

## Curriculum Vitae

Ruth A. Baer  
Professor  
Department of Psychology  
University of Kentucky

October 2011

### PERSONAL DATA

Work Address: Department of Psychology  
115 Kastle Hall  
University of Kentucky  
Lexington, KY 40506-0044

Home address: 3413 Farmington Road  
Lexington, KY 40502

Phone: (859) 257-6841 (office)  
(859) 277-7293 (home)

Fax: (859) 323-1979

Email: [rbaer@email.uky.edu](mailto:rbaer@email.uky.edu)

Licensure: Licensed Psychologist in Kentucky

### EDUCATION

Ph.D., 1985 West Virginia University, Morgantown, WV, Clinical Psychology  
Internship: University of Mississippi Medical Center &  
Veterans Administration Medical Center, Jackson, MS

M.A., 1982 West Virginia University, Morgantown, WV, Clinical Psychology

B.A., 1980 University of Kansas, Lawrence, KS, Music

### ADDITIONAL PROFESSIONAL TRAINING

Intensive professional training in dialectical behavior therapy (DBT), 1997  
Professional training in mindfulness-based cognitive therapy (MBCT), 2002  
Professional training in mindfulness-based stress reduction (MBSR), 2002

## CURRENT POSITION

Professor of Psychology, University of Kentucky

## PREVIOUS POSITIONS

Associate Professor of Psychology, University of Kentucky (1991-2006)  
Director of Clinical Training, University of Kentucky (1996-2001)  
Associate Director of Clinical Training, University of Kentucky (1991-1996)  
Assistant Professor of Psychology, University of Kentucky (1985-1991)

## MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Psychological Association  
Association for Behavioral and Cognitive Therapies (formerly AABT)  
Association for Contextual Behavioral Science

## **RESEARCH ACTIVITIES**

### EDITED BOOKS

Baer, R. A. (Ed.) (2010). *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change*. New Harbinger.

Baer, R. A. (Ed.) (2006). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. San Diego, CA: Elsevier.

### PAPERS AND CHAPTERS

Sauer, S. E. & Baer, R. A. (in press). Ruminative and mindful self-focused attention in borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*.

Peters, J. R., Erisman, S. M., Upton, B. T., Baer, R. A. & Roemer, L. (in press). A preliminary investigation of the relationships between dispositional mindfulness and impulsivity. *Mindfulness*.

Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K., Guenole, N., Orcutt, H., Waltz, T., & Zettle, R. (in press). Preliminary psychometric properties of the Acceptance and Action Questionnaire – II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy*.

- Peters, J. R., Upton, B. T., & Baer, R. A. (in press). Relationships between facets of impulsivity and borderline personality features. *Journal of Personality Disorders*.
- Baer, R.A. & Walsh, E. (in press). Treating acute depression with mindfulness-based cognitive therapy. In P. L. Fisher & A. Wells (Eds.) *Treating depression: Principles and practice of CBT, MCT, and third-wave therapies*. NY: Wiley.
- Lykins, E. L. B., Baer, R. A., & Gottlob, L. R. (in press). Performance-based tests of attention and memory in long-term mindfulness meditators and demographically matched nonmeditators. *Cognitive Therapy and Research*.
- Greco, L., Baer, R. A., & Smith, G. T. (2011). Assessing mindfulness in children and adolescents: Development and validation of the child and adolescent mindfulness measure (CAMP). *Psychological Assessment, 23*, 606-614.
- Bohlmeier, E., ten Klooster, P. M., Fledderus, M., Veehof, M., & Baer, R. A. (2011). Psychometric properties of the Five Facet Mindfulness Questionnaire in depressed adults and development of a short form. *Assessment, 18*, 308-320.
- Baer, R. A. (2011). Measuring mindfulness. *Contemporary Buddhism: An Interdisciplinary Journal, 12*, 241-261.
- Baer, R. A. & Sauer, S. E. (2011). Relationships between depressive rumination, anger rumination, and borderline personality features. *Personality Disorders: Theory, Research, and Treatment, 2*, 142-150.
- Baer, R. A. & Peters, J. R. (2011). Assessment of mindfulness and acceptance in behavioral medicine. In McCracken, L. M. (Ed.), *Acceptance and commitment therapy and mindfulness-based approaches in behavioral medicine: An integrative clinical and research guide*. New Harbinger.
- Luberto, C. M., McLeish, A., C., Zvolensky, M. J., & Baer, R. A. (2011). Mindfulness skills and anxiety-related cognitive processes among young adult daily smokers: A pilot test. *Mindfulness, 2*, 129-136.
- Baer, R. A., Samuel, D. B., & Lykins, E. L. B. (2011). Differential item functioning on the Five Facet Mindfulness Questionnaire is minimal in demographically matched meditators and nonmeditators. *Assessment, 18*, 3-10.
- Baer, R. A. & Lykins, E. L. B. (2011). Mindfulness and positive psychological functioning. In K. Sheldon, T. Kashdan, & M. Steger (Eds.), *Designing the future of positive psychology: Taking stock and moving forward* (pp. 335-348). Oxford University Press.

- Baer, R. A. (2010). Mindfulness- and acceptance-based interventions and processes of change. In Baer, R. A. (Ed.) *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 1-21). New Harbinger.
- Sauer, S. & Baer, R. A. (2010). Mindfulness and decentering as mechanisms of change in mindfulness- and acceptance-based interventions. In Baer, R. A. (Ed.) *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 25-50). New Harbinger.
- Baer, R. A. (2010). Self-compassion as a mechanism of change in mindfulness- and acceptance-based treatments. In Baer, R. A. (Ed.) *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 135-153). New Harbinger.
- Sauer, S. E. & Baer, R. A. (2010). Validation of measures of biosocial precursors to borderline personality disorder: Childhood emotional vulnerability and environmental invalidation. *Assessment, 17*, 454-466.
- Baer, R. A. & Sauer, S. (2009). Mindfulness and cognitive behavioral therapy: A commentary on Harrington and Pickles. *Journal of Cognitive Psychotherapy, 23*, 324-332.
- Baer, R. A. (2009). Self-focused attention and mechanisms of change in mindfulness-based treatment. *Cognitive Behaviour Therapy, 38*, 15-20.
- Sauer, S. & Baer, R. A. (2009). Responding to negative internal experiences: Relationships between acceptance and change-based approaches and psychological adjustment. *Journal of Psychopathology and Behavioral Assessment, 31*, 378-386.
- Lykins, E. L. B. & Baer, R. A. (2009). Psychological functioning in a sample of long-term practitioners of mindfulness meditation. *Journal of Cognitive Psychotherapy, 23*, 226-241.
- Evans, D. R., Baer, R. A. & Segerstrom, S. C. (2009). The effects of mindfulness and self-consciousness on persistence. *Personality and Individual Differences, 47*, 379-382.
- Carmody, J. & Baer, R. A. (2009). How long does a mindfulness-based stress reduction program need to be? A brief review of class contact hours and effect sizes for psychological distress. *Journal of Clinical Psychology, 65*, 627-638.

- Carmody, J., Baer, R. A., Lykins, E. L. B., & Olendzki, N. (2009). An empirical study of the mechanisms of mindfulness in a mindfulness-based stress reduction program. *Journal of Clinical Psychology, 65*, 613-626.
- Baer, R. A., Walsh, E., & Lykins, E. L. B. (2009). Assessment of mindfulness. In F. Didonna (Ed.), *Clinical Handbook of Mindfulness*, (pp. 153-168). NY: Springer.
- Sauer, S. & Baer, R. A. (2009). Relationships between thought suppression and symptoms of borderline personality disorder. *Journal of Personality Disorders, 23*, 48-61.
- Baer, R. A., Smith, G.T., Lykins, E., Button, D., Krietemeyer, J., Sauer, S., Walsh, E., Duggan, D., & Williams, J. M. G. (2008). Construct validity of the Five Facet Mindfulness Questionnaire in meditating and nonmeditating samples. *Assessment, 15*, 329-342.
- Carmody, J. & Baer, R. A. (2008). Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms, and well-being in a mindfulness-based stress reduction program. *Journal of Behavioral Medicine, 31*, 23-33.
- Greco, L. A., Lambert, W., & Baer, R. A. (2008). Psychological inflexibility in childhood and adolescence: Development and evaluation of the Avoidance and Fusion Questionnaire for Youth. *Psychological Assessment, 20*, 93-102.
- Edwards, C.L., Feliu, M., Johnson, S., Edwards, L., Wellington, C., McDougald, C., ... & Baer, R. A. (2008). Beyond sepsis, pain, and disfigurement: The case of psychological reactions to chemical burn in a patient with extensive psychiatric history. *Journal of African American Studies, 12(3)*, 243-265.
- Baer, R. A. & Huss, D. B. (2008). Mindfulness- and acceptance-based therapy approaches. In J. Lebow (Ed.), *Twenty-first century psychotherapies* (pp. 123-166). Hoboken NJ: John Wiley & Sons.
- Baer, R. A. (2007). Mindfulness, assessment, and transdiagnostic processes. *Psychological Inquiry, 18*, 238-242.
- Huss, D. B. & Baer, R. A. (2007). Acceptance and change: Integration of mindfulness-based cognitive therapy into ongoing dialectical behavior therapy in a case of borderline personality disorder with depression. *Clinical Case Studies, 6*, 17-33.
- Baer, R. A. (2007). Mindfulness and preparation for flight: A possible intervention. *Ergonomics in Design, 15*, 21-22.

- Baer, R. A. & Lykins, E. L. B. (2007). Mindfulness in Individual Psychotherapy. [Review of the DVD *Mindful Therapy*.] *PsycCRITIQUES-Contemporary Psychology: APA Review of Books*.
- Heaton, L. J., Carlson, C. R., Smith, T. A., Baer, R. A., & De Leeuw, R. (2007). Predicting anxiety during dental treatment using patients' self-reports. *Journal of the American Dental Association*, 138, 188-195.
- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13, 27-45.
- Baer, R. A. & Krietemeyer, J. (2006). Overview of mindfulness and acceptance-based treatment approaches. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 3-27). San Diego, CA: Elsevier.
- Coffman, S., Dimidjian, S., & Baer, R. A. (2006). Mindfulness-based cognitive therapy for the prevention of depressive relapse. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 31-50). San Diego, CA: Elsevier.
- Kristeller, J., Quillian-Wolever, R., & Baer, R. A. (2006). Mindfulness-based treatments for eating disorders. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 75-91). San Diego, CA: Elsevier.
- Baer, R. A., Fischer, S. & Huss, D. B. (2005). Mindfulness and acceptance in the treatment of disordered eating. *Journal of Rational Emotive and Cognitive Behavioral Therapy*, 23, 281-300.
- Baer, R. A., Fischer, S., & Huss, D. B. (2005). Mindfulness-based cognitive therapy applied to binge eating disorder: A case study. *Cognitive and Behavioral Practice*, 12, 351-358.
- Baer, R. A. (2005, December 28). The third wave: New directions in cognitive-behavioral intervention. [Review of the book *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*.] *PsycCRITIQUES-Contemporary Psychology: APA Review of Books*, 50 (no. 52), Article 8.
- Baer, R. A. (2005). Biography of Donald M. Baer. In A. M. Gross and R. S. Drabman (Eds.), *Encyclopedia of behavior modification and cognitive behavior therapy, Volume II: Child clinical applications*. (pp. 687-688). Thousand Oaks, CA: Sage

- Baer, R. A., Smith G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment, 11*, 191-206.
- Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice, 10*, 125-143.
- Baer, R. A. (2003). Mindfulness and behavior analysis. In K. S. Budd & T. F. Stokes (Eds.), *A small matter of proof: The legacy of Donald M. Baer*. Reno, NV: Context Press.
- Baer, R. A., Rinaldo, J. C., & Berry, D. T. R. (2003). Response distortions in self-report assessment. In R. Fernandez-Ballesteros (Ed.), *Encyclopedia of psychological assessment* (pp. 861-866). London, England: Sage Publications.
- Baer, R. A. & Rinaldo, J. C. (2003). The Minnesota Multiphasic Personality Inventory - Adolescent (MMPI-A). In M. Hersen, D. L. Segal, & M. J. Hilsenroth (Eds.), *Comprehensive handbook of psychological assessment, Volume 2: Personality assessment*. New York: Wiley.
- Rinaldo, J. C. & Baer, R. A. (2003). Incremental validity of the MMPI-A content scales in the prediction of self-reported symptoms. *Journal of Personality Assessment, 80*, 309-318.
- Baer, R. A. & Miller, J. (2002). Underreporting of psychopathology on the MMPI-2: A meta-analytic review. *Psychological Assessment, 14*, 16-26.
- Berry, D. T. R., Baer, R. A., Wetter, M. W., & Rinaldo, J. C. (2002). Assessment of malingering. In J. N. Butcher (Ed.), *Clinical personality assessment* (2<sup>nd</sup> ed.) (pp.269-302). New York: Oxford University Press.
- Ballenger, J. F., Caldwell-Andrews, A., & Baer, R. A. (2001). Effects of positive impression management on the NEO PI-R in a clinical population. *Psychological Assessment, 13*, 254-260.
- Archer, R. P., Handel, R. W., Greene, R. L., Baer, R. A., & Elkins, D. E. (2001). An evaluation of the usefulness of the MMPI-2 F(p) scale. *Journal of Personality Assessment, 76*, 282-295.
- Berry, D., Bagby, R., Smerz, J., Rinaldo, J., Caldwell-Andrews, A., & Baer R. (2001). Effectiveness of NEO PI-R research validity scales for discriminating analog malingering and genuine psychopathology. *Journal of Personality Assessment, 76*, 496-516.

- Caldwell-Andrews, A. A., Baer, R. A., & Berry, D. T. R. (2000). Effects of response sets on NEO-PI-R scores and their relationships to external criteria. *Journal of Personality Assessment, 74*, 472-488.
- Baer, R. A., Kroll, L. S., Rinaldo, J., & Ballenger, J. (1999). Detecting and discriminating between random responding and overreporting on the MMPI-A. *Journal of Personality Assessment, 72*, 308-320.
- Baer, R. A., Ballenger, J., & Kroll, L. (1998). Detection of underreporting on the MMPI-A in clinical and community samples. *Journal of Personality Assessment, 71*, 98-113.
- Arita, A. A. & Baer, R. A. (1998). Validity of selected MMPI-A content scales. *Psychological Assessment, 10*, 59-63.
- Ranseen, J. D., Campbell, D. A., & Baer, R. A. (1998). NEO-PI-R profiles of adults with attention deficit disorder. *Assessment, 5*, 19-24.
- Baer, R. A. (1998). MMPI-A: An updated version of an excellent text [Review of MMPI-A: Assessing Adolescent Psychopathology]. *Contemporary Psychology, 43*, 353.
- Baer, R. A., & Sekirnjak, G. (1997). Detection of underreporting on the MMPI-2 in a clinical population: Effects of information about validity scales. *Journal of Personality Assessment, 69*, 555-567.
- Baer, R. A., Ballenger, J., Berry, D. T. R., & Wetter, M. W. (1997). Detection of random responding on the MMPI-A. *Journal of Personality Assessment, 68*, 139-151.
- Baer, R. A. & Wetter, M. W. (1997). Effects of information about validity scales on underreporting of symptoms on the Personality Assessment Inventory. *Journal of Personality Assessment, 68*, 402-413.
- Baer, R. A. (1997). Review of *Abnormal Psychology in a Changing World*. *Contemporary Psychology, 42*, 34.
- Berry, D. T. R., Adams, J., Clark, C., Thacker, S., Burger, T., Wetter, M. W., Baer, R. A., & Borden, J. (1996). Detection of a cry for help on the MMPI-2: An analogue investigation. *Journal of Personality Assessment, 67*, 26-36.
- Wetter, M. W., & Baer, R. A. (1996). Review of *Advanced Abnormal Psychology*. *Contemporary Psychology, 41*, 570-571.



- Baer, R. A., Wetter, M. W., & Berry, D. T. R. (1995). Effects of information about validity scales on underreporting of symptoms on the MMPI-2: An analogue investigation. *Assessment, 2*, 189-200.
- Baer, R. A., Wetter, M. W., Nichols, D., Greene, R., & Berry, D. T. R., (1995). Sensitivity of MMPI-2 validity scales to underreporting of symptoms. *Psychological Assessment, 7*, 419-423.
- Berry, D. T. R., Wetter, M. W., Baer, R. A., Youngjohn, J., Gass, C., Lamb, D., Franzen N., MacInnes, W., & Buchholz, D. (1995). Overreporting of closed-head injury symptoms on the MMPI-2. *Psychological Assessment, 7*, 517-523.
- Berry, D. T. R., Wetter, M. W., & Baer, R. A. (1995). Assessment of malingering. In J. N. Butcher (Ed.), *Clinical personality assessment* (pp. 236-248). New York: Oxford University Press.
- Baer, R. A. (1995). New directions in cognitive therapy [*Review of Cognitive Therapies in Action*]. *Contemporary Psychology, 40*, 462.
- Wetter, M. W., Baer, R. A., Berry, D. T. R., & Reynolds, S. (1994). The effect of symptom information on faking on the MMPI-2. *Assessment, 1*, 199-207.
- Lamb, D., Berry, D. T. R., Wetter, M. W., Baer, R. A., & Widiger, T. (1994). Ethical considerations in research on coached malingering. *Psychological Assessment, 6*, 16-17.
- Lamb, D., Berry, D. T. R., Wetter, M. W., & Baer, R. A. (1994). Effects of two types of information on malingering of closed-head injury on the MMPI-2: An analogue investigation. *Psychological Assessment, 6*, 8-13.
- Wetter, M. W., Baer, R. A., Berry, D. T. R., Robison, L. H., & Sumpter, J. (1993). MMPI-2 profiles of motivated fakers given specific symptom information: A comparison to matched patients. *Psychological Assessment, 5*, 317-323.
- Baer, R. A., Wetter, M. W., & Berry, D. T. R. (1992). Detection of underreporting of psychopathology on the MMPI: A meta-analysis. *Clinical Psychology Review, 12*, 509-525.
- Wetter, M. W., Baer, R. A., Berry, D., Smith, G., & Larsen, L. (1992). Sensitivity of MMPI-2 validity scales to random responding and malingering. *Psychological Assessment, 4*, 369-374.
- Berry, D. T. R., Wetter, M. W., Baer, R. A., Larsen, L., Clark, C., & Monroe, K. (1992). MMPI-2 random responding indices: Validation using a self-report methodology. *Psychological Assessment, 4*, 340-345.

- Baer, R. A., Tishelman, A. C., Degler, J. D., Osnes, P. G., & Stokes, T. F. (1992). Effects of self- vs experimenter-selection of rewards on classroom behavior in young children. *Education and Treatment of Children, 15*, 1-14.
- Berry, D. T. R., Wetter, M., Baer, R. A., Widiger, T. A., Sumpter, J., Reynolds, S., & Hallam, R. (1991). Detection of random responding on the MMPI-2: Utility of F, Back F, and VRIN scales. *Psychological Assessment, 3*, 418-423.
- Baer, R. A. & Nietzel, M. T. (1991). Cognitive-behavioral treatment of impulsivity in children: A meta-analytic review of the outcome literature. *Journal of Clinical Child Psychology, 20*, 400-412.
- Berry, D.T R., Baer, R. A., & Harris, M. J. (1991). Detection of malingering on the MMPI: A meta-analysis. *Clinical Psychology Review, 11*, 585-598.
- Baer, R. A. (1990). Correspondence training: Review and current issues. *Research in Developmental Disabilities, 11*, 379-393.
- Baer, R. A. & Detrich, R. (1990). Tacting and manding in correspondence training: Effects of child selection of verbalization. *Journal of the Experimental Analysis of Behavior, 54*, 23-30.
- Baer, R. A. (1990). The doctoral program in clinical psychology at the University of Kentucky. *The Behavior Therapist, 13*, 219-220.
- Weninger, J. M. & Baer, R. A. (1990). Correspondence training with time delay: A comparison with reinforcement of compliance. *Education and Treatment of Children, 13*, 36-44.
- Baer, R. A. (1989). Maintenance of child behavior change: What happens after the experimenters leave? *Education and Treatment of Children, 12*, 190-199.
- Baer, R. A., Detrich, R., & Weninger, J. (1988). On the functional role of the verbalization in correspondence training procedures. *Journal of Applied Behavior Analysis, 21*, 345-356.
- Baer, R. A. (1987). Effects of caffeine on classroom behavior, sustained attention, and a memory task in preschool children. *Journal of Applied Behavior Analysis, 20*, 225-234.
- Baer, R. A., Blount, R. L., Detrich, R., & Stokes, T. F. (1987). Using intermittent reinforcement to program maintenance of verbal/nonverbal correspondence. *Journal of Applied Behavior Analysis, 20*, 179-184.

- Blount, R. L., Baer, R. A., & Stokes, T. F. (1987). An analysis of long term maintenance of effective toothbrushing by Head Start children. *Journal of Pediatric Psychology, 12*, 363-377.
- Chelune, G. J. & Baer, R. A. (1986). Developmental norms for the Wisconsin Card Sorting Test. *Journal of Clinical and Experimental Neuropsychology, 3*, 219-228.
- Collins, F. L., Baer, R. A., & Blount, R. L. (1985). Single subject research designs for optometry. *American Journal of Optometry and Physiological Optics, 62*, 516-522.
- Baer, R. A., Williams, J. A., Osnes, P. G., & Stokes, T. F. (1985). Generalized verbal control and correspondence training. *Behavior Modification, 9*, 477-48
- Blount, R. L., Dahlquist, L. M., Baer, R. A., & Wouri, D. (1984). A brief, effective method for teaching children to swallow pills. *Behavior Therapy, 15*, 381-387.
- Baer, R. A., Williams, J. A., Osnes, P. G., & Stokes, T. F. (1984). Delayed reinforcement as an indiscriminable contingency in verbal/nonverbal correspondence training. *Journal of Applied Behavior Analysis, 17*, 429-440.
- Blount, R. L., Baer, R. A., & Collins, F. L. (1984). Improving visual acuity in a myopic child: Assessing compliance and effectiveness. *Behaviour Research and Therapy, 22*, 53-57.
- Baer, R. A., Osnes, P. G., & Stokes, T. F. (1983). Training generalized correspondence between verbal behavior at school and nonverbal behavior at home. *Education and Treatment of Children, 6*, 378-388.

EDITORIAL AND REVIEWING EXPERIENCE**Associate Editor**

Psychological Assessment	2009-2011
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**Member of Editorial Board**

Personality Disorders: Theory, Research and Treatment	2012-
Mindfulness	2010-
Cognitive and Behavioral Practice	2007-
Psychological Assessment	2000-
Assessment	1999-
Journal of Personality Assessment	2002-2007
Journal of Applied Behavior Analysis	1986-1992
Education and Treatment of Children	1987-1995
The Behavior Analyst	1990-1992

**Literature Review Editor**

Education and Treatment of Children	1989-1995
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**Federal Grant Reviewing and Related Service**

NCCAM Special Emphasis Panel: Centers of Excellence for Research on Pain  
 NIMH Special Emphasis Panel, Minority Dissertation Grant Proposals  
 NCCAM Technical Expert Panel, "Effectiveness of Meditation in Healthcare"  
 Social Sciences and Humanities Research Council of Canada  
 Raine Medical Research Foundation (Australia)  
 Canadian Institutes of Health Research  
 NIH Special Emphasis Panel (NRSA), Risk Prevention & Health Behavior (twice)  
 Michael Smith Foundation for Health Research (Canada)  
 Israel Science Foundation

## RECENT PRESENTATIONS

### Invited Talks:

- Baer, R. A. (April, 2011). *Mindfulness: Assessment, treatment, and mechanisms of change*. Cognitive-Behavioral Research Center, University of Coimbra, Portugal.
- Baer, R. A. (October, 2010). *Mindfulness questionnaires: Status report*. Invited conference: Basic and Clinical Research on Mindfulness, University of Wisconsin, Madison.
- Baer, R. A. (September, 2010). *Mechanisms of change in mindfulness-based treatment*. Department of Psychology, Aarhus University, Denmark.
- Baer, R. A. (May, 2009). *Mechanisms of change in mindfulness-based treatments*. Invited presentation, Department of Psychology, University of Sydney, Australia.
- Baer, R.A. (June, 2008). *Mechanisms of change in mindfulness-based treatments*. Invited address presented at the conference entitled, What Makes Therapy Work: Towards a Science of Cognitive, Emotional, and Behavioural Change, Lund University, Lund, Sweden.
- Baer, R. A. (June, 2008). *Mindfulness and psychological wellbeing: Measurement and mechanisms*. Invited address presented for the Danish Cancer Society, Copenhagen, Denmark.
- Baer, R. A. (2007, October). *Recent findings in self-report assessment of mindfulness*. Invited address presented at the conference on Meditation and Spirituality: Scientific, Conceptual, and Applied Perspectives. Indiana State University, Terre Haute, IN.
- Baer, R. A. (2007, August). *Mindfulness-based cognitive therapy for depression*. Invited address presented at the Kentucky Psychological Association conference on Evidence-Based Strategies for Patient Change, Louisville, KY.
- Baer, R. A. (2007, June). *Assessment of mindfulness and its relationships with psychological well-being*. Invited plenary address presented at the Mind and Life Summer Research Institute, Garrison, NY.
- Baer, R. A. (2006, July). *Exploring facets of mindfulness in experienced meditators*. Invited address presented at the 2<sup>nd</sup> world conference on ACT, RFT, and Contextual Behavioural Science, London, United Kingdom.

Baer, R. A. (2006, June). *Meditation, mindfulness, and psychological functioning in a sample of experienced meditators*. Invited keynote address presented at the International Conference on Mindfulness and Acceptance, University of Wales, Bangor, United Kingdom.

Baer, R. A. (2006, May). *Operationalizing mindfulness: Identifying component skills and their relations to mental health variables*. Invited address presented at the Association for Behavior Analysis, Atlanta, GA.

Baer, R. A. (2006, March). *Facets of mindfulness and their relationships with other variables in a sample of experienced meditators*. Invited plenary address presented at the 4<sup>th</sup> annual International Conference on Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, University of Massachusetts Medical School, Worcester, MA.

Baer, R. A. (2005, October). *Elements of mindfulness and their relationships to mental health*. Invited address presented at the conference on Exploring the Mind: Buddhist and Scientific Approaches to Mental Health and Healing, University of Toronto, Canada.

Baer, R. A. (2005, April). *Using self-report assessment methods to explore facets of mindfulness*. Invited plenary address presented at the 3<sup>rd</sup> Annual Conference on Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, University of Massachusetts Medical School. Worcester, MA.

Baer, R. A. (2004, August). *Assessment of mindfulness and related constructs: Overview of recent developments*. Invited keynote address presented at the Conference on Mindfulness-Based Approaches: Research, Training, & Clinical Practice, University of Wales, Bangor, United Kingdom.

Baer, R. A, Fischer, S., & Huss, D. (2003, August). *Adapting mindfulness-based cognitive therapy for binge eating disorder*. Invited address, Exploring the Mind: Buddhist and Scientific Approaches to Mental Health and Healing, University of Toronto, Canada.

### Invited Workshops

Baer, R. A. (2011, May). *Current approaches to teaching mindfulness in empirically supported interventions*. Workshop presented for a conference hosted by the Cognitive-Behavioral Research Center, University of Coimbra, Portugal.

Baer, R. A. (2011, February). *Mindfulness-based protocols for disordered eating*. Continuing education workshop presented for the Italian Institute for Mindfulness, Vicenza, Italy.

- Baer, R. A. (2011, February). *Research on mindfulness: Assessment, treatment, and mechanisms of change*. Continuing education workshop presented for the Italian Institute for Mindfulness, Vicenza, Italy.
- Baer, R. A. (2010, September). *Mindfulness, acceptance, and rumination in borderline personality disorder*. Continuing education workshop presented for the Center for ACT and Mindfulness, Aarhus, Denmark.
- Baer, R. A. (2009, November). *Integrating mindfulness-based stress reduction and mindfulness-based cognitive therapy*. Continuing education workshop presented for the Psychological Institute of Valencia (Instituto Valenciano de Psicología), Spain.
- Baer, R. A. (2009, November). *Mindfulness training in clinical intervention*. Continuing education workshop presented for the Kentucky Psychological Association, Lexington, KY.
- Baer, R. A. (May, 2009). *Integrating mindfulness-based stress reduction and mindfulness-based cognitive therapy*. Continuing education workshops presented for CPM Training in Melbourne, Perth, Brisbane, and Sydney, Australia.
- Baer, R. A. (2008, June). *Methods of teaching mindfulness in empirically supported interventions*. Invited workshop presented at the conference entitled, What Makes Therapy Work: Towards a Science of Cognitive, Emotional, and Behavioural Change, Lund University, Lund, Sweden.
- Baer, R. A. (2008, March). *Mindfulness-based stress reduction*. Workshop presented for Hospice of the Bluegrass, Lexington, KY.
- Baer, R. A. (2006, October). *Mindfulness-based cognitive therapy*. Continuing education workshop presented for the School of Professional Psychology, Wright State University, Dayton, Ohio.
- Baer, R. A. (2006, July). *Mindfulness: Current Approaches*. Invited workshop presented at the 2<sup>nd</sup> world conference on ACT, RFT, and Contextual Behavioural Science, London, United Kingdom.
- Baer, R. A. & Swales, M. (2006, June). *Mindfulness in dialectical behavior therapy*. Invited workshop presented at the International Conference on Mindfulness and other Acceptance Based Training. University of Wales, Bangor, UK.
- Baer, R. A. & Fookes, M. (2004, August). *Mindfulness skills in dialectical behavior therapy*. Invited workshop, Conference on Mindfulness-Based Approaches: Research, Training, & Clinical Practice, University of Wales, Bangor, UK.

Other recent presentations:

- Baer, R. A. (2011, April). Mindfulness questionnaires: Why and how? Member of invited panel discussion, Ninth Annual Scientific Conference on Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School, Norwood, MA.
- Baer, R. A. (2010, June). *Rumination, mindfulness, and borderline personality features*. In M. Fennell (Chair), Mindfulness-based interventions: Recent findings, mechanisms of action, and future directions. Symposium, World Congress of Behavioral and Cognitive Therapies, Boston.
- Baer, R. A. (2010, June). *Mindfulness-based cognitive therapy*. In P. Fisher (Chair), How distinctive are the emerging psychological approaches for depression? Panel discussion, World Congress of Behavioral and Cognitive Therapies, Boston.
- Baer, R. A. (2009, July). *The role of rumination in borderline personality disorder*. In J. Ciarrochi (Chair), Identifying key processes in disorders and therapies. Symposium, Third World Congress on ACT, RFT, and Contextual Behavioral Science, University of Twente, Netherlands.
- Baer, R. A. (2009, July). Member of invited plenary panel discussion, *Perspectives on how best to produce progress in applied psychological science*. Third World Congress on ACT, RFT, and Contextual Behavioral Science, University of Twente, Netherlands.
- Baer, R. A., & Carmody, J. (2008, April). *The importance of homework practice in mindfulness-based stress reduction*. Paper presentation, Integrating Mindfulness-Based Approaches and Interventions into Medicine, Health Care and the Larger Society. University of Massachusetts Medical School, Worcester, MA.
- Baer, R.A. (2007, November). *Mindfulness-based therapies: Models and processes of change*. In J. Boulanger (Chair), *Models and processes of change in psychotherapy*. Symposium, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Baer, R. A. (2006, November). Discussant for E. K. Sandoz (Chair), *From the lab to the table: Mindfulness and disordered eating in basic and applied domains*. Symposium, Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Baer, R. A. (2005, November). *The Kentucky Inventory of Mindfulness Skills: What can it tell us about the nature of mindfulness?* In J. D. Herbert & L. Cardaciotto (Chairs), *Conceptualization and assessment of mindfulness*. Symposium,



Association for Behavioral and Cognitive Therapies, Washington, DC.

- Baer, R. A., Fischer, S., & Huss, D. B. (2005, August). *Mindfulness-based cognitive therapy and binge eating*. In J. Kristeller (Chair), *Mindfulness, meditation, eating disorders, and obesity: Conceptual and empirical issues*. Symposium, American Psychological Association, Washington.
- Baer, R. A. (2004, July). *Assessment of mindfulness: An essential component of mindfulness-based treatment research*. In K. Witkiewicz (Chair), *Mindfulness meditation: Progressive behavior therapy from a time-honored tradition*. Symposium, American Psychological Association, Honolulu.
- Baer, R. A. (2003, August). *Understanding mindfulness from a behavior analytic perspective*. Paper presented at the World Conference on ACT, RFT, and the New Behavioral Psychology, Linkoping, Sweden.
- Baer, R. A. (2003, August). *Self-report assessment of mindfulness skills: Developing an inventory*. Paper presented at the World Conference on ACT, RFT, and the New Behavioral Psychology, Linkoping, Sweden.

## RESEARCH FUNDING

Feasibility of Mindfulness Training for Students High in Negative Urgency: Toward Prevention of Risky Behavior. Center for Drug Abuse Research Translation, University of Kentucky (2011).

Mindfulness and Self-Focused Attention in Meditating and Nonmeditating Samples. College of Arts and Sciences, University of Kentucky (2008).

Meditation Experience, Mindfulness, and Psychological Functioning. College of Arts and Sciences, University of Kentucky (2006).

Faking Good Adjustment on the MMPI-2. Department of Psychology (1994).

Random Responding on the MMPI-A. University of Kentucky, Vice Chancellor for Research and Graduate Studies (1993).

Random Responding on the MMPI-A. Department of Psychology (1993).

Faking Good Adjustment on the MMPI-2. University of Kentucky, Vice Chancellor for Research and Graduate Studies (1992).

Effects of caffeine on sustained attention, impulse control, and classroom behavior in preschool children. University of Kentucky Research Foundation (1986).

Component analysis of correspondence training procedures. University of Kentucky Summer Faculty Research Fellowship (1987).

**TEACHING EXPERIENCE**

Undergraduate:     Senior Seminar: Dialectical Behavior Therapy  
                           Abnormal Psychology  
                           Life-Span Developmental Psychology  
                           Child Psychopathology  
                           Music in Six Takes (team taught interdisciplinary course: I  
   presented a unit on Music & Emotion)

Graduate:            Psychological Interventions  
                           Dialectical Behavior Therapy  
                           Clinical Interviewing  
                           Group and Individual Clinical Supervision  
                           Behavioral Medicine  
                           Behavior Therapy

**ADMINISTRATIVE AND SERVICE EXPERIENCE**

Graduate Council	2010-
Committee on Promotion and Tenure (Arts & Sciences)	2006-2008
Department of Anthropology Review Committee (Arts & Sciences)	2009
Member of University Senate	2000-2002
Director of Clinical Training	1996-2001
Associate Director of Clinical Training	1991-1995
Director of Psychological Services Center	1992-1995
Kentucky Psychological Association: Task Force on Master's Level Practice Issues	2000
Board of Directors: Project Future Hope (nonprofit organization for families of autistic children)	1995-1997
Field Placement Coordinator: Applied behavior analysis with autistic children	1994-2001

### **CONSULTING AND CLINICAL WORK**

- 1994 – 2008      Orofacial Pain Center, College of Dentistry, University of Kentucky  
Structured interviewing, brief training in relaxation and self-regulation skills, for patients with temporomandibular joint disorders
- 2001 – present      Ridge Behavioral Health System, Lexington, KY  
Supervision of staff psychologist engaged in assessment of children and adults (IQ, achievement, self-report)
- 1994 - 1996      Psychology Service, Cardinal Hill Rehabilitation Hospital  
Supervision of staff psychologist engaged in assessment and consultation
- 1987 - 1994      Fayette County Public Schools, Lexington, KY  
Intelligence testing and report writing
- 1988 – present      Private practice  
Individual psychotherapy, supportive and CBT