

Curriculum Vitae

David B. King, MSc, PhD

Department of Psychology, University of British Columbia
2136 West Mall, Vancouver, BC V6T 1Z4

www.davidbking.net

dbking11@psych.ubc.ca

EDUCATION & TRAINING

Postdoctoral Research Associate, Centre for Health and Coping Studies DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2016 – Present
Postdoctoral Research Fellow, Bipolar Affective Disorders and older Adults Study IRMACS CENTRE, SIMON FRASER UNIVERSITY, Burnaby, British Columbia	2013 – 2016
Doctor of Philosophy (PhD) in Health Psychology UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia <i>Dissertation Title: Daily Dynamics of Stress in Canadian Paramedics and their Spouses</i>	2013
Master of Science (MSc) in Multivariate Modelling in the Natural and Social Sciences (Psychology Stream) TRENT UNIVERSITY, Peterborough, Ontario <i>Thesis Title: Rethinking Claims of Spiritual Intelligence: A Definition, Model, and Measure</i>	2008
Honours Bachelor of Science (BSc) in Psychology TRENT UNIVERSITY, Peterborough, Ontario	2006

HONOURS & AWARDS

SCHOLARSHIPS & FELLOWSHIPS

Postdoctoral Research Fellowship Award (\$40,500 per year for 2 years) SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL (SSHRC) OF CANADA	2014 – 2016
Doctoral Fellowship Award (\$20,000 per year for 4 years) SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL (SSHRC) OF CANADA	2008 – 2012
Four-Year Doctoral Fellowship (\$4000 per year for 4 years) UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2008 – 2012
Elizabeth Young Lacey Scholarship in Psychology (\$4000) UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2008 – 2009
Doctoral Scholarship (\$15,000), <i>Declined for SSHRC Doctoral Fellowship</i> ONTARIO GRADUATE SCHOLARSHIP (OGS) PROGRAM	2008 – 2009
Canada Graduate Scholarship Master's Award (\$17,500) SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL (SSHRC) OF CANADA	2007 – 2008
Graduate Research Fellowship (\$5000) TRENT UNIVERSITY, Peterborough, Ontario	2006 – 2007

OTHER AWARDS & DISTINCTIONS

Early Career Achievement Award, <i>American Psychological Association</i>	2014
Student Paper Competition Award Winner, <i>International Conference on Personal Meaning</i>	2008
Gina Gesser Memorial Prize for Top Honours Thesis in Psychology, <i>Trent University</i>	2006
Certificate of Academic Excellence (Honours Thesis), <i>Canadian Psychological Association</i>	2006

My research addresses the question of how stress unfolds within social contexts of varying degree and complexity. Within dyadic and small-group contexts (e.g., family), I am interested in understanding how individuals cope with stress together and transmit stress across roles and settings. Implicated here is the individual's ability to make meaning of stressful or traumatic experiences, particularly those which compromise physical, mental, or social health. On the sociocultural level, I am interested in describing how individuals cope with stress arising from disease outbreaks, pandemics, and other collective threats to health and well-being, such as climate change. In this latter pursuit, I address the question of how people behave to influence (and potentially mitigate) the threat itself, according to both intra- and interpersonal motivations. In this way, my research examines stress within social contexts of increasing complexity, from dyads to communities. Other interests include the long-term effects of trauma among healthcare professionals (e.g., paramedics) and the application of transactional models of stress and coping to clinical, 'invisible,' and otherwise vulnerable populations (e.g., older adults, Holocaust survivors, Indigenous and LGBTQ people).

REFEREED PUBLICATIONS & MANUSCRIPTS

- King, D. B., Davis, B., & DeLongis, A. (in preparation). *Perceived threat of seasonal influenza: Empathy and horizontal collectivism are associated with improved engagement in CDC-recommended health precautions*. Manuscript in preparation.
- Levere, D., Stephenson, E., Pow, J., King, D. B., Dekel, R., & DeLongis, A. (under review). *Predicting posttraumatic stress symptomology in individuals frequently exposed to trauma: The role of perceived stress and rumination*. Manuscript submitted for publication.
- Pow, J., King, D. B., Paulhus, D. L., Dekel, R., & DeLongis, A. (under review). *Providing and receiving forgiveness in intimate relationships: Associations with relationship satisfaction and emotional well-being*. Manuscript submitted for publication.
- King, D. B., O'Rourke, N., Canham, S. L., & Cobb, R. (2018). Reciprocal effects of life satisfaction and depressive symptoms within long-wed couples over time. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 73(3), 363-371.
- Canham, S. L., Mahmood, A., Stalman, M. N., King, D. B., & O'Rourke, N. (2018). Personal theories of substance use among middle-aged and older adults with bipolar disorder. *Aging & Mental Health*, 22(6), 813-818.
- O'Rourke, N., Heisel, M. J., Canham, S. L., Sixsmith, A., Yaghoubi-Shahir, H., King, D. B., & The BADAS Study Team (2018). Psychometric validation of the Geriatric Suicide Ideation Scale (GSIS) among older adults with bipolar disorder. *Aging & Mental Health*, 22(6), 794-801.
- Stalman, M. N., Canham, S. L., Mahmood, A., King, D. B., & O'Rourke, N. (2018). Aspects of control and substance use among middle-aged and older adults with bipolar disorder. *International Journal of Mental Health Nursing*, 27(2), 833-840.
- King, D. B., Cappeliez, P., Canham, S. L., & O'Rourke, N. (2017). *Functions of reminiscence in later life: Predicting change in the physical and mental health of older adults over time*. *Aging & Mental Health*. Advance online publication. doi: 10.1080/13607863.2017.1396581
- Canham, S. L., Peres, H., O'Rourke, N., King, D. B., Wertman, A., Carmel, S., & Bachner, Y. (2017). Why do Holocaust Survivors Remember What They Remember? *The Gerontologist*, 57(6), 1158-1165.
- Carmel, S. L., King, D. B., O'Rourke, N., & Bachner, Y. (2017). Subjective well-being: gender differences in Holocaust survivors-specific and cross-national effects. *Aging & Mental Health*, 21(6), 668-675.
- O'Rourke, N., King, D. B., & Cappeliez, P. (2017). Reminiscence functions over time: Consistency of self functions and variation of prosocial functions. *Memory*, 25(3), 403-411.
- Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2017). Does social support buffer the effects of occupational stress on sleep quality among paramedics? A daily diary study. *Journal of Occupational Health Psychology*, 22(1), 71-85.

REFEREED PUBLICATIONS & MANUSCRIPTS cont'd

- Hilpert, P., Randall, A. K., Sorokowski, P., Atkins, D. C., Sorokowska, A., Ahmadi, K., Algraibeh, A. M.,...King, D. B., et al. (2016). The associations of dyadic coping and relationship satisfaction vary between and within nations: A 35-nation study. *Frontiers of Psychology, 7*, 1106.
- King, D. B., Kamble, S., & DeLongis, A. (2016). Coping with influenza A/H1N1 in India: Empathy is associated with increased vaccination and health precautions. *International Journal of Health Promotion and Education, 54(6)*, 283-294.
- King, D. B., Sixsmith, A., Yaghoubi-Shahir, H., Sadeghi, M., Razmara, M., & O'Rourke, N. (2016) Developing an ecological momentary sampling tool to measure movement patterns and psychiatric symptom variability: Research methods and pilot study results. *Gerontechnology, 14(2)*, 105-109.
- Kukowski, C., King, D. B., & DeLongis, A. (2016). Protective effect of paramedics' sense of personal accomplishment at work: Mitigating the impact of stress on sleep. *Australasian Journal of Paramedicine, 13(2)*, 1-7.
- O'Rourke, N., Sixsmith, A., King, D. B., Shahir, H. Y., Canham, S. L., & The BADAS Study Team. (2016). Development and validation of the BD Sx: A Brief measure of mood and symptom variability for use with young and older adults with bipolar disorder. *International Journal of Bipolar Disorders, 4(8)*, 1-8.
- King, D. B., Cappeliez, P., N., Carmel, S., Bachner, Y. G., & O'Rourke, N. (2015). *Remembering genocide: The effects of early life trauma on reminiscence functions among Israeli Holocaust survivors. Traumatology, 21(3)*, 145-152.
- King, D. B., & DeLongis, A. (2014). When couples disconnect: Rumination and withdrawal as maladaptive responses to everyday stress. *Journal of Family Psychology, 28(4)*, 460-469.
- King, D. B., O'Rourke, N., & DeLongis, A. (2014). Social media recruitment and online data collection: A beginner's guide and best practices for accessing low-prevalence and hard-to-reach populations. *Canadian Psychology [Special Issue on Technologies in Psychology], 55(4)*, 240-249.
- King, D. B., & DeLongis, A. (2013). Dyadic coping with stepfamily conflict: Demand and withdraw responses between husbands and wives. *Journal of Social and Personal Relationships, 30(3)*, 198-206.
- King, D. B., Mara, C., & DeCicco, T. L. (2012). Connecting the spiritual and emotional intelligences: Confirming an intelligence criterion and assessing the role of empathy. *The International Journal of Transpersonal Studies, 31*, 11-20.
- King, D. B., & DeCicco, T. L. (2009). A viable model and self-report measure of spiritual intelligence. *The International Journal of Transpersonal Studies, 28*, 68-85.
- King, D. B., & DeCicco, T. L. (2009). Dream relevance and the continuity hypothesis: Believe it or not? *Dreaming, 19(4)*, 207-217.
- King, D. B., DeCicco, T. L., & Humphreys, T. P. (2009). Investigating sexual dream imagery in relation to daytime sexual behaviours and fantasies among Canadian university students. *The Canadian Journal of Human Sexuality, 18(3)*, 135-146.
- King, D. B., & DeCicco, T. L. (2007). The relationships between dream content and physical health, mood, and self-construal. *Dreaming, 17(3)*, 127-139.

CHAPTERS & TEXTBOOKS

- Larsen, R., Buss, D., King, D. B., & Ensley, C. (2017). *Personality Psychology: Domains of Knowledge About Human Nature* (1st Canadian edition). Toronto: McGraw-Hill.
- King, D. B., & O'Rourke, N. (2017). Bipolar disorder in later life. In N. Pachana (Ed.), *Encyclopedia of geropsychology* (1st edition). New York: Springer.

CHAPTERS & TEXTBOOKS cont'd

- Stephenson, E., King, D. B., & DeLongis, A. (2016). Coping Process. In G. Fink (Ed.), *Stress: Concepts and Cognition, Emotion, and Behavior* (pp. 359-364). Cambridge, MA: Academic Press.
- Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2015). *Health psychology: Biopsychosocial interactions* (1st Canadian edition). Toronto: Wiley Publishing.
- King, D. B. (2012). Belief in dream relevance and the continuity hypothesis. In D. Barrett & P. McNamara (Eds.), *Encyclopedia of sleep and dreams: The evolution, function, nature, and mysteries of slumber*. Santa Barbara, CA: Praeger Press.

ABSTRACTS & CONFERENCE PROCEEDINGS

- King, D. B., & DeLongis, A. (2013). The contextual impact and management of trauma: A daily process study of paramedics and their spouses. *Annals of Behavioral Medicine, 45* (Abstract Supplement), s240.
- King, D. B. (2010). Personal meaning production as a component of spiritual intelligence. *International Journal of Existential Psychology and Psychotherapy, 3*(1), 1-5.
- King, D. B. (2008). Brighter paths to wellbeing: An integrative model of human intelligence and health. *Trent University Centre for Health Studies Showcase 2008*, 12-13.
- King, D. B. (2007). Dreams and health: Examining the connection. *Trent University Centre for Health Studies Showcase 2007*, 8-9.

CONFERENCE PRESENTATIONS

- Levere, D., Stephenson, E., Pow, J., King, D. B., Dekel, R., & DeLongis, A. (2019, March). *Post-traumatic stress symptomology among emergency medical personnel: The role of daily perceived stress and rumination*. Poster presented at the 2019 American Psychosomatic Society (APS) Annual Meeting, Vancouver, BC.
- Stalman, M. N., Canham, S. L., Mahmood, A., King, D. B., & O'Rourke, N. (2017, May). *Aspects of control and substance use in persons with bipolar disorder*. Poster presented at the 26th Annual John K. Friesen Conference & 20th British Columbia Psychogeriatric Association Conference, Vancouver, BC.
- Pow, J., King, D. B., Dekel, R., Paulhus, D., & DeLongis, A. (2017, January). *The role of intimate partner forgiveness in promoting relationship satisfaction and psychological wellbeing*. Poster presented at the 7th Dyadic Coping Conference, Milan, Italy.
- Canham, S., King, D. B., Mahmood, A., & O'Rourke, N. (2016, October). *Alcohol and drug self-medication among middle-aged and older adults with bipolar disorder*. Paper presented at the 45th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Montreal, QC.
- King, D. B., Cappeliez, P., Carmel, S., Bachner, Y. G., & O'Rourke, N. (2016, June). *Remembering genocide: The effects of early life trauma on reminiscence functions among Israeli holocaust survivors*. Paper accepted for presentation at the Fifteenth International Conference on Social Stress Research, San Diego, CA.
- Dmyterko, J., Pow, J., King, D. B., & DeLongis, A. (2016, June). *Does one partner's sleep quality predict their partner's perception of relationship tension? A daily process study*. Poster presented at 77th Annual Convention of the Canadian Psychological Association, Victoria, B.C.
- O'Rourke, N., Sixsmith, A., King, D. B., Yaghoubi-Shahir, H., & the BADAS Study Team (2016, May). *Bipolar Affective Disorders and older Adults (BADAS) Study*. Poster presented at the International Review of Psychosis and Bipolarity, Rome, Italy.
- O'Rourke, N., Sixsmith, A., King, D. B., Yaghoubi-Shahir, H., & the BADAS Study Team (2016, May). *Development and Validation of the BD Sx*. Poster presented at the International Review of Psychosis and Bipolarity, Rome, Italy.

CONFERENCE PRESENTATIONS cont'd

- O'Rourke, N., Heisel, M., King, D. B., Yaghoubi-Shahir, H., Sixsmith, A., & the BADAS Study Team (2016, May). *Predictors of suicidal ideation among older adults with bipolar disorder*. Paper presented at the International Review of Psychosis and Bipolarity, Rome, Italy.
- Canham, S., Mauro, P. M., Mahmood, A., King, D. B., & O'Rourke, N. (2016, March). *Alcohol and marijuana use to self-medicate bipolar disorder symptoms in later life: A case study approach*. Poster presented at the 2016 Annual Meeting of the American Association for Geriatric Psychiatry, Washington, D.C.
- Cappeliez, P., King, D.B., O'Rourke, N., Carmel, S., & Bachner, Y.G. (2015, November). *The effects of early life trauma on reminiscence functions among Israeli Holocaust survivors*. Paper presented at the International Reminiscence and Life Review Conference, Orlando, FL.
- Canham, S., King, D. B., Mahmood, A., & O'Rourke, N. (2015, November). Self-medication by middle-aged and older adults with bipolar disorder. In S. Canham (Chair), *Personal and social aspects of alcohol and drugs use across the life course*. Symposium presented at the Gerontological Society of America's 68th Annual Scientific Meeting, Orlando, FL.
- O'Rourke, N., King, D.B., Canham, S., Sixsmith, A., & The BADAS Study Team (2015, July). *Ecological momentary sampling of symptom viability with bipolar disorder*. Poster session submitted for presentation at the meeting of the European Congress of Psychology, Milan, Italy.
- King, D. B., O'Rourke, N., Canham, S., Sixsmith, A., & The BADAS Study Team (2015, June). *The Bipolar Affective Disorders and older Adults (BADAS) Study*. Poster session presented at the BC Alliance on Telehealth Policy and Research (BCATPR) 8th Annual Telehealth Workshop, St. Paul's Hospital, Vancouver, BC.
- King, D. B., O'Rourke, N., Cappeliez, P., Carmel, S., & Bachner, Y. G. (2015, May). *The impact of early life trauma on reminiscence functions among Israeli Holocaust survivors*. Poster session presented at the 27th Annual Convention of the Association for Psychological Science, New York, NY.
- Bondar, E., King, D. B., & DeLongis, A. (2015, May). *The role of partner forgiveness in self-reported health among couples with one spouse employed in a high-stress job*. Poster session presented at the 27th Annual Convention of the Association for Psychological Science, New York, NY.
- Hernandez, T., King, D. B., & DeLongis, A. (2015, May). *Psychosocial factors in seasonal flu response: The role of perceived threat, collectivism, and empathic responding in implementing health precautions*. Poster session presented at the 27th Annual Convention of the Association for Psychological Science, New York, NY.
- Bosancich, J., King, D. B., & DeLongis, A. (2015, March). *The perception of climate change as a threat to personal health: A preliminary report and call for research*. Poster session presented at the University of British Columbia 17th Annual Psychology Undergraduate Research Conference, Vancouver, BC.
- King, D. B., & O'Rourke, N. (2014, August). Expediting recruitment and online data collection: How social media can be used to recruit older adult populations and low prevalence groups. In S. Czaja (Chair), *Geropsychology: Technology and tomorrow*. Symposium presented at the 122nd American Psychological Association Annual Convention, Washington, D. C.
- King, D. B., DeLongis, A., & Kamble, S. (2014, August). *Coping with the threat of Influenza A/H1N1 virus: The importance of empathy in vaccination uptake and taking health precautions*. Poster session presented at the 122nd American Psychological Association Annual Convention, Washington, D. C.
- King, D. B., & DeLongis, A. (2014, June). *How was your day? The daily transmission of work stress and burnout in paramedics and their spouses*. Paper presented at the 14th International Conference on Social Stress Research, Vancouver, BC.
- Pow, J., King, D. B., Stepenson, E., & DeLongis, A. (2014, June). *Predictors and outcomes of sleep quality in paramedics and their spouses: A daily process model*. Paper presented at the 14th International Conference on Social Stress Research, Vancouver, BC.

CONFERENCE PRESENTATIONS cont'd

- King, D. B., & DeLongis, A. (2014, June). *Stress within, stress between: The daily transmission of occupational stress and burnout in paramedics and their spouses*. Poster session presented at the 75th Annual Convention of the Canadian Psychological Association, Vancouver, BC.
- Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2014, June). *Predictors and outcomes of sleep quality in paramedics and their spouses: A daily process model*. Poster session presented at the 75th Annual Convention of the Canadian Psychological Association, Vancouver, BC.
- Kukowski, C., King, D. B., & DeLongis, A. (2014, May). *Burnout as a moderator in the relationship between PTSD and sleep in paramedics*. Poster session presented at the 26th Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2014, April). *Dyadic coping and sleep in paramedics and their spouses*. Poster session presented at the Western Psychological Association 2014 Convention, Portland, OR.
- Stephenson, E., King, D. B., Holtzman, S., DeLongis, A., & Hagedoorn, M. (2014, March). *Couples coping with rheumatoid arthritis: How spouse support moderates the effect of patient catastrophizing on subsequent pain*. Paper presented at the 2014 American Psychosomatic Society Annual Meeting, San Francisco, CA.
- Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2014, March). *Dyadic coping with occupational stress among paramedics and their spouses: The impact on sleep quality*. Poster session presented at the 2014 American Psychosomatic Society Annual Meeting, San Francisco, CA.
- King, D. B., DeLongis, A., & Stephenson, E. (2014, February). *Dyadic coping with rheumatoid arthritis: Spouse responses moderate the effect of patient coping on pain*. In M. Chan (Chair), *Dissecting social relationships and biological consequences: Interdisciplinary dyadic approaches*. Symposium presented at the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- King, D. B., O'Rourke, N., Michalak, E., Sixsmith, A. & the BADAS Working Group (2013, June). *The Bipolar Affective Disorders and older Adults (BADAS) Study*. Poster session presented at the Vancouver General Hospital Research Institute - Research Revival, Vancouver, BC.
- King, D. B., & DeLongis, A. (2013, March). *The contextual impact and management of trauma: A daily process study of paramedics and their spouses*. Poster session presented at the 34th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
- King, D. B., & DeLongis, A. (2012, September). *Couples coping with trauma: Examining the daily lives of BC paramedics and their spouses*. Paper presented at the 2012 Paramedic Research Session, British Columbia Emergency and Health Services Commission, Vancouver, BC.
- King, D. B., & DeLongis, A. (2011, October). *Couples coping with trauma: Examining the daily lives of paramedics and their spouse*. Paper presented at the 2012 International Association for Relationship Research 'Health, Emotion, and Relationships' Mini-Conference, Tucson, AZ.
- King, D. B., & DeLongis, A. (2009, May). *When the going gets tough: Couples coping with marital conflict*. In G. Stadler (Chair), *New perspectives on conflict in close relationships*. Symposium presented at the 21st Annual Convention of the Association for Psychological Science, San Francisco, CA.
- King, D. B. (2008, July). *Personal meaning production as a component of spiritual intelligence*. Paper presented at the 5th Biennial International Conference on Personal Meaning, Toronto, ON.
- Navara, G. S., & King, D. B. (2008, July). *Exploring intimate relationships with dreamwork*. In T. L. DeCicco (Chair), *Dreaming about major life issues: Pain, relationships, addictions, and breast cancer*. Symposium presented at the 25th Annual Conference of the International Association for the Study of Dreams, Montreal, QC.

CONFERENCE PRESENTATIONS cont'd

- King, D. B. (2008, January). *Brighter paths to wellbeing: An integrative model of human intelligence and health*. Paper presented at the Trent University Centre for Health Studies 6th Annual Health Studies Day, Peterborough, ON.
- King, D. B. (2008, January). *Psychometric scale development: A new measure of spiritual intelligence*. Poster session presented at the World Congress on Psychology & Spirituality, Delhi, India.
- King, D. B. (2007, December). *Extracting intelligence from spirituality: A new model of human ability*. Paper presented at the Thomas H. B. Symons Seminar Series, Trent University, Peterborough, ON.
- Humphreys, T. P., DeCicco, T. L., & King, D. B. (2007, November). *Sex dreams and waking sexual activity: Is there a connection?* Poster session presented at the 2007 Annual Meeting of the Society for the Scientific Study of Sexuality, Indianapolis, IN.
- King, D. B. (2007, July). *Investigating dream attitudes and their relationship to dream content and waking life*. Paper presented at the 24th Annual Conference of the International Association for the Study of Dreams, Sonoma, CA.
- King, D. B., DeCicco, T. L., & Humphreys, T. (2007, July). *Who's having more fun? An investigation of dreams with sexual content*. Paper presented at the 24th Annual Conference of the International Association for the Study of Dreams, Sonoma, CA.
- King, D. B. (2007, January). *Dreams and health: Examining the connection*. Paper presented at the Trent University Centre for Health Studies 5th Annual Health Studies Day, Peterborough, ON.
- King, D. B. (2006, June). *New support for the continuity hypothesis of dreaming*. Paper presented at the 23rd Annual Conference of the International Association for the Study of Dreams, Bridgewater, MA.

CONFERENCE WORKSHOPS FACILITATED

- DeCicco, T. L., & King, D. B. (2008, July). *Meditative dream re-entry*. Workshop presented at the 25th Annual Conference of the International Association for the Study of Dreams, Montreal, QC.
- DeCicco, T. L., Smith, C., King, D. B., & Nov, P. (2008, January). *The transformative potential of dreamwork: Implementing contemporary techniques*. Workshop presented at the World Congress on Psychology & Spirituality, Delhi, India.
- DeCicco, T. L., & King, D. B. (2007, June). *Discover the hidden meaning in your dreams: The storytelling method of dream interpretation*. Workshop presented at the 24th Annual Conference of the International Association for the Study of Dreams, Sonoma, CA.

INVITED TALKS & CONSULTING

- Invited Speaker (2014, February). *Fight or flight, or frenzy: Navigating health and happiness in a demanding world*. Workshop and discussion presented at the 2013-2014 Speaker Series, Faculty of Education Department of Curriculum & Pedagogy, University of British Columbia, Vancouver, BC.
- Invited Speaker (2014, January). *Stress within, stress between: New insights into the daily occurrence of stress and burnout*. Paper presented at the 2013-2014 Health Psychology Speaker Series, Department of Psychology, University of British Columbia, Vancouver, BC.
- Invited Moderator (2010). *Spiritual intelligence: What is it and can it be developed?* Philosopher's Café Discussion Forum, Quest University, Squamish, BC.
- Credited On-Screen Expert and Consultant (2007). *In Dreams* Television Series (9 of 13 episodes), Eyes Closed Productions, Inc., W Network, Toronto, ON.
- Invited Speaker (2007). *Sex dreams*, Dream Time Radio Series on Dreams, IASD & The Dream Science Foundation, Voice America Live Internet Talk Radio.

SERVICES TO THE RESEARCH COMMUNITY

Website Coordinator (2013 – 2014), *American Psychological Association Division 12, Section II: Society of Clinical Geropsychology*.

Reviewer for Submissions to:

Anxiety, Stress, & Coping; Cambridge University Press; International Journal of Transpersonal Studies; Journal of LGBT Youth; Journal of Personality; Journal of Social and Personal Relationships; McGraw-Hill Ryerson Higher Education; Sex Roles: A Journal of Research; UBC Journal of Psychology Learning & Teaching; W.W. Norton, Inc.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)

APA Division 38: Health Psychology

Canadian Psychological Association (CPA)

CPA Section on Health and Behavioural Medicine

SFU Interdisciplinary Research in the Mathematical and Computational Sciences Centre (IRMACS)

Society for Personality and Social Psychology (SPSP)

Society of Behavioral Medicine (SBM)

UBC Centre for Health & Coping Studies

TEACHING & MENTORSHIP

My teaching experience at the university level is demonstrated by over five years of employment as a sessional instructor and nearly 12 years of experience as a teaching assistant, an undergraduate seminar leader, and a guest lecturer in psychology. I currently lead three undergraduate courses at UBC: Health Psychology (PSYC-314), Personality Psychology (PSYC-305A), and Psychology of Death & Dying (PSYC-208). This is in addition to recently joining the Extended Learning team of instructors at UBC, designing and directing a variety of continuing studies workshops, seminars, and programs aimed at supporting learning in psychology at the community level. Across roles, I strive to encourage critical thinking and reliability in the social and behavioural sciences, as is further demonstrated by my co-authorship on two Canadian textbooks. I define my teaching philosophy as engaging and collaborative learning through progressive teaching, which underscores my goals of high student engagement and student-instructor collaboration.

UNDERGRADUATE TEACHING

Sessional Instructor, *Contemporary Topics in Psychology (PSYC-208)*, Department of Psychology 2018
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

Course Description: Psychological issues related to death, dying, and loss, including attitudes toward death, social and cultural contexts of dying, the mental life of the dying person, palliative and hospice care, assisted suicide, and grief.

<i>PSYC-208 Sections Taught</i>		<i>Enrolment</i>	<i>Hours</i>	<i>Lectures</i>	<i>Evals* (1, 2, N)</i>
2018 Fall	PSYC-208, Section 002	137	39	24	<i>forthcoming</i>
2018 Winter	PSYC-208, Section 003	180	39	24	<i>forthcoming</i>

Sessional Instructor, *Personality Psychology (PSYC-305A)*, Department of Psychology 2013 – Present
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

Course Description: Theory and research on individual differences in motivation, emotion, and social behaviour.

<i>PSYC-305A Sections Taught</i>		<i>Enrolment</i>	<i>Hours</i>	<i>Lectures</i>	<i>Evals* (1, 2, N)</i>
2019 Winter	PSYC-305A, Section 003	267	39	24	<i>forthcoming</i>
2019 Winter	PSYC-305A, Section 004	128	39	24	<i>forthcoming</i>
2018 Fall	PSYC-305A, Section 001	210	39	24	<i>forthcoming</i>
2018 Summer	PSYC-305A, Section 921	260	39	13	<i>forthcoming</i>
2018 Winter	PSYC-305A, Section 902	125	36	11	<i>forthcoming</i>
2018 Winter	PSYC-305A, Section 003	270	39	24	<i>forthcoming</i>
2017 Fall	PSYC-305A, Section 001	225	39	24	<i>forthcoming</i>
2017 Summer	PSYC-305A, Section 921	231	39	13	4.3, 4.2, 120
2017 Winter	PSYC-305A, Section 003	177	39	24	4.3, 4.3, 87
2017 Winter	PSYC-305A, Section 902	176	36	11	4.3, 4.3, 86
2016 Fall	PSYC-305A, Section 001	193	39	24	4.3, 4.2, 69
2016 Summer	PSYC-305A, Section 921	188	39	13	4.5, 4.5, 47
2016 Winter	PSYC-305A, Section 004	178	39	24	4.1, 4.1, 47
2015 Fall	PSYC-305A, Section 002	218	39	24	4.2, 4.1, 60
2015 Fall	PSYC-305A, Section 001	201	39	24	4.1, 4.0, 74
2015 Summer	PSYC-305A, Section 921	205	39	13	4.1, 4.1, 38
2014 Summer	PSYC-305A, Section 921	150	42	14	4.7, 4.4, 48
2014 Winter	PSYC-305A, Section 004	156	36	22	4.3, 4.2, 52

**Results from university administered teaching evaluations. Scores are mean student responses on a scale of 1 (very poor) to 5 (very good) to (1) the statement, "Overall, the instructor was an effective teacher," and (2) the question, "Considering everything, how would you rate this course?" N = number of students who completed evaluations.*

UNDERGRADUATE TEACHING cont'd

Sessional Instructor, Health Psychology (PSYC-314), Department of Psychology
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

2012 – Present

Course Description: Health-related behaviours such as smoking and drug use; effects of stressful events on health; methods for coping with stress; impact of chronic illness on the family; social support systems.

<i>PSYC-314 Sections Taught</i>		<i>Enrolment</i>	<i>Hours</i>	<i>Lectures</i>	<i>Evals* (1, 2, N)</i>
2019 Winter	PSYC-314, Section 902	140	36	11	<i>forthcoming</i>
2018 Fall	PSYC-314, Section 002	147	39	24	<i>forthcoming</i>
2018 Summer	PSYC-314, Section 951	225	39	13	<i>forthcoming</i>
2017 Fall	PSYC-314, Section 003	170	39	24	<i>forthcoming</i>
2017 Fall	PSYC-314, Section 002	149	39	24	<i>forthcoming</i>
2017 Summer	PSYC-314, Section 951	221	39	13	4.2, 4.1, 109
2017 Winter	PSYC-314, Section 901	147	36	11	4.4, 4.2, 73
2016 Fall	PSYC-314, Section 002	175	39	24	4.4, 4.4, 62
2016 Summer	PSYC-314, Section 951	207	42	14	4.4, 4.3, 54
2015 Fall	PSYC-314, Section 901	154	36	11	4.3, 4.3, 61
2015 Summer	PSYC-314, Section 951	240	14	3	4.3, NA, 40
2014 Fall	PSYC-314, Section 001	150	39	24	4.4, 4.4, 50
2014 Fall	PSYC-314, Section 002	250	39	24	4.2, 4.1, 77
2014 Summer	PSYC-314, Section 951	142	42	14	4.3, 4.3, 26
2013 Fall	PSYC-314, Section 002	236	39	24	4.3, 4.4, 78
2013 Summer	PSYC-314, Section 951	139	42	14	4.5, 4.4, 43
2012 Fall	PSYC-314, Section 001	145	39	24	4.4, 4.4, 75

Interim Sessional Instructor, Psychology of Gender and Sex Differences (PSYC-320), Department of Psychology
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

2016

Course Description: Theory and research on gender development and the influence of sex and/or gender on cognition, emotion, motivation, social behaviour, and health.

<i>PSYC-320 Sections Taught</i>		<i>Enrolment</i>	<i>Hours</i>	<i>Lectures</i>	<i>Evals* (1, 2, N)</i>
2016 Winter	PSYC-320, Section 002	175	39	24	4.0, 3.8, 43

Guest Lecturer, Mental Health and Illness in Mid- and Later Life (PSYC-106), Department of Psychology
SIMON FRASER UNIVERSITY, Surrey, British Columbia

2013 – 2015

Lecture Topic: Exploring the science and politics of gender identity and gender dysphoria.

Guest Lecturer, Health Psychology (PSYC-314), Department of Psychology
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

2008 – 2012

Lecture Topic: Stress and coping across personal and occupational settings.

Guest Lecturer, Abnormal (PSYC-341) & Health Psychology (PSYC-343), Department of Psychology
TRENT UNIVERSITY, Peterborough, Ontario

2006 – 2008

Lecture Topics: Special topics in abnormal and health psychology, including sexual disorders and gender.

**Results from university administered teaching evaluations. Scores are mean student responses on a scale of 1 (very poor) to 5 (very good) to (1) the statement, "Overall, the instructor was an effective teacher," and (2) the question, "Considering everything, how would you rate this course?" N = number of students who completed evaluations.*

TEACHING ASSISTANTSHIPS & FELLOWSHIPS

Graduate Teaching Fellow, Gender Psychology (PSYC-320), Department of Psychology
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2011 – 2013

Course Description: Theory and research on gender development and the influence of sex and/or gender on cognition, emotion, motivation, social behaviour, and health.

Graduate Teaching Assistant, Department of Psychology
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2008 – 2013

Responsibilities: Undergraduate student advising, exam administration, and undergraduate course management.

<i>Courses Assisted</i>		<i>Term</i>
PSYC-320	Gender Psychology	2010 Fall – 2011 Winter
PSYC-305A	Personality Psychology	2010 Summer
PSYC-314	Health Psychology	2010 Winter
PSYC-320	Gender Psychology	2009 Fall – 2010 Winter
PSYC-314	Health Psychology	2009 Fall
PSYC-305A	Personality Psychology	2009 Summer
PSYC-314	Health Psychology	2009 Winter
PSYC-430	Forensic Psychology	2009 Winter
PSYC-315	Childhood & Adolescence	2009 Winter
PSYC-314	Health Psychology	2008 Fall

Graduate Teaching Fellow, Research Methods (PSYC-217), Department of Psychology
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2011

Course Description: Research methods in psychology, with an emphasis on critical thinking and experimental design.

Statistics Consultant, Department of Psychology
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2009 – 2010

Responsibilities: Weekly statistical consulting for graduate (MA, PhD) students in the department of psychology.

Graduate Teaching Assistant, Department of Psychology
TRENT UNIVERSITY, Peterborough, Ontario 2006 – 2008

Responsibilities: Managing and leading seminars for undergraduate courses in Health and Abnormal Psychology.

<i>Courses Assisted</i>		<i>Term</i>
PSYC-341	Advanced Abnormal Psychology	2008 Winter
PSYC-373	Dreams & Dreaming	2008 Winter
PSYC-240	Abnormal Psychology	2007 Fall
PSYC-341	Advanced Abnormal Psychology	2007 Winter
PSYC-373	Dreams & Dreaming	2007 Winter
PSYC-343	Health Psychology	2006 Fall
PSYC-240	Abnormal Psychology	2006 Fall

CONTINUING STUDIES

Instructor, *Future Global Leaders Program*, Extended Learning (Continuing Studies) 2017 – Present
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

Course Title: Health Psychology: The Intersection of Psychology and Medicine

Course Description: A two-week program for high school students exploring the foundations of health psychology.

Instructor, *One Day @ UBC Program*, Extended Learning (Continuing Studies) 2017
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

Workshop Title: You, Your Health, and Climate Change: Understanding the Connection

Instructor, *Ageless Pursuits Program*, Extended Learning (Continuing Studies) 2017
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

Course Title: The Psychology of Successful Aging

Course Description: A one-week program for older adults aimed at exploring psychosocial issues in aging.

Instructor, *One Day @ UBC Program*, Extended Learning (Continuing Studies) 2017
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

Workshop Title: Fight or Flight, or Frenzy? How to Manage Stress and Find Meaning in a Demanding World

TEACHING AWARD NOMINATIONS

146 Student Nominations (via Teaching Evaluations), ***Knox Master Teaching Award***, Department of Psychology 2016
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

95 Student Nominations (via Teaching Evaluations), ***Knox Master Teaching Award***, Department of Psychology 2015
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

51 Student Nominations (via Teaching Evaluations), ***Knox Master Teaching Award***, Department of Psychology 2014
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia

Nominee, ***Distinguished Teaching Award for Excellence in Teaching Assistance***, Department of Psychology 2007
TRENT UNIVERSITY, Peterborough, Ontario

STUDENT WORKSHOPS

Organizer, *How to Write for Psych: A Seminar for Writing in Psychology* 2006 – 2008
TRENT UNIVERSITY, Peterborough, Ontario

Independently designed and implemented a student workshop series on writing skills in psychology.

Organizer, *How to Write for Psych: A Seminar for Writing in Psychology* 2006 – 2008
DURHAM COLLEGE, Oshawa, Ontario

Independently designed and implemented a student workshop series on writing skills in psychology.

Organizer, *So You Want to Go to Grad School?* 2008
TRENT UNIVERSITY, Peterborough, Ontario

Co-organized a workshop on strategies for applying to graduate school, aimed at undergraduate students in psychology.

STUDENT MENTORSHIP

In my time at Trent University and the University of British Columbia, I have had the opportunity to supervise numerous undergraduate students in both research practicum and honours thesis programs. I have assisted with over twenty different student projects and activities during my time as a graduate student, postdoctoral research fellow, and sessional instructor. This has not been done for the sole purpose of assisting in my own research activities; indeed I draw a great deal of satisfaction and inspiration from the mentorship of young and aspiring researchers and psychologists.

Undergraduate Students Supervised, Honours Theses

Charlotte Kukowski, University of British Columbia (Role: Co-Supervisor / Project Manager)	2013 – 2014
Marissa Mar, University of British Columbia (Role: Co-Supervisor / Project Manager)	2011 – 2012
Andrea Smit, Trent University (Role: Co-Supervisor)	2007 – 2008

Undergraduate Students Supervised, Independent Student Publication Projects

Kristin Brown, University of British Columbia (Role: Supervisor)	2014 – 2016
Manil Chowdhury, University of British Columbia (Role: Supervisor)	2014 – 2016

Undergraduate Students Supervised, Research Practica

David Radcliffe, University of British Columbia (Role: Supervisor / Project Coordinator)	2014 – 2015
Tyson Hernandez, University of British Columbia (Role: Supervisor / Project Manager)	2014 – 2015
Jacob Bosancich, University of British Columbia (Role: Supervisor / Project Manager)	2014 – 2015
Elnaz Bondar, University of British Columbia (Role: Supervisor / Project Manager)	2014 – 2015
Maia Buschmann, University of British Columbia (Role: Co-Supervisor / Project Manager)	2013 – 2015
Erin Shin, University of British Columbia (Role: Supervisor / Project Manager)	2013 – 2014
Erin Suh, University of British Columbia (Role: Supervisor / Project Manager)	2013 – 2014
Marissa Mar, University of British Columbia (Role: Co-Supervisor / Project Manager)	2011 – 2012
Julie Nguyen, University of British Columbia (Role: Supervisor / Project Manager)	2011 – 2012
Jade McGregor, University of British Columbia (Role: Supervisor / Project Manager)	2010 – 2012
Natasha Simula, University of British Columbia (Role: Supervisor / Project Manager)	2009 – 2012
Jesse Frender, University of British Columbia (Role: Supervisor / Project Manager)	2010 – 2011
Genevieve Lorenzo, University of British Columbia (Role: Supervisor / Project Manager)	2009 – 2011
Chris Wright, Trent University (Role: Co-Supervisor)	2006 – 2007
Constance Mara, Trent University (Role: Co-Supervisor)	2006 – 2007

Undergraduate Students Supervised, Volunteer Research Assistants

Karolina Donasewicz, University of British Columbia (Role: Supervisor / Project Manager)	2016 – 2017
Juliane Dmyterko, University of British Columbia (Role: Supervisor / Project Manager)	2013 – 2017
Irene Kim, University of British Columbia (Role: Supervisor / Project Manager)	2013 – 2014
Kristin Brown, University of British Columbia (Role: Supervisor / Project Manager)	2013 – 2014
Manil Chowdhury, University of British Columbia (Role: Supervisor / Project Manager)	2013 – 2014

ACTIVITIES TO IMPROVE TEACHING & STUDENT MENTORSHIP

Privacy and Information Security–Fundamentals Certificate UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2017
Positive Space Workshop on LGBT2SQIA+ Community Issues on Campus, Equity & Inclusion Office UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2011
Preventing and Addressing Workplace Bullying and Harassment Training Certificate, Risk Management Services UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2014
Teaching Assistant Training Certificate, Instructional Development Centre TRENT UNIVERSITY, Peterborough, Ontario	2007