

## VITA

### Robert D. Zettle

#### PERSONAL HISTORY

Address: 1344 North Vassar  
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Birthplace: Berwick, Pennsylvania

Marital Status: Married, no children

License: Kansas, No. 1069

#### EDUCATION

Wilkes University, Wilkes-Barre, Pennsylvania  
Major: Psychology 1974  
Degree: B.A., Summa Cum Laude  
Honors: Dean's Scholarship Award

Bucknell University, Lewisburg, Pennsylvania  
Major: Psychology 1976  
Degree: M.A., in Mental Health Research  
Thesis: Academic Success and Satisfaction as a Function of  
Accuracy in Prediction of Field of Concentration  
(Chairperson: David W. Milne, Ph.D.)

University of North Carolina at Greensboro, Greensboro, North Carolina  
Major: Clinical Psychology 1984  
Degree: Ph.D.  
Dissertation: Cognitive Therapy of Depression: A Conceptual and  
Empirical Analysis of Component and Process Issues



9. Instructor, Office of Continuing Education, University of North Carolina at Greensboro, Greensboro, North Carolina  
Spring semester 1980  
Duties: Teach introductory psychology to continuing education class composed of nursing personnel at High Point Memorial Hospital, High Point, North Carolina.  
Supervisor: Robert G. Eason, Ph.D., Psychology Department Head, University of North Carolina at Greensboro.
10. Instructor, Greensboro Regional Consortium, Greensboro, North Carolina  
Summer session 1980  
Duties: Teach introduction to personality at Guilford College, Greensboro, North Carolina.  
Supervisor: William J. Lanier, Ph.D., Director, Greensboro Regional Consortium.
11. Instructor, Psychology Department, University of North Carolina at Greensboro, Greensboro, North Carolina  
Academic year 1980-1981  
Duties: Teach two sections of introduction to personality, fall semester, 1980. Teach one section of abnormal psychology, spring semester and summer session, 1981.  
Supervisor: Ernest A. Lumsden, Ph.D. Psychology Department Acting Head, University of North Carolina at Greensboro.
12. Psychological Examiner, Davidson County Schools, Lexington, North Carolina  
Contracted position 1981-1982  
Duties: Initial intellectual assessment of children considered for special educational placement as well as re-evaluations of children previously placed in special programs.  
Supervisor: Meredith Palmer, M.A., School Psychologist, Davidson County Schools.
13. Psychological Examiner, Reidsville City Schools, Reidsville, North Carolina  
Contracted position 1982  
Duties: Initial intellectual assessment of children considered for special educational placement as well as re-evaluations of children previously placed in special programs.  
Supervisor: Anne Yelton, Ph.D., School Psychologist, Reidsville City Schools.
14. Predoctoral Fellow, Center for Cognitive Therapy, Philadelphia, Pennsylvania  
Full-time position 1982-1983  
Duties: Conduct intake evaluations, individual cognitive therapy, participate in ongoing research projects.  
Supervisor: Aaron T. Beck, M.D., Director, Center for Cognitive Therapy.
15. Psychological Examiner, High Point City Schools, High Point, North Carolina  
Contracted position 1982-1984  
Duties: Initial intellectual assessment of children considered for special educational placement as well as re-evaluations of children previously placed in special programs.  
Supervisor: Thomas Harrison, M.A., School Psychologist, High Point City Schools.



4. Presented guest lecture, "Current Issues in the Treatment of Depression," to Psi Chi Club, Wichita State University, October, 1984.
5. Presented invited colloquium, "Cognitive Therapy of Depression: A Conceptual and Empirical Analysis of Component and Process Issues," to Department of Human Development and Family Life, University of Kansas, November, 1984.
6. Co-leader of workshop, "A Contextual Approach to Therapeutic Change," presented at the meeting of the Association for Behavior Analysis, Columbus, Ohio, May, 1985.
7. Presented invited address, "What You Think Makes a Difference: Cognitive Approaches to Understanding and Treating Depression," to Mental Health Association in Sedgwick County, Wichita, Kansas, November, 1985.
8. Presented invited address, "Coping with the Holiday Blues," to Women's Resource

22. Conducted in-service training program, "Value Conflicts and Clarification: Implications for Helping  
R to Sedgwick County Mental Health Center, Wichita, Kansas, September, 1992.
23. Discussion leader at Nevada Conference on Acceptance and Change, Reno, Nevada, January, 1993.
24. Member of Ad Hoc Faculty Senate Committee on Faculty Evaluation Procedures, Wichita State University,  
1993 - 1994.
25. Chairperson of Clinical Special Interest Group, Association for Behavior Analysis, 1993-1995.
26. Facilitator for Obsessive Compulsive Disorder Support Group, 1994-2000.
27. Member of faculty advisory board to *The Naturalist*, a graduate student produced newsletter, 1994-present.
28. Conducted in-
29. Member of University Grievance Committee, 1994-1995.
30. Discussion leader at American Association of Applied and Preventive Psychology Conference on Scientific  
Standards of Psychological Practice, Reno, Nevada, January, 1995.
31. Site co-director for National Anxiety Disorder Screening Day, Wichita, Kansas, May, 1995, 1996, 1997,  
1998.
32. Behavior Analysis Convention, Washington, DC, May, 1995.
33. Co-

43. Member of Faculty Senate, Wichita State University, 1997-1999.
44. Member of Kansas Association for Behavior Analysis Advisory Board, 1999-Present.
45. Member of University General Education Committee, 2000-2002.
46. Member of Wichita State University Resource Panel for contract with Kansas Department of Social and Rehabilitative Services, 2001 - Present.
47. Association for Behavior Analysis Convention, Toronto, May, 2002.
48. Panel discussion participant  
Behavior Analysis Convention, Toronto, May, 2002.
49. Toronto, May, 2002.
50. Interviewed by two local television stations (KAKE -10 and KSN - 3) on the psychological aspects of observing the 9-11 anniversary, September 9, 2002.
51. Interviewed live by radio station KNSS on the psychological aspects of observing the 9-11 anniversary, September 11, 2002.
52. Conducted training on WASI administration with local mental health professionals as contracted with Abt Associates, November, 2002.
53. Program, Wichita State University, November 10, 2003. nding Upward Bound
54. Conducted in- Center, Parsons,  
Kansas, April 16, 2004.
55. Kansas School of Medicine - Wichita, Wichita, Kansas, April 7, 2005.
56. Philadelphia, Pennsylvania, July 22, 2005.
57. Kansas School of Medicine - Wichita, Wichita, Kansas, April 6, 2006.
58. Contextual Behavioral Science, London, England, July 25, 2006.
59. -Geeks Unite!: Using the IRAP to Examine Relational  
London, England, July 26, 2006.
60. Clear Lake, Houston, Texas, July 20, 2007. -
61. Acceptance and Commitment Therapy (ACT), Relational Frame Theory (RFT) and Contextual Behavioural Science, University of Wollongong, Wollongong, Australia, August 8, 2007.







Behavior Analysis Annual Conference, Overland Park, KS.

2. **Zettle, R. D.** (2010, July). Applied psychology as the functional contextualist views it. Invited keynote address presented at the 27<sup>th</sup> International Congress of Applied Psychology, Melbourne, Australia.
3. Carrasquillo, N., & **Zettle, R. D.** (2010, June). Enhancing self as context and pain tolerance. In R. D. Zettle (Chair), *Perspectives on perspective taking*. Symposium presented at the ACBS Annual World Conference VIII, Reno, Nevada.
4. Gird, S., **Zettle, R. D.**, Renollet, D., Webster, B. K., & Latronica, B. (2010, June). Developing a spirituality inventory. In R. D. Zettle (Chair), *Perspectives on perspective taking*. Symposium presented at the ACBS Annual World Conference VIII, Reno, Nevada.
5. **Zettle, R. D.** (2008, August). The history of ACT and RFT. Keynote address presented at ACT Oceania 2008: International Conference on Acceptance and Commitment Therapy (ACT), Relational Frame Theory (RFT) and Contextual Behavioural Science, Christchurch, New Zealand.
6. **Zettle, R. D.** (2007, November). The role of experiential avoidance in the exacerbation and alleviation of human suffering. Invited faculty address presented at the convention of the Association for Psychological and Educational Research in Kansas, Wichita, Kansas.
7. **Zettle, R. D.** (2006, July). The history of ACT/RFT: Observations from one eyewitness. Invited address presented at the Second World Conference on ACT, RFT, an



changing contingencies. In M. E. Jaremko (Chair), *The experimental and applied analysis of verbal behavior*, Symposium presented at the meeting of the Association for Behavior Analysis, Milwaukee.

29. Rosenfarb, I., Hayes, S. C., & **Zettle**, R. D. (1981, May). Self-reinforcement: A social commitment analysis. In L. Green (Chair), *Self-control: Experimental analyses and applications*. Symposium presented at the meeting of the Association for Behavior Analysis, Milwaukee.
30. **Zettle**, R. D. (1980, November). Insight: Rules and revelations. In S. C. Hayes (Chair), *The baby and the bathwater: Radical behavioral interpretations of traditional clinical phenomena*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, New York.
31. **Zettle**, R. D., & Hayes, S. C. (1979, December). Coping self-statements as a self-control procedure. In R. O. Nelson (Chair), *Environmental determinants of self-control and cognitive behavior therapy techniques*. Symposium presented at the meeting of the Association for Advancement of Behavior Therapy, San Francisco.

#### **POSTERS PRESENTED**

1. Staats, S., & **Zettle**, R. D. (2011, November). The Acceptance and Action Questionnaire for Exercise (AAQ-Ex). Group poster presented at the meeting of the Association of Behavior and Cognitive Therapies, Toronto.
2. Hardage-Bundy, A., & **Zettle**, R. D. (2011, November). An ACT-based media literacy intervention comparative outcome study. Group poster presented at the Renfrew Center Foundation Conference, Philadelphia.
3. Burgess, A. J., **Zettle**, R. D., Barner, S., Boone, L., Webster, B. K., & Latronica, B. (2010, June). The biathlon: An examination of perseverance on challenging tasks in relation to level of experiential avoidance. In *ACT* -

(Eds.), *Treating depression: Principles and practice of CBT, MCT, and third wave therapies*. Chichester, United Kingdom: Wiley.

2. **Zettle**, R. D. (2010). An acceptance and mindfulness-based approach to depression. In F. Bulli & G. Melli (Eds.), *Mindfulness and acceptance in psychotherapy: Theories and clinical applications* (pp. 205-222). Florence, Italy: Eclipsi.
3. **Zettle**, R. D., Barner, S. L., & Gird, S. (2009). ACT with depression: The role of forgiving. In J. T. Blackledge, J. Ciarrochi, & F. Deane (Eds.), *Acceptance and commitment therapy: Current directions* (pp. 151- 173). Bowen Hills QLD: Australian Academic Press.
4. **Zettle**, R. D. (2007) *therapy in treating depression*. Oakland, CA: New Harbinger.
5. **Zettle**, R. D. (2004). ACT with affective disorders. In S. C. Hayes & K. D. Strosahl (Eds.), *A* (pp. 77-102). New York: Kluwer Academic/Plenum.
6. **Zettle**, R. D., & Hayes, S. C. (2002). Brief ACT treatment of depression. In F. W. Bond & W. Dryden (Eds.), *Handbook of brief cognitive behaviour therapy* (pp. 35-54). Chichester, England: Wiley.
7. Wilson, K. G., Hayes, S. C., Gregg, J., & **Zettle**, R. D. (2001). Psychopathology and psychotherapy. In S. C. Hayes, D. Barnes-Homes, & B. Roche (Eds.), *Relational frame theory: A post-Skinnerian account of language and cognition* (pp. 211-238). New York: Plenum.
8. **Zettle**, R.D. (1995). Establishing and implementing scientific standards of psychological practice. In S.C. Hayes, V.M. Follette, R.M. Dawes, & K.E. Grady (Eds.), *Scientific standards of psychological practice: Issues and recommendations* (pp .44-47). Reno, NV: Context Press
9. **Zettle**, R.D. (1994). On the use of acceptable language. In S.C. Hayes, N.S. Jacobson, V.M. Follette, & M.J.Dougher (Eds.), *Acceptance and change: Content and context in psychotherapy* (pp. 46-50). Reno, NV: Context Press.
10. Hayes, S. C., **Zettle**, R. D., & Rosenfarb, I. (1989). Rule-following. In S. C. Hayes (Ed.), *Rule-governed behavior: Cognition, contingencies, and instructional control* (pp. 191-220). New York: Plenum Press.
11. **Zettle**, R. D., & Hayes, S. C. (1982). Rule-governed behavior: A potential theoretical framework for cognitive behavior therapy. In P. C. Kendall (Ed.), *Advances in cognitive-behavioral research and therapy, Vol. 1* (pp. 125-166). New York: Academic Press.
12. **Zettle**, R. D., & Hayes, S. C. (1980). The conceptual and empirical status of rational-emotive therapy. In M. Hersen, R. M. Eisler, & P. M. Miller (Eds.), *Progress in behavior modification, Vol. 9* (pp. 76-118). New York: Academic Press.

## ARTICLES

1. **Zettle**, R. D., Barner, S. L., Gird, S. R., Boone, L. T., Renollet, D. L., & Burdsal, C. A. (2012). A psychological biathlon: The relationship between level of experiential avoidance and perseverance on two challenging tasks. *The Psychological Record*, 62, 433-445.
2. Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K., Waltz, T., & **Zettle**, R. D. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire II. *Behavior Therapy*, 42, 676-688. (Note: Ordering of last six coauthors is alphabetical)

3. **Zettle, R. D., Rains,**



