

## ADELE M. HAYES, Ph. D.

### *Curriculum Vitae*

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Adele M. Hayes, Ph. D.  
University of Delaware  
Department of Psychological and Brain Sciences  
108 Wolf Hall, Newark, DE 19716-2577 USA

Office: (302) 831-0484  
Fax: (302) 831-3645  
e-mail: ahayes@udel.edu

### EDUCATION

1989-1992	Duke University Medical Center, Durham, NC	Internship-Postdoctoral Fellowship
1991	State University of New York, Stony Brook, NY	Ph.D., Clinical Psychology
1985	American University, Washington, DC	Masters program, Psychology
1982	University of Baltimore, Baltimore, MD	B. A., Psychology

### PROFESSIONAL EXPERIENCE

2004-present Associate to Full Professor, University of Delaware, Dept. of Psychological and Brain Sciences, Newark, DE

2004-2009 Director, Clinical Science Program, University of Delaware

2006-present Director, Depression Treatment and Wellness Program, University of Delaware

1999-2004 Director, Depression Treatment and Wellness Program, University of Miami

1999-2004 Associate Director of Adult Clinical Division, University of Miami

1998-2004 Associate Professor, Dept. Psychology, University of Miami

1992-1998 Assistant Professor, Dept. Psychology, University of Miami

1989-1992 Intern/Postdoctoral Fellow, Dept. of Psychiatry, Duke University Medical Center

**LICENSED CLINICAL PSYCHOLOGIST:** State of Delaware, 2005-present  
State of Florida, 1994-2004

### HONORS AND AWARDS

2013-present Honorary Professor, Dept. of Psychology, University of Exeter, UK

2015 (DEC) Visiting International Academic Fellowship, University of Exeter, UK

2009-present Fellow, Association for Psychological Science (APS)

Aug 2009 Visiting Scholar, Dept. of Psychology, University of Zürich, Switzerland

Jan 2009 Visiting Scholar, Institute of Synergetics, Neuroscience, and Psychotherapy, Medical University of Salzburg, Austria

2006 Visiting Scholar Award, Dept. of Psychology, University of Nebraska-Lincoln

2002-2005 National Institute of Mental Health (NIMH) Clinical Scientist Award: Loan Repayment Program. Competitive award for clinical researchers (2 submissions, both awarded)

1998-2000 Van Ameringen Fellow, Institute for Cognitive Therapy and Research. Researchers selected by Aaron T. Beck to receive specialized training in cognitive therapy and to promote innovative research in this area

1997-1998 University of Miami Graduate Advisory Group Award for Excellence in Teaching

1995-1996 University of Miami Graduate Advisory Group Award for Excellence in Teaching

## EDITORIAL POSITIONS

### Associate Editor

2016-            *Journal of Consulting and Clinical Psychology*  
 2010-2013      *Journal of Consulting and Clinical Psychology*  
 2002-2007      *Cognitive Therapy and Research*

### Guest Editor

2008-2010      **Section Co-Editor:** Depression, *American Psychological Association Division 12 Committee on Research-Supported Treatments*

2007            **Guest Editor** (with Debra Hope): **Special issue** of *Clinical Psychology Review: New approaches to the study of change in cognitive behavioral therapies*, 27, Issue 6, 679-768 (July 2007).

2001-2004      **Editor:** APA, Division 12 (3), Society for the Science of Clinical Psychology newsletter

### Editorial Boards

2013-2018      *Clinical Psychology: Science and Practice*  
 2013-2015      *Journal of Consulting and Clinical Psychology*  
 2005-2009      *Journal of Consulting and Clinical Psychology*

### Grant Review Panels: Ad hoc reviewer

2016            Patient-Centered Outcomes Research Institute (PCORI)

2009-present   National Institute of Mental Health (NIMH): Child and Adolescent Intervention and Services

2004-2008      NIMH: Interventions for Mood and Anxiety Disorders in Adults (ITMA)

2008            Social Sciences and Humanities Research Council of Canada

2008            University of Wisconsin-Milwaukee External Grant Reviewer

2006            NIMH: F12B, Psychopathology, Developmental Disabilities, Stress and Aging Fellowships

2006            NIMH Clinical Scientist Loan Repayment Program

2000-2004      NIMH Adult Psychopathology and Disorders of Aging (APDA)

Reviewer:      *Behavioural Research and Therapy, Behavior Therapy, British Journal of Clinical Psychology, Clinical Psychology and Psychotherapy, Clinical Psychology: Science and Practice, Cognitive Therapy and Research, Depression and Anxiety, Health Psychology, Journal of Abnormal Psychology, Journal of Abnormal Child Psychology, Journal of Clinical Child Psychology, Journal of Personality and Social Psychology, Journal of Psychopathology and Behavioral Assessment, Psychological Assessment, Psychological Review, Psychological Science, Psychotherapy Research, Social Neuroscience*

## PUBLICATIONS

### ***Manuscripts submitted/ under revision:*** \* Denotes student in my lab

Barańczuk, U. Zawadzki, B., Kamholz, B. W., & **Hayes, A. M.** (submitted). Psychometric properties of the Inventory of Cognitive and Affective Strategies (ICARUS).

\*Barnes, J. B., **Hayes, A. M.**, Boasso, A., Nash, B., & Litz, B. T. (submitted). The structure of PTSD and depression symptoms in Marines before and after deployment.

Grosse Holtforth, M., Krieger, T., Altenstein, D., Dörig, N., Meisch, L. & **Hayes, A. M.** (submitted). Exposure-based cognitive therapy as an intervention to foster emotional processing in depression: A randomized comparison with cognitive-behavioral therapy.

**Hayes, A. M.**, Yasinski, C., Grasso, D., McCauley, T., Webb, C., & Deblinger, E. (revise and resubmit decision, under revision). Affective arousal and cognitive-emotional processing in Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) for youth. Invited for special issue of Behavior Therapy: *Treating PTSD: innovations and understanding processes of change*.

Keller S. M., Jun, J. J., Feeny, N. C., Zoellner, L. A. & **Hayes, A. M.** (submitted). Therapeutic change during prolonged exposure for childhood sexual abuse related PTSD.

\*Yasinski, C., **Hayes, A.M.**, Ready, C. B., Webb, C., Cummings, C., Deblinger, E., & McCauley, T. (submitted). In-session caregiver behavior predicts symptom change in youth receiving trauma-focused cognitive behavioral therapy.

### ***Books***

Johnson, S., **Hayes, A. M.**, Field, T., Schneiderman, N., & McCabe, P. (Eds.), (2000). *Stress, coping, and depression*. Mahway, New Jersey: Erlbaum.

**Hayes, A. M.**, Yasinski, C., Ready, C. B., & Wolfsdorf, B. A. (in preparation). *Exposure-based cognitive therapy for depression*.

### ***Published and in press:***

Abel, A. M., **Hayes, A. M.**, Henley, W., & Kuyken, W. (in press). Sudden gains in cognitive behavior therapy for treatment-resistant depression: Processes of change. *Journal of Consulting and Clinical Psychology*.

\*Yasinski, C., **Hayes, A.M.** & Laurenceau, J.P. (in press). Countering rumination in everyday life: An investigation of daily self-distancing, self-immersion, and distraction in a ruminative sample. *Journal of Experimental Psychopathology*.

**Hayes, A. M.** (2015). The application of principles of exposure to the treatment of depression. In C. Beevers (Ed.) *Depression*, special issue of *Current Opinion in Psychology*, 4, 61-66.

\*Ready, C.B., **Hayes, A.M.**, Yasinski, C.W., Webb, C.M., Gallop, R., & Deblinger, E., & Laurenceau, J. P. (2015). Overgeneralized beliefs, accommodation, and treatment outcome in trauma-focused cognitive behavioral therapy for childhood trauma. In A. Meuret & D. Hermans (Eds.) *Generalization of fear and anxiety*, special issue of *Behavior Therapy*, 46 (5), 671-688.

- Hayes, A. M.**, Yasinski, C., & Barnes, J. B., & Bockting, C. (2015). Network destabilization and transition in depression: New methods for studying the dynamics of therapeutic change. In Koster, E., Bockting, C., & De Raedt, R. (Eds.) *Psychological interventions for depression: A roadmap to stable remission*, special issue of *Clinical Psychology Review*, 41, 27-39.
- Hayes, A. M.** & Yasinski, C. (2015) Pattern destabilization and emotional processing in the context of cognitive therapy for personality disorders. In Salvatore, S., Tschacher, W., Gelo, O. C., & Koch, S. (Eds.) *Dynamical systems theory in psychotherapy research: A new look at process and outcome*, special section of *Frontiers in Psychology*, 6, article 107.
- \*Cummings, J. A., **Hayes, A. M.**, Saint, D. S., & Park, J. (2014). Expressive writing in psychotherapy: A tool to promote and track therapeutic change. *Professional Psychology: Research and Practice*, 44 (5), 1-9.
- Hayes, A. M.**, Ready, C. B., & Yasinski, C. (2014). Exposure to emotion in depression: Exposure-based cognitive therapy. In Nathan Thoma and Dean McKay (Eds.). *Engaging emotion in cognitive behavioral therapy: experiential techniques for promoting lasting change*. (pp. 121-145). Guildford Press.
- Webb, C., **Hayes, A.M.**, Grasso, D., Berman, I., Laurenceau, J.P., & Deblinger, E. (2014). Trauma-focused cognitive behavior therapy for youth: Effectiveness in a community setting. *Psychological Trauma: Theory, Research, and Practice*, 6 (5), 555-562
- Chen, F. F., Jing, Y., **Hayes, A.**, & Lee, J. (2013). Two concepts or two approaches? A bifactor analysis of psychological and subjective well-being. *Journal of Happiness Studies*, 14 (3), 1033-1068.
- \*Cummings, J.A., **Hayes, A.M.**, Cohen, L. H., Laurenceau, J-P, Saint, D.S., & Gricol, K. (2013). Interpersonal competence and daily stress generation in individuals with avoidant personality disorder symptoms. *Journal of Social and Clinical Psychology*, 32 (2), 135-158.
- Chen, F., **Hayes, A. M.**, Carver, C.S., & Laurenceau, J. P., & Zhang, Z. (2012). Modeling general and specific variance in multifaceted constructs: A comparison of the bifactor model to other approaches. *Journal of Personality*, 80, 219-251.
- \* Cummings, J. A., **Hayes, A.M.**, Cardaciotto, L., & Newman, C. F. (2012). The dynamics of self-esteem in cognitive therapy for avoidant and obsessive-compulsive personality disorders: An adaptive role of self-esteem variability? *Cognitive Therapy and Research*, 36 (4), 272-281.
- \* Greenawalt, D. & **Hayes, A. M.** (2012). Are past depression or current dysphoria associated with social perception? *Journal of Social and Clinical Psychology*, 31, 329-355.
- Grosse Holtforth, **Hayes, A. M.**, Sutter, M, Wilm, K. Schmied, E, Laurenceau, J. P., & Caspar, F. (2012). Fostering cognitive-emotional processing in the treatment of depression: A preliminary investigation in exposure-based cognitive therapy (EBCT). *Psychotherapy and Psychosomatics*, 89, 259-260.
- Hayes, A.M.**, Beck, J. G., & Yasinski, C. (2012). Cognitive behavioral perspective on feedback and corrective experiences in exposure-based treatments. In L. G. Castonguay & C. Hill (Eds.) *Transformation in psychotherapy: Corrective experiences across cognitive, behavioral, humanistic, and psychodynamic approaches*. (pp. 69-83). Washington, DC: APA.
- Hill, C. E., Castonguay, L. G., et al. (2012). Corrective experiences in psychotherapy: definitions, processes, consequences, and research directions. In L. G. Castonguay & C. Hill (Eds.) *Transformation*

*in psychotherapy: Corrective experiences across cognitive, behavioral, humanistic, and psychodynamic approaches.* (pp. 355-370). Washington, DC: APA. NOTE: This chapter was based on a consensus conference. The editors are the lead authors and the rest of the authors are listed alphabetically. All authors contributed equally.

\* Cummings, J. A., **Hayes, A.M.**, Newman, C. F., & Beck, A. T. (2011). Navigating therapeutic alliance ruptures in cognitive therapy for avoidant and obsessive-compulsive personality disorders and comorbid Axis I disorders. *International Journal of Cognitive Therapy*, 4 (4), 397-414.

\* Cummings, J. A., **Hayes, A.M.**, Laurenceau, J.P., & Cohen, L. (2010). Conflict management mediates the relationship between depressive symptoms and daily negative events: Interpersonal competence and daily stress generation. Lead article of special section on stress generation. *International Journal of Cognitive Therapy*, 3, 318-331.

**Hayes, A. M.**, & Laurenceau, J. P. (2009). A view toward the future of the integration of clinical research and practice. *Systems: Interdisciplinary Journal for System Theory Research and Practice in the Human Sciences*, 23 (1), 93-99.

**Hayes, A. M.** & Cummings, J. (2009). Cognitive therapy for depression. In R. Ingram (Ed.). *International Encyclopedia of Depression*. (pp. 148-158). NY: Springer.

\* Kumar, S., Feldman, G., & **Hayes, A. M.** (2008). Change in mindfulness and emotion regulation in an integrative therapy for depression. *Cognitive Therapy and Research*, 32, 734-744.

**Hayes, A.M.** & Sahl, J. (2008). Depression. E. D. In Klonsky (Ed.) *Empirically-supported psychosocial treatments: Update*. Division 12, American Psychological Association. Website publication.

**Hayes, A. M.**, Laurenceau, J. P., & Cardaciotto, L. (2007). Methods for capturing the process of change. In A. M. Nezu and C. M. Nezu (Eds.). *Evidence-based outcome research: A practical guide to conducting randomized clinical trials for psychosocial interventions*. (pp. 335-358). Oxford University Press.

**Hayes, A. M.**, Feldman, G., Beevers, C., Laurenceau, J. P., & Cardaciotto, L., & Lewis-Smith (2007). Discontinuities and cognitive changes in exposure-based cognitive therapy for depression. *Journal of Consulting and Clinical Psychology*, 75, 409-421.

\* Feldman, G.C., **Hayes, A.M.**, Kumar, S., Greeson, J., & Laurenceau, J. P. (2007). Development, factor structure, and initial validation of the Cognitive and Affective Mindfulness Scale. *Journal of Psychopathology and Behavioral Assessment*, 29, 177-190.

**Hayes, A. M.**, Hope, D. A. & Hayes, S. (2007) Toward an understanding of the process and mechanisms of change in cognitive-behavioral therapy: Linking innovative methodology with fundamental questions. Introduction to co-edited special issue: New approaches to the study of change in cognitive behavioral therapies. D. A. Hope & A. M. Hayes (Eds.). *Clinical Psychology Review*, 27, 679-681.

**Hayes, A. M.**, Laurenceau, J. P., Feldman, G. C., Strauss, J. L., & Cardaciotto, L.A. (2007). Change is not always linear: The study of nonlinear and discontinuous patterns of change in psychotherapy. *Clinical Psychology Review*, 27, 715-724.

Laurenceau, J. P., **Hayes, A. M.**, & Feldman, G. C. (2007). Statistical and methodological issues in the study of change in psychotherapy. *Clinical Psychology Review*, 27, 682-695.

**Hayes, A. M.**, Feldman, G. C., & Goldfried, M. R. (2006). The CHANGE: A measure of insight and emotional processing. In L. G. Castonguay & C. Hill (Eds.) *Insight in psychotherapy*. (pp. 231-253). Washington, DC: American Psychological Association.

Hill, C. E., Castonguay, L. G., et al. (2006). Insight in psychotherapy: Definitions, processes, consequences, and research directions. In L. G. Castonguay & C. Hill (Eds.) *Insight in psychotherapy*. (pp. 441-454). Washington, DC: American Psychological Association. NOTE: This chapter was based on a consensus conference. The editors are the lead authors and the rest of the authors are listed alphabetically. All authors contributed equally.

\* Strauss, J.L., **Hayes, A.M.**, Johnson, S.L., Newman, C.R., Brown, G.K., Barber, J.P., Laurenceau, J. P., & Beck, A.T. (2006). Early alliance, alliance ruptures, and symptom change in a non-randomized trial of cognitive therapy for avoidant and obsessive-compulsive personality disorders. *Journal of Consulting and Clinical Psychology, 74*, 337-345.

\* Wolfsdorf, B. A., **Hayes, A. M.**, Carver, C. S., Gulliver, S. B., & Perlman, C. A. (2006). Identification and evaluation of cognitive affect-regulation strategies: Development of a self-report measure. *Cognitive Therapy and Research, 30*, 227-262. *Translated into Polish.*

\* Feldman, G.C. & **Hayes, A. M.** (2005). Preparing for problems: A measure of anticipatory coping processes. *Journal of Research in Personality, 39*, 487-516.

**Hayes, A. M.**, Beevers, C., Feldman, G., Laurenceau, J. P., & Perlman, C. A. (2005). Avoidance and emotional processing as predictors of symptom change and positive growth in an integrative therapy for depression. *International Journal of Behavioral Medicine, 111-122.*

**Hayes, A. M.** & Feldman, G. (2004). Clarifying the construct of mindfulness in the context of emotion regulation and the process of change in therapy. *Clinical Psychology: Science and Practice, 11 (3)*, 255-262.

**Hayes, A. M.**, Harris, M. S., & Carver, C. S. (2004). Predictors of self-esteem variability. *Cognitive Therapy and Research, 28 (3)*, 369-385.

Cruess, S., Antoni, M., **Hayes, A.**, Penado, F., Ironson, G., Fletcher, M. A., Lutgendorf, S., & Schneiderman, N. (2002). Changes in mood and depressive symptoms and related change processes during cognitive behavioral stress management in HIV-infected men. *Cognitive Therapy and Research, 26*, 373-392.

Freshman, C. J., **Hayes, A. M.**, & Feldman, G. (2002a). Mood and negotiation: What we know and don't know from research and the implications for improving negotiation outcomes. *Journal of Dispute Resolution, 1*, 1-79.

Freshman, C. J., **Hayes, A. M.**, & Feldman, G. (2002b). Adapting meditation to promote negotiation success: A guide to varieties and scientific support. *Harvard Negotiation Law Review: Multidisciplinary Journal on Dispute Resolution, 7*, 67-81.

Cruess, S., Antoni, M., Cruess, D., Fletcher, M., Ironson, G., Kumar, M., Lutgendorf, S., **Hayes, A.**, Klimas, N., & Schneiderman, N. (2000). Reductions in herpes simplex virus type 2 antibody titers after cognitive behavioral stress management and relationships with neuroendocrine function, relaxation skills, and social support in HIV-positive men. *Psychosomatic Medicine, 62*, 828-837.

**Hayes, A. M.** (2000). Graduate training in integrative therapy. *Journal of Psychotherapy Integration, 10*, 283-286.

**Hayes, A. M.**, & Harris, M. S. (2000). The development of an integrative treatment for depression. In Johnson, S., Hayes, A. M., Field, T., Schneiderman, N., & McCabe, P. (Eds.) *Stress, coping, and depression* (pp. 291-306). Mahway, New Jersey: Erlbaum.

Ingram, R. E., **Hayes, A.**, & Scott, W. D. (2000). Empirically-supported psychological treatments for depression. In C. R. Snyder & R. E. Ingram (Eds.), *Handbook of psychological change: Psychotherapy processes and practices for the 21st century*. New York: Wiley.

\*Beevers, C. G., Wenzlaff, R. M., **Hayes, A. M.** & Scott, W. D. (1999). Depression and the ironic effects of thought suppression: Therapeutic strategies for improving mental control. *Clinical Psychology: Science and Practice*, 6, 133-148.

**Hayes, A. M.**, & Strauss, J. (1998). Dynamic systems theory as a paradigm for the study of change in psychotherapy: An application to cognitive therapy for depression. *Journal of Consulting and Clinical Psychology*, 66, 6, 939-947.

Goldfried, M. R., Castonguay, L. G., **Hayes, A. M.**, Drozd, J. F., & Shapiro, D. A. (1997). A comparative analysis of the therapeutic focus in cognitive-behavioral and psychodynamic-interpersonal sessions. *Journal of Consulting and Clinical Psychology*, 65, 740-748.

Castonguay, L. G., Goldfried, M. R., Wisner, S., Raue, P. J., & **Hayes, A. M.** (1996). Predicting the effect of cognitive therapy for depression: A study of unique and common factors. *Journal of Consulting and Clinical Psychology*, 64, 497-504.

- Abstracted in *Clinician's Research Digest: Briefings in Behavioral Science*, 14, (1996) 1.

- Abstracted in Italian: Predire l'effeto della terapia cognitive per la depressione:uno studio su fattori unici e fattori comuni. *Integrazione: Nelle Psicoterapie enel Counseling*, 9/10 (2001), 77-80.

**Hayes, A. M.** (1996). Dynamic systems theory as a paradigm for the study of change in psychotherapies for depression. *Constructive Change*, 1, 9-12.

**Hayes, A. M.**, Castonguay, L. G., & Goldfried, M. R. (1996a). The effectiveness of targeting the vulnerability factors of depression in cognitive therapy. *Journal of Consulting and Clinical Psychology*, 64, 623-627.

**Hayes, A. M.**, Castonguay, L. G., & Goldfried, M. R. (1996b). The study of change in psychotherapy: A re-examination of the process-outcome correlation paradigm. *Journal of Consulting and Clinical Psychology*, 64, 909-914.

**Hayes, A. M.** & Goldfried, M. R. (1996). An empirical analysis of Carl Roger's case of Mark and a comparison with a cognitive-behavioral perspective. In B. A. Farber, D. C. Brink, P. M. Raskin (Eds.), *The psychotherapy of Carl Rogers: Cases and commentary* (pp. 350-373). New York: Guilford.

Castonguay, L. G., **Hayes, A. M.**, Goldfried, M. R., & DeRubeis, R. J. (1995). The focus of therapists' interventions in cognitive therapy for depression. *Cognitive Therapy and Research*, 19, 485-503.

Goldfried, M. R. & **Hayes, A. M.** (1995). Contributions from other orientations to behavior therapy. Goldfried, M. R. (Ed.). *From cognitive-behavior therapy to psychotherapy integration* (pp. 147-157). NY: Springer.

Robins, C. J., & **Hayes, A. M.** (1995). An appraisal of cognitive therapy. Reprinted in M. J. Mahoney (Ed.), *Recent developments in cognitive and constructivist psychotherapies* (pp. 41-65). New York: Springer.

Robins, C. J., & **Hayes, A. M.** (1995). The role of causal attributions in the prediction of depression. In G. Buchanan & M. E. P. Seligman (Eds.), *Explanatory style* (pp. 71-97). New Jersey: Erlbaum.

Robins, C. J., **Hayes, A. M.**, Block, P., Kramer, R. J., & Villena, M. (1995). Interpersonal and achievement concerns and the depressive vulnerability and symptom specificity hypotheses: A prospective study. *Cognitive Therapy and Research*, 19, 1-20.

**Hayes, A. M.**, Newman, C. F. (1993). Depression: an integrative perspective. In G. Stricker & J. R. Gold (Eds.) *Comprehensive handbook of psychotherapy integration*. (pp. 303-321). NY: Plenum Press.

Robins, C. J., & **Hayes, A. M.** (1993). An appraisal of cognitive therapy. *Journal of Consulting and Clinical Psychology*, 61, 205-214.

Goldsamt, L. A., Goldfried, M. R., **Hayes, A. M.**, & Kerr, S. (1992). Beck, Meichenbaum, and Strupp: a comparison of three therapies on the dimension of therapist feedback. *Psychotherapy*, 29, 167-176.

Kerr, S., Goldfried, M. R., **Hayes, A. M.**, Castonguay, L. G., & Goldsamt, L. A. (1992). Interpersonal and intrapersonal focus in cognitive-behavioral and psychodynamic-interpersonal therapies: a preliminary analysis of the Sheffield Project. *Psychotherapy Research*, 2, 266-276.

Goldfried, M. R. & **Hayes, A. M.** (1989a). Can contributions from other orientations complement behavior therapy? *The Behavior Therapist*, 12, 57-60.

Goldfried, M. R. & **Hayes, A. M.** (1989b). Another look at Goldfried and Hayes. *The Behavior Therapist*, 12, 174-175.

### **Popular press:**

Kamps, L. (2009, August). Prolonged Exposure Therapy. *Elle Magazine*.

Article on PTSD treatments. Features Edna Foa from University of Pennsylvania and Patricia Resick from the National Center for PTSD in Boston. Interviewed about my treatment for depression, which applies principles from the treatment of PTSD.

## **GRANT SUPPORT**

### **SUBMITTED**

JAN 31 2016      MQ: Psychological Treatments Research Programme (PsyIMPACT)  
How Can We Better Target Core Depressive Processes to Prevent Relapse?  
**Co-Investigator** (PI: Heather O'Mahen); Total costs: £50,000

The proposed 2-year project will involve coding sessions from a multi-site RCT comparing cognitive therapy and behavioral activation therapy to examine the patterns of symptom change and identify key predictors of treatment outcome and relapse.

Under review      National Institute of Mental Health, Small Business Innovation Research (SBIR)  
Web-based Technology for Depression, R44  
**Consultant** (PI: Christopher deCharms); Total costs: \$1,278,630

This 3-year Phase IIB research program will complete development of a software platform and mobile/web-based app for cognitive therapy for the control of major depressive disorder and conduct a randomized clinical trial using this approach. The successful Phase IIA (R44MH088007) project upon which this application is based developed the cognitive training strategies for depression through real-time fMRI brain imaging experiments.

### **FUNDED GRANTS:**

2002-2016 National Institute of Mental Health  
 Collaborative R-01 and Competitive renewal (R01MH66347/R01MH66348)  
Optimizing PTSD Treatments  
**Consultant** (PIs: Norah Feeny and Lori Zoellner); Total costs: \$4,340,788

This project will compare the efficacy of prolonged exposure (PE) and pharmacotherapy as treatments for chronic PTSD and examine the role of comorbid depression in the course of recovery. The CHANGE coding system (Hayes et al., 2006) will be used to examine predictors of treatment outcome.

2015-2017 National Institute of Mental Health  
 NIMH F31 Predoctoral Fellowship, Mathew Carper, Temple University  
Modeling The Process of Change In CBT For Childhood Anxiety Using A Dynamical Systems Approach  
 Role: **Co-sponsor** (with Dr. Phil Kendall)

2010-2014 National Institute of Mental Health, R01 MH086558-01  
Trauma-Focused CBT: Potential Mechanisms that Facilitate and Inhibit Change  
**Principal Investigator** (Co-Investigators: Esther Deblinger, Charles Webb, Jean-Philippe Laurenceau) Total costs: \$800,000

Project identified predictors of dropout and outcome in Trauma-Focused CBT for youth with PTSD related to interpersonal violence. The CHANGE coding system (Hayes et al., 2006) was used to examine predictors of treatment outcome.

2009-2014 Swiss National Science Foundation (SNSF), PP00P1-123377/1  
Explicit and Implicit Change Processes in Exposure-Based Cognitive Therapy  
**Collaborator** (PI: Martin Grosse Holtforth); Total costs: \$1,734,000 (1,571,934 CHF)

RCT to compare Exposure-Based Cognitive Therapy for depression (Hayes et al., 2007) with standard cognitive therapy. The CHANGE coding system (Hayes et al., 2006) will be used to examine predictors of treatment outcome and relapse.

2012-2015 Saskatchewan Health Research Foundation Establishment Grant Program  
Evaluating the Use of Exposure to Alleviate Distress in Caregivers of Child Victims of Interpersonal Trauma  
**Consultant** (PI: Jorden Cummings, Canada)  
 Total costs: \$76,653 (Canadian: \$83,885)

2012-2014 University of Delaware Research Foundation  
Smartphone-Based Treatment Enhancement for Clinical Depression  
**Principal Investigator** (with Fang & Bohacek, UD Engineering); Total costs: \$45,000

2005-2010 Substance Abuse and Mental Health Administration (SAMHSA), SM57145  
Delaware Child Traumatic Stress Treatment Center Grant: Community Treatment and Services Centers of the National Child Traumatic Stress Initiative  
**Consultant** (PI: Nancy Widdoes). Total costs: \$1,600,000

Center grant to examine the effectiveness of TF-CBT for youth experiencing trauma related to physical and sexual abuse or exposure to interpersonal violence and to expand state-wide access to the treatment.

2002-2006 National Institute of Mental Health, R21 MH062662-01  
Predictors of Change in Cognitive Therapy for Personality Disorders

**Principal Investigator** Total costs: \$567,905

Treatment development grant to identify predictors of early dropout and treatment response. Linear and nonlinear patterns of symptom change were examined. CHANGE coding system (Hayes et al., 2006) was used to examine avoidance, cognitive/emotional processing, unproductive processing, and negative in-session emotion as predictors of symptom change.

- 2009-2011 National Institute of Mental Health Predoctoral Fellowship, F31 MH 86227 Physiological Reactivity in Traumatized Children Receiving Trauma-Focused CBT  
**Co-mentor** (with Dr. Robert Simons); PI (Damion Grasso, University of Delaware)
- 2007-2008 Graduate University Research (GUR), University of Delaware  
Maternal Depression Project; PI: Total costs: \$12,000
- 2004-2006 National Institute of Mental Health Predoctoral Fellowship, F31MH071071  
Emotional Processing and Patterns of Change in CBT for Social Anxiety Disorder  
**Co-mentor** (with Debra Hope); PI (Sarah Hayes, University of Nebraska)
- 2001-2004 University of Miami Provost Award  
Mood and Personality Predictors of Psychological Functioning and Academic Performance in the First Year of Law School  
**Principal Investigator** (with Clark Freshman, Law School); Total costs: \$35,000
- 1997-2004 University of Miami Provost Award  
Development of an Integrative Treatment for Depression  
**Principal Investigator**; Total costs: \$7,500
- 1996-1997 University of Miami Provost Award  
A Pilot Study of an Interpersonal Therapy for the Prevention of Relapse in Depression  
**Principal Investigator** (with Sheri Johnson); Total costs: \$10,400

**INVITED PRESENTATIONS**

Hayes, A.M. (2015, Dec). *Change in entrenched systems: An application of dynamic systems research to depression*. Invited address. University of Exeter, Department of Psychology, UK.

Hayes, A.M. (2015, Dec). *The CHANGE Coding System: A measure of factors that inhibit and facilitate therapeutic change*. Training workshop. University of Exeter, Department of Psychology, UK.

Hayes, A.M. (2014, July). *The process of change in psychotherapy: Innovative methods and the nonlinear nature of change*. Keynote address at the British Association of Behavioural and Cognitive Psychotherapies. Birmingham, UK.

Hayes, A.M. (2014, July). *Can principles of exposure and emotional processing from the treatment of anxiety disorders apply to the treatment of depression? Exposure-based cognitive therapy*. Invited workshop at the British Association of Behavioural and Cognitive Psychotherapies. Birmingham, UK.

Hayes, A.M. (2013, Oct). *Exposure-Based Cognitive Therapy for Depression*. Invited presentation, National Alliance on Mental Illness (NAMI). Wilmington, DE.

Hayes, A.M. (2013, Jan). *The CHANGE Coding System: Measuring emotional processing, destabilization, and associative networks*. Training workshop. University of Exeter, Department of Psychology, UK.

Hayes, A.M. (2013, Jan). *A Method for studying change in psychotherapy from a dynamical systems perspective: Emotional processing, associative networks, and state space grids*. Invited address. University of Exeter, Department of Psychology, UK.

Hayes, A.M. (2011, June). *Training workshop in exposure-based cognitive therapy for depression*. Sponsored by University of Groningen, Department of Psychology, Netherlands.

Hayes, A.M. (2011, June). *Applying the principles of exposure to the treatment of depression: Theoretical foundations and initial outcomes*. Invited presentation on the application of psychopathology research to treatment development. Experimental Psychopathology Conference, Heeze, Netherlands.

Hayes, A.M. & Yasinski, C. (2011, June). *The study of change in exposure-based therapy for depression*. Invited presentation on innovative methods for studying working mechanisms in psychotherapy. Experimental Psychopathology Conference, Heeze, Netherlands.

Hayes, A.M. (2010, September). *Training workshop in CHANGE coding system for psychotherapy process research*. Invited presentation at Case Western Reserve University, Department of Psychology.

Hayes, A.M. (2009, November). *Training workshop in CHANGE coding system for psychotherapy process research*. Invited presentation at the Pennsylvania State University, Department of Psychology.

Hayes, A.M. (2009, August). *Training workshop in exposure-based cognitive therapy for depression*. Invited presentation at the University of Zürich, Department of Psychology, Zürich, Switzerland

Hayes, A.M. (2009, June). *Some common principles of change in treating depression and anxiety disorders? The roles of avoidance, affective arousal, and cognitive/emotional processing*. Invited presentation at the Philadelphia Behavior Therapy Association.

Hayes, A.M. (2009, May). *The study of nonlinear and discontinuous patterns of change in two cognitively-based therapies*. Invited presentation at the University of Maryland, Department of Psychology.

Hayes, A.M., Cummings, J.A., & Winters, V. (2009, May). *Trauma-focused cognitive behavioral therapy: Therapeutic process and the role of the caregiver*. Invited paper presented at the annual meeting of the Delaware Conference on Child Traumatic Stress. Newark, DE.

Hayes, A.M. (2009, January). *Discontinuities in time course data as markers of change processes in cognitively-based therapies for depression and personality disorders*. Invited address at the Institute of Synergetics, Neuroscience, and Psychotherapy Research (ISNT), Medical University of Salzburg, Austria.

Hayes, A.M., Hayes, A. M., Laurenceau, J. P., Feldman, G. C., Beevers, C., Perlman, C. A. (March, 2006). *The study of discontinuities in an integrative therapy for depression*. Invited presentation at the University of Pennsylvania, Center for Psychotherapy Research, Department of Psychiatry.

Hayes, A.M. (January, 2006). *Creating disturbance: The shape and process of change in an integrative therapy for depression*. Invited visiting scholar presentation, University of Nebraska, Department of Psychology.

Freshman, C. J., Hayes, A.M., & Feldman, G. (September, 2003). *Efficient emotion: Predictors of depression, well-being, and academic performance*. Invited presentation Yale University School of Law.

Freshman, C. J., Hayes, A.M., & Feldman, G. (March, 2003). *Predictors of depression in law students and implications for prevention*. Invited presentation at Georgetown University School of Law.

Freshman, C. J., Hayes, A.M., & Feldman, G. (May, 2002). *Mood and negotiation*. Invited paper presented as part of a symposium on meditation and negotiation, Harvard Program on Negotiation, Cambridge, MA.

## CONFERENCE PRESENTATIONS

Hayes, A., Yasinski, C., Grasso, D., McCauley, T., Webb, C., & Deblinger E. (2016, March). Affective arousal and cognitive-emotional processing in Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) in youth. In Bergman, H. (Chair). *Nuances of PTSD treatment outcome: Unpacking symptom change from pre- to post-treatment*. Paper to be presented at the Anxiety Disorders Association of America (ADAA).

Hayes, A. M. (2015, Nov). Panelist. Hershenberg, R. (Chair). *A critical discussion of the implications of RDoC for depression research and treatment*. Panel discussion at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Yasinski, C. Hayes, A. M., Ready, C.B., Webb, C. Grasso, D., & Deblinger, E. (2015, Nov). *Child and caregiver avoidance and therapeutic relationship difficulties as predictors of early dropout from Trauma-Focused Cognitive Behavioral Therapy for youth*. Paper presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Ready, C. B., Hayes, A. M. Yasinski, C., Webb, C., Grasso, D., Cummings, J., & Deblinger, E. (2015, Nov). *Caregivers' cognitive and emotional processes predict symptom change in youth receiving Trauma-Focused Cognitive Behavioral Therapy*. Paper presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Hayes, A.M. (2014, Nov). Future directions in the study of emotional processing theory. In S. Keller (Chair), *In-session processes of change during PTSD treatment: Fear reduction, cognitive processes, and distress tolerance*. Paper presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Ready, C.B., Hayes, A.M., Yasinski, C.W., Webb, C.M., Gallop, R., & Deblinger, E. (2014, Nov). Overgeneralized beliefs, new learning, and symptom outcome in youth receiving trauma-focused cognitive behavioral therapy for childhood trauma. In S. Keller (Chair), *In-session processes of change during PTSD treatment: Fear reduction, cognitive processes, and distress tolerance*. Paper presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Keller, S., Jun, J., Feeny, N., Zoellner, L., & Hayes, A. (2014). Capturing in-session content: cognitive change during prolonged exposure for PTSD. In S. Keller (Chair), *In-session processes of change during PTSD treatment: Fear reduction, cognitive processes, and distress tolerance*. Paper presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Jun, J., Keller, S., Zoellner, L., Feeny, N., & Hayes, A. (2014). Associations of predictors and processes of change in sudden gains in PTSD. In S. Keller (Chair), *In-session processes of change during PTSD treatment: Fear reduction, cognitive processes, and distress tolerance*. Paper presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Hayes, A. M., Yasinski, C., & Ready, C. B. (2013, Nov). The study of avoidance in the context of system change: a dynamical systems approach. In T. Lynch (Chair). *Avoidance, emotion, and well-being: New thinking about old ideas*. Paper presented at the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Yasinski, C., Hayes, A.M., Berman, I., Ready, C.B., & Webb, C. (2013, Nov). *The effect of caregiver support, avoidance, and unproductive processing on therapeutic outcome in trauma-focused cognitive behavioral therapy for children and adolescents*. Poster presented at the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Ready, C. B., Hayes, A. M., Laurenceau, J. P. (2013, June). Limitations of a self-distanced perspective: Alexithymia as a moderator of self-distancing and emotional processing. In Yasinski, C. & Ready, C. (Chairs), *Experimental examinations of self-distancing and decentering: Implications for psychopathology and treatment*. Paper presented at the World Congress of Cognitive and Behavioral Therapies, Lima, Peru.

Yasinski, C. & Hayes, A.M. (2013, June). Combating rumination in everyday life: An investigation of daily self-distancing, immersion, and distraction in a highly ruminative population. In Yasinski, C. & Ready, C. (Chairs), *Experimental examinations of self-distancing and decentering: Implications for psychopathology and treatment*. Paper presented at the World Congress of Cognitive and Behavioral Therapies, Lima, Peru.

Hayes, A.M., Yasinski, C., & Ready, C. B. (2013, May). How the narrative writing paradigm can be used to examine the process of change in psychotherapy. In Park, C. (Chair). *Advances in the science of narrative: Implications for evidence-based treatments*. Paper presented at the Association for Psychological Science (APS), Washington, D. C.

Hayes, A. M. (2012, August). The development of exposure-based cognitive therapy for depression: An integration of basic and applied research. In Sloan, D. (Chair). *The art of clinical science in intervention development: Moving from the lab to the world outside*. Paper presented at the American Psychological Association, Orlando, FL.

Hayes, A.M. (2012, June). Member of plenary session. Silberschatz, G. (Chair). *Change mechanisms in psychotherapy: state of the art, state of the science, and a bridge between them*. Presented at the Society for Psychotherapy Research, Virginia Beach, VA.

Grosse Holtforth, M., Doerig, N, Krieger, T., Altenstein, D., & Hayes, A. (2011, August). Exposure-based cognitive therapy for depressed outpatients – preliminary findings. In C. Bockting (Chair). *Help, my depressed patient does not remit: Advances in CBT for chronic depression*. Paper presented at the European Association of Cognitive and Behavioural Therapies. Reykjavík, Iceland.

Hayes, A. M. (2011, June). Studying the process of change in the context of dissemination: Trauma-focused cognitive behavioral therapy. In T. Fowles and R. Beveridge (Chairs). *Dissemination of evidence-based practice: The science of psychotherapy in the community*. Paper presented at the Association for Psychological Science, Washington, D.C.

Hayes, A. M., Yasinski, C., & Ready, C. B. (2011, November). Emotional processing, destabilization, and associative networks in an exposure-based cognitive therapy for depression. In A. M. Hayes and K. Dobson (Chairs). *Measuring associative networks over the course of CBT: New methods for studying the process of change*. Paper presented at the Association of Behavioral and Cognitive Therapies. Toronto, Canada.

Ready, C. B. & Hayes, A. M. (2011, November). *The association of behavioral inhibition and behavioral activation systems with depression symptoms over the course of an exposure-based treatment for depression*. Paper presented at the Association of Behavioral and Cognitive Therapies. Toronto, Canada.

Yasinski, C. & Hayes, A. M. (2011, November). A method to study change in psychotherapy from a dynamic systems perspective: State space grids and Gridware. In A. M. Hayes and K. Dobson (Chairs). *Measuring associative networks over the course of CBT: New methods for studying the process of change*. Paper presented at the Association of Behavioral and Cognitive Therapies. Toronto, Canada.

Grosse Holtforth, M., Wilm, K., Sutter, M., Hayes, A. M., & Caspar, F. (2010, June). Exposure-based cognitive therapy for depressed outpatients: A pilot investigation. In C. Bochting and M. Grosse Holtforth (Chairs), *Acute treatment of depression and long term effects: What works for whom and new developments*. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Hayes, A. M. (2010, June). From avoidance and rumination to emotional processing. In S. Schönfeld (Chair). *Emotion avoidance in disorders with recurrent negative thinking (GAD and Depression): From the lab to the therapy room*. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Hayes, A. M., Feldman, G., Beevers, C. & Laurenceau, J. P. (2010, June). Can the principles of exposure be applied to the treatment of depression? Implications for relapse prevention. In C. Bochting and M. Grosse Holtzforth (Chairs), *Acute treatment of depression and long term effects: What works for whom and new developments*. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Hayes, A. M. (2010, June). Panel discussant in M. Grosse Holtzforth (Chair). *Getting beyond the glass is half full or half empty in the treatment of depression: Joining forces to work on the half empty glass*. Panel discussion at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Ready, C.B., Hayes, A.M., Laurenceau, J.P., & Feldman, G. (2010, June). *Emotional processing, rumination, and associative networks in an exposure-based treatment for major depressive disorder: An application of Emotional Processing Theory*. Poster presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Chen, F. F., Hayes, A., Carver, C., & Laurenceau, J. P., Juliano, K., & Zhang, Z. (2010, May). *The best of both worlds: Bifactor modeling of multifaceted constructs*. Poster presented at the American Psychological Society Annual Conference, Boston, Massachusetts.

Cummings, J. A., Hayes, A. M., Winters, V., Webb, C. & Grasso, D. (2009, November). Interpersonal correlates of avoidance, an inhibitor of change in youth PTSD related to interpersonal trauma. In P. J. Norton (Chair), *Understanding and predicting treatment-interfering behavior and events*. Paper presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

Hayes, A. M., Webb, C., Grasso, D., Cummings, J. A., & Vahlsing, J. B. (2009, November). Processes that inhibit and facilitate change in trauma-focused cognitive behavioral therapy for youth exposed to interpersonal violence. In E. Deblinger (Chair), *Interventions for youth exposed to trauma/abuse: Understanding change processes*. Paper presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

Hayes, A. M., Cummings, J. A., Vahlsing, J. B., Grasso, D., Webb, C., & Feldman, G. C. (2009, November). An affective spike pattern and cognitive/emotional processing as precursors of change in exposure-based therapies for PTSD and depression. In B. Kleim (Chair), *Innovative ways of investigating how and why patients with PTSD and related disorders change during CBT for PTSD*. Paper presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

Vahlsing, J. B., & Hayes, A. M. (May 2009). *Caregiver's history of depressive symptoms and child affect expression during structured interactions*. Poster presented at the Association for Psychological Science, San Francisco, CA.

Hayes, A. M., Feldman, G. C., Laurenceau, J. P., Sahl (Cummings), J. C., & Vahlsing, J. B. (2008, November). An affective spike pattern as a precursor of change in cognitively-based therapies for depression and personality disorders. In J. B. Persons (Chair), *The process of change in cognitive behavior therapy*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Sahl (Cummings), J. A., Hayes, A. M., & Feldman, G. C. (2008, November). *Associations between avoidance and processing in cognitive therapy for avoidant and obsessive-compulsive personality disorders*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Sahl (Cummings), J. A., Cardaciotto, L., & Hayes, A. M. (2008, May). *Self-esteem variability predicts treatment outcome for avoidant and obsessive-compulsive personality disorders*. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

Laurenceau, J. P., Hayes, A. M. (November, 2007). Studying nonlinear and discontinuous patterns of change in psychotherapy. In D. A. Atkins & J. P. Laurenceau (Chairs). *How advancements in the basic science of methodology can improve the study of clinical problems and intervention*. Paper presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Feldman, G.C., Hayes, A.M., Greeson, J.G., & Ward, K. (November, 2006). Reductions in stagnant deliberation during mindfulness training: A pilot study. In J. Waltz (Chair). *Mindfulness-based interventions: Recent developments in understanding mechanisms of change*. Paper presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Hayes, A.M., Beevers, C.G., Feldman, G.C., Smith, J., & Laurenceau, J.P. (November, 2006). Cognitive changes associated with two patterns of symptom change in an integrative therapy for depression: The rapid response and transient symptom exacerbation. In D. Fresco (Chair). *Translating mechanisms to practice in cognitive behavioral therapies for depression*. Paper presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Angus, L., Barber, J.P., Connolly Gibbons, M.B., Castonguay, L.G., Crits-Christoph, P., Elliott, R., Hayes, A.M., & Hill, C.E. (co-chairs) (June, 2006). *Insight in psychotherapy: Empirical findings about its nature and impact*. Paper presented at the annual meeting of the Society for Psychotherapy Research. Edinburgh, Scotland.

Hayes, A. M., Feldman, G. C., & Goldfried, M. R. (June, 2006). Insight/processing, rumination, and avoidance in an integrative therapy for depression. In L. Angus et al. (Co-Chairs). *Insight in psychotherapy: Empirical findings about its nature and impact*. Paper presented at the annual meeting of the Society for Psychotherapy Research. Edinburgh, Scotland.

Feldman, G.C., Hayes, A.M., Kumar, S.M., Greeson, J.M., & Laurenceau, J.P. (November, 2005). Assessing mindfulness in the context of emotion regulation: The Revised Cognitive and Affective Mindfulness Scale (CAMS-R). In J. Herbert & L. Cardaciotto (Chairs). *The conceptualization and assessment of mindfulness*. Paper presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Hayes, A. M., Laurenceau, J. P., Feldman, G. C., Beevers, C., Perlman, C. A., & Galyardt, W. (November, 2004). Do the principles of exposure apply to the treatment of depression? In S. Hayes (Chair). *New advances in emotional processing and exposure-based treatments*. Paper presented at the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Feldman, G. C., Hayes, A. M., Laurenceau, J. P., Beevers, C. G. (November, 2004). *Productive and unproductive cognitive/emotional processing in an exposure-based therapy for depression*. Poster presented at the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Hayes, A. M. & Feldman, G. (November, 2003). New perspectives on change and treatment development. In A. M. Hayes (Chair). *New developments in cognitive-behavioral therapy research*. Paper presented at the North American Chapter of the Society for Psychotherapy Research. Newport, Rhode Island.

Feldman, G. & Hayes, A. M. (November, 2003). Dwelling and spreading: Unproductive responses to problems and vulnerability to depression. In E. R. Watkins (Chair), *Emotional processing in psychiatric disorders: Comparing productive and unproductive working through of upsetting events*. Paper presented at the annual convention of the Association for the Advancement of Behavior Therapy, Boston MA.

Feldman, G., Hayes, A. M., Kumar, S., & Greeson, J. (November, 2003). Clarifying the construct of mindfulness: Relations with experiential avoidance, overengagement, and change with mindfulness training. In K. Salters and J. Lerner (Chairs), *Mindfulness and acceptance-based behavior therapies: Methods and mechanisms*. Paper presented at the annual convention of the Association for the Advancement of Behavior Therapy, Boston MA.

Hayes, A. M., Laurenceau, J., Beevers, C., & Feldman, G. (November, 2003). Nonlinear patterns of change in a cognitive behavioral therapy for depression: The role of variability in change. In A. M. Hayes (Chair), *Challenges to the assumptions of linearity in the process of change in psychotherapy*. Symposium presented at the Association for the Advancement of Behavior Therapy, Boston MA.

Feldman, G.C., Kumar, S.M., Galyardt, W.M., & Hayes, A.M. (November, 2002). *A self-report measure of mindfulness*. Poster presented at the Association for the Advancement of Behavior Therapy, Reno, NV.

Feldman, G.C., Hayes, A.M., & Freshman, C. (November, 2002). Productive mental problem solving: Cognitive flexibility and mental simulation as alternatives to worry and rumination. In G. Feldman and D. Fresco (Chairs), *Worry and rumination: Common features, distinctions, and alternatives*. Paper presented at the Association for the Advancement of Behavior Therapy, Reno, NV.

Strauss, J.L., Hayes, A.M., & Newman, C.F. (June, 2002). *The doctor-patient treatment alliance: Alliance strength and variability as predictors of treatment outcomes*. Paper presented at the National Research Services Association annual meeting, Washington, D.C.

Freshman, C. J., Hayes, A. M., & Feldman, G. (January, 2002). *Predictors of depression in the first year of law school*. Paper presented at the American Association of Law Schools, New Orleans, LA.

Feldman, G.C., Hayes, A.M., & Carver, C.S. (November, 2001). *The development of the Mental Simulation Questionnaire*. Poster presented at the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

Harris, M. S., Lewis, J., & Hayes, A. M. (November, 2001). *Self-worth schemas and cognitive processes as predictors of mood reactivity*. Poster presented at the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

Greenawalt, D., & Hayes, A. M. (August, 2001). *Rational and intuitive judgments among dysphoric, previously depressed, and never depressed individuals*. Poster presented at the annual convention of the American Psychological Association, San Francisco, CA.

Lewis, J., Hayes, A. M., & Wolfson, B. (August, 2001). *Cognitive and behavioral coping strategies and adult attachment styles*. Poster presented at the annual convention of the American Psychological Association, San Francisco, CA.

Freshman, C. J., & Hayes, A. M. (July, 2001). The lawyer-negotiator as mood manager: Lessons and questions from research. In Honeyman, C. (Chair). *The gap between what dispute resolution research establishes and what becomes "known" in practice*. Paper presented at Law and Society, Budapest, Hungary.

Beevers, C., Hayes, A. M., Greenawalt, D., & Laurenceau, J. P. (July, 2001). Cognitive and affective predictors of change in depression. In D. Hope (Chair), *Mechanisms of change in cognitive-behavioral therapy*. Paper presented at World Congress of Cognitive and Behavioral Therapy. Vancouver, BC.

Hayes, A. M., Beevers, C., Greenawalt, D., & Laurenceau, J. P. (July, 2001). The role of variability in change: Lessons from dynamic systems theory. In M. Whisman (Chair). *Expanding the frontiers of cognitive therapy*. Paper presented at World Congress of Cognitive and Behavioral Therapy. Vancouver, BC.

Freshman, C. J., & Hayes, A. M. (May, 2001). *Mood and negotiation: What we know and don't know from research*. Paper presented at Therapeutic Jurisprudence, Cincinnati, OH.

Hayes, A. , Beevers, C., Kumar, S., Winett, C. (June, 2000). *What dynamic systems theory can teach us about the study of change in psychotherapies for depression*. Paper presented at the Society for Psychotherapy Research, Chicago, IL.

Castonguay, L. G., Hayes, A. M., Schut, A., Goldfried, M. R., Drozd, J., Shapiro, D. (April, 2000). *Cognitive-behavioral and psychodynamic-interpersonal therapies: An investigation of therapist focus of intervention and outcome*. Paper presented at the Society for the Exploration of Psychotherapy Integration, Washington, D. C.

Hayes, A. & Kumar, S. (November, 1999). A dynamic systems perspective on self-regulation and depression. In Hayes, A. M. (Chair). *Self-regulation principles and depression: Implications for treatment development*. Symposium presented at the Association for the Advancement of Behavior Therapy, Toronto, Canada.

Wolfson, B. A., Hayes, A. M., Winett, C., & Steffen, P. (November, 1999). *Early maladaptive schemas, mood, and coping*. Poster presented at the Association for the Advancement of Behavior Therapy, Toronto, Canada.

- Winett, C., Hayes, A. M., Wolfsdorf, B., & Steffen, P. (November, 1998). *The role of social rhythms, healthy exercise, sleep, and diet patterns in depressive symptoms and psychological well-being*. Poster presented at the Association for the Advancement of Behavior Therapy, Washington, D. C.
- Castonguay, L., Hayes, A., Goldfried, M., Drozd, J., Schut, R., & Shapiro, D. (June, 1998). *Interpersonal and intrapersonal focus in psychodynamic-interpersonal and cognitive-behavioral therapies: A replication and extension*. Paper presented at the Society for Psychotherapy Research, Salt Lake City, Utah.
- Hayes, A. M. (March, 1997). *The Rating Scale of Therapy Change Process: Operationalizing principles of dynamical systems theory*. Poster presented at the 1st Joint Conference on Complex Systems in Psychology, Gstaad, Switzerland.
- Bauserman, S. A. K., Hayes, A. M., Harris, M. & Schaeffer, A. (November, 1996). *Early maladaptive schemas and borderline personality disorder*. Poster presented at the Association for the Advancement of Behavior Therapy, New York, NY.
- Harris, M., Hayes, A. M., & Bauserman, S. A. K. (November, 1996). *The relationship between schemas, coping, adult attachment, and dysphoria*. Poster presented at the Association for the Advancement of Behavior Therapy, New York, NY.
- Castonguay, L. G. & Hayes, A. M. (June, 1996). *The focus of therapists' feedback in cognitive-behavioral and psychodynamic-interpersonal therapies: A comparison of two manualized treatments for depression*. Paper presented at the Society for Psychotherapy Research, Amelia Island, FL.
- Hayes, A. M. (June, 1996). Dynamic systems theory as a paradigm for studying the process of change in psychotherapy. In Hayes, A. M. (Chair). *New directions in psychotherapy process research*. Symposium at the Society for Psychotherapy Research, Amelia Island, FL.
- Samoilov, A., Goldfried, M. R., Drozd, J. F., Hayes, A. M., Castonguay, L. G., & Shapiro, D. A. (April, 1996). *The structure of therapists' interventions during high impact cognitive-behavioral and psychodynamic-interpersonal sessions*. Paper presented at the Society for the Exploration of Psychotherapy Integration, San Francisco, CA.
- Gittes, M. G., & Hayes, A. M., Wellens, A. R., & Robins, C. J. (November, 1995). *How do socially dependent and achievement-oriented individuals respond to hypothetical negative life events?* Poster presented at the Association for the Advancement of Behavior Therapy, Washington, D. C.
- Hayes, A. M., Perez-Carrillo, L., & Gittes, M. G. (November, 1995). *Adult attachment and responses to a hypothetical separation scenario*. Poster presented at the Association for the Advancement of Behavior Therapy, Washington, D. C.
- Gittes, M. G., & Hayes, A. M., Wellens, A. R., & Robins, C. J. (August, 1995). *Personality styles and coping strategies following hypothetical negative life events*. Poster presented at the American Psychological Association, New York, NY.
- Hayes, A. M. (June, 1995). *A preliminary test of therapeutic change models in the context of recovery from depression*. Poster presented at the Society for Psychotherapy Research, Vancouver, Canada.
- Hayes, A. M. (April, 1995). *The principles of therapeutic change: What do we know so far and where are we going?* Paper presented at the Society for the Exploration of Psychotherapy Integration, Bethesda, MD.

Hayes, A. M., Castonguay, L. G., & Goldfried, M. R., Lawrence, J. (November, 1993). *An interpersonal focus in cognitive therapy for depression: Predicting treatment response and relapse*. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, MA.

Hayes, A. M., Castonguay, L. G., & Goldfried, M. R., Lawrence, J. (November, 1993). *Therapist interventions associated with change in attributional style during cognitive therapy for depression*. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, MA.

Castonguay, L. G., Wiser, S., Raue, P., Hayes, A. M., Goldfried, M. R. (June, 1993). Predicting change in cognitive therapy for depression: The role of the client's experiencing, therapist focus of intervention, and the working alliance. In Castonguay, L. G. (Chair), *Active ingredients in cognitive therapy for depression*. Symposium presented at the Society for Psychotherapy Research, Philadelphia, PA.

Hayes, A. M. (June, 1993). Therapist interventions associated with better and worse outcomes in cognitive therapy for depression. In Castonguay, L. G. (Chair), *Active ingredients in cognitive therapy for depression*. Symposium presented at the Society for Psychotherapy Research, Philadelphia, PA.

Robins, C.J., Block, P. & Hayes, A. M. (November, 1992). *Sociotropy, autonomy, dependency, self-criticism, and symptom profiles among dysphoric students*. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, MA.

Robins, C.J., Block, P. & Hayes, A. M. (November, 1992). *Effect of mood state changes and repeated testing on measures of cognitive schemata and automatic thoughts*. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, MA.

Robins, C.J., Hayes, A. M., & Block, P. (November, 1992). *Effects of depressive symptoms and cognitive-personality variables on the occurrence of negative life events*. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, MA.

Hayes, A. M., Castonguay, L. G., & Goldfried, M. R. (November, 1992). *Cognitive therapy for depression: Therapist focus and treatment response*. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, MA.

Robins, C.J., Ladd, J. S., Hayes, A. M., & Welkowitz, J. (December, 1991). *The measurement of excessive achievement and interpersonal concerns among depressives*. Paper presented at Society for Research in Psychopathology, Cambridge, MA.

Hayes, A. M. (November, 1990). *Identifying common intervention strategies and mechanisms of change in three psychotherapies for depression*. Chair of symposium presented at the Association for the Advancement of Behavior Therapy, San Francisco, CA.

Castonguay, L.G., Goldfried, M. R., Hayes, A. M., Raue, P. J., Wiser, S. L., Raue, P. J., & Shapiro, D. A. (June, 1990). *Quantitative and qualitative analyses of process-outcome data for different therapeutic approaches*. Poster presented at the Society for Psychotherapy Research, Wintergreen, VA.

Kerr, S., Goldfried, M. R., Hayes, A. M., Goldsamt, L. A. (June, 1989). *Differences in therapeutic focus in an interpersonal-psychodynamic and cognitive-behavioral therapy*. Poster presented at Society for Psychotherapy Research, Ontario Canada.

Goldsamt, L. A., Hayes, A. M., Goldfried, M. R., & Kerr, S. (June, 1989). *Beck, Meichenbaum, and Strupp: Similarities and differences in therapist focus*. Poster presented at the Society for Psychotherapy Research, Toronto, Canada.

Castonguay, L.G., Goldfried, M. R., Hayes, A. M., Kerr, S. (June, 1989). *An analysis process and outcome variables in the Sheffield Psychotherapy Project*. Paper presented at the Society for Psychotherapy Research, Toronto, Canada.

Kerr, S., Goldfried, M. R., Hayes, A. M., Goldsamt, L. A. (April, 1989). *Interpersonal and intrapersonal issues in psychotherapy: A comparison of two orientations*. Paper presented at the Society for the Exploration of Psychotherapy Integration, Berkeley, CA.

Goldsamt, L. A., Goldfried, M. R., Hayes, A. M., & Kerr, S. (April, 1989). *A comparison of three psychotherapies on the dimension of therapist feedback*. Paper presented at the Society for the Exploration of Psychotherapy Integration, Berkeley, CA.

Hayes, A. M. & Goldfried, M. R. (April, 1988) *Coder orientation and estimates of inter-rater agreement on the Coding System of Therapist Focus*. Paper presented at the meeting of the Society for the Exploration of Psychotherapy Integration, Cambridge, MA.

## COURSES TAUGHT

Abnormal Psychology (undergraduate)  
 Honors Psychopathology (undergraduate)  
 Seminar on Depression and Suicide (undergraduate and graduate)  
 Advanced Psychopathology (graduate)  
 Adult Intervention: Empirically-Supported Treatments (graduate)  
 Clinical Practicum Supervision (graduate; general clinic and Mood Disorders Specialty Clinic)

## SERVICE

### LOCAL AND NATIONAL

- 2014-2015 Search committee to select Editor of *Journal of Consulting and Clinical Psychology*, Publications and Communications Board, American Psychological Association
- 2013-2016 Treasurer and Executive Committee Member, Academy of Psychological Clinical Science (APCS)
- 2012-2014 Delaware Committee on Evidence-Based Practice  
 Committee formed to bring evidence-based treatments for mental health disorders to the State of Delaware. This committee includes politicians, stakeholders, State mental health officials and service delivery representatives, and researchers.
- 2009-2012 American Psychological Association (APA) Division 12 Publications Committee. Involves recruiting and electing editors of APA journals in Clinical Psychology.
- 2008-present APA Division 12 Committee on Research-Supported Treatments
- 2007-2009 Health and Wellness Advisory Board, GoalQuest, Inc. a division of Halyard Education Partners (programs for colleges and universities to maximize student retention and mental health).
- 2003-2005 Research Agenda Committee, Association for the Advancement of Behavior Therapy
- 2001-2004 APA, Division 12 (3), Board Member, Society for the Science of Clinical Psychology

- 2000 APA, Division 29, Reviewer, Student Dissertation Awards
- 1998 Program Committee, Association for the Advancement of Behavior Therapy conference in Toronto, Canada.
- 1997 Co-Chair Academic Affairs Committee, Dade County Psychological Association
- 1997 Member of Local Arrangements Committee, Association for the Advancement of Behavior Therapy conference in Miami Beach, FL.
- 1997 Program Co-Chair, University of Miami Fifteenth Annual Stress, Coping, and Depression Conference

## UNIVERSITY AND DEPARTMENTAL

### *University of Delaware:*

College of Arts and Sciences Senator

College of Arts and Sciences Senate: Chair, Committee on Committees and Nominations (COCAN) (2012-2013)

Website Development Committee, Delaware Project (2012-2013). Product of a national conference held at the University of Delaware in October, 2011.

Search Committee Member, Department of Anthropology (Summer-Fall 2010)

Undergraduate Committee (2009-present)

Director of Clinical Science Program (2004-Sept 1, 2009)

Reviewer: Permanent Status Program Review, Master of Science Program in Health Services Administration (March, 2006)

Chaired two Clinical Science search committees (2005)

Graduate Committee (2004-2009)

### *University of Miami:*

Associate Director Adult Clinical Psychology (1999-2004), Acting Director 2002-2003

Adult Division Chair Graduate Admissions Committee (1998-2004)

University Summer Research Awards Review Committee (1996)

Adult Division Chair Qualifying Exam Committee (1995-2004)

Adult Division Practicum Coordinator and Advisor (1995-2004)

Adult Division Search Committee Member (6 years)

Psi Chi National Honor Society Advisor (1993-1995)