

CURRICULUM VITAE

John T. Blackledge, Ph. D. (Clinical Psychology)

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Personal History:

Business Address: University of Wollongong
Dept. of Psychology
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Wollongong NSW 2522
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Educational History:

1. University of California at Los Angeles 1988-1992
Los Angeles, California
Major: Psychology
Degree: B.A., Magna Cum Laude 1992
Honors: Departmental Honors in Psychology 1992
Phi Beta Kappa 1992
Honors Thesis: Determinants of risky disclosures: Toward a model of self-disclosure risk.
2. University of Nevada, Reno 1995-2004
Reno, Nevada
Major: Ph.D. program in clinical psychology
Degrees: Master's equivalent 2000
Ph. D. 2004

Selected Professional Positions:

- Lecturer, University of Wollongong, Australia 2005-Present
- Consultant, Keystone Youth Services 2004-2005
Duties: Designed and implemented campus-wide behavioral management and counseling services for severely emotionally disturbed children & adolescents.
- Therapist & Research Consultant, Spectrum Center 2003-2004
Duties: Assessment and treatment coordination of severely emotionally disturbed adolescents; design & implementation of intervention-focused research.
Supervisor: Betti Colucci, MA, MFT

Clinical Psychology Intern, San Francisco VA Medical Center 2002-2003
Duties: Psychological assessment, treatment planning, individual and group psychotherapy.
Clinical Training Director: Mark Zaslav, Ph. D.

Consultant 2002
Duties: Designed partial training curriculum for teachers/ teaching assistants at private school for children with developmental disabilities.
Topics included interpersonal, stress management and coping, and supervisory skills training, among others.
Spectrum Center, San Pablo, CA
Supervisor; Betti Colucci, MA

Research Assistant 2000-2001
National Center for Post-Traumatic Stress Disorder
Palo Alto Veterans Administration Hospital (Menlo Park Campus)
Menlo Park, CA.
Duties: Preparation and implementation of clinical research.
Supervisor: Joe Ruzek, Ph.D.

Instructor 2001
Duties: Three 12-week Parenting groups for parents of severely emotionally disturbed and developmentally disabled children.
Spectrum Center, San Pablo, CA
Supervisor: Betti Colucci, MA

Psychotherapist 1999-2000
Counseling Center, University of Nevada, Reno
Duties: Individual therapy, University outreach
Supervisor: Steve Graybar, Ph.D.

Intake Specialist, Acceptance and Commitment Therapy Project 1998
Duties: Conducting intakes and ongoing assessments with poly-substance abusing, heroin-addicted clients for NIDA Phase II grant.
Supervisor: Kelly Wilson, Ph.D.

Graduate Teaching and Research Assistant 1995-1998
University of Nevada, Reno
Supervisor: Steven C. Hayes, Ph. D.

Membership in Professional Associations:

Association for Contextual Behavioral Science (ACBS)

Association for Behavior Analysis (ABA)

Grants:

1. Technology Transfer (STTR) Division, National Institute of Mental Health. Affective responding to alcohol related stimuli. Submitted August 1, 1997. Resubmitted August 1, 1998.
2. Technology Transfer (STTR) Division, National Institute of Mental Health. Affective responding to drug related stimuli. Submitted August 1, 1997.
3. URC New Partnership Grant, University of Wollongong. Acceptance and Commitment Therapy with Cancer Patients (with Dr. Joseph Ciarrochi). Awarded 26 July 2005. Amount: \$21, 834.
4. Development and evaluation of an early intervention program for children and adolescents with affect regulation disorders in the Illawarra (with Brin Grenyer). Awarded: 7 December 2005. Amount: \$22,227. Source: CAMHS-NET
5. Using Acceptance and Commitment Training to Enhance Psychological Wellbeing in Young Adolescents. Awarded: 30 May 2005. Amount: \$3000. Source: University of Wollongong Faculty of Health and Behavioural Sciences (early researcher grant).
6. Acceptance and Commitment Therapy Psycho-oncology Fellowship (with Joseph Ciarrochi). Awarded: March 31, 2006. Amount: \$86,570. Source: Cancer Institute New South Wales.
7. Validation of a group Acceptance and Commitment Therapy program with cancer patients (with Joseph Ciarrochi). Awarded: April 7, 2006. Amount: \$70,890. Source: New South Wales Cancer Council.

Publications:

Blackledge, J. T. (2003). An introduction to Relational Frame Theory: Basics and applications. *The Behavior Analyst Today*, 3 (4), 421- 433. Journal available online at <http://www.behavioranalystonline.org/NEWBAT/Frameless%20BAT/BATissues.html>

Blackledge, J. T. A functional-contextual account of post-traumatic stress. Invited journal article accepted by the *International Journal of Psychology and Psychological Therapy*, 4 (3), 443-467

Blackledge, J. T., & Hayes, S. C. (2001). Emotion regulation in Acceptance and Commitment Therapy. *Journal of Clinical Psychology*, 57 (2), 243-255.

Blackledge, J. T., Hayes, S. C. (2006). Using Acceptance and Commitment Training workshops to support parents of children diagnosed with autism. *Child and Family Behavior Therapy*, 28 (1), 1-18.

Ciarrochi, J. & Blackledge, J. (2006). Mindfulness-Based Emotional Intelligence Training: A new approach to reducing human suffering and promoting effectiveness. To be published in Ciarrochi, J., Forgas, J., & Mayer, J. (Eds.), *Emotional intelligence in everyday life: A Scientific Inquiry*. 2nd edition. Philadelphia, PA, US: Psychology Press/Taylor & Francis.

Ciarrochi, J. & Blackledge, J. (in press) Emotional intelligence and aversive interpersonal behaviour: A theory and review of the literature. To be published in J. Forgas (ed), *Hearts and minds: Affective influences on social cognition and behaviour*. Philadelphia, PA: Psychology Press.

Greco, L. A., Blackledge, J. T., Coyne, L. W., & Ehrenreich, J. T. (2005) Acceptance- and mindfulness-based approaches in childhood anxiety disorders: Acceptance and Commitment Therapy as an Example. In S.M. Orsillo & L. Roemer (Eds.), *Acceptance and Mindfulness-Based Approaches to Anxiety: Conceptualization and Treatment*. Kluwer/Plenum.

Hayes, S. C., & Blackledge, J. T. (1998). Creating an alternative to prescription privileges in the era of managed care. In S. Hayes & E. Heiby (Eds.), *Prescription privileges for psychologists: A critical appraisal*, pp. 261-278. Reno, Nevada: Context Press.

Hayes, S. C., & Blackledge, J. T. (1998). Single case experimental designs in clinical research and practice. In A. Bellack & M. Hersen (Eds.), *Comprehensive clinical psychology*, Vol 3, pp. 23-45. Pergamon Press.

Hayes, S. C., Blackledge, J. T., & Barnes-Holmes, D. (2001). Language and cognition: Constructing an alternative approach within the behavioral tradition. In S. Hayes, D. Barnes-Holmes, & B. Roche (Eds.), *Relational frame theory: A post-Skinnerian account of human language and cognition*. Reno, NV: Context Press.

Wilson, K. G., & Blackledge, J. T. (2000). Recent developments in the behavioral analysis of language: Making sense of clinical phenomena. In M. Dougher (Ed.), *Clinical behavior analysis*, pp. 27-46. Reno, Nevada: Context Press.

Manuscripts under submission:

Blackledge, J. T., Moran, D. J., & Ellis, A. A Bridging the divide: Linking basic science to applied psychotherapeutic interventions--A Relational Frame Theory account of Rational Emotive Behavior Therapy. Under submission at *Australian Psychologist*.

Blackledge, J. T. What is cognitive defusion? Under submission at *Psychological Reports*.

Melia, R., Roche, B., & Blackledge, J. Disrupting Experiential avoidance: An experimental analogue of cognitive defusion. Under submission at *Psychological Reports*.

Presentations:

Saedi, N., Blackledge, J., Fruzzetti, A., & Swingen, D. The use of direct video feedback about interaction patterns to augment behavioral couples therapy. Presented at the 1996 meeting of the Association for Behavior Analysis, San Francisco, CA.

Blackledge, J. (Symposium Chair). Technical analyses of Acceptance and Commitment Therapy. 1997 meeting of the Association for Behavior Analysis, Orlando, FL.

Blackledge, J. (Symposium Chair). Applied aspects of relational frame theory. 1997 meeting of the Association for Behavior Analysis, Orlando, FL.

Blackledge, J., Hayes, S., & Wilson, K. Theoretical and empirical support for experiential exposure. Presented at the 1997 meeting of the Association for Behavior Analysis, Orlando, FL.

Blackledge, J., & Hayes, S. Rule-governance and derived stimulus relations. Presented at the 1997 meeting of the Association for Behavior Analysis, Orlando, FL.

Blackledge, J., Reinbold, C., Dozier, C., Williams, W., Hayes, S., & Cummings, A. Using relational frame theory to train relational responding in autistic children. Presented at the 1999 meeting of the Association for Behavior Analysis, Chicago, IL.

Blackledge, J. (Symposium Chair). Empirical applications of relational frame theory. 1999 meeting of the Association for Behavior Analysis, Chicago, IL.

Blackledge, J. (2003). Metaphor use as cognitive defusion. Presented at the 2003 meeting of the Association for Behavior Analysis, San Francisco, CA.

Blackledge, J. & Hayes, S. (2003). Using Acceptance and Commitment Therapy to support parents of children diagnosed with autism. Presented at the 2003 Conference for ACT, RFT, and the New Behavioral Psychology in Linkoping, Sweden.

Blackledge, J. (2003). Technical analysis of cognitive defusion. Presented at the 2003 Conference for ACT, RFT, and the New Behavioral Psychology in Linkoping, Sweden.

Blackledge, J. (2003). Metaphor use as cognitive defusion. Presented at the 2003 Conference for ACT, RFT, and the New Behavioral Psychology in Linkoping, Sweden.

Blackledge, J. (2004). Using Acceptance and Commitment Therapy to support parents of children diagnosed with autism (Presented at the 2004 meeting of the Association for Behavior Analysis Conference in Boston, MA).

Blackledge, C. A., Blackledge, J. T., Ward, M., Healy, O., & Leader, G. (2004). Using relational frame theory to teach the relations of better and worse to children diagnosed with autism (Presented at the 2004 meeting of the Association for Behavior Analysis Conference in Boston, MA).

Workshops:

Blackledge, J., Gaw, K., & Hayes, S. (2000). Acceptance and Commitment Therapy: An overview. Workshop presented at the 2000 meeting of the American Association of Counseling Professionals, Washington, DC.

Hayes, S. C., & Blackledge, J. T. (2001). Acceptance and Commitment Therapy workshop, October 19-21, 2001. South Lake Tahoe, California.

Blackledge, J. T. (2002). Acceptance and Commitment Therapy workshop for parents of children diagnosed with autism. November 9-10, 2002, Sacramento, CA.

Blackledge, J. T. (2003). Acceptance and Commitment Therapy workshop for parents of children diagnosed with autism. March 21-22, 2003, San Pablo, CA.

Blackledge, J. T. (2003). Acceptance and Commitment Therapy workshop for parents of children diagnosed with autism. July 12-13, 2003, San Pablo, CA.

Blackledge, J. T. (2003). Acceptance and Commitment Therapy workshop for parents of children diagnosed with autism. July 19-20, 2003, Reno, NV.

Barnes-Holmes, D., Barnes-Holmes, Y., & Blackledge, J. (2004). Relational Frame Theory for clinical behavior analysts. May 28, 2004. Association for Behavior Analysis Conference in Boston, MA.

Barnes-Holmes, D., & Blackledge, J. (2004). Uses of Relational Frame Theory for Clinicians. July 12 & 14, 2004. Acceptance and Commitment Therapy Summer Institute. Reno, Nevada.

Blackledge, J. T. (2005). Acceptance and Commitment Therapy workshop for postgraduates working with developmentally disabled children. June 4-5. Maynooth, Ireland.

Blackledge, J. T. (2005). Acceptance and Commitment Therapy workshop for TAFE counselors. June 21, 2005. Ryde TAFE, Sydney, Australia.

Blackledge, J. T., & Bailey, A. (2006). Acceptance and Commitment Therapy workshop, Wollongong, Australia. 9 & 10 February, 2006.

Statement of Professional Interests:

1. Acceptance and cognitive defusion-based strategies of change in clinical psychology (e.g., Acceptance and Commitment Therapy).
2. Roles played by language and cognition in producing and maintaining psychological problems (e.g., Relational Frame Theory).
3. Parent training and child and adolescent treatment.
4. Integration of cognitive and behavioral skills training with Acceptance and Commitment Therapy.