

VITA

JOSEPH V. CIARROCHI

Monday, 2 June 2008

Place of Birth: Denver, CO, USA

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EDUCATIONAL HISTORY:

Ph. D. University of Pittsburgh, Pittsburgh, PA, 1996. Psychology.

B.S. (summa cum laude) Youngstown State University, 1991. Major: Psychology.

EMPLOYMENT HISTORY:

1991-1996 Researcher, University of Pittsburgh

1993-1995 Psychology Tutor, University of Pittsburgh

1996-1998 Post-Doctoral Fellowship, University of New South Wales, Sydney, Australia.

1998-2002 Lecturer, Department of Psychology, University of Wollongong

2002- present Senior Lecturer, Department of Psychology, University of Wollongong

RESEARCH INTERESTS.

- Identifying the causes of social well-being (e.g., relationship satisfaction, social support), emotional well-being (e.g., happiness, low depression), and social effectiveness (e.g., effective managerial practices)
 - Acceptance and Commitment Therapy, and Cognitive Behavioral Therapy
 - Designing and Evaluating interventions to reduce suffering, promote vitality, and promote social effectiveness (in a variety of contexts, including organizations, adolescents, and cancer groups).
 - Identifying individual differences that predict future well-being in adolescents and adults
- Social and emotional intelligence

BOOKS:

Ciarrochi, J. & Bailey, A. (in press). *Integrating Acceptance and Commitment Therapy and Cognitive Behavior Therapy: A Practical Guide*. New Harbinger Publications, Inc.: Oakland, CA.

Ciarrochi, J. & Mayer, J. (Eds.). (2007). *Applying emotional intelligence: A Practitioners Guide*. New York: Psychology Press/Taylor & Francis

Ciarrochi, J., Forgas, J., & Mayer, J. (Eds.) (2006). *Emotional intelligence in everyday life: A Scientific Inquiry*. 2nd edition. New York: Psychology Press/Taylor & Francis.

Ciarrochi, J., Forgas, J., & Mayer, J. (Eds.) (2001). *Emotional intelligence in everyday life: A Scientific Inquiry*. Philadelphia, PA, US: Psychology Press/Taylor & Francis.

PEER REVIEWED ARTICLES:

In press

Ciarrochi, J., & Heaven, P. L. C. Learned social hopelessness: The role of explanatory style in predicting social support during adolescence. *Journal of Child Psychology and Psychiatry*. Accepted about June 15 2008

Heaven, C.L. & Ciarrochi, J. (in press) Parental styles, conscientiousness, and academic performance in high school: A three-wave longitudinal study. *Personality and Social Psychology Bulletin*

Ciarrochi, J., Heaven, P.L.C., Supavadeeprasit, S. (in press) The link between emotion identification skills and socio-emotional functioning in early adolescence: A one-year longitudinal study. *Journal of Adolescence*

2008

Smith, L., Heaven, P.C. L., & Ciarrochi, J. (2008). Trait emotional intelligence, conflict communication patterns, and relationship satisfaction. *Personality and Individual Differences*, 44, 1314-1325.

2007

Vialle, W., Heaven, P. C. L., and Ciarrochi, J. (2007). On being gifted, but sad and misunderstood: Social, emotional, and academic outcomes of gifted students in the Wollongong Youth Study. *Educational Research and Evaluation*, 13, 569-586.

Butler, J.. and Ciarrochi, J (2007). Psychological Acceptance and Quality of Life in the Elderly. *Quality of Life Research*, 16, 607-615.

Ciarrochi, J., Heaven, P., Davies, F. (2007). The impact of hope, self-esteem, and attributional style on adolescents' school grades and emotional well-being: A longitudinal study. *Journal of Research in Personality, 41*, 1161-1178..

Ciarrochi, J. and Heaven, P. (2007). Longitudinal examination of the impact of Eysenck's psychoticism dimension on emotional well-being in teenagers. *Personality and Individual Differences, 42*, 597-608.

Heaven, P.C., Ciarrochi, J., Vialle, W. (2007). Conscientiousness and Eysenckian psychoticism as predictors of school grades: A one-year longitudinal study. *Personality and Individual Difference, 42*, 535-546.

Heaven, P.C.L. & Ciarrochi, J. (2007). Religious values, personality, and the social and emotional well-being of adolescents. *British Journal of Psychology, 98*, 681-694.

2006

Ciarrochi, J. & Scott, G. (2006). The link between emotional competence and well-being: a longitudinal study. *British Journal of Guidance and Counselling, 34*, 231-244.

Cusack, J., Deane, F. P., Wilson, C. J., & Ciarrochi, J. (2006). Emotional expression, perceptions of therapy, and help-seeking intentions in men attending therapy services. *Psychology of Men & Masculinity, 7*(2), 69-82.

Heaven, P. C., & Ciarrochi, J. (2006). Perceptions of parental styles and Eysenckian psychoticism in youth: A prospective analysis. *Personality and Individual Differences, 41*(1), 61-70.

2005

Ciarrochi, J., Said, T., & Deane, F. P. (2005). When simplifying life is not so bad: The link between rigidity, stressful life events, and mental health in an undergraduate population. *British Journal of Guidance & Counselling, 33*(2), 185-197.

Bajgar, J., Ciarrochi, J., Lane, R., & Deane, F. (2005). Development of the Levels of Emotional Awareness Scale for Children (LEAS-C). *British Journal of Developmental Psychology, 23*, 569-586.

Vialle, W., Heaven, P. C. L. & Ciarrochi, J. (2005) The relationship between self-esteem and academic achievement in high ability students: Evidence from the Wollongong Youth Study. *Australasian Journal of Gifted Education, 14*, 39-45.

Ciarrochi, J., Hynes, K., & Crittenden, N. (2005). Can men do better if they try a harder: Sex and motivational effects on emotional awareness. *Cognition and emotion., 19*, 133-141.

Ciarrochi, J., Robb, H., & Godsell, C. (2005). Letting a little nonverbal air into the room: Insights from Acceptance and Commitment Therapy. Part 1: philosophical and theoretical underpinnings. *Journal of Rational-Emotive & Cognitive-Behavior Therapy, 23*, 79-106.

Ciarrochi, J., & Robb, H. (2005). Letting a little nonverbal air into the room: Insights from

Acceptance and Commitment Therapy. Part 2: Applications. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 23, 107-130.

Heaven, P. C., Ciarrochi, J., Vialle, W., & Cechavicuite, I. (2005). Adolescent Peer Crowd Self-identification, Attributional Style and Perceptions of Parenting. *Journal of Community & Applied Social Psychology*, 15(4), 313-318.

Rickwood, D., Deane, F., Wilson, C., & Ciarrochi, J. (2005). Young people's help-seeking for mental health problems. *Australian e-Journal for the Advancement of Mental Health*, 4, 1-34.

Robb, H., & Ciarrochi, J. (2005). Some final "gulp" words on REBT, ACT, and RFT. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 23, 169-173.

Rosete, D., and Ciarrochi, J. (2005). Emotional intelligence and its relationship to workplace performance outcomes of leadership effectiveness. *Leadership and Organizational Development Journal*, 26(5), pp. 388-399

Wilson, C., Dean, F., & Ciarrochi, J. (2005). Can Hopelessness and Adolescents' Beliefs and Attitudes About Seeking Help Account for Help Negation? *Journal of Clinical Psychology*, 61, 1525-1540.

Wilson, C. J., Deane, F. P., Ciarrochi, J., & Rickwood, D. (2005). Measuring Help-Seeking Intentions: Properties of the General Help-Seeking Questionnaire. *Canadian Journal of Counselling Vol 39(1) Jan 2005*, 15-28.

2004

Cusack, J., Deane, F. P., Wilson, C. J., & Ciarrochi, J. (2004). Who influences men to go to therapy? Reports from men attending psychological services. *International Journal for the Advancement of Counselling*, 26, 4.

Ciarrochi, J. (2004). Putting the pieces together: An integration of research on social cognition, motivation, and behaviour [Review of the book *The social mind: Cognitive and motivational aspects of interpersonal behaviour*]. *Contemporary Psychology*, 48, pp. 518 - 520.

Ciarrochi, J., & West, M. (2004). The relationship between dysfunctional beliefs and positive and negative indices of well-being: A critical evaluation of the Common Beliefs Survey –III. *Journal of Rational Emotive and Cognitive Behaviour Therapy*, 22 (3), 171-188

Scott, G., Ciarrochi, J., & Deane, F. P. (2004). Disadvantages of being an individualist in an individualistic culture: Idiocentrism, emotional competence, stress, and mental health. *Australian Psychologist*, 39(2), 143-153.

2003

Akgun, S., & Ciarrochi, J. (2003). Learned resourcefulness moderates the relationship between academic stress and academic performance. *Educational Psychology*, 23 (3): 287 – 294.

Ciarrochi, J., Caputi, P., and Mayer, J. (2003). The distinctiveness and utility of a measure of trait emotional awareness. *Personality and Individual Differences*, *34*, 1477-1490.

Ciarrochi, J., Scott, G., Deane, F., & Heaven, P. (2003). Relations between social and emotional competence and mental health: A construct validation study. *Personality and Individual Differences*, *35*, 1947-1963.

Ciarrochi, J., Wilson, C. J., Deane, F. P., & Rickwood, D. (2003). Do difficulties with emotions inhibit help-seeking in adolescence? The role of age and emotional competence in predicting help-seeking intentions. *Counselling Psychology Quarterly*, *16*(2), 103-120.

Scott, G., Ciarrochi, J., & Deane, F. P. (2003). The increasing incidence of suicide: Economic development, individualism, and social integration. *International Scope Review*, *5*(9), 1-40. [[http://www.socialcapital-foundation.org/journal/volume %202003/issue%209/pdf/1_scott&al.pdf](http://www.socialcapital-foundation.org/journal/volume%202003/issue%209/pdf/1_scott&al.pdf)]

2002

Ciarrochi, J., Deane, F., Wilson, C., & Rickwood, D. (2002). Adolescents who need help the most are the least likely to seek it: The relationship between low emotional competence and low intention to seek help. *British Journal of Guidance and Counselling*, *30*, 173-188.

Ciarrochi, J., Deane, F., & Anderson, S. (2002). Emotional intelligence moderates the relationship between stress and mental health. *Personality and Individual Differences*, *32*, 197-209.

Forgas, J. P., and Ciarrochi, J. (2002). On managing moods: Evidence for the role of homeostatic cognitive strategies in affect regulation. *Personality and Social Psychology Bulletin*, *28*, 336-345.

Heaven, P., Barry, J., Ciarrochi, J., and Mak, A. (2002). Personality and family influences on adolescent attitudes to school and academic performance. *Personality and Individual Differences*, *32*, 453-462.

2001

Ciarrochi, J., Chan, A.Y., & Bajgar, J. (2001). Measuring emotional intelligence in adolescents. *Personality and Individual Differences*, *31*, 1105-1119.

Ciarrochi, J., & Deane, F. (2001). Emotional competence and willingness to seek help from professional and nonprofessional sources. *British Journal of Guidance and Counselling*, *29*, 233-246.

Deane, F., Wilson, C., & Ciarrochi, J. (2001). Suicidal ideation and help-negation: It's not just hopelessness or prior help. *Journal of Clinical Psychology*, *57*, 901-914.

Forgas, J. & Ciarrochi, J. (2001). On being happy and possessive: the role of mood and personality on the evaluation of personal possessions. *Psychology and Marketing*, *18*, 239-260.

2000

Ciarrochi, J., & Forgas, J. (2000). The pleasure of possessions: Affective influences and personality in the evaluation of consumer items. *European Journal of Social Psychology*, 30, 631-649.

Ciarrochi, J., Chan, A., & Caputi, P. (2000). A critical evaluation of the emotional intelligence construct. *Personality and Individual Differences*, 28, 539-561.

1999

Ciarrochi, J. & Forgas, J. (1999). On Being Tense Yet Tolerant: The Paradoxical Effects of Trait Anxiety and Aversive Mood on Intergroup Judgments. *Group Dynamics: Theory, Research, and Practice*, 3, 227-238.

Prior to 1999

Herrmann, R.K., Voss, J.F., Schooler, T.Y.E., and Ciarrochi, J. (1997). Images in international relations: An experimental test of cognitive schemata. *International Studies Quarterly*, 41, 403-433.

Voss, J.F., Ciarrochi, J., Foltz, P., and Silfies, L. (1996) Race and the representation of discourse. *Discourse processes*, 22, 103-144.

Ciarrochi, J. V. (1995). A scowl is worth a thousand words: Positive and negative facial expressions automatically prime affectively congruent information in memory. *In 17th Annual Cognitive Science Conference Proceedings*, Pittsburgh.

CHAPTERS

Ciarrochi, J., Blackledge, J., Bilich, L., & Bayliss, V. (2007). Improving Emotional Intelligence: A guide to mindfulness-based emotional intelligence training. In J. Ciarrochi and J. Mayer, *Applying Emotional Intelligence: A Practitioners Guide*. New York: Psychology Press.

Ciarrochi, J & Godsell, C. Mindfulness-Based Emotional Intelligence: Research and Training. Druskat, V, Sala, F., Mount, G. (Ed). (2006). *Linking emotional intelligence and performance at work: Current research evidence with individuals and groups*. (pp. 21-52). xlvii, 292 pp. Mahwah, NJ, US: Lawrence Erlbaum Associates Publishers.

Ciarrochi, J. & Blackledge, J. (2006) Emotional intelligence and interpersonal behaviour: A theory and review of the literature. In J. Forgas (ed), *Affect in Social Thinking and Behavior* (pp 291-310): New York :Psychology Press.

- Ciarrochi, J. & Blackledge, J. (2006). Mindfulness-Based Emotional Intelligence Training: A new approach to reducing human suffering and promoting effectiveness. In Ciarrochi, J., Forgas, J., & Mayer, J. (Eds.), *Emotional intelligence in everyday life: A Scientific Inquiry*. 2nd edition. New York: Psychology Press/Taylor & Francis.
- Ciarrochi, J. (2006). The current state of emotional intelligence research: Answers to some old questions and the discovery of some new ones. In Ciarrochi, J., Forgas, J., & Mayer, J. (Eds.), *Emotional intelligence in everyday life: A Scientific Inquiry*. 2nd edition (pp.251-260). New York: Psychology Press/Taylor & Francis.
- Ciarrochi, J. & Mayer, J. D.. (2006). Clarifying concepts related to emotional intelligence: A proposed glossary. In Ciarrochi, J., Forgas, J., & Mayer, J. (Eds.), *Emotional intelligence in everyday life: A Scientific Inquiry*. 2nd edition (pp. 261-268). New York: Psychology Press/Taylor & Francis.
- Ciarrochi, J. (2006). Buddhist Practices and Emotional Intelligence: Finding the Convergence. In Nauriyal, D., Drummond, M., & Lal, Y. *Buddhist Thought and Applied Psychology: Transcending the Boundaries*. Routledge Curzon.
- Ciarrochi, J., & Godsell, C. (2005). Mindfulness-Based Emotional Intelligence: a theory and review of the literature. In R. Shultz & R. Roberts (Eds.), *Emotional Intelligence: An International Handbook* (pp. 69-90). Cambridge, MA: Hogrefe and Hugar Publishers.
- Ciarrochi, Chan, A.Y., Caputi, P., & Roberts, R. (2001). Measuring Emotional Intelligence (EI). In J. Ciarrochi, J. Forgas, and J. Mayer (Eds.), *Emotional intelligence in everyday life: A Scientific Inquiry* (pp 25-45). Philadelphia, PA, US: Psychology Press/Taylor & Francis.
- Forgas, J. & Ciarrochi, J. (2000). Affect infusion and affect control: The interactive role of conscious and unconscious processing strategies in mood management. In Y. Rossetti and A. Revonsuo (Eds.), *Beyond dissociation: Interaction between dissociated implicit and explicit processing. Advances in consciousness research*. (pp. 243-271). London: Benjamins Press.
- Forgas, J., Ciarrochi, J. & Moylan, S. (2000). Subjective experience and mood regulation: The role of information processing strategies. In H. Bless & J. Forgas (Eds.), *The message within: The role of subjective experiences in social cognition and behavior*. Philadelphia: Psychology Press.
- Forgas, J.P. Johnson, R., & Ciarrochi, J. (1998). Affect control and affect infusion: A multi-process account of mood management and personal control. In M. Kofta, G. Weary, & G. Sedek (Eds.), *Personal control in action. Cognitive and motivational mechanisms*. NY: Plenum Press
- Voss, J.F., Wiley, J., Ciarrochi, J., and Carretero, M. (1998). Causality in history: On the nature of "intuitive" understanding of the concepts of sufficiency and necessity. Pp. 199-213. In J.F. Voss and M. Carretero, (Eds.) *International Review of History, Volume 2. Learning and Reasoning in History*. London: Woburn Press.

GRANTS

Year(s)	Amount	Source
1998	\$2000	University of Wollongong, The role of affect in health-related decision making
1999	\$2000	Health and Behavioral Sciences, University of Wollongong, Does emotional competence moderate the link between stress and mental health?
2000	\$10,000	First investigator, National Health and Medical Research Council (near miss fund); Are people who lack basic emotion skills more likely than others to become depressed and suicidal when under stress? (Co-investigators: Joseph Ciarrochi and Frank Deane)
2000-2002	\$99,980	Co-chief investigator, National Health and Medical Research Council, Help-seeking and responses of young men to intervention services (Co-investigators: F. Deane, D. Rickwood, J. Ciarrochi, and C. Wilson)
2001	\$100,000	Co-chief investigator, Healthway, Western Australia (Other investigators: John Rossiter, Sandra Jones, Joseph Ciarrochi, et al.). Using disgust versus fear appeals to motivate people to quit smoking
2002	8,000	Co-Chief Investigator, small ARC. Counterfactual thinking and well-being (other investigator: Amy Chan and Joseph Ciarrochi).
2002--2003	\$159282	URC new partnership Grant with NSW police: Developing emotional intelligence in the police force (\$12,414 cash; 146,868 in kind); J. Ciarrochi & F. Deane.
2003- - 2006	\$84000	Australian Research Council Linkage Grant to study the long-term predictors of academic performance and emotional well-being amongst adolescents (Co-investigators: Patrick Heaven, Joseph Ciarrochi and Wilma Vialle); grant number LP 0453853
2005 –2008	\$100668	Australian Research Council Linkage Grant to evaluate a Mindfulness-Based Emotional Intelligence Intervention in the Police Force; Co-investigators: Joseph Ciarrochi and Frank Deane ; Grant number: LP0455109
2005	\$14036	Research consultancy grant from Australian Post to examine the role of Experiential Acceptance in workplace behaviour
2005-2006	\$23,000	URC linkage grant with the NSW Cancer Council (Co-investigators: Joseph Ciarrochi, John T. Blackledge). Adjusting to cancer, Committing to your values, Taking action now: The development and preliminary evaluation of the ACT now intervention for mixed groups of cancer patients.

2006-2007	\$86,570	Grant from the Cancer Institute NSW, to support a Psycho-oncology clinical fellowship and to evaluate an Acceptance and Commitment Therapy intervention amongst cancer patients. (Co-investigators: Joseph Ciarrochi, John T. Blackledge and Lisbeth Lane)
2006-2008	\$70890	Research consultancy with the New South Wales Cancer Council (Co-investigators: Joseph Ciarrochi , John Blackledge and Lisbeth Lane). Evaluating the F-ACT NOW program: Developing a Flexible internet delivery system to help helping cancer clients to Adjust to cancer, Commit to the values, and Take action Now.
2007-2012	\$1,235000	ARC linkage grant (LP0776569). Identifying, attracting and retaining successful foster parents. (Co-chief investigators: S Dolnicar, J. Rossiter, J. Ciarrochi)
2008-2009	\$252125	NHMRC grant 514604. Determining the cognitive sequelae of adolescent cannabis use: a longitudinal cohort study: (Co-chief investigators: Nadia Solowij, Murat Ycel, Daniel Lubman, Joseph Ciarrochi, Patrick Heaven)
2008-2010	\$236000	ARC DP0878925. Predicting health, well being, and educational success in emerging adults: An 8 year longitudinal study (Co-chief investigators: PC Heaven; J Ciarrochi; WJ Vialle; TC Skinner)

PROFESSIONAL REGISTRATION

Registered as a Psychologist in New South Wales, Australia since 2001, Registration Number PS0068477.

PUBLISHED ABSTRACTS

Heaven, P. C. L. & Ciarrochi, J. optimistic and successful: The longitudinal effects of personality traits on school grades and adjustment.(2007). Australian Journal of Psychology, 59 (Supplement), 176.

Heaven, P. C. L. & Ciarrochi, J. Religious values and the mental health of youth: Longitudinal analysis (2007). Australian Journal of Psychology, 59 (Supplement), 286.

Ciarrochi, J., Heaven, P.C.L., Hurrell, K., & Supavadeeprasit, S (2007). Are boys more shallow than girls? A four year longitudinal study of the characteristics that lead boys and girls to like each

other. In J. Hennig, M. Reuter, C. Montag, & P. Netter (Eds.), *Abstracts of the 13th Biennial Meeting of the International Society for the Study of Individual Differences* (p. 8). Cambridge, MA: Hogrefe & Huber Publishers. ISBN: 978-0-88937-354-9

Heaven, P.C.L., Ciarrochi, J., & Davies, F (2007). The impact of positive thinking on adolescents' school grades and adjustment. In J. Hennig, M. Reuter, C. Montag, & P. Netter (Eds.), *Abstracts of the 13th Biennial Meeting of the International Society for the Study of Individual Differences* (p. 9). Cambridge, MA: Hogrefe & Huber Publishers. ISBN: 978-0-88937-354-9.

Supavadeepravit, S., Ciarrochi, J., & Heaven, P.C.L (2007). Experiential avoidance predicts emotional well-being in adolescents. In J. Hennig, M. Reuter, C. Montag, & P. Netter (Eds.), *Abstracts of the 13th Biennial Meeting of the International Society for the Study of Individual Differences* (p. 9). Cambridge, MA: Hogrefe & Huber Publishers. ISBN: 978-0-88937-354-9

Heaven, PCL, Ciarrochi, J & Vialle, W (2006). Personality and peer influences on adolescent adjustment: Longitudinal analysis. *Australian Journal of Psychology*, vpl. 58 (Supplement), 144.

Ciarrochi, J. (2004). How much can you tell about a stranger from a five minute interaction? Evaluating the social interaction task. *Australian Journal of Psychology*, 56, 60.

Hynes, C., Ciarrochi, J., & Crittenden, N. (2003). Why are women more emotionally aware than men? Is it that men don't try as hard. *Australian Journal of Psychology*

Scott, G., Ciarrochi, J. , & Mackay, N. (April, 2000). Is individualism making us sad? The role of individualism and collectivism in psychological health and well-being. *Australian Journal of Psychology*, 52 (supplement), 17.

Ciarrochi, J., Deane, F., & Anderson, S. (August, 2000). Emotional intelligence and mental health. *Australian Journal of Psychology*, 52 (supplement), 4.

Ciarrochi, J., Chan, A., & Caputi, P. (1999). A critical evaluation of the emotional intelligence construct. *Australian Journal of Psychology*, 51 (supplement), 4.

Ciarrochi, J. & Forgas, J. (1998). The Pleasure of Possessions: The Interactive Effects of Mood and Personality on Evaluations of Personal Effects. *Australian Journal of Psychology*, Vol 50 (Supplement), 17.

Forgas, J. , Ciarrochi, J. & Delbaere, E. (1998). If You Need a Lawyer, Make Sure (S)he's Sad: The Effects of Mood on the Quality of Persuasive Messages. *Australian Journal of Psychology Vol 50* (Supplement), 21.

Forgas, J. P. & Ciarrochi, J. (1998). Strategies of mood management. Mood congruent and incongruent thoughts over time. *Australian Journal of Psychology Vol 50* (Supplement), 20.

Ciarrochi, J. (1997). On being tense yet tolerant: The paradoxical effects of aversive mood on intergroup discrimination. *Australian Journal of Psychology*, Vol 49 (Supplement), 31.

PRESENTATIONS:

Ciarrochi, J., Blackledge, J., & Deane, F. (2007). Conference organizer for the *The International Conference on Acceptance and Commitment Therapy (ACT), Relational Frame Theory (RFT) and Contextual Behavioral Science*. University of Wollongong. August 6 -10. This conference had over 150 attendees, and involved presenters from the U.S., Europe, and Australia

Vialle, W., Heaven, P.C.L., & Ciarrochi, J. (2008). Religiosity as a protective factor for young males? Evidence from the Wollongong Youth Study. A paper presented at the 8th International Conference on Children's Spirituality, Australian Catholic University, Ballarat, 22 January, 2008..

- Heaven, P. and Ciarrochi, J. (2007) . Religious and the mental health of youth: Longitudinal analysis. Presented to the 42nd Annual Conference of the Australian Psychological Society, Brisbane, 25-29 September, 2007.
- Ciarrochi, J. & Heaven, P. (2007). Are boys more shallow than girls? A four year longitudinal study of the characteristics that lead boys and girls to like each other. Presented to the 13th Biennial Meeting of the International Society for the Study of Individual Differences, Giessen, Germany, 22-27 July.
- Ciarrochi, J., Davies, F., and Heaven, P. (2007). The impact of positive thinking on adolescents' school grades and adjustment. Presented to the 13th Biennial Meeting of the International Society for the Study of Individual Differences, Giessen, Germany, 22-27 July, 2007.
- Supavadeeprasit, S., Ciarrochi, J., & Heaven, P. (2007). Experiential avoidance predicts emotional well-being in adolescents. Presented to the 13th Biennial Meeting of the International Society for the Study of Individual Differences, Giessen, Germany, 22-27 July, 2007.
- Heaven, P. & Ciarrochi, J. (2007). Optimistic and successful: The longitudinal effects of personality traits on school grades and adjustment. Presented to the 15th Biennial Conference of the Australasian Human Development Association. Sydney, 5-8 July, 2007 .
- Heaven, P. , Ciarrochi, J., & Vialle, W. (2007). The impact of self-nominated friendship groups in early adolescence on later adjustment and school achievement. Presented to the 36th Annual Conference of the Society of Australasian Social Psychologists. Brisbane, 12-15 April, 2007
- Blackledge, J. T., Ciarrochi, J., Bilich, L., & Heaven, P. (2007). Continuing validation of the social values survey. May 26, 2007. Association for Behavior Analysis Conference in San Diego, CA.

- Heaven, P.C.L. & Ciarrochi, J. (2006) The longitudinal effects of hope and self-esteem on adolescent adjustment and school achievement. Presented to the 4th Australian Conference on Personality and Individual Differences, Newcastle, 1-2 December, 2006.
- Supavadeeprasit, S. Ciarrochi, J. & Heaven, P. (2006) Measuring thought suppression in adolescence. Presented to the 4th Australian Conference on Personality and Individual Differences, Newcastle, 1-2 December, 2006
- Heaven, PCL, Ciarrochi, J & Vialle, W (2006). Conscientiousness and Eysenckian psychoticism as predictors of school grades: A one-year longitudinal study. Paper presented to the 13th European Conference on Personality, Athens, 22-26 July, 2006.
- Heaven, PCL, Ciarrochi, J & Vialle, W. Personality and peer influences on adolescent adjustment: Longitudinal analysis. Paper presented to the Joint Conference of the Australian Psychological Society and NZ Psychological Society, Auckland, 26-30 September, 2006.
- Ciarrochi, J. (2006). Measuring processes of change in clinical psychology. The Second World Conference on ACT, RFT, and Contextual Behavioral Science. 24-28, July, London.
- Ciarrochi, J. (2006). Linking ACT with Cognitive Behavioral Therapy. The Second World Conference on ACT, RFT, and Contextual Behavioral Science. 24-28, July, London.
- Ciarrochi, J. (2006). Why are humans so cruel and what can we do about it? Keynote talk, The Second World Conference on ACT, RFT, and Contextual Behavioral Science. 24-28, July, London.
- Ciarrochi, J., & Blackledge, J. T., & Heaven, P. (2006). Initial validation of the Social Values Survey and Personal Values Questionnaire (Presented at The Second World Conference on ACT, RFT, and Contextual Behavioural Science in London, England).

- Ciarrochi, J., Heaven, P.C.L. Davies, F. & Vialle, W. (2005). On believing and becoming miserable: An examination of the impact of optimistic beliefs on emotional well-being amongst adolescents. Presented to the 12th *Biennial Meeting of the International Society for the Study of Individual Differences*, Adelaide, 18-22 July.
- Ciarrochi, J. (2005) Mindfulness-based emotional intelligence training. Or What if emotion control is the problem? (2005). *International Symposium on Emotional Intelligence*. Melbourne, Australia
- Ciarrochi, J. Eaton, L., Funder, D., Riggio, R. (2005). The Behavioral Assessment of Savoir-Faire. Paper presented at the Society for Australian Social Psychologists, Brisbane, Australia.
- Heaven, PCL, Ciarrochi, J, Vialle, W. & Cechavicuete, I (2004): *Adolescent peer crowd self-identification: Personality, attributional style and perceptions of parenting*. Presented to the 12th European conference on Personality, Groningen, The Netherlands, 18-22 July, 2004.
- Heaven, PCL, Vialle, W., Ciarrochi, J & Cechavicuete, I (2004): *Trait hope in children: Personality, attitudes, and attributional style*. Invited symposium participant, "Personality in childhood and adolescence: A trait-environment perspective", at the 18th Biennial Meeting of the International Society for the Study of Behavioral Development, Ghent, Belgium, 11-15 July, 2004.
- Ciarrochi, J. (2004). How much can you tell about a stranger from a five minute interaction? Evaluating the social interaction task. Paper presented at the Society for Australian Social Psychologists, Auckland, New Zealand.
- Ciarrochi, J. (2004). *Buddhism in Clinical Practice*. Paper presented at the Summer Institute for Acceptance and Commitment Therapy, Reno, Nevada, U.S.A. (July, 2004)
- Ciarrochi, J. (2004). *Combining traditional forms of Cognitive Behavioral Therapy (CBT) with Mindfulness-Based CBT*. Paper presented at the Summer Institute for Acceptance and Commitment Therapy, Reno, Nevada, U.S.A. (July, 2004)
- Ciarrochi, J. (2004). Mindfulness-based emotional intelligence training. Paper presented to Synergy conference, Canberra (June, 2004).
- Ciarrochi, J. (2004). *Undermining the causes of human suffering*. Paper presented to University of California, Riverside.

- Ciarrochi, J. (2003). *Creating multiple routes to acceptance: ACT and REBT*. Paper present at the Acceptance and Commitment Therapy conference in Sweden
- Wilson, C. J., Deane, F. P., & Ciarrochi, J. (2003). *Hopelessness and prior help-seeking in help-negation for suicidal thoughts amongst adolescents*. Paper presented at the 10th Annual Suicide Prevention Australia National Conference, June 2003, Brisbane Australia.
- Wilson, C. J., Deane, F. P., & Ciarrochi, J. (2003). *Barriers that reduce adolescents' intentions to consult a GP*. Paper presented at the 10th Annual Suicide Prevention Australia National Conference, June 2003, Brisbane Australia.
- Wilson, C. J., Deane, F. P., & Ciarrochi, J. (2003). *Problem recognition, appraisal and help-negation for suicidal thoughts in university students*. Paper presented at the 10th Annual Suicide Prevention Australia National Conference, June 2003, Brisbane Australia.
- Wilson, C. J., Ciarrochi, J., & Deane, F. P. (2003). *Young peoples' help-seeking for suicidal thoughts: Implications for GPs*. Poster presented at the 2003 General Practice and Primary Health Care Research Conference, June 2003, Canberra, Australia.
- Wilson, C. J., Deane, F. P., & Ciarrochi, J. (2003). *Barriers that reduce adolescents' intentions to consult a GP*. Poster presented at the 2003 General Practice and Primary Health Care Research Conference, June 2003, Canberra, Australia.
- Ciarrochi, J. (2003). *Emotional intelligence and Leadership*. Teachers meeting, Wollongong.
- Wilson, C.J., Deane, F.P., Ciarrochi, J (2003). *Barriers that reduce adolescents' intentions to consult a GP*. Suicide Prevention Conference, Australia.
- Ciarrochi, J. (2003). *Emotional intelligence and Human suffering*. Invited talk, Evolve Learning Conference Keynote Talk, Sydney
- Wilson, C.J., Deane, F.P., Ciarrochi, J (2003). *Problem recognition, appraisal and help-negation for suicidal thoughts in university students..* Suicide Prevention Conference, Australia.
- Wilson, C.J., Deane, F.P., Ciarrochi, J (2003). *The role of hopelessness and prior help-seeking in help-negation for suicidal thoughts amongst adolescents*. Suicide Prevention Conference, Australia.
- Ciarrochi, J. (2003). *Emotional intelligence and workplace effectiveness*, Keynote talk, Emotional intelligence Conference, Adelaide
- Ciarrochi, J., Scott, G, Deane, F., and Heaven, P. (March 2003). *The relationship between social and emotional competence and mental health: a construct validation study*. Paper presented at the Society for Australian Social Psychologists, Sydney, Australia.
- Ciarrochi, J. (2003). *Emotional Intelligence in the Workplace*. New South Wales Police Conference, Sydney.
- Wilson, C.J., Deane, F.P., Ciarrochi, J, & Rickwood, D. (June 2002). *Help-negation for suicidal thoughts in university and high school samples*. Presentation to the 9th annual national conference of Suicide Prevention Australia Inc. Sydney, Australia.
- Wilson, C.J., Ciarrochi, J., Rickwood, D., & Deane, F.P. (June 2002). *Help-seeking patterns for suicidal and non-suicidal problems in two high-school samples*. Presentation to the 9th annual national conference of Suicide Prevention Australia Inc. Sydney, Australia.
- Wilson, C.J., Rickwood, D., Ciarrochi, J., & Deane, F.P. (June 2002). *Adolescent barriers to*

seeking professional psychological help for personal-emotional and suicidal problems. Presentation to the 9th annual national conference of Suicide Prevention Australia Inc. Sydney, Australia.

Ciarrochi, J. (2002). *Emotional intelligence and humour.* Invited talk, Fun at Work Conference, Keynote, Sydney

Ciarrochi, J. (2002) *The importance of emotional intelligence for education.* Invited talk, Australian Librarian Association Conference, Wollongong.

Hynes, C., Ciarrochi, J., & Crittenden, N. (April 2002). *Why are women more emotionally aware than men? Is it that men don't try as hard.* Paper presented at the Society for Australian Social Psychologists, Perth, Australia.

Ciarrochi, J. (2002). *Emotional intelligence and education.* Invited talk Catholic School Principles conference, Wollongong.

Ciarrochi, J (September 2001). *The role of emotional competence in promoting health.* Public Health Association of Australia Health Promotion Special Interest Group Pre-conference workshop

Ciarrochi, J. (2001). Emotional intelligence moderates the relationship between stress and mental health. Invited talk, University of Illinois, Chicago

Wilson, C. J., Rickwood, D., Deane, F. P., & Ciarrochi, J. (March 2001). *Intersectoral and interagency partnerships to investigate youth help-seeking and the responses of at-risk young men to intervention services.* Presentation at 4th National Conference Infant, Child, Adolescent & Family Mental Health, Brisbane, Australia.

Ciarrochi, J., Deane, F., & Anderson, S. (August 2000). *Emotional intelligence moderates the relationship between stress and psychological adaptation.* Presented at the Annual Meeting of the American Psychological Association, Washington, DC.

Scott, G., Ciarrochi, J. , & Mackay, N. (April 2000). *Is individualism making us sad? The role of individualism and collectivism in psychological health and well-being.* Paper presented at the Society for Australian Social Psychologists, Perth, Australia.

Ciarrochi, J., Deane, F., & Anderson, S. (August 2000). *Emotional intelligence and mental health.* Paper presented at the Society for Australian Social Psychologists, Perth, Australia.

Ciarrochi, J., Chan, A., and Caputi, P. (May 1999). *A critical analysis of the emotional intelligence construct.* Paper presented at the Society for Australian Social Psychologists, Coolumb, Queensland.

Ciarrochi, J. (1999). *A critical evaluation of the emotional intelligence construct,* Macquarie University. Invited talk

Ciarrochi, J., Chan, A., and Caputi, P. (March 1999). *Promises and Problems with the Emotional Intelligence Construct.* Paper presented at a Macquarie University Symposium, Sydney, Australia.

Ciarrochi, J. & Forgas, J. (April 1998). *The Pleasure of Possessions: The Interactive Effects of Mood and Personality on Evaluations of Personal Effects.* Paper presented at the Society for Australian Social Psychologists, Christchurch, New Zealand.

- Forgas, J. , Ciarrochi, J. & Delbaere, E. (April 1998). *If You Need a Lawyer, Make Sure (S)he's Sad: The Effects of Mood on the Quality of Persuasive Messages*. Paper presented at the Society for Australian Social Psychologists, Christchurch, New Zealand.
- Forgas, J. P. & Ciarrochi, J. (April 1998). *Strategies of mood management. Mood congruent and incongruent thoughts over time*. Paper presented at the Society for Australian Social Psychologists, Christchurch, New Zealand.
- Ciarrochi, J. (May 1997). *On Being Tense Yet Tolerant: The Paradoxical Effects of Aversive Mood and Trait Anxiety on Intergroup Judgments*. Paper presented at the Midwestern Psychological Society Annual Meeting, Chicago.
- Ciarrochi, J. & Forgas, J. (May 1997). *Mood, self-esteem, and valence of thoughts over time*. Presented at the Annual Meeting of the American Psychological Society (Washington, DC).
- Ciarrochi, J. (April 1997). *Effects of Aversive Mood and Trait Anxiety on Intergroup Judgments*. Paper presented at the Society for Australian Social Psychologists, Wollongong, Australia
- Ciarrochi, J. (November 1995). *The role of state and trait anxiety in decision making*. Paper presented at the Annual Meeting of the Society for Judgment and Decision Making
- Voss, J. F., Ciarrochi, J. V. & Silfies, L. (November 1995). *Race and the representation of discourse: Fictitious Scenarios and O.J. Simpson Case*. Paper presented at the Annual Meeting of the Psychonomics Society
- Ciarrochi, J. (July 1995). *The impact of fear on the quality of decision making*. Paper presented at University of Pittsburgh Psychology Conference.
- Ciarrochi, J. (July 1995). *A scowl is worth a thousand words: Positive and negative facial expressions automatically prime affectively congruent information in memory*. Paper presented at the 17th Annual Cognitive Science Conference, Pittsburgh.
- Ciarrochi, J. (June 1995). *The role of emotion in rational decision making*. Paper presented at the Summer Institute of Political Psychology.
- Ciarrochi, J. (May 1995). *The role of affect on memory*. Poster presented at the Sixty-Seventh Annual Meeting of the Midwestern Psychological Association, Chicago.
- Ciarrochi, J. (July 1994). *Automatic influences of affect on the accessibility of information in memory*. Presented at Psychology Conference hosted by University of Pittsburgh and Carnegie Mellon University, Pittsburgh.
- Ciarrochi, J. (March 1994). *The impact of emotion on memory retrieval*. Paper presented at the Cognitive Psychology lecture series, University of Pittsburgh.

TEACHING EXPERIENCE:

Statistics and Research Methods (2nd , 3rd , and Honours year).

Developing course materials, Lecturing, Tutorials, Assessment of students
Social and Cognitive Psychology (2nd & 3rd year)

Developing course materials, Lecturing, Assessment of students, Supervising student research projects.

Research methods and statistics for clinical students (Post-graduate)

Coordinating course, Developing course materials, Lecturing, Assessment of students

STATISTICAL EXPERTISE:

I have had extensive experience teaching statistics at all levels, from the beginning undergraduate level to the more advanced masters level. I also provide statistical consulting (6 hours per week) to colleagues, staff, and students in psychology. The consulting has made an important contribution, by assisting students, staff, and other researchers to start, maintain, and successfully complete research projects and theses. I have kept myself up to date on the newest statistical techniques, approaches, controversies, and computer packages. I have, for example, learned how to conduct Multilevel Random Coefficient Modeling, which has greatly expanded my ability to support and conduct certain types of research projects (e.g., diary studies).

SPECIALIZED TRAINING

- Acceptance and Commitment Therapy Experiential Workshop (Feb, 2003; Oxford, Mississippi)
- Acceptance and Commitment Therapy Intermediate Skills Workshop (August, 2003; Sweden)
- Acceptance and Commitment Therapy Training Institute (University of Reno, Nevada; August 2004)
- Acceptance and Commitment Therapy Training Institute (London; August 2006)
- Summer fellowship in Rational-Emotive Behavioral Therapy, Albert Ellis Institute, New York City July, 2002
- Advanced Certification in Rational-Emotive Behavioural Therapy, New York City, 2002
- Primary Certification in Rational-Emotive Behavioural Therapy, New York City, 2002
- Two half day supervision workshops (University of Wollongong, 2006)
- Full day workshop on research ethics, conducted by National Health and Medical Research Council (Canberra, 2006)

PROFESSIONAL EXPERIENCE:

Reviewer for: *Journal of Personality and Social Psychology*, *Personality and Social Psychology Bulletin*, *Cognition and Emotion*, *European Journal of Social Psychology*, *Australian Journal of Psychology*, *Personal Relationships*, *Group Dynamics: Theory, Research, and Practice*, *Personality and Individual Differences*

Co-organizer of Mood and Cognition Conference, Sydney, Australia, March, 1998

Interviewer for applicants to the graduate school of medicine, 2006

Presenter of discovery day lectures to high school students (University of Wollongong, 4 sessions, 2002-2006)

Attended NHMRC training workshop for members of an HREC (2005, Canberra)

Attended two half day workshops on research supervision (University of Wollongong, 2006)

PROFESSIONAL ORGANIZATION MEMBERSHIPS:

Association for Contextual Behavioral Science

International Society for the Study of Individual Differences