

**John Hart, Ph.D.**  
Curriculum Vitae

Office

John Hart, Ph.D.  
713-275-5417  
3730 Kirby, Suite 520  
Houston, TX 77098  
832.264.8152  
[www.cadthouston.com](http://www.cadthouston.com)  
[drhart@cadthouston.com](mailto:drhart@cadthouston.com)

**Employment**

Cognitive-Behavior Therapy Specialist

*The Menninger Clinic*  
*Houston, TX/Topeka, KS*  
2009-Present

Responsibilities include diagnostic consultations and therapeutic interventions for anxiety disorders, providing instruction and supervision to clinical trainees in CBT, and participating in clinical research.

Licensed Professional Counselor-Private Practice

Center for Anxiety and Depression Treatment of Houston  
Houston, TX  
2009-Present

Licensed Professional Counselor-Private Practice

Houston OCD Program  
Houston, TX  
2009-Present

Senior Behavior Therapist

*Menninger OCD Treatment Center*  
*Houston, TX/Topeka, KS*  
2000 - 2008

Responsibilities include providing cognitive-behavioral therapy including exposure and ritual prevention, serving as a primary clinician for residential and day hospital OCD patients, designing behavioral treatment plans, providing consultations and assessments for OCD and other anxiety disorders, and developing and leading groups adjunctive to the behavioral treatment of OCD and related disorders.

Licensed Clinical Professional Counselor, Private Practice

*Professional Counseling Services*      *Topeka, KS*

1998 - 2001

Private practitioner providing personal counseling, career guidance, vocational and personality testing, case management and executive consultations. Counseling practice is comprehensive but specializes in management of anxiety problems, phobias, panic attacks, and obsessive-compulsive related difficulties. Theoretical orientation is cognitive-behavioral. Referral sources include: employee assistance programs, managed health care organizations, schools, community based programs, job recruitment firms, and other social service professionals.

Vocational Services Coordinator

*Menninger Clinic*      *Topeka, KS*

1986-1998

Responsible for providing comprehensive vocational services to a diverse population. Developed, administered, and supervised work readiness programs. Provided vocational and rehabilitation counseling to hospital patients and out-patients. Administered and interpreted vocational testing. Provided consultations to patients on the Professionals in Crisis unit. Maintained a psychotherapy caseload of approximately 15 hours weekly. Facilitated group therapy and relapse-prevention groups. Sat on a research team conducting study on attachment patterns of behaviorally disordered children (continues to present). Member of the Group Dynamics Seminar faculty. Chaired a study/training group in cognitive-behavioral therapy for clinicians. Sat on various organizational committees including the Fair Employment Practices Committee

Owner/President

*Sunflower Graphics*

1976 -1986

**Education**

Doctorate in Clinical Psychology

Fielding Graduate University, Santa Barbara, CA

Master of Arts in Clinical Psychology in Clinical Psychology

Fielding Graduate University, Santa Barbara, CA

Master of Science in Rehabilitation Counselor Education

Emporia State University, Emporia, KS

Bachelor of Arts in Psychology  
The University of Kansas, Lawrence, KS

### **Training**

- Extensive training in vocational-rehabilitation practice
- Participated in cognitive-behavioral therapy seminar with Bruce Liese, Ph.D. 990-1998
- Completed several courses in the Karl Menninger School of Psychiatry
- Completed Menninger two-year postgraduate psychotherapy program
- Fulfilled 600 supervised psychotherapy hour requirement leading to becoming privileged as a Menninger staff psychotherapist
- Completed Menninger two-year group psychotherapy certification program
- Completed Menninger behavioral therapy training program
- Extensive training through conferences, seminars, and continuing education programs in vocational rehabilitation, career assistance, psychological assessment, treatment of the severely and persistently mentally ill, psychopathology, psychopharmacology, treatment ethics, and psychotherapy.

### **Professional Advocacy**

- Organizer and facilitator, Houston OCD Support Group
- Board of Directors, Peace of Mind Foundation
- Director of Professional Development and Research, Texas Chapter of the International OCD Foundation.

### **Recent National Presentations, Workshops, Research Posters, and Publications**

#### **Manuscripts in Preparation**

Hart, J., Little, T., Smith, A., & Wetterneck, C. A. *The Relationship between self-compassion, difficulties in emotion regulation, and OCD subtype severity in a non-referred sample*. Manuscript in preparation.

Hart, J., & Wetterneck, C. (2010). *Value guided recovery for OCD: Reclaiming your life with courage, mindfulness, and self-compassion*. New Harbinger Press. Manuscript in preparation.

Hart, J., & Sharp, C. (2010). *The pragmatics of mentalizing: A contemporary cognitive-behavioral conceptualization*. Manuscript in preparation.

Sharp, C., Hart, J., Ha, C., & Björgvinsson, T., (2010). *Empathizing and systemizing in borderline personality disorder compared to obsessive-compulsive disorder*. Manuscript in preparation.

Wetterneck, C. T., Powell, D., Entricht, T. L., Smith-Hart, P., Hart, J., & Björgvinsson, T. (2010). *Obsessive compulsive disorder, panic disorder, symptoms of depersonalization and psychosis: Differential diagnosis and treatment in a single case study*. Manuscript in preparation.

### **Manuscripts Submitted for Publication**

Smith, A. H., Wetterneck, C. T., Hart, J.M., Short, M.B., & Björgvinsson, T. (2011). *Differences in obsessional beliefs and emotion appraisal in obsessive compulsive symptom presentation*. Manuscript submitted for publication.

Venta, A., Hart, J.M., & Sharp, C., (2010). *Alexithymia, experiential avoidance, and emotion regulation in psychiatric, inpatient adolescents*. Manuscript submitted for publication.

Weyuk, L., Hart, J., & Björgvinsson, T. (2010). *Do Metacognitions Change Following Intensive ERP for OCD? Results from an inpatient sample*. Manuscript submitted for publication.

Björgvinsson, T., Hart, J., Wetterneck, C., Entricht, T. L., Heffelfinger, S., & Stanley, M. (2010). *Treatment outcome for adults with severe OCD in a specialized hospital setting*. Manuscript submitted for publication.

### **Publications**

Wetterneck, C.T., Smith, A.H., Hart, J., & Burgess, A.J., (2011) Predictors of distress from Sexual Thoughts in a Non-Clinical Population: The Influence of Religion, Emotions, and Thought Processes. *Journal of Cognitive Psychotherapy*. 25, 189-202.

Venta, A. Hart, J. & Sharp, C., (in press). Experiential avoidance and anxiety disorders: An examination of the Avoidance and Fusion Questionnaire for Youth in inpatient adolescents. *Psychological Assessment*.

Wetterneck, C. T., Little, T. E., Chasson, G., Smith, A. H., Hart, J., Björgvinsson, T., & Stanley, M.A. (in press). *Obsessive-compulsive personality traits: How are they related to OCD severity?* *Journal of Anxiety Disorders*.

- Calleo, JS, Hart, J, Bjorgvinsson, T, and Stanley, MA. (2010). Obsessions and worry beliefs in an inpatients OCD population. *Journal of Anxiety Disorders*, 24, 3, 903-908.
- Hart, J., & Björgvinsson, T. (2010). Health anxiety and hypochondriasis: Diagnosis and treatment issues highlighted through case presentation. *Bulletin of the Menninger Clinic*. 74, 2, 122-140
- Björgvinsson, T., Wetterneck, C. T., Powell, D. M., Chasson, G. S., Webb, S. A., Hart, J., et al. (2008 ). Treatment outcome for adolescent OCD in a specialized hospital setting. *Journal of Psychiatric Practice*, 14. 3, 137-145
- Björgvinsson, T, Hart, J, & Heffelfinger, S.E., (2007). Obsessive-compulsive disorder: Update on assessment and treatment. *Journal of Psychiatric Practice*, 13, 6, 362-372.
- Wetterneck, C., Hart, J., & Björgvinsson, T. (2007). Helping the helpers: Roadmap to recovery. *Obsessive Compulsive Foundation Newsletter 20(3)*, 3-6.
- Björgvinsson T., & Hart, J. (2007). Obsessive-Compulsive Disorder. In M. Hersen & J. Rosqvist (Eds.). *Handbook of Assessment, Conceptualization, and Treatment*. New York: John Wiley & Sons.
- Björgvinsson T., & Hart, J. (2006). Cognitive behavior therapy and mentalizing. In J. G. Allen & Fonagy, P. *Handbook of Mentalization-based treatment* (pp.157-170). New York: John Wiley.
- Hart, J., Björgvinsson, T., & Davidson, J. (2004). *Health Anxiety and Hypochondriasis: Diagnosis and Treatment of These Serious and Debilitating Illnesses*. *Obsessive Compulsive Foundation Newsletter*, 18(6), 3-11.

## **Workshops**

- Hart, J. (2011, May) *Beyond Clutter: When too much stuff becomes a disorder*. Workshop presented to the Houston LPC Association, Houston, Texas.
- Hart, J. (2010, November). *Trash or treasure? The effects of hoarding on children and families*. Workshop presented to the Harris County Child Abuse Task Force, Houston, Texas
- Hart, J. & Smith, A.H. (2010, October) *Beyond Clutter: When too much stuff becomes a disorder*. Workshop presented to the 27<sup>th</sup> annual Adult Protective Services (APS) conference, San Antonio, Texas

Björgvinsson, T., & Hart, J., (2010, July). *Introduction for treatment providers: Part I – Diagnosis and assessment*. Workshop conducted at the 15<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Washington, D.C.

Hart, J., Powell, D., & Björgvinsson, T. (2009, August) *Family workshop for therapists*. Workshop conducted at the 15<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Minneapolis, Minnesota.

Hart, J., & Björgvinsson, T. (2009, August). *Introduction for treatment providers: Part I – Diagnosis and assessment*. Workshop conducted at the 15<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Minneapolis, Minnesota.

Hart, J., & Björgvinsson, T. (2008, August). *Assessment, conceptualization and Treatment: Cognitive-Behavioral Therapy for OCD*. Workshop for therapist new to OCD treatment conducted at the 14<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Boston, Massachusetts.

Björgvinsson, T., Pollard, A., Wetterneck, C., & Hart, J. (2007, July). *Helping the Helpers*. Workshop conducted at the 13<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Houston, Texas.

Hart, J. & Stanley, M. (2007, July) *Introduction to the diagnosis and treatment of obsessive compulsive disorder*. Workshop conducted at the 13<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Houston, Texas.

Hart, J., & Björgvinsson, T., (2006, July). *The adult OCD sufferer living at home: A family workshop*. Workshop conducted at the 12<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Atlanta, Georgia.

Hart, J., & Björgvinsson, T., (2006, July). *The adult OCD sufferer living at home: A family workshop*. Workshop conducted at the 12<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Atlanta, Georgia.

Björgvinsson, T., & Hart, J. (2005, July). *The adult OCD sufferer living at home: A family workshop*. Workshop conducted at the 11<sup>th</sup> annual Obsessive Compulsive Foundation Conference, San Diego, California.

Björgvinsson, T., & Hart, J. (2004, July). *In the Transition Zone: Workshop for parents of adult children with OCD living at home*. Workshop conducted at the 10<sup>th</sup> Annual Obsessive Compulsive Foundation Conference, Chicago, Illinois.

Hart, J. (October 2002). *Cognitive-behavioral therapy for obsessive-compulsive disorder featuring in vivo and imaginal exposure*. Workshop presented to the annual of conference of the combined Kansas Mental Health Counselor Association and the Kansas Association of Master's Level Psychologists, Salina, Kansas

## **Presentations**

Anderson, E. R., Smith, A. H., Wetterneck, C. T., Hart, J. M., & Bjorgvinsson. (November, 2011). Treatment outcomes and lessons from a CBT-intensive residential facility for transdiagnostic anxiety disorders. Symposium accepted for presentation to the 45<sup>th</sup> Annual Association of Behavioral and Cognitive Therapies Convention, Toronto, Canada.

Wetterneck, C.T., Hart, J., Smith, A. H., & Burgess, A. (November, 2011). Symposium accepted for presentation to the 45<sup>th</sup> Annual Association of Behavioral and Cognitive Therapies Convention, Toronto, Canada.

Wetterneck, C. T., & Hart, J. (March, 2011). Understanding and enhancing self-compassion and values in OCD treatment: How to help both clients and caregivers. Co-chair for symposium presented to the 31<sup>st</sup> Annual Conference of the Anxiety Disorders Association of America, New Orleans, Louisiana.

Hart, J. & Wetterneck, C. T. (March, 2011). Values-enhanced exposure and response prevention. Presented to the 31<sup>st</sup> Annual Conference of the Anxiety Disorders Association of America, New Orleans, Louisiana.

Wetterneck, C. T., Hart, J., Smith, A. H., & Björgvinsson, T. (March 2011). Self-compassion in Individuals with OCD: The relationship to symptom severity, negative affect, and values. Presented to the 31<sup>st</sup> Annual Conference of the Anxiety Disorders Association of America, New Orleans, Louisiana.

Smith, A, Wetterneck, C. T., Hart, J. & Little, T. (March 2011). Accommodations, burden, and compassion in caregivers of individuals with obsessive-compulsive disorder. Presented to the 31<sup>st</sup> Annual Conference of the Anxiety Disorders Association of America, New Orleans, Louisiana.

Hart, J (March, 2011) Treatment Interference in OCD and other anxiety disorders: The role of personality traits, family accommodations, and symptom subtypes. Symposium discussant for the 31<sup>st</sup> Annual Conference of the Anxiety Disorders Association of America, New Orleans, Louisiana.

Smith, A. H., Wetterneck, C. T., Hart, J., Short, M. B., & Björgvinsson, T. (March 2011) Predictors of severity in the subtypes of obsessive-compulsive disorder: The unique role of emotion. Presented to the 31<sup>st</sup> Annual Conference of the Anxiety Disorders Association of America, New Orleans, Louisiana.

Wetterneck, C. T. Chasson, G., Little, T., Smith, A. H., Hart, J., & Björgvinsson, T. (March, 2011) Obsessive-compulsive personality traits: How are they related to OCD severity and treatment outcome? Presented to the 31<sup>st</sup> Annual Conference of the Anxiety Disorders Association of America, New Orleans, Louisiana.

- Hart, J. (2010, March). The use of self-compassion in the treatment of anxiety disorders. Presentation to the 30<sup>th</sup> annual conference of the Anxiety Disorders Association of America, Baltimore, MA
- Hart, J., & Heffelfinger, S. (2009, March). The anxious Asperger's person. Presentation to the 29<sup>th</sup> annual conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico
- Hart, J., & Clayton, W. (2009, March). Positive psychology as transdiagnostic approach to treating anxiety disorders: A case study. Presentation to the 29<sup>th</sup> annual conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico.
- Heffelfinger, S., & Hart, J. (2008, August). Asperger's Disorder and OCD: Assessment and treatment. Presentation to the 14<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Boston, Massachusetts.
- Hart, J., & Clayton, W. (2008, August). The use of positive psychology in the treatment of OCD: A case study. Presentation to the 14<sup>th</sup> annual Obsessive Compulsive Foundation Conference, Boston, Massachusetts.
- Oldham, J., Allen, J., Fonagy, P., Bateman, A., Björgvinsson, T., & Hart, J. (2008, May). Mentalizing as a framework for effective psychotherapy. Presentation to the annual conference of the American Psychiatric Association, Washington, DC.
- Hart, J. & Fountain, K. (2008, March). *Using chromatic drawings in imaginal exposure therapy for harm obsessions*. Presentation to the Anxiety Rounds to the 28<sup>th</sup> annual Anxiety Disorders Association of America, Savannah, Georgia.
- Hart, J. & Fountain, K. (2007, July). *Chromatic Drawing for imaginal exposure therapy for harm obsessions*. Presentation to the 13<sup>th</sup> annual Obsessive-Compulsive Foundation Conference, Houston, Texas.
- Hart, J, Fassihi, T, Rieman, B, Gorbus, E, & Yip, J. (2007, July). *OCD and eating disorders*. Panel presented to the 13<sup>th</sup> annual Obsessive-Compulsive Foundation Conference, Houston Texas.
- Hart, J. & Wetterneck, C. (2007, March). *The girl with someone else's hand*. Presentation to the 27<sup>th</sup> Annual Anxiety Disorders of America Conference, St. Louis, Missouri.
- Björgvinsson, T., Heffelfinger, S., Wetterneck, C., & Hart, J. (2007, March). *Care for the caregivers: Burden and stress in the caregivers of anxiety sufferers*. Presentation to the 27<sup>th</sup> annual Anxiety Disorders Association of America Conference, St. Louis, Missouri.

- Hart, J., & Fountain, K., (2006, March). *Using chromatic drawings in imaginal exposure therapy for harm obsessions*. Presentation to the 26th Annual Conference of the Anxiety Disorders Association of America, Miami, Florida.
- Björgvinsson, T., & Hart, J. (2006, March). *Intensive CBT treatment of three OCD refractory patients: A practical look at what worked and what did not*. Presentation to the 26th Annual Conference, Anxiety Disorders Association of America, Miami, Florida.
- Björgvinsson, T., & Hart, J. (2005, November). *Diagnosis, nature and treatment of Health Anxiety and Hypochondriasis*. Presentation to the annual Texas Psychological Association Annual Conference, Houston, Texas.
- Björgvinsson, T., Davidson, J., & Hart, J. (2005, March). *Treatment of severe OCD and other anxiety disorders: How much do comorbid personality disorders muddy the waters?* Presentation to the 25<sup>th</sup> annual Anxiety Disorder Association of America Conference, Seattle, Washington.
- Björgvinsson, T., & Hart, J. (2004, July). *Obligatory Exercise: Clinical Features and treatment implications*. Presentation to the 10th annual Obsessive Compulsive Foundation Conference, Chicago, Illinois.
- Björgvinsson, T., & Hart, J. (2004, April). *Intensive cognitive-behavioral treatment protocol applied to compulsive skin picking*. Presentation to the Annual Trichotillomania Learning Center National Conference, Houston, Texas.
- Hart, J., & Wetzig, T., (2003). *The adult OCD sufferer living at home*. Presented to the 9th Annual Obsessive-Compulsive Foundation Conference, Nashville Tennessee
- Björgvinsson, T., Davidson, J., & Hart, J., (August 2002). *Intensive CBT for Hypochondriasis: A case study*. Presented to the 8th Annual Obsessive-Compulsive Foundation conference, Philadelphia, Pennsylvania.
- Hart, J. (July 2001). *Intensive cognitive behavioral therapy for obsessive-compulsive disorder*. Panel presentation to the 7th Annual Obsessive-Compulsive Foundation Conference, Denver, Colorado.
- Björgvinsson, T., Hart, J. & Ferro, M., (February 2001). *Group cognitive-behavioral-therapy for social phobia*. Presented to the annual American Group Psychotherapy Association, Boston, Massachusetts.
- Björgvinsson, T., Ferro, M., & Hart, J. (February 2000). *Cognitive-behavior group therapy for patients with obsessive-compulsive disorder*. Presented to the annual American Group Psychotherapy Association, Los Angeles, CA.

## Posters

- Wetterneck, C. T., Little, T. E., Hart, J., & Smith, A. H. (November, 2011). *The Relationship Between Self-Compassion and OCD Subtype Severity*. Poster accepted for the 45<sup>th</sup> Annual Association of Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Venta, A., Schramm, A., Hart, J., & Sharp, C.S. (November, 2011). *The relation between experiential avoidance, alexithymia, and emotion regulation in inpatient adolescents*. Poster accepted for the 45<sup>th</sup> Annual Association of Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Little, T. E., Wetterneck, C. T., Chasson, G. S., Hart, J. M., & Björgvinsson, T. (2011). *The relationships between personality disorder dimensions and OCD severity*. 17<sup>th</sup> Annual Student Conference for Research and Creative Arts. Houston, Texas.
- Little, T. E., Wetterneck, C. T., Hart, J. M., & Smith, A. H. (2011). *The relationship between self-compassion and OCD subtype severity*. 17<sup>th</sup> Annual Student Conference for Research and Creative Arts. Houston, Texas.
- Chasson, G. S., Chaban, N., Kratz, K., Sweriblow, J., Wetterneck, C.T., Hart, J., & Björgvinsson, T.B. (March, 2011) *Meta-cognition across the subtypes of obsessive-compulsive disorder*. Poster presented to the 31<sup>st</sup> Annual Conference of the Anxiety Disorders Association of America, New Orleans, Louisiana.
- Wetterneck, C. T., Smith, A., Hart, J. M., Little, T. E., Baker, A., Harpster, R., Daniel, J., & Bloodworth, S. (2011, March). *Sexual thoughts: Everyone has them*. Poster presented at 31<sup>st</sup> Annual Convention of the Anxiety Disorders Association of America. New Orleans, LA.
- Chasson, G.S., Wetterneck, C.T., Hart, J., Melinda A. Stanley, M.A., & Björgvinsson, T. (2010, November). *Classification of OCD patients into obsession subtypes using discriminant function analysis*. Poster presented at the 44<sup>th</sup> Annual Association of Behavioral and Cognitive Therapies Convention, San Francisco, California
- Wetterneck, C.T., Chasson, G.S., Little, T.E., Smith, A.H., Hart, J.M., Björgvinsson, T., & Stanley, M.A. (2010, November). *The relationship between dimensional characteristics of OCPD and OCD severity and treatment outcome*. Poster presented at the 44<sup>th</sup> Annual Association of Behavioral and Cognitive Therapies Convention, San Francisco, California
- Smith, A.H., Wetterneck, C.T., Chasson, G., Hart, J.M., Björgvinsson, T., & Stanley, M. (2010, November). *Perfectionism and experiential avoidance in moderate to severe obsessive compulsive disorder*. Poster presented at the 44<sup>th</sup> Annual Association of Behavioral and Cognitive Therapies Convention, San Francisco California

- Smith, A.H., Wetterneck, C.T., Hart, J.M. Little, T., & Short, M.B. (2010, November). *Predictors of distress in the obsessive compulsive disorder subtypes*. Poster presented at the 44<sup>th</sup> Annual Association of Behavioral and Cognitive Therapies Convention, San Francisco California
- Wetterneck, C.T., Hart, J.M., Smith, A.H., Björgvinsson, T., Riemann, B., & Manos, R. (2010, July). *Social cognition and therapeutic alliance in the treatment of severe OCD*. Poster presented at the 17th Annual International Obsessive Compulsive Foundation Conference, Washington, DC.
- Hart, J.M., Smith, A.H., Wetterneck, C.T., & Björgvinsson, T. (2010, July). *The role of alexithymia and emotion regulation in severe OCD*. Poster presented at the 17th Annual International Obsessive Compulsive Foundation Conference, Washington, DC.
- Venta, A., Sharp, C., & Hart, J., (2010, March). *The relationship between experiential avoidance and anxiety disorder in inpatient adolescents*. Poster presented at the 30<sup>th</sup> annual conference of the Anxiety Disorders Association of America, Baltimore, Maryland.
- Wetterneck, C.T., Smith, A. S., Burgess, A.J., & Hart, J. (2009, August) *Distress from sexually intrusive thoughts: The impact of thought content and real life experience*. Poster presented at the 15<sup>th</sup> annual Obsessive-Compulsive Foundation Conference, Minneapolis, Minnesota.
- Wetterneck, C., Hart, J., & Bjorgvinsson, T. (2009, March) *Obsessive-compulsive personality traits: How are they related to OCD severity and treatment outcome?* Poster presented at the 29th Annual Conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico
- Grogan, J., Garnaat, S, Hart, J., & Björgvinsson, T. (2009, March) *Personality dimensions as predictors of treatment outcome for patients with anxiety disorders completing specialized inpatient CBT treatment*. Poster presented at the 29<sup>th</sup> annual Conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico
- Smith, A., Wetterneck, C., Hart, J., & Björgvinsson, T. (2009, March) *Relationship between perfectionism, obsessions, and experiential avoidance in an inpatient population*. Poster presented at the 29<sup>th</sup> annual Conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico
- Hart, J., Smith, A., Björgvinsson, T., & Wetterneck, C. (2009, March) *The relationship between the OMNI Personality Inventory Neuroticism Scale and standard measures of negative affect*. Poster presented at the 29th annual Conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico.

Calleo, J., Björgvinsson, T., Hart, J., Webb, S., & Stanley, M. (2008, November). *Obsession and worry beliefs in an inpatient OCD population*. Poster presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies Convention, Orlando, Florida.

Garnaat, S., Wilson, K., & Björgvinsson, T. (2008, November). *Relations between methods of thought control and symptom reduction in Obsessive-Compulsive Disorder*. Poster presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies Convention, Orlando, Florida.

Wuyek, L., Hart, J., Garnaat, S., & Björgvinsson, T. (2008, November). *Changes in metacognition and thought control strategies following intensive inpatient CBT for treatment refractory Obsessive-Compulsive Disorder*. Poster presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies Convention, Orlando, Florida.

Barrera, T., Wilson, K., Hart, J., Powell, D., & Björgvinsson, T. (2008, November). *Neuropsychological functioning as measured by the RBANS in inpatients with anxiety disorders*. Poster presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies Convention, Orlando, Florida.

Hart, J., Powell, D., Entricht, T. L., Garnaat, S. L., Azzouz, R., Sharp, C., et al. (March, 2008). *Presence of anger levels in an inpatient population with OCD: Changes following intensive CBT*. Poster presented at the 28th Annual Conference of the Anxiety Disorders Association of America, Savannah, Georgia.

Hart, J., Daniel, J., Powell, D., Entricht, T. L., & Björgvinsson, T. (March, 2008). *The role of reactive and autogenous obsessions in the intensive treatment of severe OCD*. Poster presented at the 28th Annual Conference of the Anxiety Disorders Association of America, Savannah, Georgia.

Hart, J., Powell, D., Garnaat, S., & Björgvinsson, T. (2008, March). *Personality variable as predictors of treatment outcomes for inpatients with severe obsessive-compulsive disorder*. Poster presented at the 28th Annual Conference of the Anxiety Disorders Association of America, Savannah, Georgia.

Wetterneck, C. T., Powell, D., Entricht, T. L., Hart, J., & Björgvinsson, T. (March, 2008). *Obsessive compulsive disorder, panic disorder, and symptoms of depersonalization or psychosis: Differential diagnosis and treatment in a single case study*. Poster presented at the 28th Annual Conference of the Anxiety Disorders Association of America, Savannah, Georgia.

Wuyek, L. A., Hart, J., Garnaat, S. L., & Björgvinsson, T. (March, 2008). *Metacognitions and thought control strategies in an inpatient population with obsessive-*

*compulsive disorder*. Poster presented at the 28th Annual Conference of the Anxiety Disorders Association of America, Savannah, Georgia.

Wuyek, L. A., Hart, J., Garnaat, S. L., Haslam-Hopwood, T., & Björgvinsson, T. (March, 2008). *Convergent validity of the metacognitions questionnaire (MCQ-30)*. Poster presented at the 28th Annual Conference of the Anxiety Disorders Association of America, Savannah, Georgia.

Sylvester, B.D., Enricht, T.L., Wetterneck, C.T., Hart, J., & Björgvinsson, T.B., (2007, November). *The relationships among acceptance, anxiety sensitivity, and depression in severe OCD*. Poster presented to the 41<sup>st</sup> annual convention of the Association for the Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania.

Björgvinsson, T., Wetterneck, C., Enricht, T., Hart, J., Heffelfinger, S., Stanley, M., Chasson, G., Powell, D., & Webb, S. A., (2007, November). *The role of well-being: Is it the first step in the model for change?* Poster presented at the 41<sup>st</sup> Annual Convention of the Association for Behavioral And Cognitive Therapies, Philadelphia, Pennsylvania.

Björgvinsson, T., Wetterneck, C., Hart, J., Webb, S. A., Powell, D. M., Azzouz, R., Enricht, T. L., Chasson, G. S., Heffelfinger, S., Davidson, J. E., & Stanley, M. A. (2007, March). *Treatment outcome for adolescent OCD in an inpatient setting*. Poster presented at the 27<sup>th</sup> annual Anxiety Disorders Association of America Conference, St. Lois, Missouri.

Chasson, G., Wetterneck, G., Webb, S., Powell, D., Hart, J., Stanley, M., & Björgvinsson, T. (2006, November). *Characteristics of inpatients with treatment refractory obsessive-compulsive disorder*. Poster presented at the 40th annual convention of the Association for Behavioral And Cognitive Therapies Convention, Washington, DC.

Sharp, C., Hart, J., Björgvinsson, T., Chasson, G., & Stanley, M., (2006, November) *Empathizing and systemizing in OCD*. Poster presented at the 40th annual convention of the Association of Cognitive and Behavioral Therapies, Chicago, Illinois.

Chasson, G.S., Wetterneck, C.T., Webb, S. A., Powell, D.A., Hart, J.M., Stanley, M.A., Björgvinsson, T., (2006, November). *Characteristics of Inpatients with Treatment Refractory Obsessive-Compulsive Disorder*. Poster presented at the 40th annual convention of the Association of Cognitive and Behavioral Therapies, Chicago, Illinois.

Björgvinsson, T., Powell, D., Anderson, H., Hart, J., & Stanley, M. (2005, November). *Intensive cognitive-behavioral therapy for severe and treatment refractory OCD: Outcome data from a specialized hospital program*. Poster

presented at the 39th annual convention of the Association for Advancement of Behavior Therapy Convention, Washington, DC.

Björgvinsson, T., & Hart, J. (November 2000). *Intensive treatment protocol applied to pathological skin picking - single case*. Poster presented at the annual Association for Advancement of Behavior Therapy Convention, New Orleans, Louisiana.

Björgvinsson, T., Bram, T., & Hart, J. (2000, October). *Open ended Cognitive-Behavioral Group Therapy for Social Phobia*. Poster presented at the 34th annual convention of the Association for Advancement of Behavior Therapy Convention, New Orleans, Louisiana.

### **Licensure**

Licensed Clinical Professional Counselor (Kansas license #029)  
License Professional Counselor (Texas license # 64336)

### **Professional Societies:**

2000 to present, International Obsessive Compulsive Foundation  
2001 to present, Association of Behavioral and Cognitive Therapies  
2002 to present, Anxiety Disorder Association of America  
2008 to present, American Counselor Association  
2008 to present, Association for Contextual Behavioral Science  
1996 to present, Kansas Counselor's Association