

PBT Experts' Roundtable

Presenter Bios



Steven C. Hayes, PhD, is Nevada Foundation Professor at the Department of Psychology at the University of Nevada. An author of more than forty books and nearly 600 scientific articles, his career has focused on an analysis of the nature of human language and cognition and the application of this to the understanding and alleviation of human suffering. Hayes has been president of Division 25 of the American Psychological Association, the American Association of Applied and Preventive Psychology, the Association for Contextual Behavioral Science, and of the Association for Behavioral and Cognitive Therapies. He was the first secretary-treasurer of the Association for Psychological Science, which he helped form and has served a five-year term on the

National Advisory Council for Drug Abuse in the National Institutes of Health. In 1992 he was listed by the Institute for Scientific Information as the 30th “highest impact” psychologist in the world. His work has been recognized by several awards including the Exemplary Contributions to Basic Behavioral Research and Its Applications from Division 25 of APA, the Impact of Science on Application award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies.



Joseph Ciarrochi, PhD, is a professor at the Institute for Positive Psychology and Education at Australian Catholic University. He has published more than 160 scientific journal articles and many books, including the widely acclaimed *Emotional Intelligence in Everyday Life* and *The Weight Escape*. His latest book is *What makes you stronger: How to thrive in the face of uncertainty using Acceptance and Commitment Therapy*. Ciarrochi has been honored with more than four million dollars in research funding. His work has been discussed on TV and radio, and in magazines and newspaper articles. He is ranked in the top 1% of scientists in the world across all disciplines.



Dr. Clarissa Ong (she/her) is an Assistant Professor and the Psychology Clinic Director at the University of Toledo. She completed her Ph.D. in Clinical/Counseling Psychology at Utah State University and her postdoctoral training at the Center for Anxiety and Related Disorders at Boston University. Her research focuses on developing, evaluating, and disseminating effective interventions guided by behavioral and process-based principles, especially for obsessive-compulsive and related presentations.



Dr. Kristy Dalrymple is Director of Adult Psychology at Lifespan Physicians Group and Associate Professor in the Department of Psychiatry and Human Behavior at the Alpert Medical School of Brown University. She currently serves as Co-Chair of the Grants Committee for the Association of Contextual Behavioral Science, formerly served as an Associate Editor for the Journal of Contextual Behavioral Science, and she remains on the Editorial Board for JCBS. Dr. Dalrymple has over 100 publications to date in peer-reviewed journals, and her primary research interests include developing acceptance-based interventions and examining contextual behavioral processes related to psychosocial interventions as well as problematic eating behaviors in bariatric surgery candidates. She recently was awarded a grant as Principal Investigator from the American Foundation for Suicide Prevention to develop an ACT-based

mobile intervention to reduce suicide risk in partial hospital patients, and she previously served as PI on an NIMH-funded K award and a Young Investigator Award from NARSAD to develop an ACT-based intervention to treat comorbid depression and social anxiety. She also currently serves as Co-Investigator on an R01 grant funded by NIMH to examine the association between hormonal changes and symptoms in individuals with borderline personality disorder, and she serves as a Consultant Mentor on a K08 grant funded by NCI to develop an intervention based on ACT to reduce opioid misuse in patients with cancer.



Maria Karekla, Ph.D., licensed clinical psychologist, peer-reviewed Acceptance and Commitment Therapy trainer, and Associate Professor, University of Cyprus. She is heading the “ACTHealthy: Clinical Psychology and Behavioral Medicine” laboratory. She received her doctorate degree in Clinical Psychology from the University at Albany, SUNY. She completed her residency at the University of Mississippi Medical Center and Veterans Administration Hospital. Her research focuses on areas of health promotion and the investigation of individual difference factors (especially psychological flexibility parameters) as they relate to the development and maintenance of various behavioural difficulties (especially anxiety, eating, and health related problems). Additionally, she examines the treatment of these difficulties utilizing process-based and Contextual Behavioral Science-based principles and innovative delivery methods (e.g., digital interventions, virtual reality). Her research (>100 scientific peer reviewed publications) received numerous local, European and international

grants, and awards by (among others) the European Council and Pompidou's group, the Society of Behavioral Medicine, and the Association for the Advancement of Behavior Therapy. She is

currently the chair of the Clinical Psychology Doctorate committee and program, University of Cyprus. She is also the convenor of the European Federation of Psychology Associations' Psychology and Health committee and a member of the e-health task force. She recently completed terms in chairing the Cyprus Bioethics Committee on Biomedical Research and being a member of the Cyprus Psychologist Licensing Board. She presently serves as President of the Association for Contextual Behavioral Science, from where she received the status of "Fellow" in 2019. In 2021 she became a fellow of the Society of Behavioral Medicine, whereas in 2018 she was nominated as Cyprus "Woman of the Year: Academic/Researcher category." Her first psychotherapeutic children's story book was nominated in 2017 for the National Literary Awards in the category Children/Adolescents and also for her illustrations for the book. She is a TEDx speaker and she has been hosted and interviewed for her work by numerous podcasts, newspapers, TV and radio stations nationally and internationally.



Andrew T. Gloster spends his time largely on the problem of Test validity, intersecting his research to questions surrounding Flexibility, Acceptance and commitment therapy and Psychometrics. His study in Panic disorder is interdisciplinary in nature, drawing from both Psychotherapist and Anterior cingulate cortex. His Clinical psychology research is multidisciplinary, incorporating perspectives in Cross-sectional study and Odds ratio. His Panic Disorder with Agoraphobia study combines topics from a wide range of disciplines, such as Cognitive behavioral therapy and Cognitive therapy. His Anxiety disorder study combines topics in areas such as Generalized anxiety disorder, Randomized controlled trial, Worry and Panic.



Claudia Drossel, PhD, received her PhD in experimental psychology in 2004 from Temple University, with a specialization in the organization of learning as well as functional and contextual approaches to affect, behavior, and cognition. She currently is a doctoral candidate in the University of Nevada, Reno's clinical gerontology program, where she focuses on researching, practicing, and disseminating the contextual approach to dementia care. From 2005 through 2010, Dr. Drossel was associate director of the Nevada Caregiver Support Center, a state-funded, evidence-based, consumer-directed service program for individuals with dementia and their families, recognized in June 2008 by the U.S. Administration on Aging as a

Program Champion. Dr. Drossel has developed and conducted statewide professional trainings for dementia care providers and has implemented group interventions for family caregivers to remove barriers to evidence-based dementia care practices. She has also coauthored geropsychological and general publications on contextual approaches to behavior.