park Scholars, University of Maryland

MEDIA COVERAGE OF RESEARCH _____

- **Headspace** (October 2017). [How having \(or not having\) sex affects your social life.](#)
- **Washington Post** (June 2015). [The Mindful Athlete.](#)
- **Greater Good Science Center** (June 2015). [The Zen of Basketball.](#)
- **George Mason University** (March 2015). [Mason study shows mindfulness has holistic benefits for student-athletes.](#)

PROFESSIONAL MEMBERSHIPS _____

American Psychological Association (APA)
Association for Behavioral and Cognitive Therapies (ABCT)
Association for Psychological Science (APS)
Society for Personality and Social Psychology (SPSP)
Society for a Science of Clinical Psychology (SSCP)