

CURRICULUM VITAE

Name: Thröstur Björgvinsson, Ph.D., ABPP

Office Addresses:

The Houston OCD Program
1401 Castle Court
Houston, TX 77006
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Place of Birth: Reykjavík, Iceland

Education:

- 1989 B.A. in psychology, University of Iceland, Reykjavík.
1990 Teachers diploma, University of Iceland, Reykjavík.
1992 M.A. in Clinical Psychology, Lakehead University,
Department of Psychology, Thunder Bay, Ontario, Canada.
1998 Ph.D. in Clinical Psychology, Queen's University, Department of
Psychology, Kingston, Ontario, Canada.

Current Hospital Appointments & Clinical/Administrative Experience:

- 2009 - present Director and Founder, The Houston OCD Program – Specialized
residential treatment for OCD and other anxiety disorders,
Houston, Texas. www.HoustonOCDprogram.org
2007 - present Co-Founder/Director, The Icelandic Center for Treatment of
Anxiety Disorders (Kvíðameðferðarstöðin), Reykjavík, Iceland.
www.kms.is

Prior Hospital Appointments & Clinical/Administrative Experience:

- 2000 - 2009 Program Director, The Menninger OCD Treatment Program,
The Menninger Clinic, Houston, Texas (Moved from Topeka,
Kansas to Houston, Texas in June 2003).
1998 - 2009 Coordinator of Cognitive & Behavioral Therapy,
The Menninger Clinic, Houston/Kansas.

Prior Academic Appointments:

- 2006-2009 Associate Professor, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine, Houston, Texas.
- 2003-2006 Assistant Professor, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine, Houston, Texas.
- 1999-2001 Faculty, Karl Menninger School of Psychiatry, The Menninger Clinic, Kansas.

Clinical/Administrative Experience:

- 2009 - present Director and Founder, The Houston OCD Program – Specialized residential treatment for OCD and other anxiety disorders, Houston, Texas.
- 2007 - present Co-Founder, The Icelandic Center for Treatment of Anxiety Disorders (Kvíðameðferðarstöðin). www.kms.is

Internship and fellowship:

- 1996-1997 **McLean Hospital / Harvard Medical School, Department of Psychology**, Massachusetts, CBT track: Clinical Psychology Internship in APA accredited program.
- 1997-1998 **OCD Institute, Massachusetts General Hospital / Harvard Medical School**, Massachusetts, Cognitive-Behavior Therapy Fellowship.
- 1998-1999 **Clinical Fellow, McLean Hospital / Harvard Medical School**, Massachusetts.

License:

- 2010 - present **Licensed Clinical Psychologist**, Massachusetts.
- 2010 - present **Advance Board of Professional Psychology (ABPP)** in Clinical Psychology.
- 2008 - present **Specialty Certification in Clinical Psychology** granted by the Surgeon General (similar to ABPP in USA), Reykjavik, Iceland.
- 2007 - present **Licensed Clinical Psychologist**, Reykjavik, Iceland.
- 2002 - present **Licensed Clinical Psychologist**, Texas.
- 1999 - 2003 **Licensed Clinical Psychologist**, Kansas.

Publications:

- Kertz, S., Bigda-Peyton, J., & Björgvinsson, T. (in press). The Importance of Worry Across Diagnostic Presentations: Prevalence, Severity, and Associated Symptoms in a Partial Hospital Setting. *Journal of Anxiety Disorders*.

- Wetterneck, C., Little, T., Chasson, G., Smith, A., Hart, J., Stanley, M., & Björgvinsson, T. (in press). Obsessive-compulsive personality traits: How are they related to OCD severity? *Journal of Anxiety Disorder*
- Rahman, O., Storch, E. A., Björgvinsson, T., Reid, J. M., Geffken, G. R. & Murphy, T. K. (in press). Impairment in Childhood Obsessive-Compulsive Disorder: The Mediation Role of Internalizing and Externalizing Symptoms. *Child and Adolescent Mental Health*.
- Brown, K. R., Stanley, M.A., & Björgvinsson, T. (in press). Obsessive-compulsive behavior. In V. S. Ramachandran (Ed.), *Encyclopedia of Human Behaviour, 2nd Edition*, Academic Press.
- Rosmarin, D.H., Pirutinsky, S., Auerbach, R.P., Björgvinsson, T., Bigda-Peyton, J., Andersson, G., Pargament, K.I., & Krumrei, E.J. (2011). Incorporating spiritual beliefs into a cognitive model of worry. *Journal of Clinical Psychology, 67*(7), 691-700.
- Lin Z, Canales JJ, Björgvinsson T, Thomsen M, Qu H, Liu QR, Torres GE, & Caine SB. (2011). Monoamine transporters: Vulnerable and vital doorkeepers. *Molecular Biology and Translational Science, 98*, 1-46.
- Rosmarin, D.H., Auerbach, R.P., Bigda-Peyton, J., Björgvinsson, T., & Levendusky, P. (2011). Integrating spirituality into cognitive behavioral therapy in an acute psychiatric setting: A pilot study. *Journal of Cognitive Psychotherapy, 25*(4), 1-17.
- Calleo, J. S., Hart, J., Björgvinsson, T., & Stanley, M. (2010). Obsessions and Worry Beliefs in an Inpatient OCD Population. *Journal of Anxiety Disorders, 24*, 903-908.
- Kuller, A., & Björgvinsson, T. (2010). Cognitive behavioral therapy with schizophrenic patient. *Clinical Case Studies, 9*, 311-327.
- Stanley, M., Björgvinsson, T., Frueh, B.C., (2010). Special Issue: Update on the Nature and Treatment of Obsessive-Compulsive-Related Disorders. *The Menninger Bulletin, 74*, iii-vi.
- Hart, J., & Björgvinsson, T. (2010). Health Anxiety and Hypochondriasis: Description and Treatment Issues Highlighted Through a Case Illustration. *The Menninger Bulletin, 74*, 122-140.
- Storch, E., Björgvinsson, T., Riemann, B., Lewin, A., Morales, M., & Murphy, T. (2010). Factors Associated with Poor Response in Cognitive-Behavioral Therapy for Pediatric Obsessive-Compulsive Disorder. *The Menninger Bulletin, 74*, 167-185

- Abramowitz, J., Deacon, B., Olatunji, B., Wheaton, M., Berman, N., Losardo, D., Timpano, K., McGrath, P., Riemann, B., Adams, T., Björgvinsson, T., Storch, E., & Hale, L. (2010). Assessment of Obsessive-Compulsive Symptom Dimensions: Development and Validation of the Dimensional Obsessive-Compulsive Scale. *Psychological Assessment, 22*, 180-198.
- Björgvinsson T., Wetterneck, C., Powell, D., Chasson, G., Hart, J., Heffelfinger, S., Azzouz, R., Entricht, T., Davidson, J., & Stanley, M. (2008). Treatment outcome for adolescent obsessive-compulsive disorder in a specialized hospital setting. *Journal of Psychiatric Practice, 14*, 137-145.
- Björgvinsson T., Hart, J., & Heffelfinger, S. (2007). Obsessive-Compulsive Disorder: An Update on assessment and Treatment. *Journal of Psychiatric Practice, 13*, 362-372.
- Björgvinsson T., & Hart, J. (2007). Obsessive-Compulsive Disorder. In M. Hersen & J. Rosqvist (Eds.), *Handbook of Assessment, Conceptualization, and Treatment* (pp. 237-262). New York: John Wiley & Sons.
- Rosqvist, J., & Björgvinsson, T., Norling, D.C., & Gudmundsdottir, B. (2007). Post-Traumatic Stress Disorder. In M. Hersen & J. C. Thomas (Eds.), *Handbook of clinical interviewing with adults* (pp. 238-251). Thousand Oaks, CA: SAGE Publications.
- Rosqvist, J., & Björgvinsson, T., & Davidson, J. E. (2007). Philosophical Underpinnings of Clinical Interviewing. In M. Hersen & J. C. Thomas (Eds.), *Handbook of clinical interviewing with adults* (pp. 1-6). Thousand Oaks, CA: SAGE Publications.
- Björgvinsson T., & Hart, J. (2006). Cognitive behavior therapy promotes mentalizing. In J. G. Allen & P. Fonagy (Eds.), *Handbook of Mentalization-based treatment* (pp.157-170). New York: John Wiley.
- Bram, A., & Björgvinsson, T. (2004). A psychodynamic clinician's foray into cognitive-behavioral therapy utilizing exposure and response-prevention for Obsessive-Compulsive Disorder. *American Journal of Psychotherapy, 58*, 304-320.
- Davidson, J., & Björgvinsson, T. (2003). Current and future treatments of obsessive-compulsive-disorder. *Expert Opinion on Investigational Drugs, 12(6)*, 993-1001.
- Osgood-Hynes, D., Riemann, B., & Björgvinsson, T. (2003). Short term residential treatment for obsessive-compulsive disorder. *Crisis Intervention and Brief Treatment, 3*, 413-435.
- Levendusky, P. G., Glod, C. A., & Björgvinsson, T. (1998). Cognitive Behavior Therapy. In C. A. Glod (Ed.), *Contemporary psychiatric-Mental Health Nursing: The brain behavior connection*. Philadelphia, PA: S.A. Davis.

- Björgvinsson, T., & Thompson, A. P. (1996). Evaluation of an Icelandic translation of the Basic Personality Inventory using a bilingual population. *Journal of Clinical Psychology, 52*, 431-435.
- Björgvinsson, T., & Wilde, G. J. S. (1996). Risky health and safety habits related to perceived value of the future. *Safety Science, 22*, 27-33.
- Björgvinsson, T., & Kerr, P. (1995). Use of the Common Language Effect Size Statistics. *American Journal of Psychiatry, 152* (1), 151.
- Björgvinsson, T., & Thompson, A. P. (1994). Psychometric properties of an Icelandic translation of the Basic Personality Inventory: Cross-cultural invariance of a three-factor solution. *Personality and Individual Differences, 16*, 47-56.
- Ragnarsson, R. S., & Björgvinsson, T. (1991). Effect of public posting on driving speed in Icelandic traffic. *Journal of Applied Behavior Analysis, 24*, 53-58.

Publications (Invited):

- Hart, J., & Björgvinsson. (2008). Roadmap to Recovery: Families of Adult OCD Sufferers Living at Home. OCD Chicago – Expert Perspective. A website dedicated to educate people about OCD <http://www.ocdchicago.org>
- Wetterneck, C., Hart, J., & Björgvinsson, T. (2007). Helping the helpers: Roadmap to recovery. *Obsessive Compulsive Foundation Newsletter 20*(3), 3-6.
- Björgvinsson, T., & Fountain, K. (2006). Inpatient Treatment - What's It Like For Teens? (with Michelle & Maggie). *Organized Chaos* - teens & young adult's website dedicated for learning about OCD <http://www.ocfoundation.org/organizedchaos>
- Björgvinsson, T., (2006). Anxiety ranges from common daily fears to a full disorder. What's the difference? (with Roger Verdon). *Menninger Perspective*.
- Björgvinsson, T., & Boudouvas, C. (2005). Treating adolescents with severe OCD: Disentangling symptoms from family interactions. *Obsessive Compulsive Foundation Newsletter, 19*(4), 1-13.
- 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.
- Björgvinsson, T. (2004). The way I treat OCD: The importance of treatment community. *Obsessive Compulsive Foundation Newsletter, 18*(3), 8-9.

Manuscripts submitted for publication or in preparation:

- Kertz, S., Bigda-Peyton, J., & Björgvinsson, T. (under review). *Validity of the Generalized Anxiety Disorder-7 Scale in and Acute Psychiatric Sample.*
- Kuller, A., Libben, M., Rosmarin, D., & Björgvinsson, T. (under review). *Cognitive behavioral therapy for psychotic symptoms: What role does insight play?*
- Krompinger, J., Bigda-Peyton, J.S., Rosmarin, D., & Björgvinsson, T. (under review). *The role of emotion regulation in acquisition of cognitive behavior therapy skills and symptom amelioration over treatment.*
- Björgvinsson, T., Rosmarin, D., Kertz, S., & Bigda-Peyton, J. (in preparation). *Examining Treatment Outcomes in the Context of a Partial Hospital Program: Preliminary Data on the Effectiveness of Cognitive Behavioral Therapy for Affective Disorders.*

Presentations (Peer Reviewed):

- Bigda-Peyton, J.S., Rosmarin, D.H., Kertz S.J., & Björgvinsson, T. (2011, November). *Cognitive, Behavioral, or Both? Mechanisms of Change in an Acute, Depressed Sample.* Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- DeAmicis, A., Bigda-Peyton, J.S., Rosmarin, D.H., McCue, A., Tang, J., & Björgvinsson, T. (2011, November). *Symptom Presentation and Treatment Outcomes in Student and Non-student Patients in a Partial Hospital Setting.* Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Kertz, S.J., Bigda-Peyton, J., Rosmarin, D., & Björgvinsson, T. (2011, November). *Worry and Generalized Anxiety Disorder in a Partial Hospital Setting: Prevalence, Associated Distress, and Influence on Treatment Outcome.* Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Krompinger, J.W., Bigda-Peyton, J.S., Rosmarin D.H., & Björgvinsson, T. (2011, November). *The importance of emotion regulation to symptom severity: Cognitive Behavioral Therapy skill acquisition in an acute psychiatric setting.* Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Libben, M., Kuller, A., Goines, J., & Björgvinsson, T. (2011, November). *Cognitive behavioral therapy for psychotic symptoms: What role does insight play?* Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

- McCue, A., Bigda-Peyton, J.S., Yi-Ping-Tang, J., DeAmicis, A., Rosmarin, D.H., & Björgvinsson, T. (2011, November). *Gender Differences in Treatment Response for Patients with Borderline Personality Disorder in a CBT-Based Partial Hospital Program*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Hu, Y., Van Kirk, N., Rosmarin, D., Björgvinsson, T. (2011, November). *Can insight in OCD be meaningfully assessed through self-report?* Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Yi-Ping-Tang, J., Smith, N., DeAmicis, A., McCue, A., Bigda-Peyton, J.S., Rosmarin, D.H., & Björgvinsson, T. (2011, November). *The Effectiveness of CBT Treatment in a Partial Hospital Setting Among Multicultural Patients*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Pinder-Amaker, S., Bell, C., Björgvinsson, T. (2011, November). *The Behavioral Health College Focus: Outcomes and Implications for Future Treatment*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Little, T., Wetterneck, C., Chasson, G., & Björgvinsson, T. (2011, November). *The relationships between Personality Disorder Dimensions and OCD Severity*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Björgvinsson, T., Kertz, S.J., Bigda-Peyton, J., & Rosmarin, D. (2011, September). *Profiles of Anxiety: Demographics, Individual Differences Factors, Quality of Life Impact and Treatment Outcomes around the World*. Paper presented at a symposium (Panayiotou, G., Chair) with five presentations from Cyprus, Iceland and USA at the European Association for Behavioral and Cognitive Therapies, Reykjavik, Iceland.
- Jónsdóttir, H., Davíðstóttir, S., Ludvíksdóttir, S., Viðar, S., & Björgvinsson, T. (2011, September). *Cross-Cultural Adaptation of Cognitive Behavioral Group Therapy (CBGT) in the Treatment of Social Phobia: Open Clinical Trial in Iceland*. Paper presented at a symposium (Panayiotou, G., Chair) with five presentations from Cyprus, Iceland and USA at the European Association for Behavioral and Cognitive Therapies, Reykjavik, Iceland.
- Van Kirk, N., Björgvinsson, T., Blair-West, S., & Kirby, H. (2011, September). *Anticipating Treatment Pitfalls when treating Obsessive Compulsive Disorder: Special focus on Intensive Treatments*. Panel presented at the European Association for Behavioral and Cognitive Therapies, Reykjavik, Iceland.

- Björgvinsson, T. (Chair), Ben-Arush O., Blair-West S., Elias, J., Stewart, E., & Wang, J. (2011, July). *Culturally Sensitive Treatment of OCD around the Globe: An International Panel*. Chair of a panel from presenters from around the world (n-Arush (Israel), S. Blair-West (Australia), J. Elias (El Salvador), E. Stewart (Canada), J. Wang (China) and M. Horikosshi (Japan) at the 18th annual International Obsessive Compulsive Disorder Foundation Conference, San Diego, CA.
- Van Noppen, B. (Chair), Merlin, P., Pato, M., Sapp, F., Wagner, A., & Björgvinsson, T. (2011, July). *Life after OCD*. Panel discussion and open Q and A for patients conducted at the 18th annual International Obsessive Compulsive Disorder Foundation Conference, San Diego, CA.
- Björgvinsson, T., & McGrath, P. (2011, July). *Introduction to OCD Treatment – Part I: Assessment and diagnosis of OCD*. A workshop for therapists new to OCD treatment conducted at the 18th annual International Obsessive Compulsive Disorder Foundation Conference, San Diego, CA.
- Björgvinsson, T., & Stewart, E. (2011, July). *Introduction to OCD Treatment – Part II: Exposure/Response Prevention and Medication Management*. A workshop for therapists new to OCD treatment conducted at the 18th annual International Obsessive Compulsive Disorder Foundation Conference, San Diego, CA.
- Björgvinsson, T., Sapp, F., & Storch, E. (2011, July). *Introduction to OCD Treatment – Part III: Family, Child and Adolescent Therapy*. A workshop for therapists new to OCD treatment conducted at the 18th annual International Obsessive Compulsive Disorder Foundation Conference, San Diego, CA.
- Davíðsdóttir, S., Ludvigsdóttir, S., Viðar, S., Jónsdóttir, H., Jakobsdóttir Smári, U., Björgvinsson, T. and Smári, J. (2011, March). *Hópmeðferð við félagsfælni: Árangur og þróun meðferðar (Group treatment for social phobia: Effectiveness and development of treatment)*. Paper presented at the annual meeting of the Icelandic Psychological Association, Reykjavik, Iceland.
- Björgvinsson, T., Bigda-Peyton, J., Rosmarin, D., & Kertz, S., (2011, March). *A Protocol for Evaluating Anxiety Treatment Outcomes in a Naturalistic Setting: Development, Challenges, and Preliminary Findings*. Paper presented in Wetterneck, C.T., & Björgvinsson, T. (Moderators) symposium titled: *Treatment Interference OCD and other anxiety disorders: The role of personality traits, family accommodations, and symptom subtypes*. At the 31st annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.
- Anderson, E., Brown, K. R., Fullerton, G., & Björgvinsson, T. (2011, March). *When ERP goes bad: Increasing response to treatment in difficult-to-treat cases*. Paper presented with at the 31st annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.

- Björnsson, A., Davidsdottir, S., Ludviksdottir, S., Vidar, S., & Björgvinsson, T. (2011, March). *Cross-Cultural Adaptation of Cognitive Behavioral Group Therapy (CBGT) in the Treatment of Social Phobia: An Open Clinical Trial in Iceland*. Paper presented in Chasson, G. (Chair) and Björgvinsson, T. (Discussant) symposium titled: *Anxiety around the globe: From phenomenology to treatment dissemination*. At the 31st annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.
- Heffelfinger, S., Daniel, J., & Brown, K., & Björgvinsson, T. (2011, March). *Ethics and ERP*. Paper presented with at the 31st annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.
- McGrath, P., Björgvinsson, T., Pollard, A., Riemann, B., Abramowitz, J. S., & Deacon, B., (2011, March). *Innovative ERP: How do you expose someone to ____?* Panel presented with at the 31st annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.
- Bigda-Peyton, J.S., Kertz, S.J., Rosmarin, D.H., & Björgvinsson, T. (2011, March). *Does worry mitigate or enhance the effect of CBT on depressive symptoms?* Poster presented at the 31st annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.
- Chasson, G. S., Chaban, N., Kratz, C., Swerbilow, J., Wetterneck, C. T., Hart, J., & Björgvinsson, T. (2011, March). Metacognition across the subtypes of obsessive compulsive disorder. Poster presented at 31st Annual Anxiety Disorders Association of America conference, New Orleans, LA.
- Singer, T., Chasson, G. S., Wetterneck, C. T., & Björgvinsson, T. (2011, March). Emotion regulation strategies in individuals with obsessive compulsive disorder. Poster to be presented at 31st Annual Anxiety Disorders Association of America conference, New Orleans, LA.
- Bigda-Peyton, J.S., Kertz, S.J., Rosmarin, D.H., & Björgvinsson, T. (2011, January). *Cognitive Behavioral Therapy for depressive symptoms: The moderating role of worry*. Poster presented at 2nd annual meeting of McLean Hospital Research Day, Belmont, MA.
- Björgvinsson, T., Schreck, M., Goines, J., Rosmarin, D.H., Kopeski, L., Auerbach, R.P., & Bigda-Peyton, J.S. (2011, January). *Examining treatment outcomes in the context of a partial hospital program: Preliminary data on the efficacy of Cognitive Behavioral Therapy for affective disorders* Poster presented at 2nd annual meeting of McLean Hospital Research Day, Belmont, MA.
- Goines, J., Libben, M., Kuller, A., & Björgvinsson, T. (2011, January). *The relationship between CBT skills and insight among psychotic patients*. Poster presented at 2nd annual meeting of McLean Hospital Research Day, Belmont, MA.

- Krompinger, J.W., Bigda-Peyton, J.S., Rosmarin D.H., & Björgvinsson, T. (2011, January). *Dispositional emotion regulation is related to symptom severity and predicts CBT skill acquisition in an acute psychiatric setting*. Poster presented at 2nd annual meeting of McLean Hospital Research Day, Belmont, MA.
- Rosmain, D.H., Bigda-Peyton, J.S., Auerbach, R.P., Björgvinsson, T., & Levendusky, P.G. (2011, January). *Integrating spirituality into Cognitive Behavioral Therapy in an acute psychiatric setting: A pilot study*. Poster presented at 2nd annual meeting of McLean Hospital Research Day, Belmont, MA.
- Björgvinsson, T., Grayson, J., McGrath, P. (Chair), & Pollard, A., (2010, July). *The Ethics of ERP*. Panel discussion conducted at the 17th Annual International Obsessive Compulsive Foundation Conference, Washington, DC.
- 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.
- Chasson, G.S., Björgvinsson, T., Elias, J., Shaw, A., Hamlin, C., & Stewart, S. E. (2010, June). *Obsession Subtypes in Severe and Treatment-Refractory OCD*. Poster presented at the 6th World Congress of Behavioural and Cognitive Therapies, Boston.
- Auerbach, R. P., Rosmarin, Wang, J., & Björgvinsson, T. (2010, June). *Examining treatment outcome in the context of a partial hospital program: Understanding the challenges associated with conducting research in a naturalistic setting*. Panel presentation at the 6th World Congress of Behavioural and Cognitive Therapies, Boston, MA.
- Cohane, G., Björgvinsson, & Cheung, D. (2010, May). *Mindfulness, Meditation, and GAD: Models, Research, and Future Directions*. Poster presented at the 22nd annual convention of the Association for Psychological Science, Boston, MA.
- DePue, S., Little, T., Smith, A., Wetterneck, C.T., Hart, J.M., & Björgvinsson, T. (2010, April). *Differences in OCD Severity and Treatment Outcome due to Dimensional Characteristics of OCPD*. Poster presentation presented at the 16th Annual Student Conference for Research and Creative Arts at University of Houston-Clear Lake, Houston, TX.
- Björgvinsson, T. (2010, March). Discussant in symposium titled: *Research Collaborative Association (ORCA): Evaluating the Effectiveness of Residential and Intensive*

- Outpatient Treatment Programs in Adolescents and Adults*. B. Riemann & S. Cahill (Chairs). Conducted at the 30th annual conference of the Anxiety Disorders Association of America, Baltimore, Maryland.
- Abramowitz, J., Björgvinsson, T., McGrath, P. (Chair), Stack, D., & Whiteside, S., (2010, March). *The Ethics of Exposure: Is There Such a Thing as Too Far?* Panel discussion conducted at the 30th annual conference of the Anxiety Disorders Association of America, Baltimore, Maryland.
- Björgvinsson, T. (March, 2010). *The Perils of Everything: Patient Paralyzed by Fear of Harming Objects, Animals, and People*. Anxiety Rounds conducted at the 30th annual conference of the Anxiety Disorders Association of America, Baltimore, Maryland.
- Wheaton, M., Berman, N. C., Mahaffey, B. L., Abramowitz, J., Deacon, B., Olatunji, B., Timpano, K. R., McGrath, P. B., Riemann, B., Adams, T. G., Björgvinsson, T., Storch, E., & Hale, L. (2009, November). *Reliability and Validity of the Dimensional Obsessive-Compulsive Scale*. Poster presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies Convention, New York City, NY.
- Mahaffey, B.L., Abramowitz, J., Deacon, B., Olatunji, B., Wheaton, M., Berman, N. C., Timpano, K. R., McGrath, P. B., Riemann, B., Adams, T. G., Björgvinsson, T., Storch, E., & Hale, L. (2009, November). *The Dimensional Obsessive-Compulsive Scale: Development, Factor Analysis, and Reliability*. Poster presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies Convention, New York City, NY.
- Van Noppen, B., Björgvinsson, T., Boudouvas, C., Merlin, P., Pato, M., & Wagner, A. (2009, August). *Life after OCD – Now what?* Panel discussion conducted at the 16th annual Obsessive Compulsive Foundation Conference, Minneapolis, Minnesota.
- Van Noppen, B., Björgvinsson, T., Boudouvas, C., Pato, M., & Sapp, F. (2009, August). *Working together to quiet OCD: Expressed Emotions, Family Accommodation and Behavior Contracting – Part II*. Workshop for OCD sufferers and their families conducted at the 16th annual Obsessive Compulsive Foundation Conference, Minneapolis, Minnesota.
- Björgvinsson, T., Hart, J., & Powell, D. (2009, August). *Family Therapy and OCD: Workshop for Therapists*. Workshop for therapists conducted at the 16th annual Obsessive Compulsive Foundation Conference, Minneapolis, Minnesota.
- Björgvinsson, T., Sapp, F., Powell, D. (2009, August). *OCD Treatment with Children and Teens: How Does it Differ from Adults?* Workshop for therapists new to OCD treatment conducted at the 16th annual Obsessive Compulsive Foundation Conference, Minneapolis, Minnesota.

- Björgvinsson, T., & Davidson, J. (2009, August). *CBT treatment and Medical Options for Obsessive-Compulsive Disorder*. Workshop for therapists new to OCD treatment conducted at the 16th annual Obsessive Compulsive Foundation Conference, Minneapolis, Minnesota.
- Björgvinsson, T., & Hart, J. (2009, August). *Assessment, conceptualization and Treatment: Cognitive-Behavioral Therapy for OCD*. Workshop for therapists new to OCD treatment conducted at the 16th annual Obsessive Compulsive Foundation Conference, Minneapolis, Minnesota.
- Björgvinsson, T. (March, 2009). How Effective Is Specialized Intensive Inpatient Group CBT for Patients With Severe Anxiety Disorders? Paper presented in A. Björnsson (Chair) and R. Heimberg (Discussant) symposium, *Is It Too Early to Give Up on Group CBT for Social Phobia and Other Anxiety Disorders?* Conducted at the 29th annual conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico.
- Rosqvist, J., & Ricks, W. (chairs), Björgvinsson, T., Himle, J., Bergstrom, B., & McGhee, C. (March, 2009). *Un- and Anti-Scientific Abandonment of Exposure Therapy: A Flight From Reason Obscures and Obstructs Translation of Basic Science Into Practice*. Panel discussion conducted at the 29th annual conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico.
- Garnaat, S. L., Brown, K., & Björgvinsson, T. (March, 2009). *What is perfectionism? In search of the perfect answer*. Poster presented at the 29th annual conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico.
- Brown, K., Garnaat, S., & Björgvinsson, T. (March, 2009). *Relationship between dimensions of perfectionism and OCD symptoms*. Poster presented at the 29th annual conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico.
- Wetterneck, C., Hart, J., & Björgvinsson, 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 29th annual Conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico.
- Smith, A., Wetterneck, C., Hart, J., & Björgvinsson, T. *Relationship between perfectionism, obsessions, and experiential avoidance in an inpatient population*.

- Poster presented at the 29th annual Conference of the Anxiety Disorders Association of America, Albuquerque, New Mexico
- Hart, J., Smith, A., Björgvinsson, T., & Wetterneck, C. *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 42nd 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 42nd 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 42nd 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 42nd annual convention of the Association for Behavioral and Cognitive Therapies Convention, Orlando, Florida.
- Wilson, K., Garnaat, S., & Björgvinsson, T. (2008, November). *Experiential Avoidance and Symptom Reduction in Severe Obsessive-Compulsive Disorder*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies Convention, Orlando, Florida.
- Björgvinsson, T., & Wuyek, L. (2008, August). *Treating sexual obsessions in patients with and without a history of sexual trauma*. Paper presented at the 15th annual Obsessive Compulsive Foundation Conference, Boston, Massachusetts.
- Björgvinsson, T., & Boudouvas, C. (2008, August). *Application of CBT: Evaluating accommodation of OCD and engaging families in treatment*. Workshop for therapist new to OCD treatment conducted at the 15th annual Obsessive Compulsive Foundation Conference, Boston, Massachusetts.
- Björgvinsson, T., & Hart, J. (2008, August). *Assessment, conceptualization and Treatment: Cognitive-Behavioral Therapy for OCD*. Workshop for therapist new

- to OCD treatment conducted at the 15th annual Obsessive Compulsive Foundation Conference, Boston, Massachusetts.
- Björgvinsson, T., Garnaat, S., Hart, J., Daniel, J., Powell, D., & Entricht, T. (2008, August). *Reactive and Autogenous Obsessions in Severe OCD*. Poster presented at the 15th annual Obsessive Compulsive Foundation Conference, Boston, Massachusetts.
- Riemann, B., Storch, E., & Björgvinsson, T. (2008, June). *Pediatric OCD: Dissemination problems and effective treatment options*. Panel discussion at the 6th International Congress of Cognitive Psychotherapy, Rome, Italy.
- Björgvinsson, T., & Hart, J. (2008, May). What does Mentalizing leave out? Paper presented in J. Allen & J. Oldham (Chairs) Symposium, *Mentalizing as a Framework for Effective Psychotherapy*, American Psychiatric Association Meeting, Washington, DC.
- Björgvinsson, T. (2008, March). Challenges in defining outcomes and in collecting computerized outcome data with treatment resistant OCD and OCD-Spectrum Disorders. Paper presented in A. Gloster (Chair) Symposium *Experimental Approaches to the Refined Understanding and Improved Treatment of OCD-Spectrum Disorders*, 28th annual Anxiety Disorders Association of America Conference, Savannah, GA.
- Powell, D., Heffelfinger, S., & Björgvinsson, T. (2008, March). *Engaging family members to facilitate treatment of OCD*. Paper presented at the 28th annual Anxiety Disorders Association of America Conference, Savannah, GA.
- Hart, J., Powell, D., Entricht, T., Garnaat, S., Azzouz, R., Sharp, C., & Björgvinsson, T. (2008, March). *Presence of Anger Levels in an Inpatient Population with OCD: Changes Following Intensive CBT*. Poster presented at the 28th annual Anxiety Disorders Association of America Conference, Savannah, GA.
- Hart, J., Powell, D., Garnaat, S., Entricht, T., & Björgvinsson, T. (March, 2008). *Relationship of Personality Variables and Treatment Outcome Measures for Inpatients with Severe Obsessive-Compulsive Disorder*. Poster presented at the 28th annual Anxiety Disorders Association of America Conference, Savannah, GA.
- Hart, J., Daniel, J., Powell, D., Entricht, T., Björgvinsson, T. (2008, March). *The Role of Reactive and Autogenous Obsessions in the Intensive Treatment of Severe OCD*. Poster presented at the 28th annual Anxiety Disorders Association of America Conference, Savannah, GA.
- Wetterneck, C., Powell, D., Entricht, T., Hart, J., & Björgvinsson, T. (2008, March). *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 Anxiety Disorders Association of America Conference, Savannah, GA.
- Wuyek, L., Hart, J., Garnaat, S., Haslam-Hopwood, T., & Björgvinsson, T. (2008, March). *Convergent Validity of the Metacognitions Questionnaire (MCQ-30)*. Poster presented at the 28th annual Anxiety Disorders Association of America Conference, Savannah, GA.
- Wuyek, L., Hart, J., Garnaat, S., & Björgvinsson, T. (2008, March). *Metacognitions and Thought Control Strategies in an Inpatient Population with Obsessive-Compulsive Disorder*. Poster presented at the 28th annual Anxiety Disorders Association of America Conference, Savannah, GA.
- Björgvinsson, T., Wetterneck, C. T., Entricht, T. L., Hart, T., Heffelfinger, S., Chasson, G., Powell, D. M., Webb, S. A., & Stanley, M. A. (2007, November). *The role of well being in OCD: Is it the First Step in the Model for Change?* Poster presented at the 41st annual convention of the Association for Behavioral And Cognitive Therapies Convention, Philadelphia, PA.
- Sylvester, B., Entricht, T., Wetterneck, C., & Björgvinsson T. (2007, November). *The relationships among Acceptance, Anxiety Sensitivity, and Depression in severe OCD*. Poster presented at the 41st annual convention of the Association for Behavioral And Cognitive Therapies Convention, Philadelphia, PA.
- Rosqvist, J., Björgvinsson T., Wilkinson, J., Osborn, A., Kollesar, M., & Jenks, A. (2007, November). *Guiding chronic, severe, and refractory OCD patients through psychosurgery: Clinical analysis of stepped-care fit with ERP*. Poster presented at the 41st annual convention of the Association for Behavioral And Cognitive Therapies Convention, Philadelphia, PA.
- Björgvinsson, T., & Heffelfinger, S. (2007, November). *Challenges in treating Adolescents with comorbid Obsessive-Compulsive Disorder and Asperger Syndrome*. Paper (break-out session) presented at the annual Independent Education Consultant Association (IECW) fall conference, Hollywood, California.
- Björgvinsson, T., & Heffelfinger, S. (2007, November). *Family Accommodation of Symptoms in Severe Anxiety Disorders: Detangling anxiety symptoms from family interactions*. Paper (break-out session) presented at the annual Independent Education Consultant Association (IECW) fall conference, Hollywood, California.
- Björgvinsson, T., Pollard, A., Wetterneck, C., Hart, J. (2007, July). *Helping the Helpers*. Workshop conducted at the 14th annual Obsessive Compulsive Foundation Conference, Houston, Texas.

- Björgvinsson, T., Boudouvas, C., Heffelfinger, S., & Powell, D. (2007, July). *OCD and Families: Working within the Transition Zone*. Workshop conducted at the 14th annual Obsessive Compulsive Foundation Conference, Houston, Texas.
- Björgvinsson, T., Wetterneck, C., Hart, J., Webb, S. A., Powell, D. M., Azzouz, R., Entricht, 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 27th annual Anxiety Disorders Association of America Conference, St. Lois, MO.
- Heffelfinger, S, Chasson, G.S., Powell, D.M., Björgvinsson, T. (2007, March). *Challenges in Treating Comorbid Obsessive-Compulsive Disorder and Pervasive Developmental Disorders*. Paper presented at the 27th annual Anxiety Disorders Association of America Conference, St. Louis, MO.
- Heffelfinger, S., Chasson, G. S., Haslam-Hopwood, G. T., Plamondon, M., & Björgvinsson, T. (2007, March). *Inter-rater agreement between self- and clinician-reports of the Yale Brown Obsessive-Compulsive Scale in inpatients*. Poster presented at the 27th annual Anxiety Disorders Association of America Conference, St. Louis, MO.
- Storch, E., Riemann, B., & Björgvinsson, T. (2007, March). *Treatment resistant pediatric OCD: Exploring intensive outpatient and residential treatment options*. Panel discussion at the 27th annual Anxiety Disorders Association of America Conference, St. Louis, MO.
- Björgvinsson, T., Heffelfinger, S., Wetterneck, C., & Hart, J. (2007, March). *Care for the caregivers: Burden and stress in the caregivers of anxiety sufferers*. Paper presented at the 27th annual Anxiety Disorders Association of America Conference, St. Lois, MO.
- 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 for Behavioral And Cognitive Therapies Convention, Washington, DC.
- Björgvinsson, T., Powell, D. M., & Chasson, G. S. (2006, July). *Preliminary findings and challenges in outcomes with treatment refractory OCD*. Paper presented at the 13th annual Obsessive Compulsive Foundation Conference, Atlanta, Georgia.

- Björgvinsson, T., & Hart, J. (2006, July). *The adult OCD sufferer living at home: A family workshop*. Workshop conducted at the 13th annual Obsessive Compulsive Foundation Conference, Atlanta, Georgia.
- Björgvinsson, T., Azzouz, R., & Powell, D. M. (2006, July). *Family and OCD – Disentangling OCD from family interactions*. Workshop conducted at the 13th annual Obsessive Compulsive Foundation Conference, Atlanta, Georgia.
- Björgvinsson, T., Davidson, J., & Stanley, M. (2006, May). Cognitive-behavioral therapy for treatment refractory OCD and other anxiety disorders: Outcome data from a specialized hospital program. Paper presented in R. L. Munich & T. Björgvinsson (Chairs), Symposium, *The Problem of Outcomes With the Difficult-to-Treat Patient*, American Psychiatric Association Meeting, Toronto, Canada.
- Björgvinsson, T. (2006, March). *Intensive Cognitive Behavioral Therapy for Anxiety Disorders*. Paper presented at the 1st Neuroscience Colloquium, Oaxaca, Mexico.
- Björgvinsson, T., Davidson, J., & Coplan, J. (2006, March). *Novel and emerging treatments for refractory obsessive-compulsive disorder*. Symposium presented at the 26th Annual Conference, Anxiety Disorders Association of America, Miami, Florida.
- Björgvinsson, T., Powell, D., Webb, S., & Stanley, M. (2006, March). *Challenges in defining and collecting outcome data with treatment refractory anxiety disorder patients*. Paper presented at the 26th Annual Conference, Anxiety Disorders Association of America, Miami, Florida.
- Björgvinsson, T. (2006, March). *Paralyzed: Unique In-Hospital Treatment of a Woman so Distressed by Contamination that She Could Not Complete Her Own Rituals*. Anxiety Rounds conducted at the 26th Annual Conference, Anxiety Disorders Association of America, Miami, Florida.
- Björgvinsson, T., & Hart, J. (2006, March). *Intensive CBT treatment of three OCD refractory patients: Practical look at what worked and what did not*. Paper presented at the 26th Annual Conference, Anxiety Disorders Association of America, Miami, Florida.
- Björgvinsson, T. (2006, February). *Intensive Cognitive Behavioral Group Therapy for Severe Obsessive-Compulsive Disorder*. Workshop conducted at the American Group Psychotherapy Association annual meeting in San Francisco, CA.
- Björgvinsson, T. (2006, February). *Families Accommodation of Symptoms in Severe Anxiety Disorders: Detangling Anxiety Symptoms from Family Interactions*. Paper presented at the annual conference of the National Association of Therapeutic Schools and Programs (NATSAP), Tampa, Florida.

- Öst, L., Björgvinsson, T., Abramowitz, J., Cahill, S., Koch, W., Warren, R., & Rosqvist, J (chair). (2005, November). *Live training expands clinical boundaries: Solving dissemination issues and increasing utilization of exposure therapy for anxiety disorders*. Symposium conducted the 39th annual convention of the Association for Advancement of Behavior Therapy Convention, Washington, DC.
- 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. (2005, November). *Diagnosis, nature and treatment of Health Anxiety and Hypochondriasis*. Paper presented at the annual Texas Psychological Association Annual Conference, Houston, Texas.
- Björgvinsson, T., & Boudouvas, C. (2005, November). *Children and adolescents with anxiety disorders and their families: Disentangling the anxiety symptoms from family interactions*. Round table discussion conducted at the annual Texas Psychological Association Annual Conference, Houston, Texas.
- Björgvinsson, T. (2005, November). *Intensive Cognitive Behavioral Group Therapy and Milieu Management for Severe Anxiety Disorders*. Half-day workshop conducted at the annual meeting of the American Residential Treatment Association (ARTA), Stockbridge, Massachusetts.
- Björgvinsson, T., & Hart, J. (2005, July). *Diagnosis, nature and treatment of Health Anxiety and Hypochondriasis*. Paper presented at the 12th annual Obsessive Compulsive Foundation Conference, San Diego, California.
- Björgvinsson, T., & Hart, J. (2005, July). *The adult OCD sufferer living at home: a family workshop*. Workshop conducted at the 12th annual Obsessive Compulsive Foundation Conference, San Diego, California.
- 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?* A paper presented at the 25th annual Anxiety Disorder Association of America Conference, Seattle, Washington.
- Björgvinsson, T. (2005, January). *Adolescents with severe and treatment refractory OCD: The power of treatment community (milieu) in creating atmosphere for change*. Paper presented at the annual Conference of the National Association of Therapeutic Schools and Programs (NATSAP), Tucson, Arizona.
- Björgvinsson, T. (2004, November). *Key Elements in Effective Treatment for Severe Obsessive Compulsive Disorder*. Paper presented at the annual Texas Psychology Association Conference, San Antonio, Texas.

- Björgvinsson, T. (2004, October). *Sexual Addiction and Compulsivity as compared and contrasted with Obsessive Compulsive Disorder: Diagnostic and treatment implications*. Paper presented at the annual conference for The National Council on Sexual Addictions and Compulsivity, Washington, DC.
- Björgvinsson, T., & Hart, J. (2004, July). *Obligatory Exercise: Clinical Features and treatment implications*. Paper presented at the 11th annual Obsessive Compulsive Foundation Conference, Chicago, Illinois.
- Björgvinsson, T., Fiedler, J., & McIngvale, E. (2004, July). *Patients and a therapists perspective: Obstacles and challenges in intensive treatment for severe OCD*. Paper presented at the 11th annual Obsessive Compulsive Foundation Conference, Chicago, Illinois.
- 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 11th annual Obsessive Compulsive Foundation Conference, Chicago, Illinois.
- Björgvinsson, T., & Hart, J. (2004, April). *Intensive cognitive-behavioral treatment protocol applied to compulsive skin picking*. Paper presented at the annual Trichotillomania Learning Center national Conference, Houston, Texas.
- Björgvinsson, T., & Azzouz, R. (2004, March). *Potential use of therapeutic community (milieu) to enhance treatment outcomes for severe OCD and other anxiety disorders*. Paper presented at the 24th annual Anxiety Disorder Association of America Conference, Miami, Florida.
- Björgvinsson, T., & Boudouvas, C. (2003, July). *Family and OCD: Disentangling OCD from family interactions*. Paper presented at the 10th annual Obsessive Compulsive Foundation Conference, Nashville, Tennessee.
- Björgvinsson, T., & Azzouz, R. (2003, July). *OCD in the milieu: Use of therapeutic community in the treatment of severe OCD*. Paper presented at the 10th annual Obsessive Compulsive Foundation Conference, Nashville, Tennessee.
- Björgvinsson, T. (2003, March). *Catatonic but not schizophrenic: An intensive CBT for a misdiagnosed patient*. Paper presented at the *Anxiety Rounds* at the annual meeting of the Anxiety Disorder Association of America, Toronto, Canada.
- Björgvinsson, T., Davidson, J., & Hart, J. (2002, August). *Intensive CBT for hypochondriasis: A case presentation*. Paper presented at the 9th annual Obsessive Compulsive Foundation Conference, Philadelphia, Pennsylvania.
- Lewis, L., Björgvinsson, T., Adkins, S., & Diacon, N. (2002, April). *Restoring hope: Treating suicidal patients with severe and persistent mental illness*. Symposium

- presented at the 35th annual conference of American Association of Suicidology, Washington, DC.
- Tolin, D. (Chair), Björgvinsson, T., Addis, M., Anthony, M., & Abramowitz, J. (2001, October). *"Fish out of water": Cognitive-Behavioral Therapy and Research in traditionally non-behavioral settings*. Symposium presented at the 35th annual convention of the Association for Advancement of Behavior Therapy Convention, Boston, Massachusetts.
- Björgvinsson, T., & Hart, J. (2001, June). *Intensive Cognitive-Behavior Therapy: What is it and is it for you?* Paper presented at the 8th annual Obsessive Compulsive Foundation Conference, Denver, Colorado.
- Björgvinsson, T. (2001, February). *Cognitive-Behavior Group Therapy for Social Phobia*. Paper presented at the annual American Group Psychotherapy Association, Boston.
- Björgvinsson, T., & Hart, J. (2000, October). *Intensive treatment protocol applied to pathological skin picking - Single Case*. Poster presented at the 34th annual convention of the Association for Advancement of Behavior Therapy Convention, New Orleans, Louisiana.
- Björgvinsson, T., Bram, A., & 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.
- Björgvinsson, T., Ferro, M., & Hart, J. (2000, February). *Cognitive-behavior group therapy for patients with Obsessive-Compulsive Disorder*. Paper presented at the annual American Group Psychotherapy Association, Los Angeles.
- Björgvinsson, T., & Thompson, A. P. (1996, August). *Strengths and limitations of an Icelandic translation of the Basic Personality Inventory*. Poster session presented at the XXVI International Congress of Psychology, Montreal, Canada.
- Björgvinsson, T., & Wilde, G. J. S. (1996, May). *Individual differences in the perceived value of the future and reckless driving*. Symposium conducted at the International Conference on Traffic and Transport Psychology, Valencia, Spain.
- Björgvinsson, T. (1995, June). *Ethical and Methodological issues in using subject pools*. Paper presented at the annual Canadian Psychological Association convention, Charlottetown, Prince Edward Island, Canada.
- Björgvinsson, T., & Wilde, G. J. S. (1995, June). Risk homeostasis and individual differences in health and safety habits. In M. Murray (Chair), *Accidents, safety and risk-taking*. Symposium conducted at the annual Canadian Psychological Association convention, Charlottetown, Prince Edward Island, Canada.

Björgvinsson, T., & Thompson, A. P. (1994, July). *Evaluation of an Icelandic translation of the Basic Personality Inventory using a bilingual population*. Poster session presented at the XII International Congress of Cross-cultural Psychology, Pamplona, Spain.

Björgvinsson, T., & Wilde, G. J. S. (1994, July). Risky health and safety habits related to the perceived value of the future. In G. J. S. Wilde (Chair), *Risk Homeostasis Theory: Current Perspective*. Symposium conducted at the 23rd International Congress of Applied Psychology, Madrid, Spain.

Björgvinsson, T., & Thompson, A. P. (1993, August). *Cross-cultural stability of Basic Personality Inventory scale and factor structure*. Poster session presented at the 101st annual convention of the American Psychology Association, Toronto, Ontario, Canada.

Invited Speaker & Continue Education Workshops:

2011, November *Examining treatment outcomes in the context of a partial hospital program: The effectiveness of Cognitive Behavioral Therapy for affective disorders*. **Grand rounds** scheduled on November 2, 2011 at the Department of Psychology, University of Cyprus, Nicosia, Cyprus.

2011, July *The basics to Understanding and Treating OCD*. A lecture given at the OCD Texas Support & Advocacy Quarterly Meeting, Houston, Texas.

2011, May *Cognitive Behavioral Therapy for Anxiety Disorders – Part II*. Five-day workshop conducted with Jeff Szymanski, Ph.D., Szu-Hui Lee, Ph.D., and Edmund C Neuhaus, Ph.D., ABPP at the Shanghai Mental Health Center, Shanghai, China.

2010, October *Cognitive Behavioral Therapy for children and adolescent with Anxiety Disorders*. Two-day workshop sponsored by the School Psychology Association of Iceland in Borgarnes, Iceland.

2010, October *Behavior Therapy Training Institute (BTI)*. Full-day mentorship/supervision in an three-day intensive training course in Cognitive Behavioral Therapy for OCD for mental health professionals. Conducted with C. Alec Pollard, Ph.D. (chair), Martin Franklin, Ph.D., Sabine Willhelm, Ph.D., Nancy Keuthen, Ph.D., Jeff Szymanski, Ph.D., & Michael Jenike, MD. This advanced institute was sponsored by Obsessive Compulsive Foundation and was conducted in Boston, Massachusetts.

- 2010, October *Cognitive Behavioral Therapy for Anxiety Disorders – Part I.* Five-day workshop conducted with Jeff Szymanski, Ph.D., Szu-Hui Lee, Ph.D., and Edmund C Neuhaus, Ph.D., ABPP at the Shanghai Mental Health Center, Shanghai, China.
- 2010, March *Depression: Care of the Patient Under Treatment.* Grand rounds given with Valarie Photos at Lowell General Hospital, Lowell, Massachusetts.
- 2010, March *Coping Skills for People with OCD.* Lecture given at the Obsessive Compulsive & Related Disorders Les Grodberg Memorial Lecture Series, Belmont, Massachusetts.
- 2008, August *Critical evaluation of Mentalizing - what does Mentalizing leave out?* Paper presented with John Hart at a lecture series on *Mentalizing as a Framework for Effective Psychotherapy*, J. Allen (chair), Menninger Clinic, Houston, Texas.
- 2008, May *Cognitive Behavioral Therapy for Chronic Pain.* A two day workshop conducted with Gordon Asmundson, Ph.D. It was sponsored by the University of Iceland, the Icelandic Association for Cognitive and Behavioral Therapies and Oxford University. The workshop was held in Reykjavík, Iceland.
- 2008, April *Intensive Cognitive-Behavioral Therapy for Anxiety Disorders: Using Obsessive-Compulsive Disorder to Highlight the Importance of Exposure.* Two lectures conducted with Lisa Wuyek, Ph.D., jointly sponsored by the Austin Center for the treatment of OCD and The Menninger Clinic, Division of Continuing Education, Austin, Texas.
- 2008, March *The effects of anxiety on health and healing: New approaches and changed emphasis in treatment.* Keynote address at the annual convention of the National Primary Care Physicians Association, Reykjavík, Iceland.
- 2008, February *Cognitive Behavioral Therapy for Anxiety Disorders.* Full day workshop sponsored by the Icelandic Psychiatric Association and the National Primary Care Physicians Association, Reykjavík, Iceland.
- 2008, January *Cognitive Behavioral Therapy for Psycho-somatic Problems and Chronic Illness.* A two day workshop conducted with Gordon Asmundson, Ph.D. It was sponsored by the University of Iceland, the Icelandic Association for Cognitive and Behavioral Therapies and Oxford University. The workshop was held in Reykjavík, Iceland.

- 2007, December *Behavior Therapy Insititute*. Full-day mentorship/supervision in an three-day intensive training course in Cognitive Behavior Therapy for OCD for mental health professionals. Conducted with C. Alec Pollard, Ph.D. (chair), Jon Abramowitz, Ph.D. Melinda A. Stanley, Ph.D., Deborah C. Beidel, Ph.D., Bruce Mansbridge, Ph.D., & Joyce Davidson, MD. This advanced institute was sponsored by Obsessive Compulsive Foundation and was conducted in Houston, Texas.
- 2007, August *Intensive Cognitive Behavioral Therapy for Obsessive Compulsive Disorder*. Half-day workshop conducted at the 115th annual convention of the American Psychology Association, San Francisco, California.
- 2007, July *Differential Diagnosis and Effective Treatment of Obsessive Compulsive Disorder*. Chaired and presented at a five hour workshop that was conducted with Melinda Stanley, Ph.D., Joyce Davidson, MD., John Hart, LCPC., & Constantia Boudouvas, LCSW. This workshop was jointly sponsored by The Peace of Mind Foundation and The Menninger Clinic, Division of Continuing Education, Houston, Texas.
- 2007, May *Cognitive Behavioral Therapy for severe anxiety disorders with special focus on obsessive-compulsive disorder*. A lecture jointly sponsored by the Miami Alliance for the Mentally Ill and The Menninger Clinic, Division of Continuing Education, Miami, Florida.
- 2007, February *Intensive Cognitive Behavioral Therapy for severe obsessive-compulsive disorder*. Half-day workshop conducted at the 33rd Annual Advanced International Winter Symposium, Addictive Disorders and Behavioral Health, Colorado Springs, Colorado.
- 2006, October *Behavior Therapy Insititute*. Full-day mentorship/supervision in an three-day intensive training course in Cognitive Behavior Therapy for OCD for mental health professionals. Conducted with C. Alec Pollard, Ph.D. (chair), John Calamari, Ph.D., Cheryl N. Carmin, Ph.D., Karen Cassiday, Ph.D., Bradley Riemann, Ph.D., Reed Simpson, MD. This advanced institute was sponsored by Obsessive Compulsive Foundation and was conducted in St. Louis, Missouri.
- 2006, September *Intensive CBT program for adolescents with severe OCD: Preliminary outcome data*. Grand rounds given at Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine, Houston, Texas.

- 2006, September *Intensive Cognitive Behavioral Therapy for Severe Obsessive-Compulsive Disorder.* A lecture sponsored by The Menninger Clinic, Division of Continuing Education, Minneapolis, Minnesota.
- 2006, July *Intensive Mileu Driven Cognitive Behavioral Therapy for OCD and other Anxiety Disorders.* Intived address to Skyland, Atlanta, Georgia.
- 2006, May *Faces of OCD: Identify support through Art as Therapy.* A lecture conducted with Kimberley Fountain; sponsored by The Menninger Clinic, Division of Continuing Education, Houston, Texas.
- 2006, May *Intensive cognitive behavioral therapy for severe anxiety disorders with special focus on obsessive-compulsive disorder.* A lecture sponsored by The Menninger Clinic, Division of Continuing Education, Chicago, Illinois.
- 2006, March *Intensive Cognitive Behavioral Therapy for severe obsessive-compulsive disorder.* Intived address to the Greater Houston Psychiatric Associates, Houston, Texas.
- 2006, April *Intensive CBT for Treatment of Refractory OCD: Outcome Data from a Specialized Hospital Program.* Grand rounds given at SUNY Downstate Medical Center, Brooklyn, New York.
- 2006, April *Obsessive-Compulsive Disorder: The Treatment of a Debilitating Disorder.* Clinical presentation given at SUNY Downstate Medical Center, Brooklyn, New York.
- 2006, February *Intensive cognitive behavioral therapy for severe anxiety disorders with special focus on obsessive-compulsive disorder.* A lecture sponsored by The Menninger Clinic, Division of Continuing Education, Orlando, Florida.
- 2006, February *Working with Families of Patients with Anxiety Disorders.* A lecture sponsored by The Menninger Clinic, Division of Continuing Education, Orlando, Florida.
- 2005, September *Intensive cognitive behavioral therapy for severe anxiety disorders with special focus on obsessive-compulsive disorder.* A lecture sponsored by The Menninger Clinic, Division of Continuing Education, Birmingham, Alabama.
- 2005, April *Intensive cognitive behavioral therapy for severe OCD: Tips for practical management.* A lecture sponsored by The Menninger Clinic, Division of Continuing Education, Dallas, Texas.

- 2005, April *Intensive specialized treatment for severe and treatment refractory obsessive-compulsive disorder.* A lecture given at the Clinical Forum Series at the University of Houston, Houston, Texas.
- 2005, March *Cognitive-Behavioral Therapy for Anxiety Disorders.* A two-day workshop with Berglind Gudmundsdottir Ph.D. sponsored by the Continuing Education Department of University of Iceland, Reykjavik, Iceland.
- 2005, March *Working as a Cognitive Behavioral Therapist: Opportunities and Challenges.* Brown Bag presentation sponsored by the Department of Psychology, University of Iceland, Reykjavík, Iceland.
- 2005, January *Intensive Cognitive-Behavioral Therapy for Severe Obsessive Compulsive Disorder and other Anxiety Disorders.* A lecture sponsored by The Menninger Clinic, Division of Continuing Education, Washington, DC.
- 2004, October *Intensive cognitive behavioral therapy for severe and treatment refractory obsessive compulsive disorder.* A lecture sponsored by The Menninger Clinic, Division of Continuing Education, Washington, DC.
- 2004, May *Cognitive Behavior Therapy for Anxiety Disorders.* A lecture conducted at the Menninger Clinic, sponsored by The Menninger Clinic, Division of Continuing Education, Houston, Texas.
- 2004, May *Effective treatments for severe and treatment refractory OCD.* A lecture conducted with Constantina Boudouvas, LCSW & John Hart, LCPC; sponsored by The Menninger Clinic, Division of Continuing Education, Houston, Texas.
- 2003, March *Lecture I: Differential diagnosis of Obsessive-Compulsive Disorder – treatment implications and challenges.*
Lecture II: The key elements of effective treatments for Obsessive Compulsive Disorder. Two lectures given at a week-long workshop sponsored by the Menninger Clinic, Park City, Utah.
- 2003, January *Potential use of mentalization in effective treatment of obsessive-compulsive disorder – A case illustration.* Invited talk at a two-day conference on mentalization sponsored by the Child and Family Center, Menninger Clinic, Kansas.
- 2002, June *Diagnostic and Ethical Considerations in the Treatment of Pain: A Cognitive Behavioral Approach.* A lecture conducted with John Hart, LCPC, & Rose West, RN, sponsored by The Menninger Clinic, Division of Continuing Education, Kansas.

- 2002, March *Diagnosis and Effective Treatments for Obsessive-Compulsive Disorder and OCD Spectrum Disorders*. One-day workshop sponsored by The Institute for Mental Health and Substance Abuse Education and Training, Oklahoma Department of Mental Health and Substance Abuse Services, Donahue Seminar Series, Norman, Oklahoma.
- 2001, December *Effective Multidisciplinary Teamwork With a Client Diagnosed with Severe OCD: A case presentation*. A lecture conducted with Constantina Boudouvas, LSCSW sponsored by The Menninger Clinic, Division of Continuing Education, Kansas.
- 2001, December *Cognitive-Behavioral Therapy: General principles as applied in treating Depression and Anxiety Disorders*. One-day workshop sponsored by the Family Service and Guidance Center, Topeka, Kansas.
- 2001, November *Obsessive-Compulsive Disorder: Diagnosis and Treatment Issues*. A sponsored by The Menninger Clinic, Division of Continuing Education, Kansas.
- 2001, October *Cognitive and Behavioral Therapy for Obsessive-Compulsive Disorder, OCD Spectrum Disorders, and Social Phobia*. Two-day workshop sponsored by the Education Committee & the Psychology Association of Iceland and the Education Network of Southern Iceland, Selfoss, Iceland.
- 2001, October *Effective Evidence Based Treatments of Anxiety Disorders*. A lecture sponsored by the Department of Psychology, University of Iceland, Reykjavík, Iceland.
- 2001, August *Cognitive-Behavioral Therapy Seminar: Diagnosis and Treatment of OCD*. Half-day workshop sponsored by the Family Service and Guidance Center, Topeka, Kansas.
- 2001, March *The new Menninger intensive Cognitive and Behavioral Therapy Program for OCD and other Anxiety Disorders*. A lecture sponsored by the Department of Psychology, University of Iceland, Reykjavík, Iceland
- 2001, February *A Profile of Obsessive-Compulsive Disorder: Assessment and Cognitive Behavior Therapy*. Half-day workshop sponsored by the Mental Health Association, Wichita, Kansas.
- 2000, September *Cognitive Therapy for Bipolar Disorder, Schizophrenia and Anxiety Disorders*. Two-day workshop conducted with A. John

Rush, MD and Joyce Davidson, MD. The Menninger Clinic, Division of Continuing Education.

- 2000, May *Obsessive-Compulsive Disorder and Schizophrenia*. A lecture given for the Community Residence Program: Family Day at the Community Residence Program, Menninger Clinic.
- 2000, April *Managing Your Own Anxiety – Challenges in utilizing Cognitive Behavior Therapy and in implementing exposure treatment*. A lecture at the Social Work Day 2000, Kansas University, Kansas.
- 2000, February *Treating OCD in Children and Adolescents*. Two-day workshop conducted with John March MD, and Martin Leitchman, Ph.D. The Menninger Clinic, Division of Continuing Education.
- 1999, March *Diagnosis and Cognitive Behavioral Treatment of Obsessive-Compulsive Disorder*. A lecture at the KETCH Employment Service, Salina, Kansas.
- 1988, August *Effect of public posting on driving speed in Iceland*. Paper presented at the annual press conference of the Icelandic Traffic Safety Council on accident prevention, Reykjavik, Iceland.

Book Reviews:

- Bulletin of The Menninger Clinic*, 70, 340, (2006). Book review: Clark, D. (2004). *Cognitive Behavior Therapy for OCD*. New York: Guilford.
- Bulletin of The Menninger Clinic*, 70, 340, (2006). Book review: Heimberg, R., Turk, C., Mennin, D. (2004). *Generalized Anxiety Disorder: Advances in research and practice*. New York: Guilford.
- Bulletin of The Menninger Clinic*, 70, 341, (2006). Book review: Taylor, S., & Asmundson, G. J.G. (2004). Treating Health Anxiety: A cognitive-behavioral approach. New York: Guilford.
- Bulletin of The Menninger Clinic*, 70, 340, (2006). Book review: Morris, T.L., & March, J.S. (2004). Anxiety Disorders in Children and Adolescents (second edition). New York: Guilford.

Research Grants / Fellowships / Awards:

Queen's University

- 1995-1996 Queen's Graduate Award.
1995-1996 Thesis Bursary.

- 1995-1996 Ontario Government International Student Fee Waiver.
1994-1995 Dean's Award.
1994-1995 Queen's Graduate Award.
1994-1995 Research Grant.
1994-1995 Ontario Government International Student Fee Waiver.
1992-1994 Queen's Graduate Fellowship.
1992-1994 Ontario Government International Student Fee Waiver.

Lakehead University

- 1992 Research grant exploring the equivalence of an Icelandic translation of the Basic Personality Inventory
1990-1991 Tuition Bursary at Lakehead University.

Iceland

- 1996 to 2000 Research Grant received from "The Research Council of Iceland" (Vísindasjópur Íslands) for "Norming the Basic Personality Inventory in Iceland". PI: Thröstur Björgvinsson, Ph.D.
1988 Grant received from the Surgeon General in Iceland for a special research project evaluating attitudes towards HIV infected individual.
1988 Four grants received for evaluating effect of public posting on speeding in Iceland from among others Board of National Effort for Traffic Safety.

Teaching Experience:

- 2006-2009 Associate Professor, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine, Houston, Texas.
2003-2006 Assistant Professor, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine, Houston, Texas.

At Baylor College of Medicine

- 2003 – 2009 Topic seminar for psychology interns. Three to four lectures per year about CBT for anxiety disorders.
2004 – 2009 Topic seminar for child fellows. Five lectures per year about CBT for anxiety disorders in children and adolescents.

At The Menninger Clinic, Houston, Texas (and before June 2003 Topeka, Kansas):

- 2004 to 2005: Weekly one-hour seminar on the basic principles of CBT and ways to apply CBT to treatment refractory patients. Five months long for all staff at Menninger Clinic that work with patients.
- 1999 to 2000: Weekly one-hour seminar on the basic principles of CBT and ways to apply CBT to treatment refractory patients. Nine months long for all staff at Menninger Clinic that work with patients.

The Karl Menninger School of Psychiatry, Topeka, Kansas

- 1999 to 2001 Three months weekly CBT seminars that focus on effective treatments for disorders in adults and in children/adolescent. Designed for staff, psychiatry residents, psychology interns, post master social work fellows.

OCD Institute, Massachusetts General Hospital/Harvard Medical School, Belmont, Massachusetts

- 1997 to 1998 Weekly seminar for the staff, the psychology interns at McLean Hospital/Harvard Medical School, and social work interns, addressing a variety of issues relating to treating OCD patients and patients that fall within the OCD spectrum.

Queen's University, Kingston, Ontario, Canada

- 1994-1996 Advanced Experimental Design, a 3rd year undergraduate course.
- 1994 (summer) Statistical Methods, a 2nd year statistical correspondence course.
- 1993-1994 Teaching assistant in Introductory Psychology course.
- 1995 (summer) Teaching assistant in Introductory Psychology course.
- 1992-1993 Teaching assistant in Work and Skills, a 3rd year undergrad course.

Lakehead University, Thunder Bay, Ontario, Canada

- 1991-1992 Teaching assistant in Clinical Assessment, a Master level graduate course.
- 1990-1991 Teaching assistant in Introductory Psychology course.

University of Houston, Texas:

2007 Ph.D. dissertation committee

Primary Supervisor for the following trainees (from 2004 to 2009):

- | | |
|--|---|
| Psychology Post-doctoral Fellows: | 4 |
| Psychology Interns: | 5 |
| Practicum Students from University of Houston:
12 month rotation: | 8 |

3 month rotation:

2

Clinical – Administrative Experience:

Administration & Program Development:

- 2000 Developed and launched a comprehensive residential treatment program for severe Obsessive Compulsive Disorder at the Menninger Clinic. This was only one of three of its kind in the nation and was a 7 days a week, state-of-the-art treatment facility that utilizes evidence based treatment interventions - namely Cognitive-Behavioral Therapy with special focus on Exposure and Response Prevention. This facility opened its door in October 2000, and was designed to treat a total of 40 patients, 17 patients in residence, and 23 in intensive day treatment
- 2001 Enhanced the residential program so it offered two tracks - adults and adolescents (designed to treat total of 15 patients). The focus still remained on intensive evidence based treatment, and was the only program in the nation that offers intensive residential Cognitive-Behavioral Therapy for adolescents at that time.
- 2003 Helped with the program transition from Topeka, KS to Houston, TX. Notable achievements during the OCD program's tenure in Houston was the computerizing and intergrading of research with clinical work. The model and infrastructure that was created on the OCD program was ultimately adopted by every program at Menninger Clinic to evaluate treatment outcomes.

In the role of Program Director I was responsible for various administrative tasks to ensure smooth operation of the program, including supervision of all staff, assuring compliance with policies and procedures of the Menninger Clinic and its corporate compliance committee, the standards of the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO), Texas Department of Health (TDH) and other medical record and legal requirements.

Clinical:

- 1999-2009 I oversaw the implementation of CBT for the patients that entered the OCD program. In addition, I functioned as the lead Cognitive-Behavior Therapist - in that role I provided consultation to the various clinical programs at The Menninger Clinic about ways to incorporate cognitive and behavioral approaches to programmatic aspects of treatment and milieu development.
- 1997-1998 Clinical Fellowship, OCD Institute, Massachusetts General Hospital / Harvard Medical School, Belmont Massachusetts. A 12-month placement at a residential treatment cite for 17 residents and up to 15 day patients, all

suffering from severe OCD. My primary responsibilities were to be a behavior therapist for approximately five OCD patients at a given time. I organized the behavior treatment that these patients received and designed their exposure-response prevention sessions. In addition, I ran several groups a week and treated on average eight outpatients on weekly basis.

1996-1997 APA accredited Clinical Psychology Internship, McLean Hospital / Harvard Medical School, Department of Psychology, Belmont, Massachusetts. Twelve-month internship with two tracks: a) Mood, Anxiety and Personality Disorders, and b) Bipolar and Psychotic Disorders. I ran approximately 10 groups a week, treated several outpatients on weekly basis, and served as a behavior consultant to a multidisciplinary treatment team.

National Scientific Participation:

Boards

2002 to present - Obsessive Compulsive Foundation Scientific Advisory Board

Review committees

2007- Review committee for the 2008, 2009 and 2020 annual conferences of the International Obsessive Compulsive Disorder Foundation that were held in Boston, Minneapolis and Washington, DC.

2006 - Review committee member for 2007 annual conference of Anxiety Disorder Association of America for clinical track. Chair Sally Winston, Ph.D.

Contributing Editor

Behavior Therapist
 Bulletin of the Menninger Clinic
 Cognitive Behaviour Therapy
 Current Psychiatry
 Depression and Anxiety
 Journal of Anxiety Disorders
 Journal of Psychiatric Practice
 Tímarit Sálfræðingafélags Íslands (The official journal of the Icelandic Psychology Association)

Professional Societies:

1993 to present	Member, American Psychology Association
1997 to present	Professional member, Obsessive Compulsive Foundation
1998 to present	Member, Association of Behavioral and Cognitive Therapies
2001 to present	Member, Anxiety Disorder Association of America

2002 to present

Member of the “Scientific Advisory Board” for the Obsessive Compulsive Foundation