

VITA

Robert D. Zettle

PERSONAL HISTORY

Address: 1344 North Vassar
Wichita, Kansas 67208

Phone: Home: (316) 685-0652
Office: (316) 978-3081

Fax: (316) 978-3086

E-Mail: robert.zettle@wichita.edu

Birthplace: Berwick, Pennsylvania

Marital Status: Married, no children

License: Kansas, No. 1069

EDUCATION

Wilkes University, Wilkes-Barre, Pennsylvania 1974
Major: Psychology
Degree: B.A., Summa Cum Laude
Honors: Dean's Scholarship Award

Bucknell University, Lewisburg, Pennsylvania 1976
Major: Psychology
Degree: M.A., in Mental Health Research
Thesis: Academic Success and Satisfaction as a Function of
Accuracy in Prediction of Field of Concentration
(Chairperson: David W. Milne, Ph.D.)

University of North Carolina at Greensboro, Greensboro, North Carolina 1984
Major: Clinical Psychology
Degree: Ph.D.
Dissertation: Cognitive Therapy of Depression: A Conceptual and
Empirical Analysis of Component and Process Issues
(Chairperson: Steven C. Hayes, Ph.D.)

PROFESSIONAL POSITIONS

1. Psychology Aide, Retreat State Hospital, Hunlock Creek, Pennsylvania 1974
Full-time summer position
Duties: Individual counseling, development of recreational
programs for chronic mental patients, researching of
medical records, assisting in establishment of group
home for discharged patients, assisting leader of group
therapy sessions.
Supervisor: Elmore Martin, Ph.D., Chief Psychologist.

2. Research Assistant, Counseling Service, Bucknell University, Lewisburg, Pennsylvania
Half-time position 1974-1976
Duties: Conducting institutional research using computerized data bank, individual nondirective personal, vocational, and academic counseling of undergraduates, assisting director in development and implementation of training program for peer counseling.
Supervisor: David H. Wilder, Ph.D., Counseling Service Director.
3. Psychology Aide, Central Susquehanna Intermediate Unit, Lewisburg, Pennsylvania
Part-time summer position 1975
Duties: Intellectual and academic assessment of Head Start children as part of evaluation project.
Supervisor: Bruce Henderson, M.A., Director of Special Programs.
4. Psychology Aide, Psychology Department, Bucknell University, Lewisburg, Pennsylvania
Half-time summer position 1975
Duties: Assisted in compilation of statistics course manual, development and analysis of computerized data bank of state school and hospital residents' records.
Supervisor: David W. Milne, Ph.D., Associate Professor.
5. Psychologist Intern, Department of Youth Services, Randolph County Mental Health Center, Asheboro, North Carolina
Half-time position 1976-1977
Duties: Individual behavior modification and therapy with children and adolescents, training of parents in contingency management, conducting group behavior modification within city school system, consultation with school personnel, assessment of learning disabilities.
Supervisor: Sandra Mills, Ph.D., Director of Youth Services.
6. Psychologist Intern, Davidson County Mental Health Center, Thomasville, North Carolina
Half-time position 1977-1979
Duties: Individual psychotherapy with children, adolescent, and adult outpatients, court-referred evaluations, group therapy with adult outpatients, intellectual assessment of adults for vocational-rehabilitation and of children for special educational placement.
Supervisors: Anthony M. Mander, Ph.D., and Mary Newell-Waller, Ph.D., Directors of Psychological Services.
7. Psychological Examiner, Davidson County Schools, Lexington, North Carolina
Contracted position 1979-1980
Duties: Initial intellectual assessment of children considered for special educational placement as well as re-evaluations of children previously placed in special programs.
Supervisors: Anthony M. Mander, Ph.D., Director of Psychological Services, Davidson County Mental Health Center and Richard N. Roberts, Ph.D., Assistant Professor, Psychology Department, University of North Carolina at Greensboro.
8. Assistant Director, UNC-G Psychology Clinic, Psychology Department, University of North Carolina at Greensboro, Greensboro, North Carolina
Half-time position 1979-1980
Duties: Individual psychotherapy with children, adolescent, and adult outpatients, intellectual evaluations, assisting director in clinic administration, coordinating weight control and smoking cessation programs, supervision of junior graduate students.
Supervisor: Steven C. Hayes, Ph.D., UNC-G Psychology Clinic Director.

9. Instructor, Office of Continuing Education, University of North Carolina at Greensboro, Greensboro, North Carolina
Spring semester 1980
Duties: Teach introductory psychology to continuing education class composed of nursing personnel at High Point Memorial Hospital, High Point, North Carolina.
Supervisor: Robert G. Eason, Ph.D., Psychology Department Head, University of North Carolina at Greensboro.
10. Instructor, Greensboro Regional Consortium, Greensboro, North Carolina
Summer session 1980
Duties: Teach introduction to personality at Guilford College, Greensboro, North Carolina.
Supervisor: William J. Lanier, Ph.D., Director, Greensboro Regional Consortium.
11. Instructor, Psychology Department, University of North Carolina at Greensboro, Greensboro, North Carolina
Academic year 1980-1981
Duties: Teach two sections of introduction to personality, fall semester, 1980. Teach one section of abnormal psychology, spring semester and summer session, 1981.
Supervisor: Ernest A. Lumsden, Ph.D. Psychology Department Acting Head, University of North Carolina at Greensboro.
12. Psychological Examiner, Davidson County Schools, Lexington, North Carolina
Contracted position 1981-1982
Duties: Initial intellectual assessment of children considered for special educational placement as well as re-evaluations of children previously placed in special programs.
Supervisor: Meredith Palmer, M.A., School Psychologist, Davidson County Schools.
13. Psychological Examiner, Reidsville City Schools, Reidsville, North Carolina
Contracted position 1982
Duties: Initial intellectual assessment of children considered for special educational placement as well as re-evaluations of children previously placed in special programs.
Supervisor: Anne Yelton, Ph.D., School Psychologist, Reidsville City Schools.
14. Predoctoral Fellow, Center for Cognitive Therapy, Philadelphia, Pennsylvania
Full-time position 1982-1983
Duties: Conduct intake evaluations, individual cognitive therapy, participate in ongoing research projects.
Supervisor: Aaron T. Beck, M.D., Director, Center for Cognitive Therapy.
15. Psychological Examiner, High Point City Schools, High Point, North Carolina
Contracted position 1982-1984
Duties: Initial intellectual assessment of children considered for special educational placement as well as re-evaluations of children previously placed in special programs.
Supervisor: Thomas Harrison, M.A., School Psychologist, High Point City Schools.

16. Psychological Examiner, Maulsby Orthopaedic Clinic, Greensboro, North Carolina
Contracted position 1983-1984
Duties: Conduct evaluations to assess contribution of psychological factors to exacerbation and maintenance of chronic pain problems.
Supervisor: P. Scott Lawrence, Ph.D., Associate Professor, Psychology Department, University of North Carolina at Greensboro.
17. Instructor, Technical College of Alamance, Haw River, North Carolina
Spring quarter 1984
Duties: Teach one class in introductory psychology and another in human growth and development.
Supervisor: Byron Robinson, M.A., Humanities Division Chairman, Technical College of Alamance.
18. Psychological Examiner, Caswell County Schools, Yanceyville, North Carolina
Contracted position 1984
Duties: Initial intellectual assessment of children considered for special educational placement as well as re-evaluations of children previously placed in special programs.
Supervisor: Steven Williamson, M.A., Director of Special Programs, Caswell County Schools.
19. Faculty Member, Psychology Department, Wichita State University, Wichita, Kansas
Assistant Professor 1984-1990
Associate Professor 1990-2009
Full Professor 2009-Present
Duties: Teach undergraduate and graduate courses, conduct research, advising of students, supervision of clinical practica, supervision of research projects, administration of departmental psychology clinic, graduate coordinator.
Supervisor: Alex Chaparro, Ph.D., Professor and Chairperson of Psychology Department.

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

Association for Behavioral and Cognitive Therapies, member.
Association for Behavior Analysis, affiliate member.
Association for Contextual Behavioral Science, member.
American Psychological Association, associate member.
Section III, Division 12 of the American Psychological Association, associate member.
Division 25 of the American Psychological Association, associate member.
Kansas Association for Behavior Analysis, member.

PROFESSIONAL ACTIVITIES

1. Proposed and organized workshops in behavior modification, Bucknell University, Lewisburg, Pennsylvania, May, 1975.
2. Conducted in-service training program in principles of behavior management, Davidson County Nursing Center, Thomasville, North Carolina, February, 1979.
3. Member of Program Committee, Division 25, 89th annual American Psychological Association Convention, Los Angeles, 1981.

4. Presented guest lecture, "Current Issues in the Treatment of Depression," to Psi Chi Club, Wichita State University, October, 1984.
5. Presented invited colloquium, "Cognitive Therapy of Depression: A Conceptual and Empirical Analysis of Component and Process Issues," to Department of Human Development and Family Life, University of Kansas, November, 1984.
6. Co-leader of workshop, "A Contextual Approach to Therapeutic Change," presented at the meeting of the Association for Behavior Analysis, Columbus, Ohio, May, 1985.
7. Presented invited address, "What You Think Makes a Difference: Cognitive Approaches to Understanding and Treating Depression," to Mental Health Association in Sedgwick County, Wichita, Kansas, November, 1985.
8. Presented invited address, "Coping with the Holiday Blues," to Women's Resource Center, Wichita State University, December, 1985.
9. Member-at-large, Advisory Committee, Wichita Area Psychological Association, 1986-1992.
10. Conducted workshop, "Introduction to Cognitive Therapy," for the Greensboro Area Health Education Center, Greensboro, North Carolina, March, 1987.
11. Member of Institutional Review Board, Wichita State University, 1988-1989 and 1989-1990 academic year.
12. Chair of Regents Review Committee, Psychology Department, Wichita State University, 1989-1990 and 1997-1998 academic years.
13. Member of College of Liberal Arts and Sciences Assessment Committee, Wichita State University, 1989-1990 and 1990-1991 academic year.
14. Presented discussion on New Year's resolutions, Morning Talk Show, KNSS, Wichita, Kansas, January, 1990.
15. Unpaid consultant, New Horizons of Valley Center, Valley Center, Kansas, February, 1991.
16. Co-presented continuing education unit on self-help groups to the Wichita Area Psychological Association, Wichita, Kansas, November, 1991.
17. Member of College of Liberal Arts and Sciences Curriculum and Academic Planning Committee, Wichita State University, 1991-1994.
18. Affirmative action representative to College of Liberal Arts and Sciences, Wichita State University, 1991-1994.
19. Member of advisory board, Child Development Center, Wichita State University, 1992.
20. Conducted in-service training program on DSM-III-R, Recovery Services Council, Inc., Wichita, Kansas, February, 1992.
21. Symposium discussant, "Are These Behavior Therapist ACTing Out?", presented at the Association for Behavior Analysis Convention, San Francisco, May, 1992.

22. Conducted in-service training program, "Value Conflicts and Clarification: Implications for Helping Relationships," to Sedgwick County Mental Health Center, Wichita, Kansas, September, 1992.
23. Discussion leader at Nevada Conference on Acceptance and Change, Reno, Nevada, January, 1993.
24. Member of Ad Hoc Faculty Senate Committee on Faculty Evaluation Procedures, Wichita State University, 1993 - 1994.
25. Chairperson of Clinical Special Interest Group, Association for Behavior Analysis, 1993-1995.
26. Facilitator for Obsessive Compulsive Disorder Support Group, 1994-2000.
27. Member of faculty advisory board to *The Naturalist*, a graduate student produced newsletter, 1994-present.
28. Conducted in-service training program, "Guidelines for Effective Interpersonal Communication," to Kansas Children's Service League, Wichita, Kansas, October, 1994.
29. Member of University Grievance Committee, 1994-1995.
30. Discussion leader at American Association of Applied and Preventive Psychology Conference on Scientific Standards of Psychological Practice, Reno, Nevada, January, 1995.
31. Site co-director for National Anxiety Disorder Screening Day, Wichita, Kansas, May, 1995, 1996, 1997, 1998.
32. Symposium discussant, "Behavior Analytic Approaches to Traditional Clinical Concerns," Association for Behavior Analysis Convention, Washington, DC, May, 1995.
33. Co-presented seminar, "Anxiety Disorders in Children and Adults," for Mental Health Association of South Central Kansas, Wichita, Kansas, June, 1995.
34. Site co-director for National Depression Screening Day, Wichita, Kansas, October, 1995, 1996, 1997, 1998.
35. Member of Ad Hoc Faculty Senate Committee on Faculty Affairs, 1995-1997.
36. Symposium discussant, "Rule-Governance: Conceptual, Theoretical, and Experimental Explorations," Association for Behavior Analysis Convention, San Francisco, May, 1996.
37. Conducted in-service training program, "Postpartum Depression," to Early Head Start Program, Wichita, Kansas, August, 1996.
38. Member of College of Liberal Arts and Sciences Tenure and Promotion Committee, Wichita State University, 1996-1998.
39. Member of Starkey Inc. Human Rights Committee, Wichita, Kansas, October, 1996-present.
40. Interviewed by Laura Hamod Zuckerman of *The Hutchinson News* for article on the psychological aspects of daylight savings time, April, 1997.
41. Conducted in-service training program, "Identification and Management of Depression in Nursing Home Residents," at Larksfield Place, Wichita, Kansas, April, 1997.
42. Presented discussion on Coping with Holiday Stress, Conversations with Jeff Shaw, KICT, Wichita, Kansas, November, 1997.

43. Member of Faculty Senate, Wichita State University, 1997-1999.
44. Member of Kansas Association for Behavior Analysis Advisory Board, 1999-Present.
45. Member of University General Education Committee, 2000-2002.
46. Member of Wichita State University Resource Panel for contract with Kansas Department of Social and Rehabilitative Services, 2001 - Present.
47. Chaired symposium, "Recent Outcome Research on Acceptance and Commitment Therapy (ACT)," Association for Behavior Analysis Convention, Toronto, May, 2002.
48. Panel discussion participant, "Private Events: Analyzing Their Functions in New Light," Association for Behavior Analysis Convention, Toronto, May, 2002.
49. Panel discussion participant, "Clinical Roundtable," Association for Behavior Analysis Convention, Toronto, May, 2002.
50. Interviewed by two local television stations (KAKE -10 and KSN - 3) on the psychological aspects of observing the 9-11 anniversary, September 9, 2002.
51. Interviewed live by radio station KNSS on the psychological aspects of observing the 9-11 anniversary, September 11, 2002.
52. Conducted training on WASI administration with local mental health professionals as contracted with Abt Associates, November, 2002.
53. Conducted workshop, "Coping with Test Anxiety," with high school students attending Upward Bound Program, Wichita State University, November 10, 2003.
54. Conducted in-service training program, "Suppression vs. Acceptance: Alternative Approaches for Management of Deviant Sexual Arousal," at Parsons State Hospital and Training Center, Parsons, Kansas, April 16, 2004.
55. Presented "Overview of ACT" to Wichita Area Collaborative Internship Consortium at University of Kansas School of Medicine - Wichita, Wichita, Kansas, April 7, 2005.
56. Conducted workshop, "ACT for Depression," at the ACT Summer Institute, LaSalle University, Philadelphia, Pennsylvania, July 22, 2005.
57. Presented "Overview of ACT" to Wichita Area Collaborative Internship Consortium at University of Kansas School of Medicine - Wichita, Wichita, Kansas, April 6, 2006.
58. Conducted workshop, "ACT with Depression," at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, England, July 25, 2006.
59. Panel discussion participant, "RFT Super-Geeks Unite!: Using the IRAP to Examine Relational Responding," Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, England, July 26, 2006.
60. Conducted workshop, "ACT with Depression," at the ACT Summer Institute, University of Houston - Clear Lake, Houston, Texas, July 20, 2007.
61. Conducted workshop, "ACT with Depression," at ACT Oceania 2007: International Conference on Acceptance and Commitment Therapy (ACT), Relational Frame Theory (RFT) and Contextual Behavioural Science, University of Wollongong, Wollongong, Australia, August 8, 2007.

62. Conducted workshop with Suzanne Gird, "ACT with Depression," at the ACT Summer Institute, Illinois Institute of Technology, Chicago, Illinois, May 28, 2008.
63. Conducted workshop, "ACT with Depression," at ACT Oceania 2008: International Conference on Acceptance and Commitment Therapy (ACT), Relational Frame Theory (RFT) and Contextual Behavioural Science, Christchurch, New Zealand, August 16, 2008.
64. Conducted workshop, "ACT and the Treatment of Depression," for the British Columbia Psychological Association, Vancouver, Canada, March 20, 2009.
65. Conducted workshop, "ACT with Depression," at the Third Australia and New Zealand Conference of Acceptance and Commitment Therapy (ACT), Melbourne, Australia, November 15, 2009.
66. Panel discussion participant, "How Distinctive are the Emerging Psychological Approaches for Depression?" Sixth World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts, June 4, 2010.
67. Chaired symposium, "Perspectives on Perspective Taking," ACBS Annual World Conference VIII, Reno, Nevada, June 22, 2010.
68. Conducted workshop, "ACT with Depression," at the ACBS Annual World Conference VIII, Reno, Nevada, June 23, 2010.
69. Conducted workshop, "Introduction to Acceptance and Commitment Therapy," at the 27th International Congress of Applied Psychology, Melbourne, Australia, July 11, 2010.
70. Conducted workshop, "Advanced Training in Acceptance and Commitment Therapy for Depression," at the 27th International Congress of Applied Psychology, Melbourne, Australia, July 14, 2010.
71. Panel discussion participant, "A Case Study in the Treatment of an Offender: Evidence Based Treatment Approaches in Forensic Psychology." 27th International Congress of Applied Psychology, Melbourne, Australia, July 15, 2010.
72. Panel discussion participant, "The Third Wave of Psychotherapies: Tsunami or Trickle?" 27th International Congress of Applied Psychology, Melbourne, Australia, July 16, 2010.
73. Conducted workshop, "Mindfulness and Acceptance-Based Therapeutic Practices," for Horizons Mental Health Center, Kingman, KS, October 21, 2011.
74. Conducted workshop, "ACT with Depression," in Sydney, Australia, June 18, 2012.
75. Conducted workshop, "ACT with Depression," in Brisbane, Australia, June 19, 2012.
76. Conducted workshop, "ACT with Depression," in Melbourne, Australia, June 21, 2012.

EDITORIAL ACTIVITIES

1. Editor, *The Student Empirical-Clinician*, student supplement to the *Section III Newsletter*, 1979-1980.
2. Ad Hoc Editorial Consultant, *Behavioral Assessment*, 1979, 1980, 1981, 1991.
3. Ad Hoc Editorial Consultant, *Journal of Applied Behavior Analysis*, 1980, 1981, 1989.
4. Ad Hoc Editorial Consultant, *Cognitive Therapy and Research*, 1982, 1983, 1987, 1993.

5. Ad Hoc Editorial Consultant, *The Behavior Analyst*, 1986, 1987, 1989, 1990, 2005, 2006, 2008.
6. Member of reviewing panel, Experimental Analysis of Human Behavior Special Interest Group graduate student paper competition. Association for Behavior Analysis Convention, 1987, 1991, 1992, 1994, 1996.
7. Ad Hoc Editorial Consultant, *The Analysis of Verbal Behavior*, 1988.
8. Ad Hoc Editorial Consultant, *Clinical Psychology Review*, 1988, 2007, 2009, 2010.
9. Ad Hoc Editorial Consultant, *Advances in Comparative Psychology*, 1989, 1990.
10. Ad Hoc Editorial Consultant, *American Psychologist*, 1991.
11. Ad Hoc Editorial Consultant, *Behavior Therapy*, 1993.
12. Ad Hoc Editorial Consultant, *Journal of Consulting and Clinical Psychology*, 1995.
13. Member of Editorial Board, *The Behavior Analyst*, 1995-1997.
14. Ad Hoc Editorial Consultant, *The Psychological Record*, 2002, 2003, 2004, 2005.
15. Ad Hoc Editorial Consultant, *Journal of Social and Clinical Psychology*, 2004.
16. Member of Editorial Board, *Experimental Analysis of Human Behavior Bulletin*, 2005 - Present.
17. Member of Editorial Board, *International Journal of Behavioral Consultation and Therapy*, 2005 - Present.
18. Ad Hoc Editorial Consultant, *Developmental Psychology*, 2006.
19. Member of Editorial Board, *The Psychological Record*, 2006- Present.
20. Ad Hoc Editorial Consultant, *Behavior Modification*, 2009, 2010, 2011.
21. Ad Hoc Editorial Consultant, *Behaviour Research and Therapy*, 2010.
22. Editor of Special Edition (Volume 6, No. 3) of the *International Journal of Behavioral Consultation and Therapy*, 2010.
23. Ad Hoc Editorial Consultant, *Psycho-Oncology*, 2011.
24. Ad Hoc Editorial Consultant, *PLoS ONE*, 2011.
25. Member of Editorial Board, *Behavior Modification*, Present
26. Member of Consulting Editorial Board, *Journal of Contextual Behavioral Science*, Present.

GRANTS

1. University Research Grant, Wichita State University, Group Treatment of Depression: Comprehensive Distancing vs. Cognitive Therapy, \$4,570, 1985-1986, principal investigator.

PAPERS PRESENTED

1. **Zettle, R. D.** (2012, April). Acceptance and commitment therapy. Presented at the Kansas Association for

Behavior Analysis Annual Conference, Overland Park, KS.

2. **Zettle**, R. D. (2010, July). Applied psychology as the functional contextualist views it. Invited keynote address presented at the 27th International Congress of Applied Psychology, Melbourne, Australia.
3. Carrasquillo, N., & **Zettle**, R. D. (2010, June). Enhancing self as context and pain tolerance. In R. D. Zettle (Chair), *Perspectives on perspective taking*. Symposium presented at the ACBS Annual World Conference VIII, Reno, Nevada.
4. Gird, S., **Zettle**, R. D., Renollet, D., Webster, B. K., & Latronica, B. (2010, June). Developing a spirituality inventory. In R. D. Zettle (Chair), *Perspectives on perspective taking*. Symposium presented at the ACBS Annual World Conference VIII, Reno, Nevada.
5. **Zettle**, R. D. (2008, August). The history of ACT and RFT. Keynote address presented at ACT Oceania 2008: International Conference on Acceptance and Commitment Therapy (ACT), Relational Frame Theory (RFT) and Contextual Behavioural Science, Christchurch, New Zealand.
6. **Zettle**, R. D. (2007, November). The role of experiential avoidance in the exacerbation and alleviation of human suffering. Invited faculty address presented at the convention of the Association for Psychological and Educational Research in Kansas, Wichita, Kansas.
7. **Zettle**, R. D. (2006, July). The history of ACT/RFT: Observations from one eyewitness. Invited address presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London.
8. **Zettle**, R. D., Petersen, C. L., Hocker, T. R., & Provines, J. L. (2005, November). Perseverance on a psychologically challenging task as a function of level of experiential avoidance. In H. K. Orcutt (Chair), *Understanding experiential avoidance: Experimental and measurement perspectives*. Symposium presented at the meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
9. Dixon, M., **Zettle**, R. D., & Rea, J. A. (2005, November). Assessing the generalization of relapse prevention procedures with MR/DD sex offenders. Presented at the meeting of the Association for the Treatment of Sexual Abusers, Salt Lake City.
10. **Zettle**, R. D., Hocker, T. R., Mick, K. A., Scofield, B. E., Petersen, C. L., Song, H., & Sudarjanto, R. P. (2004, November). Differential strategies in coping with induced pain as a function of experiential avoidance. In E. M. Forman (Chair), *Mechanisms of change in acceptance based interventions*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, New Orleans.
11. **Zettle**, R. D. (2004, May). Adapting ACT in treatment of depression. In R. W. Newring (Chair), *Behavior analytic issues in the conceptualization and treatment of depression*. Symposium presented at the meeting of the Association for Behavior Analysis, Boston.
12. **Zettle**, R. D. (2004, April). Weakening control by private events: An overview of acceptance and commitment therapy. Presented at the Kansas Association for Behavior Analysis, Lawrence, KS.
13. **Zettle**, R. D. (2002, May). ACT versus systematic desensitization in treatment of math anxiety. In R. D. Zettle (Chair), *Recent outcome research on acceptance and commitment therapy (ACT)*. Symposium presented at the meeting of the Association for Behavior Analysis, Toronto.
14. **Zettle**, R. D. (2000, May). An overview of empirical support for the efficacy and effectiveness of ACT. In E. Wulfert (Chair), *Acceptance and change: A conceptual and methodological critique*. Symposium presented at the meeting of the Association for Behavior Analysis, Washington, D.C.

15. **Zettle**, R. D. (1994, May). When ignorance is bliss. In P.A. Bach (Chair), *Self-knowledge: Behavior-analytic perspectives*. Symposium presented at the meeting of the Association for Behavior Analysis, Atlanta.
16. **Zettle**, R. D. (1993, May). Some therapeutic strategies for modifying verbal control. In E. Wulfert (Chair), *Psychotherapy issues as the radical behaviorist views them*. Symposium presented at the meeting of the Association for Behavior Analysis, Chicago.
17. **Zettle**, R. D. (1992, March). Clinical behavior therapy: Current research and theoretical issues. Invited address presented at the Texas Association for Behavior Analysis Conference, Dallas.
18. **Zettle**, R. D. (1991, May). Case presentation of an adult therapy case. In R. J. Kohlenberg (Chair) *Case presentation and discussion of an adult therapy case*. Presented at the meeting of the Association for Behavior Analysis, Atlanta.
19. **Zettle**, R. D. (1989, August). The role of reason-giving in depression. In I. S. Rosenfarb (Chair), *Behavior-analytic approaches to the study of depression*. Symposium presented at the 97th annual convention of the American Psychological Association, New Orleans.
20. **Zettle**, R. D. (1988, August). Rule-governed behavior: A radical behaviorist answer to the cognitive challenge. In A. W. Staats (Chair), *Comparative analysis and unification: Contrasts in contemporary behaviorisms*. Symposium presented at the 96th annual convention of the American Psychological Association, Atlanta.
21. **Zettle**, R. D. (1987, August). Treatment of depression with contextual group therapy. In M. J. Dougher (Chair), *Clinical radical behaviorism: New theory and research*. Symposium presented at the 95th annual convention of the American Psychological Association, New York.
22. Greenway, D. E., Hayes, S. C., Brownstein, A. J., & **Zettle**, R. D. (1987, May). An experimental analysis of self-rules. In J. S. Danforth (Chair), *Rule-governed behavior: Basic research and applied implications*. Symposium presented at the meeting of the Association for Behavior Analysis, Nashville.
23. **Zettle**, R. D. (1985, August). Dysfunctional client verbal behavior: A behavioral analysis of reason giving. In M. J. Dougher (Chair), *Clinical radical behaviorism*. Symposium presented at the 93rd annual convention of the American Psychological Association, Los Angeles.
24. **Zettle**, R. D., & Hayes, S. C. (1984, August). Cognitive therapy of depression: Behavioral analysis of component and process issues. In S.C. Hayes (Chair), *Behavior analytic perspectives on current issues in clinical psychology*. Symposium presented at the 92nd annual convention of the American Psychological Association, Toronto.
25. Hayes, S. C., Rosenfarb, I., Wulfert, E., Munt, E., Korn, Z., & **Zettle**, R. D. (1984, August). Self-reinforcement: Another way to set social standards? In S.C. Hayes (Chair), *Behavior analytic perspectives on current issues in clinical psychology*. Symposium presented at the 92nd annual convention of the American Psychological Association, Toronto.
26. Hayes, S. C., Brownstein, A. J., **Zettle**, R. D., Rosenfarb, I., & Korn, Z., (1984, May). Rule-governed behavior and insensitivity to rapidly changing contingencies. In W. F. Buskist (Chair), *Some current research in the experimental analysis of human behavior*. Symposium presented at the meeting of the Association for Behavior Analysis, Nashville.
27. Hayes, S. C., **Zettle**, R. D., & Rosenfarb, I. (1982, May). An empirical taxonomy of rule-governed behavior. In H. W. Reese (Chair), *Rule-governed behavior*. Symposium presented at the meeting of the Association for Behavior Analysis, Milwaukee.
28. Hayes, S. C., Rosenfarb, I., & **Zettle**, R. D. (1982, May). Rule-governed behavior and sensitivity to

changing contingencies. In M. E. Jaremko (Chair), *The experimental and applied analysis of verbal behavior*, Symposium presented at the meeting of the Association for Behavior Analysis, Milwaukee.

29. Rosenfarb, I., Hayes, S. C., & Zettle, R. D. (1981, May). Self-reinforcement: A social commitment analysis. In L. Green (Chair), *Self-control: Experimental analyses and applications*. Symposium presented at the meeting of the Association for Behavior Analysis, Milwaukee.
30. Zettle, R. D. (1980, November). Insight: Rules and revelations. In S. C. Hayes (Chair), *The baby and the bathwater: Radical behavioral interpretations of traditional clinical phenomena*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, New York.
31. Zettle, R. D., & Hayes, S. C. (1979, December). Coping self-statements as a self-control procedure. In R. O. Nelson (Chair), *Environmental determinants of self-control and cognitive behavior therapy techniques*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, San Francisco.

POSTERS PRESENTED

1. Staats, S., & Zettle, R. D. (2011, November). The Acceptance and Action Questionnaire for Exercise (AAQ-Ex). Group poster presented at the meeting of the Association of Behavior and Cognitive Therapies, Toronto.
2. Hardage-Bundy, A., & Zettle, R. D. (2011, November). An ACT-based media literacy intervention comparative outcome study. Group poster presented at the Renfrew Center Foundation Conference, Philadelphia.
3. Burgess, A. J., Zettle, R. D., Barner, S., Boone, L., Webster, B. K., & Latronica, B. (2010, June). The biathlon: An examination of perseverance on challenging tasks in relation to level of experiential avoidance. In *ACT - Other*. Group poster presented at the ACBS Annual World Conference VIII, Reno, Nevada.
4. Wagener, A. L., & Zettle, R. D. (2010, June). Targeting fear of spiders with control-, acceptance-, and information-based approaches. In *ACT- Clinical*. Group poster presented at the ACBS Annual World Conference VIII, Reno, Nevada.
5. Burgess, A. J., Smith, A. H., Cervantes, M. E., Wetterneck, C. T., & Zettle, R. D. (2009, November). A comparison of treatment expectations: Acceptance and commitment therapy versus cognitive-behavioral therapy in a nonclinical population. In *Adult anxiety, GAD, and worry*. Group poster presented at the meeting of the Association of Behavior and Cognitive Therapies, New York.
6. Hayes, S. C., Greenway, D., Brownstein, A., Rosenfarb, I., Zettle, R. D., Herbert, J., & Herbert, D. (1984, May). Rules and extinction: Effects of accuracy, completeness, and social availability. In W. F. Buskist (Chair), *Experimental analysis of human behavior special interest group*. Group poster session presented at the meeting of the Association for Behavior Analysis, Nashville.
7. Hayes, S. C., Korn, Z., Zettle, R. D., Rosenfarb, I., & Cooper, L. (1982, November). Cognitive therapy and rule-governed behavior: The effects of comprehensive distancing on pain tolerance. In F. Andrasik & J. Varni (Chairs), *Behavioral medicine II: Headache, pain, health delivery*. Group poster presented at the meeting of the Association for Advancement of Behavior Therapy, Los Angeles.

BOOKS AND CHAPTERS

1. Zettle, R. D. (in press). Acceptance and commitment theory of depression. In P. L. Fisher & A. Wells

(Eds.), *Treating depression: Principles and practice of CBT, MCT, and third wave therapies*. Chichester, United Kingdom: Wiley.

2. **Zettle**, R. D. (2010). An acceptance and mindfulness-based approach to depression. In F. Bulli & G. Melli (Eds.), *Mindfulness and acceptance in psychotherapy: Theories and clinical applications* (pp. 205-222). Florence, Italy: Eclipsi.
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PROFESSIONAL REFERENCES

Dr. Aaron T. Beck
President
Beck Institute for Cognitive Therapy and Research
One Belmont Avenue, Suite 700
Bala Cynwyd, PA 19004-1610

Dr. Alex Chaparro
Chairperson
Department of Psychology
Wichita State University
Wichita, Kansas 67208

Dr. Steven C. Hayes
Department of Psychology
University of Nevada-Reno
Reno, Nevada 89557

Dr. Rosemary O. Nelson-Gray
Director of Clinical Training
Department of Psychology
University of North Carolina at Greensboro
Greensboro, North Carolina 27412

Dr. James J. Snyder
Professor
Department of Psychology
Wichita State University
Wichita, Kansas 67208