

Vita

**Douglas A. Bernstein**

## **CONTACT DETAILS**

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Birthdate, Place: December 27, 1942; Pittsburgh, Pennsylvania

## **EDUCATION**

Bachelor of Science (Psychology)

University of Pittsburgh

Pittsburgh, Pennsylvania; 1964

Master of Arts (Psychology)

Northwestern University

Evanston, Illinois; 1966

Thesis: The effects of non-differential pretraining upon subsequent visual discrimination performance

Doctor of Philosophy (Psychology)

Northwestern University

Evanston, Illinois; 1968

Dissertation: The modification of smoking behavior

## **ACADEMIC HISTORY**

1968-1972: Assistant Professor of Psychology

University of Illinois, Champaign, Illinois

1972-1977: Associate Professor of Psychology

University of Illinois, Champaign, Illinois

1977-1998: Professor of Psychology

University of Illinois, Champaign, Illinois

1978-1998: Associate Head, Department of Psychology

University of Illinois, Champaign, Illinois

1984-1998: Director, Introductory Psychology Program

University of Illinois, Champaign, Illinois

1998-1999: Visiting Professor, University of Surrey, UK

2001-2008: Visiting Professor Southampton University, UK

2006-2008: Education Advisor, School of Psychology, Southampton

University, UK

1999-present: Courtesy Professor, University of South Florida

January, 2008: Visiting Professor, *Institut de Psychologie*, University  
of Paris 5

2011-2018: Teaching Consultant, *Ecole de Psychologues Praticiens*,  
Paris, France

## LICENSURE

Licensed clinical psychologist, State of Illinois (inactive)

## PUBLICATIONS

### Books (all editions)

Bernstein, D. A. & Borkovec, T. (1973). *Progressive relaxation: A manual for the helping professions*. Champaign, Illinois: Research Press.

Bernstein, D. A. & Nietzel, M. T. (1980). *Introduction to clinical psychology*. New York: McGraw-Hill.

Nietzel, M. T. & Bernstein, D. A. (1987). *Introduction to clinical psychology* (2nd ed.). Englewood Cliffs, New Jersey: Prentice-Hall.

Bernstein, D. A., Roy, E. J., Srull, T. K., & Wickens, C. D. (1988). *Psychology*. Boston: Houghton-Mifflin Company.

Nietzel, M. T., Bernstein, D. A. & Milich, R. (1991). *Introduction to clinical psychology* (3rd edition). Englewood Cliffs, New Jersey: Prentice-Hall.

Bernstein, D. A., Roy, E. J., Srull, T. K., & Wickens, C. D. (1991). *Psychology* (2nd ed.). Boston: Houghton-Mifflin Company.

Bernstein, D. A., Clarke-Stewart, A., Roy, E. J., Srull, T. K., & Wickens, C. D. (1994). *Psychology* (3rd ed.) Boston: Houghton-Mifflin Company.

Nietzel, M. T., Bernstein, D. A. & Milich, R. (1994). *Introduction to clinical psychology* (4th edition). Englewood Cliffs, New Jersey: Prentice-Hall.

Bernstein, D. A., Clarke-Stewart, A., Roy, E. J., & Wickens, C. D. (1997). *Psychology* (4th ed.) Boston: Houghton-Mifflin Company.

Nietzel, M. T., Speltz, M. I., McCauley, E., & Bernstein, D. A. (1998). *Abnormal psychology*. Boston: Allyn & Bacon.

Nietzel, M. T., Bernstein, D. A., & Milich, R. (1998). *Introduction to clinical psychology* (5th edition). Englewood Cliffs, New Jersey: Prentice-Hall.

- Bernstein, D.A. & Nash, P.W. (1999). *Essentials of psychology*. Boston: Houghton Mifflin Company.
- Stec, A.M. & Bernstein, D.A. (Eds.), (1999). *Psychology: Fields of application*. Boston: Houghton Mifflin Company.
- Bernstein, D. A., Clarke-Stewart, A., Penner, L.A., Roy, E. J., & Wickens, C. D.(2000). *Psychology* (5th ed.) Boston: Houghton-Mifflin Company.
- Sattler, D.N., Shabatay, V., Kramer, G.P., & Bernstein, D.A. (Eds.) (2000). *Developmental psychology in context: Voices and perspectives*. Boston: Houghton Mifflin Company.
- Sattler, D.N., Shabatay, V., Kramer, G.P., & Bernstein, D.A. (Eds.) (2000). *Child development in context: Voices and perspectives*. Boston: Houghton Mifflin Company.
- Bernstein, D.A., Borkovec, T.D., & Hazlett-Stevens, H. (2000). *New directions in progressive relaxation training: A guidebook for helping professionals*. (2nd ed.) New York: Praeger.
- Cassel, E. & Bernstein, D.A. (2001). *Criminal behavior*. Boston: Allyn & Bacon.
- Bernstein, D.A. & Nash, P.W. (2002). *Essentials of psychology*.(2nd ed.) Boston: Houghton Mifflin Company.
- Bernstein, D. A., Penner, L.A., Clarke-Stewart, A., & Roy, E. J. (2003). *Psychology* (6th ed.) Boston: Houghton Mifflin Company.
- Nietzel, M. T., Bernstein, D. A., Kramer, G.P., & Milich, R. (2003). *Introduction to clinical psychology* (6th edition). Upper Saddle River, New Jersey: Prentice-Hall.
- Bernstein, D.A. & Nash, P.W. (2005). *Essentials of psychology* (3rd ed.) Boston: Houghton Mifflin Company.
- Goss Lucas, S. & Bernstein, D.A. (2005). *Teaching psychology: A step by step guide*. Mahwah, N.J.: Lawrence Erlbaum.
- Bernstein, D. A., Penner, L.A., Clarke-Stewart, A., & Roy, E. J. (2006). *Psychology* (7th ed.) Boston: Houghton Mifflin Company.
- Bernstein, D.A. & Nash, P.W. (2008). *Essentials of psychology* (4<sup>th</sup> ed.) Boston: Houghton Mifflin Company.
- Cassel, E. & Bernstein, D.A. (2007). *Criminal behavior*. (2<sup>nd</sup> ed.). New York, NY: Psychology Press.
- Bernstein, D. A., Penner, L.A., Clarke-Stewart, A., & Roy, E. J. (2008). *Psychology* (8<sup>th</sup> ed.) Boston: Houghton Mifflin Company.
- Kramer, G.P., Bernstein, D. A., & Phares, V. (2009). *Introduction to clinical psychology* (7<sup>th</sup> ed.) Upper Saddle River, New Jersey: Prentice-Hall.

Bernstein, D.A. (2010). *Essentials of psychology (5th ed.)*. Belmont, California: Wadsworth Cengage Learning.

Bernstein, D. A., Penner, L.A., Clarke-Stewart, A., & Roy, E. J. (2012). *Psychology (9th ed.)* Belmont, California: Wadsworth Cengage Learning.

Bernstein, D.A. (2014). *Essentials of Psychology (6th ed.)*. Belmont, CA: Wadsworth Cengage Learning.

Kramer, G.P., Bernstein, D. A., & Phares, V. (2014). *Introduction to clinical psychology (8th ed.)* Upper Saddle River, New York: Pearson.

Goss Lucas, S. & Bernstein, D. A, (2015), *Teaching psychology: A step by step guide (2nd ed.)*. New York: Taylor & Francis.

Bernstein, D.A. (2016). *Psychology: Foundations and Frontiers*. Belmont, CA: Wadsworth Cengage Learning.

Burke, B.L., Trost, S.E., deRoon-Cassini, T.A., & Bernstein, D.A. (2016). *Abnormal psychology (2nd ed.)*. Cleveland, OH: Academic Media Solutions.

Bernstein, D.A. (2019). *Essentials of Psychology (7th ed.)*. Belmont, CA: Wadsworth Cengage Learning.

Bernstein, D.A., Frantz, S., & Chew, S.L. (2020). *Teaching psychology: A step by step guide (3rd ed.)* New York: Routledge.

Hazlett-Stevens, H., & Bernstein, D.A. (2021). *Progressive relaxation training: A guide for practitioners, students, and researchers*. (3rd. ed) New York: Praeger.

Bernstein, D.A., Teachman, B.A., Olatunji, B.O., & Lilienfeld, S.O. (2021). *Introduction to clinical psychology: Bridging science and practice (9th ed.)* Cambridge: Cambridge University Press.

Cameron, E.L. & Bernstein, D.A. (2021, in press). *Illustrating Concepts and Phenomena in Psychology A teacher-friendly compendium of examples*. New York: Springer International Publishing.

### **Book Chapters**

Bernstein, D. A. (1973). Behavioral fear assessment: Anxiety or artifact? In H. Adams & P. Unikel (Eds.) *Issues and trends in behavior therapy*. Springfield, Illinois: Charles C. Thomas.

Bernstein, D. A. (1976). Anxiety management. In W. E. Craighead, A. Kazdin, and M. Mahoney (Eds.), *Behavior modification: Principles, issues, and applications*. Boston: Houghton-Mifflin.

Bernstein, D. A. (1976). Personality. In Bourne, L. & Ekstrand B. *Psychology: Its principles and meanings (Rev. Ed.)* Hinsdale, Illinois: Dryden Press, 1979, 1981.

Bernstein, D. A. & Nietzel, M. T. (1977). Demand characteristics and behavior modification: The natural history of a "nuisance." In M. Hersen, R. M. Eisler, & P. M. Miller (Eds.) *Progress in behavior modification*. New York: Academic Press.

Borkovec, T. Weerts, T. & Bernstein, D. A. (1977). Behavioral assessment of anxiety. In A. Ciminero, K. Calhoun, and H. E. Adams (Eds.), *Handbook of behavioral assessment*. New York: Wiley & Sons.

- Bernstein, D. A. (1978). Improving evaluation techniques in smoking modification. In J. L. Schwartz (Ed.) *Progress in smoking cessation*. New York: American Cancer Society.
- Bernstein, D. A. & Glasgow, R. E. (1979). The modification of smoking behavior. In O. F. Pomerleau and J. P. Brady (Eds.) *Behavioral medicine: Theory and practice*. Baltimore, Maryland: Williams & Wilkins.
- Lichtenstein, E. & Bernstein, D. A. (1980). Cigarette smoking as indirect self-destructive behavior. In N. Farberow (Ed.) *The many faces of suicide: Indirect self-destructive behavior*. New York: McGraw-Hill.
- Glasgow, R. E. & Bernstein, D. A. (1981). Behavioral treatment of smoking behavior. In L. A. Bradley & C. K. Prokop (Eds.) *Medical psychology: A new perspective*. New York: Academic Press.
- Nietzel, M. T. & Bernstein, D. A. (1981). Assessment of anxiety. In M. Hersen and A. Bellack (Eds.) *Behavioral Assessment* (2nd ed.). New York: Pergamon Press.
- Bernstein, D. A. & Given, B. A. (1984). Progressive relaxation: Abbreviated methods. In R. L. Woolfolk & P. M. Lehrer (Eds.), *Clinical guide to stress management*. New York: Guilford Press.
- Kleinknecht, R. A. & Bernstein, D. A. (1986). The fear thermometer. In M. Hersen & A. Bellack (Eds.) *Dictionary of behavioral assessment techniques*. New York: Pergamon Press.
- Nietzel, M. T. & Bernstein, D. A. (1986). Assessment of anxiety. In M. Hersen and A. Bellack (Eds.) *Behavioral assessment* (3rd ed.). New York: Pergamon Press.
- Bernstein, D. A., Borkovec, T. D., & Coles, M. G. H. (1986). Assessment of Anxiety. In A. R. Ciminero, K. S. Calhoun, & H. E. Adams (Eds.) *Handbook of behavioral assessment* (2nd ed.). New York, Wiley.
- Bernstein, D. A. & Carlson, C. (1992). Progressive relaxation: Abbreviated methods. In P.M. Lehrer & R. L. Woolfolk (Eds.) *Principles and practice of stress management* (2nd edition). New York: Guilford.
- Carlson, C. & Bernstein, D. A. Relaxation skills (1995). In W.O'Donohue & L. Krasner (Eds.) *Handbook of skills training*. New York: Pergamon Press.
- Bernstein, D. A. (1997). Reflections on teaching introductory psychology. In R. J. Sternberg (Ed.) *Teaching introductory psychology: Survival tips from the experts*. Washington, D. C.: American Psychological Association.
- Bernstein, D.A. (2002). Promoting the teaching of psychology: A history of NITOP. In W. Buskist & S. Davis (Eds.), *The teaching of psychology: Essays in honor of Wilbert J. McKeachie and Charles L. Brewer*. Hillsdale, N.J.: Erlbaum.
- Bernstein, D.A. & Goss-Lucas, S. (2004). Tips on effective teaching: Planning and managing your courses. In R. Roediger, J. Darley, & M. Zanna (Eds.), *The compleat academic: A career guide* (2<sup>nd</sup> ed.). Washington, D.C.: American Psychological Association.
- Bernstein, D.A. (2005). Was it good for you, too?: Keeping teaching exciting for us and for them. In B. Perlman, L.I. McCann, & W. Buskist (Eds.), *Voices of experience: Memorable talks from the National*

*Institute on the Teaching of Psychology*. Washington, D.C.: American Psychological Society.

Bernstein, D.A. (2005). Building a repertoire of effective classroom demonstrations. In W. Buskist & S.F. Davis (Eds.), *Handbook of the teaching of psychology*. New York: Blackwell.

Bernstein, D.A. (2006). Tales of an accidental teacher. In W. Buskist, et al. (eds). *The teaching of psychology in autobiography: Perspectives from psychology's best teachers*. E-book appearing on the website of the Society for the Teaching of Psychology (<http://teachpsych.lemoyne.edu/teachpsych/div/divindex.html>).

Bernstein, D. A., Carlson, C., & Schmidt, J.E. (2007). Progressive relaxation: Abbreviated methods. In P.M. Lehrer & R. L. Woolfolk (Eds.) *Principles and practice of stress management* (3rd edition). New York: Guilford.

Bernstein, D.A. & Upton, D. (2010). Curriculum development. In D. Upton & A. Trapp (Eds.) *Teaching psychology in higher education*. Oxford, UK: Blackwell.

Weiten, W., Halpern, D., & Bernstein, D.A. (2012). The ethics of textbooks. In R. E. Landrum & M. A. McCarthy (Eds.), *Teaching ethically: Addressing the ethical challenges facing undergraduate teachers of psychology*. Washington, D.C.: APA Books.

Hazlett-Stevens, H. & Bernstein, D.A. (2012 ). Relaxation. In W. O'Donohue & J. Fisher (eds.), *Cognitive behavior therapy: Core principles for practice*. Hoboken, NJ: John Wiley & Sons.

Hazlett-Stevens, H. & Bernstein, D.A. (2016). Relaxation training. In V. Zeigler-Hill & T.K. Shackelford (eds.), *Encyclopedia of personality and individual differences*. New York: Springer International Publishing.

Bernstein, D.A. (2020). Promoting critical thinking by teaching, or taking, psychology courses. In Sternberg, R.J. & Halpern, D.F. (Eds.), *Critical thinking in psychology (2nd Ed.)*. New York: Cambridge University Press.

Bernstein, D.A. (2021, in press). Basic principles and procedures for effective teaching in psychology. In J. Zumbach, D.A. Bernstein, S. Narciss, & G. Marsico (Eds.), *International handbook of psychology learning and teaching*. Cham, Switzerland: Springer.

## Articles

Bernstein, D. A. (1969). The modification of smoking behavior: An evaluative review. *Psychological Bulletin*, 71, 418-440. Reprinted by Warner Modular Publications, Inc. 1973. [A greatly expanded version is included in W. A. Hunt (Ed.). (1970) *Learning mechanisms and smoking*. Chicago: Aldine.]

Bernstein, D. A. & Allen, G. (1969). Fear survey schedule (II): Normative data and factor analyses based upon a large college sample. *Behaviour Research and Therapy*, 7, 403-407.

Bernstein, D. A. & Alloway, T. (1969). On the use of alternative organisms. *Journal of Applied Psychology*,

53, 506-509.

Bernstein, D. A. (1970). Modification of smoking behavior: A search for effective variables. *Behaviour Research and Therapy*, 8, 133-146.

Bernstein, D. A. & Beaty, W. (1972). The use of *in vivo* desensitization as part of a total therapeutic intervention. *Journal of Abnormal Psychology*, 2, 259-265.

Miller, B. & Bernstein, D. A. (1972). Instructional demand in a behavioral avoidance test for claustrophobic fear. *Journal of Abnormal Psychology*, 80, 206-210.

Rappaport, J., Bernstein, D. A., Hogan, M., Kane, J., Plunk, M. & Sholder M. (1972). Fraternal and communal living: Values and behavior on the campus. *Journal of Counseling Psychology*, 19, 296-300.

Bernstein, D. A. (1973). Situational factors in behavioral fear assessment: A progress report. *Behavior Therapy*, 4, 41-48.

Bernstein, D. A. & Paul, G. (1973). Some comments on psychotherapy analogue research on small animal "phobia." *Journal of Behavior Therapy and Experimental Psychiatry*, 2, 225-237. This paper also appears in C. Franks (Ed.) *Annual review of behavior therapy*. New York: Brunner/Mazel Publishers.

Paul, G. & Bernstein, D. A. (1973). *Anxiety and clinical problems: Treatment by systematic desensitization and related techniques*. New York: General Learning Press. Reprinted in W. S. Sahakian (Ed.) *Psychopathology today* (2nd ed.) Itasca, Illinois: Peacock Publishers, 1979.

Bernstein, D. A. (1974). Manipulation of avoidance behavior as a function of increased or decreased demand on repeated behavioral tests. *Journal of Consulting and Clinical Psychology*, 42, 896-900.

Bernstein, D. A. & Nietzel, M. T. (1973). Procedural variation in behavioral avoidance tests. *Journal of Consulting and Clinical Psychology*, 41, 165-174. Reprinted in H. Strupp, A. Bergin, P. Lang, I. Marks, J. Mattarazzo, and G. Patterson (Eds.), *The 1973 psychotherapy and behavior change annual*. Chicago: Aldine, 1974.

Bernstein, D. A. & Nietzel, M. T. (1974). Behavioral avoidance tests: The effects of demand characteristics and repeated measures on two types of subjects. *Behavior Therapy*, 5, 183-192.

MacDonald, M. & Bernstein, D. A. (1974). Treatment of a spider phobia with *in vivo* and imaginal desensitization. *Journal of Behavioral Therapy and Experimental Psychiatry*, 5, 47-52.

Bernstein, D. A. & McAlister, A. (1976). The modification of smoking behavior: progress and problems. *Addictive Behaviors*, 1, 89-102.

Kleinknecht, R., Klepac, R. & Bernstein, D. A. (1976). Psychology and dentistry: Potential benefits from a health care liaison. *Professional Psychology*, 7, 582-592.



- Nietzel, M. T. & Bernstein, D. A. (1976). The effects of instructionally mediated demand upon the behavioral assessment of assertiveness. *Journal of Consulting and Clinical Psychology, 44*, 500.
- Scheiderer, E. G. & Bernstein, D. A. (1976). A case of chronic back pain and the "unilateral" treatment of marital problems. *Journal of Behavior Therapy and Experimental Psychiatry, 7*, 47-50.
- Speltz, M. & Bernstein, D. A. (1976). A note on the effects of anonymity, response consequence information, and sex on the self-assessment of fear. *Behaviour Research and Therapy, 14*, 375-377.
- Speltz, M. & Bernstein, D. A. (1976). Sex differences in fearfulness: Verbal report, overt avoidance, and demand characteristics. *Journal of Behavior Therapy and Experimental Psychiatry, 7*, 117-122.
- Kleinknecht, R.A. & Bernstein, D.A. (1978). The assessment of dental fear. *Behavior Therapy, 9*, 626-634.
- Bernstein, D. A., Kleinknecht, R. A. & Alexander, L. D. (1979). Antecedents of dental fear. *Journal of Public Health Dentistry, 39*, 113-124.
- Speltz, M. L. & Bernstein, D. A. (1979). The use of participant modeling for claustrophobia: A case report. *Journal of Behavior Therapy and Experimental Psychiatry, 10*, 251-255.
- Kleinknecht, R. A. & Bernstein, D. A. (1979). Short-term treatment of dental avoidance. *Journal of Behavior Therapy and Experimental Psychiatry, 10*, 311-315.
- Bernstein, D. A., & Kleinknecht, R. A. (1982). Multiple approaches to the reduction of dental fear. *Journal of Behavior Therapy and Experimental Psychiatry, 13*, 287-292.
- Bernstein, D. A. (1983). Dealing with teaching anxiety. *Journal of the National Association of Colleges and Teachers of Agriculture, 27*, 4-7.
- Kleinknecht, R. A. & Bernstein, D. A. (1986). The dental operatory rating scale. In M. Hersen & A. Bellack (Eds.) *Dictionary of behavioral assessment techniques*. New York: Pergamon Press.
- Schutt, N. L. & Bernstein, D. A. (1986). Relaxation skills for the patient, dentist, and auxiliaries. *Dental Clinics of North America, 30*, 93-105.
- Aldrich, K. J. & Bernstein, D. A. (1987). The effect of time of day on hypnotic susceptibility. *International Journal of Clinical & Experimental Hypnosis, 35*, 141-145.
- Greeley, D., Valois, R., & Bernstein, D. A. (1992). Stability of salivary cotinine sent through the U.S. mail for verification of smoking status. *Addictive Behaviors, 17*, 291-296.
- Bernstein, D.A. (1993). Excuses, excuses. *APS Observer, 6*, 4.

Bernstein, D.A. (1994). Tell and show: The merits of classroom demonstrations. *APS Observer*, July/August. [Reprinted in B. Perlman, L.I. McCann, & S.H. McFadden (Eds.), *Lessons learned: Practical advice for the teaching of psychology*. (Vol. 1) Washington, D.C.: American Psychological Society.]

Bernstein, D.A. (2004). Stick 'em up: A simple classroom illustration of the linkages among psychology's subfields. *Psychology Teacher Network*, 14, (1), 6-7.

Bernstein, D.A. (2013). Parenting and teaching: What's the connection in the classroom? *Psychology Teacher Network*, 23, 1-6.

Bernstein, D.A. (2017). Bye-bye intro: A proposal for transforming introductory psychology. *Scholarship of Teaching and Learning in Psychology*, 3, 191-197.

Bernstein, D.A. (2018). Does active learning work? A good question, but not the right one. *Scholarship of Teaching and Learning in Psychology*, 4, 290-307.

## **PRESENTATIONS**

### **Presentations on Teaching**

#### **"Dealing with Teaching Anxiety"**

Talk presented as part of Faculty Development Series, College of Agriculture, University of Illinois, Urbana, March, 1983.

Colloquium presented at the Department of Psychology, University of Illinois, Champaign, January, 1985.

Paper presented at annual meeting of the National Association of Colleges and Teachers of Agriculture, Raleigh, North Carolina, June, 1985.

Seminar presented to meeting of Delta Pi Epsilon (Teachers' Organization), Urbana, Illinois, September, 1985.

Paper presented at meeting of the West Virginia Psychological Association, Morgantown, West Virginia, October, 1985.

Colloquium presented at Purdue University, West Lafayette, Indiana, November, 1985.

Paper presented to Seventh Annual Conference on the Teaching of Psychology, Fort Wayne, Indiana, November, 1985.

Talk presented to introductory psychology faculty at the University of California, Davis, February, 2000.

Talk presented at First Annual Summer National Institute on the Teaching of Psychology, St. Petersburg Beach, Florida, July, 2001.

Presented (in French) at the French National Conference on the Teaching of Psychology, Ecole de Psychologues Praticiens, Paris, France, September 16, 2016.

Presented at the 39th National Institute on the Teaching of Psychology, St. Pete Beach, Florida, January 3, 2017.

**"Was It Good For You, Too?: Keeping Teaching Exciting For Us and For Them."**

Presented at First Annual Southern Regional Conference on the Teaching of Psychology. Kennesaw State College, Atlanta, Georgia, April, 1989.

Presented at 5th Annual Farmingdale Conference on the Teaching of Psychology. Ellenville, New York, April 1991.

Presented at the 15th Annual National Institute on the Teaching of Psychology. St. Petersburg Beach, Florida, January 1993.

Colloquium presented at Department of Psychology, West Virginia University, August, 2002.

Presented at the Society for Social and Personality Psychology preconference teaching event, Albuquerque, New Mexico, February, 2008.

Presented at the Psychology Faculty, Des Moines Community College, Des Moines, Iowa, February 11, 2008.

Presented at the 14th Lewis M. Terman Western Regional Teacher's Conference, Irvine, California, April 9, 2008.

Presented at the Rocky Mountain Psychological Association's Portenier-Wertheimer Teaching Preconference Event, April 10, 2008.

Presented at the First Annual French National Colloque on the Teaching of Psychology, University of Paris Descartes, May 30, 2008.

Presented at the International Association for Scientific Knowledge Conference on Teaching and Learning, Porto, Portugal, December 7, 2009.

Presented at the Department of Psychology, St. Leo University, St. Leo, Florida, January 9, 2010.

Presented at Faculty Development Day, Maryville University, St. Louis, Missouri, March 11, 2010.

Presented at the Eastern Conference on the Teaching of Psychology, Staunton, Virginia, June 20, 2014.

### **"Classroom Demonstrations for Psychology."**

Presented at the Thirteenth Symposium on Learning, Western Washington University, Bellingham, Washington, May, 1989.

Workshop presented in association with the APA travelling psychology exhibit, San Francisco, October, 1993.

Presented at the North Carolina Association of Psychology Teachers. North Carolina Center for the Advancement of Teaching, Cullowhee, North Carolina, November, 1993.

Presented at the 16th Annual National Institute on the Teaching of Psychology, St. Petersburg Beach, Florida, January 1994.

Workshop presented to faculty of Denver Community College and the University of Colorado, Denver, Colorado, March 9, 2007.

Workshop presented at Langara College, Langara, B.C., Canada, May 3, 2007.

Presented at the 30th Annual National Institute on the Teaching of Psychology, St. Petersburg Beach, Florida, January, 2008.

Workshop presented at the University of Florida, Gainesville, Florida, September 5, 2011.

**"Promoting Critical Thinking and Active Learning Through Psychology Courses."**

Paper presented at the Annual Meeting of the American Psychological Society, San Diego, June, 1992.

Paper presented at the Eastern Conference on the Teaching of Psychology, James Madison University, Harrisonburg, Virginia, October, 1992.

Colloquium presented at the University of Kentucky, Lexington, November, 1993.

Presented at the meeting of the Social Science Faculty, University of Maryland, Heidelberg, Germany, April, 1998.

Presented to psychology faculty at California State University at Sacramento, February, 2000.

Presented at the Middle Tennessee Psychological Association Meeting, Murfreesboro, Tennessee, April, 2000.

Presented at Lehman College, New York City, March 23, 2005.

Workshop presented at the Department of Psychology, Portland State University, April 30, 2007.

Workshop presented at the Department of Psychology, American University of Paris, September 12, 2007.

Presented at the Third Annual Mountain States Conference on the Teaching of Psychology, Durango, Colorado, October 6, 2007.

Presented at the Department of Psychology, Iowa State University, Ames, Iowa, February 12, 2008.

Presented at the Department of Psychology, Portland State University, April 17, 2008.

Presented at the Annual Conference of the Utah Teachers of

Psychology in the Secondary Schools, Salt Lake City, Utah, September 26, 2008.

Presented at the Department of Psychology, Masaryk University, Brno, Czech Republic, March 17, 2009.

Presented at the Department of Psychology, University of Central Oklahoma, September 16, 2010.

Presented at the Department of Psychology, St. Leo University, St. Leo, Florida, January 8, 2011.

Presented at the 4th annual meeting of the New England Teachers of Psychology Workshop, Hopkinton, Massachusetts, August 12, 2015.

### **"Active Learning and Passive Students."**

Presented at the Virginia Community College Psychology Peer Group Conference, Charlottesville, Virginia, September, 2001.

Presented at the University of Michigan, Ann Arbor, Michigan, February 15, 2005.

Presented at First Annual Mountain States Conference on the Teaching of Psychology, Albuquerque, NM, October 22, 2005.

Presented at the Institut du Psychologie, University of Paris Descartes, Paris, France, January 21, 2008.

Presented at the International Centre for Innovation in Education's Conference on Excellence in Education for Development and Creativity, University of Paris Descartes, Paris, France, July 4, 2008.

Presented at the International Conference on the Teaching of Psychology, Vancouver, B.C., July 24, 2009.

Presented at Faculty Development Day, Maryville University, St. Louis, Missouri, March 11, 2010.

Presented at *Ecole de Psychologues Praticiens*, Paris, France,

October 30th, 2013.

**"Does Active Learning Work?: Good Question, But Not the Right One"**

Presented at the European Psychology Learning and Teaching  
Conference, Salzburg, Austria, September 18, 2017

Presented at the Biennial International Seminar on the Teaching of Psychological Science, Paris,  
France, July 11, 2018

**"What Should I Cover, and How?: Problems and Issues In Teaching  
Introductory Psychology."**

Presented to psychology faculty at Albuquerque Community College,  
Albuquerque, New Mexico, February, 2000.

Presented to psychology faculty at the University of Toronto,  
Erindale Campus, March, 2001.

Presented at Taking Off: Best Practices in Teaching Introductory  
Psychology, Kennesaw, Georgia, September 26, 2003.

Presented at the Department of Psychology, University of California  
at Davis, March 16, 2006.

Presented at the Farmingdale Psychology Teaching Conference, White  
Plains, New York, March 7, 2008.

**"Bye-Bye Intro"**

Presented at the Vancouver International Conference on the Teaching  
of Psychology, Vancouver, B.C., July 23, 2015.

Presented at the 38th Annual National Institute on the Teaching of  
Psychology, St. Pete Beach, Florida, January 6, 2016

**"How to Be A Bad Teacher."**

Presented at the Midwest Institute on the Teaching of Psychology,  
College of DuPage, Chicago, Illinois, February, 1997.

Presented at Farmingdale Conference on the Teaching of Psychology,  
Ellenville, New York, March, 1998.

**"Confessions of an Accidental Teacher."**

Presented at the Annual Meeting of the American Psychological  
Association, Chicago, August, 2002.

**"Stranger Than Truth: Student Excuses and What to Do about Them."**

Presented at Mid-America Conference on the Teaching of Psychology,  
Evansville, Indiana, October, 1995.

Presented at Southwest Conference on the Teaching of Psychology, Ft.  
Worth, Texas, November, 1995.

Presented at Sacramento City College, Sacramento California,  
January, 2000.

Presented at the convention of the Texas Community College Teachers  
Association, Ft. Worth, February, 2004.

**"If I'd Only Known: Ten Important Things No One Told Me About Teaching."**

Colloquium presented at the Department of Psychology, University of  
Pittsburgh, January 22, 2002.

Presented at the 18th Annual Teaching of Psychology: Ideas and



Innovations conference, Monticello, New York, March, 2004.

Presented at the Department of Psychology, Masaryk University, Brno, Czech Republic, March 16, 2009.

Presented at the University of Clermont-Ferrand, France, November 5, 2009.

Presented at the Teaching and Learning Center, University of Oklahoma, September 17, 2010.

Presented as an STP invited address at the Convention of the Midwestern Psychological Association, Chicago, Illinois, May 4, 2012.

**"Weapons of Mass Instruction: Some Comments and Suggestions for Success in Teaching Large Classes."**

Presented at the Department of Psychology, University of California at Davis, March 15, 2006.

Presented at the Department of Psychology, University of Clermont-Ferrand, France, November 5, 2009.

Presented at the Teaching and Learning Center, University of Oklahoma, September 17, 2010.

**"Parenting and Teaching: What's the Connection in Our Classrooms?"**

Presented at the 32nd Annual National Institute on the Teaching of Psychology, St. Petersburg Beach, Florida, January 4, 2010.

Presented at the Fall Faculty Kickoff Event, University of Wisconsin, September 24, 2010.

Presented as the APS David Myers Distinguished Lecture on the Science and Craft of Teaching Psychology at the Convention of the Association of Psychological Science, Washington, D.C., May 27th, 2011.

### **"Writing Effective Multiple-Choice Examinations"**

Presented as a workshop at Western Washington University, April 14, 2008.

Presented at *Pontificia Universidade Católica do Rio Grande do Sul*, Porto Alegre, Brazil, June 15th, 2011.

### **"Basic Principles of Effective Teaching"**

Presented at School of Psychology, Southampton University, UK, December 6, 2008.

Presented at *l'Institut du Psychologie*, University of Paris 5, Paris, France, January 22, 2008.

Presented (in French) at *l'Ecole de Psychologues Praticiens*, Paris, France, October 18, 2014.

### **"The Hidden Value of Psychology Courses and the Psychology Major."**

Presented at Psi Beta Chartering Ceremony, Edison Community College, Ft. Meyers, Florida, February, 1992.

Presented at Macomb Community College, Warren, Michigan, February 15, 2005.

Presented at Deree College, Athens, Greece, April 21, 2005.

Presented at the Department of Psychology, Western Washington University, Bellingham, Washington, April 15, 2008.

### **"Applied Psychology: Psychotherapy and Way Beyond"**

Presented at the Department of Psychology, Masaryk University, Brno, Czech Republic, March 18, 2009.

Presented at the Department of Psychology, Florida Southern College, Lakeland, Florida, September 6, 2011.

### **"A Vertical Model for the Development of Teaching Skills"**

Presented at the Annual Meeting of the Association of Heads of Departments of Psychology, Atlanta, Georgia, November 17, 2006.

Presented at *l'Insitut du Psychologie*, University of Paris 5, Paris, France, January 23, 2008.

### **"The Role of The Psychology Major in a Liberal Arts Education in The United States."**

Paper presented to the Association for the Teaching of Psychology, Guildford, UK, July, 1997.

### **"Writing Psychology Textbooks: A Nuts and Bolts Workshop for Prospective Authors."**

Presented at the American Psychological Society Convention, Washington, D.C., May, 1998.

Presented at the American Psychological Society Convention, Denver, June, 1999.

Presented at the National Institute on the Teaching of Psychology, St. Petersburg Beach, Florida, January 2, 2005.

### **Presentations on Criminal Behavior**

### **"An American Perspective on Criminal Behavior"**

Presented at the Postgraduate Department of Psychology,  
*Pontifícia Universidade Católica Do Rio Grande Do Sul*, Porto  
Alegre, Brazil, June 7, 2010.

### **Presentations for General Audiences:**

#### **"Psychological Illusions in Everyday Life"**

Presented at the HZ University, Middelburg, Netherlands,  
November 20, 2012.

#### **"U.S. Politics 101"**

Presented at the HZ University, Middelburg, Netherlands,  
September 21 and 22, 2016

### **Presentations on Stress, Fear Assessment, Behavioral Medicine, and Behavioral Dentistry**

#### **"Stress and Stress Management."**

Workshop Presented at Ford-Iroquois County Special Education  
Association Meeting, Gibson City, Illinois, March, 1981.

Presented at Conference on Professionals and Stress, sponsored by  
the Office of the Vice Chancellor for Academic Affairs, University  
of Illinois, November, 1983.

Presented at Professional Development Seminar for Certified  
Professional Secretaries, Champaign, Illinois, May 1984.

Presented at Champions of Effectiveness Conference, Champaign,  
Illinois, April, 1984.

Seminar presented to Illinois Association of Allied Health  
Professionals, Allerton House, May 1985.

Seminar presented to United Communities for Child Development.

Beaufort, South Carolina, June, 1985.

Seminar presented to Georgia Legal Services Litigation Staff,  
Atlanta, Georgia, September, 1985.

Paper presented at Governor's Conference for the Aging Network.  
Chicago, Illinois, September, 1985.

Paper presented at College of Veterinary Medicine, University of  
Illinois, Urbana, October, 1985.

Workshop presented at Office Professionals Conference, Champaign,  
Illinois, March, 1986.

Paper presented to meeting of Army Corps of Engineers' Construction  
Engineering Research Laboratory, Champaign, Illinois, April, 1986.

Presented at Governor's Conference on Long-Term Care, Chicago,  
March, 1986.

Workshop presented to Champaign County Employees, Urbana, Illinois,  
November, 1986.

Presented at annual meeting of Houghton-Mifflin Company College  
Division, San Antonio, Texas, January, 1987.

Workshop presented at Lincoln Office Environments, Lincoln,  
Illinois, April, 1987.

Workshop presented to child protection workers in the Illinois  
Department of Children and Family Services. Champaign, Illinois,  
July 1988.

Workshop presented to employees of Franklin Travel Agency, Decatur,  
Illinois, November 1988.

Workshop presented to faculty of St. Johns University, Collegeville,  
Minnesota, April, 1989.

Workshop presented to employees of the Pullman Railcar Company,  
Champaign, Illinois, November/December, 1989.

Presentation to University of Illinois food service managers, March,

1990.

Presentation to University of Illinois housing division staff,  
April, 1990.

Presentation to University of Illinois personnel services employees,  
April, 1990.

Presented at University of Illinois Institute of Labor and  
Industrial Relations, September, 1991.

Presentation to flight instructors at the University of Illinois  
Institute of Aviation, June, 1992.

### **"Behavioral Fear Assessment"**

Presented at Joseph Wolpe's Institute of Behavior Therapy,  
Philadelphia, June, 1969.

Colloquium presented at Department of Psychology University of  
Pittsburgh, April, 1970.

Paper presented at Western Psychological Association meeting, April,  
1970.

Presented at Indiana Psychological Association meeting, Columbus,  
Indiana, November, 1970.

Presented at Third Brief Psychotherapy Conference: Behavior Therapy.  
The Chicago Medical School, Chicago, March, 1971.

Paper presented at Western Psychological Association meeting, San  
Francisco, April, 1971.

Paper presented at Western Psychological Association meeting,  
Portland, April, 1972 (with Barbara Miller as senior author).

### **"Assessment and Modification of Dental Fear."**

Paper presented at the meeting of the American Psychological

Association, New Orleans, September, 1974.

Paper presented at meeting of the International Association for Dental Research, Miami, March, 1976 (with Ronald A. Kleinknecht as senior author).

Paper presented at the meeting of the Association for the Advancement of Behavior Therapy, New York, December, 1976 (with Ronald A. Kleinknecht as junior author).

Paper presented at the meeting of the American Association for the Advancement of Tension Control, Chicago, October, 1977.

Paper presented at the National Conference on Behavioral Dentistry, Morgantown, West Virginia, October, 1977.

Colloquium presented at the Psychology Department, University of Houston, November, 1978.

Paper presented at the meeting of the American Association for Dental Research, Las Vegas, June, 1977 (with Ronald A. Kleinknecht as senior author).

Paper presented at the meeting of the American Psychological Association, San Francisco, August, 1977 (with Ronald A. Kleinknecht as senior author).

Poster presented at meeting of the Association for the Advancement of Behavior Therapy, Chicago, November, 1978.

Paper presented at the National Conference on Behavioral Dentistry, Morgantown, West Virginia, October, 1979 (with Ronald A. Kleinknecht as junior author).

Paper presented at National Conference on Behavioral Dentistry, Morgantown, West Virginia, October, 1979 (with Ronald A. Kleinknecht as senior author).

**"The Modification and Assessment of Smoking Behavior"**

Presented at Kaiser Hospital, Portland, Oregon, October, 1973.

Presented at the University of California at Davis, November, 1973.

Paper presented at the meeting of the Association for the  
Advancement of Behavior Therapy, Chicago, November, 1974.

Colloquium presented at West Virginia University Medical School,  
Morgantown, March, 1977.

Paper presented at the International Conference on Smoking  
Cessation, New York, June 1978.

Colloquium presented at the Department of Psychology, Washington  
University, St. Louis, Missouri, September, 1979.

Colloquium presented at the Department of Psychology, North Dakota  
State University, Fargo, North Dakota, March, 1980.

Colloquium presented at Wayne State University, Detroit, Michigan,  
November, 1981.

#### **"Use of spectral analysis in the search for functional smoker subtypes."**

Paper presented at meeting of the Association for the Advancement of  
Behavior Therapy, Philadelphia, November, 1984 (with Karen Emmons as  
senior author).

Paper presented at Annual Meeting of the British Psychological  
Society, St. Andrews, Scotland, April, 1989.

#### **"Behavioral Interventions in Medical Problem Areas."**

Workshop presented with William H. Redd, Levis Center, University of  
Illinois, April, 1983.

Workshop presented at University of Illinois at Chicago, March, 1984.



## **"Behavior Therapy."**

Colloquium presented at the Department of Psychology, Western Illinois University, Macomb, March, 1973.

Paper presented at the meeting of the Midwestern Psychological Association, Chicago, May, 1975 (with Michael Nietzel as senior author).

Paper presented at the meeting of the Association for the Advancement of Behavior Therapy, New York, December, 1976 (with Marian MacDonald and Leonard Ullmann).

## **"Demand Characteristics in Hypnosis."**

Colloquium presented at the Psychology Department, Iowa State University, June, 1984.

## **OTHER ACTIVITIES**

Founding Program Chairman, APS Preconvention Institute on the Teaching of Psychological Science for the International Convention of Psychological Science, 2015.

Member, Steering Committee for the European Network for Psychology Learning and Teaching (EUROPLAT), 2007-2012.

Member, Quality Assurance Committee for the European Network for Psychology Learning and Teaching (EUROPLAT), 2010-2012.

Member, Steering Committee for APS Fund for the Teaching and Public Understanding of Psychological Science, 2006-2011.

Education Advisor, School of Psychology, University of Southampton,  
2006-2008.

Chairman, Steering Committee for APS Fund for the Teaching and Public  
Understanding of Psychological Science, 2004-2005.

Member, review and selection committee for the American Psychological  
Foundation's Distinguished Teaching of Psychology Award, 2002-2004.

Member, planning committee for APS-Spenser Foundation conference on  
applying research in cognitive science to teaching, 2000-2001.

Member, Advisory Panel to the APA Board of Educational Affairs Task  
Force on Undergraduate Psychology Major Competencies, 2001-2002.

Program chairman, National Institute on the Teaching of Psychology,  
1979-2013.

Member, Quality Assurance Committee for the European Network for  
Psychology Learning and Teaching (EUROPLAT), 2010-Present.

Member, program committee for the Summer National Institute on the  
Teaching of Psychology, 2000.

Founding Program Chairman, APS Preconvention Institute on the Teaching  
of Psychology, 1994-2000.

Member, American Psychological Society Convention Program Committee,  
1995-2000.

Member, State of Illinois Clinical Psychology Licensing and Disciplinary Committee, 1986-1992.

Member, APA Committee on Undergraduate Education (CUE), 1988-1991 (This was a five-member APA committee organized by the Education and Training Board to improve the quality of undergraduate education nationally; the committee's work includes selection of each year's G. Stanley Hall lectures).

Member, Steering Committee for APA National Conference on Enhancing the Quality of Undergraduate Education, 1989-1991.

Founder: Biennial International Seminar on the Teaching of Psychological Science, 2018.

Consultant, National Louis University, 1991.

Consultant, American Lung Association, 1987.

Consultant, Television-School-Family Smoking Cessation Project. Health Behavior Research Institute, University of Southern California, September, 1985.

Site visitor for National Heart, Lung, and Blood Institute, University of California at San Diego (Medical School), San Diego, California, July, 1984.

Consultant, Midwest Research Institute smoking research group, Kansas City, Missouri, Consultant, 1979-1982.

Site visitor for National Heart, Lung, and Blood Institute, Johns Hopkins University Medical School, Baltimore, February, 1981.

Invited participant, American Cancer Society National Conference on Smoking or Health, New York, November, 1981.

Member, NHLBI ad hoc review panel on Demonstration and Education Research proposals, October-December, 1981.

Ad hoc member (for smoking research) of study section for National Institute of Drug Abuse, 1980.

Consultant to a smoking prevention project at the National Heart and Blood Vessel Research and Demonstration Center, Baylor College of Medicine, Houston, Texas, 1978-1980.

Consultant, Lung Division, National Heart, Lung and Blood Institute, 1979.

Member, ad hoc study section, (Smoking and Health Committee) National Institute of Child Health and Human Development, 1979.

Consultant, smoking research project, Department of Psychology, Washington University, St. Louis, Missouri, 1979.

Member, Planning Task Force on Smoking Cessation Activities of the Third World Conference on Smoking and Health, New York, June, 1975.

Consultant, American Lake V. A. Hospital, Tacoma, Washington, 1974-75.

Chairperson, Symposium on Research Methodology in Smoking Cessation,  
Third World Conference on Smoking and Health, New York, June, 1975.

Invited participant, Advisory and Planning Conference, National  
Clearinghouse for Smoking and Health, Atlanta, Georgia, October, 1975.

Chairperson, Symposium on Expectancy Effects in Therapy Outcome Research  
presented at the meeting of the Association for the Advancement of  
Behavior Therapy, San Francisco, December, 1975.

Consultant to Geriatrics and Alcoholism Units, Peoria State Hospital,  
Peoria, Illinois 1972-73.

Consultant, Title III Project, U.S. Office of Education Program,  
Jacksonville, Illinois, 1971.

Invited participant, Symposium on Implosive Therapy, V.A. Hospital and  
University of Iowa, Department of Psychology, Iowa City, June, 1971.

Invited participant, APA Visiting Psychologist Program, 1971.

Consultant on implementation of behavior modification techniques in  
outpatient population at the Macon County Mental Health Clinic, Decatur,  
IL, 1970.

Invited participant, American Cancer Society Conference on Habit  
Mechanisms in Smoking, New York, March, 1969.

Consultant to Illinois Department of Mental Health, Champaign, Illinois,

1968-69.

Member, National Interagency Council on Smoking and Health Committee on evaluation of smoking withdrawal techniques.

Consultant on in-service training program and token economy systems at Jacksonville State Hospital, Jacksonville, Illinois, 1968-1973.

### **Teaching Experience**

#### **Undergraduate:**

Introductory Psychology

Abnormal Psychology

Behavior Modification and Psychotherapy

Research Design

Introduction to Clinical Psychology

Issues in Mental Health Work

#### **Graduate:**

Individual Psychotherapy Practicum

Introduction to Clinical Psychology

Laboratory in Systematic Desensitization

Seminar on Social Learning Approaches to Therapy

Strategies of Clinical Intervention

Seminar on the Teaching of Psychology

### **Current Activities and Interests**

My current activities focus on efforts to help teachers teach psychology, and to help students learn it.

These activities have included acting as program chairman for the National Institute on the Teaching of Psychology and founding the Association for Psychological Science's Annual Preconvention Institute on the Teaching of Psychology, and the Biennial International Seminar on the Teaching of Psychological Science.

I also write textbooks for Introductory, Clinical, Abnormal, Criminal, and other courses in psychology, and I have co-authored a handbook on how to teach psychology.

From 2006 to 2008 I was Education Advisor to the School of Psychology at Southampton University, where I worked with staff and graduate students to enhance the quality and effectiveness of psychology courses.

In January, 2008, I was visiting professor at *l'Institute de Psychologie* at the University of Paris Descartes.

My international activities have included serving on the steering committee and Quality Assurance Board for the European Network for Psychology Learning and Teaching (EUROPLAT), and offering workshops and seminars on teaching at *Ecole de Psychologues Practiciens* in Paris.

I have also made efforts to encourage the creation of good psychology textbooks by offering workshops on textbook-writing for prospective authors.

In my spare time, I collect student excuses.

## **HONORS**

United States Public Health Service Predoctoral Research Fellow, 1966-1968.

Faculty Teaching Award, May, 1969, presented by the Psychology Graduate Students Association, University of Illinois, 1969.

University of Illinois Psi Chi award for excellence in undergraduate teaching, 1979.

Hohenboken Memorial Teaching Award, Department of Psychology, University of Illinois, 1993.

American Psychological Foundation Distinguished Teaching in Psychology Award, 2002.

APS David Myers Distinguished Lecturer on the Science and Craft of

Teaching Psychology, 2011.

**MEMBERSHIPS**

Association for Psychological Science (Fellow)

Society for the Teaching of Psychology