

**ROOF RIRJ SΩ B**

**G b A Eb b**

December, 2020

*Work Address:* University of New England  
Office of the President  
11 Hills Beach Road  
Biddeford, ME 04005

*Personal:* Married to Lynn Brandsma, Ph.D.; 4 children

*Licensure:* Psychology (Pennsylvania; PS-005802-L; inactive status)

**BAR OΛ K**

University of North Carolina at Greensboro  
Ph.D. in Clinical Psychology, August 1989  
M.A. in Clinical Psychology, August 1986

Clinical Internship 1988-1989  
Department of Psychiatry, Beth Israel Medical Center, New York, NY

University of Texas at Austin  
B.A. in psychology, *magna cum laude*, May 1983

Le Gymnase Cantonal de Neuchâtel, Switzerland  
Youth for Understanding exchange program, 1979-1980

**HBV ABJ F I B ABOPEHML PΩΛ KP**

< **Mb ab R b Kb B a** (July 2017-present)  
*Works closely with the Board of Trustees and senior leadership in directing all aspects of the University of New England.*

< **B b bS bM A b** (2015-June 2017)  
*Worked closely with President [redacted] and Provost Brian Blake on multiple enterprise-level strategic and operational initiatives, including fundraising, strategic planning, development of external partnerships, major infrastructure projects, and academic policies;*



*points, while more than doubling number of underrepresented minority students. Raised program's first gift (to support student experiential work).*

< **Mb ab R b C J ME b R b**





- Goldstein, S. P., Zhang, F., Thomas, J. G., Butryn, M. L., Herbert, J. D., & Forman, E. M. (2018). Application of machine learning to predict dietary lapses during weight loss. *Journal of Diabetes Science and Technology, 12*(5), 1045-1052.
- Goldstein, S. P., Forman, E. M., Butryn, M. L., & Herbert, J. D. (2017). Web-based versus in-person physical activity promotion programs for college students: Differential preferences for programming content. *Health Communication, 33*, 1-7.
- Martin, L. M., Espel, H. M., Marando-Blank, S., Evans, B. C., Forman, E. F., Butryn, M. B., Baer, R. A., Wolever, R. Q., & Herbert, J. D. (2017). Trusting homeostatic cues versus accepting hedonic cues: A randomized controlled comparing two distinct mindfulness-based intervention components. *Journal of Contextual Behavioral Science, 6*(4), 409-417.
- Gershkovich, M., Herbert, J. D., Forman, E. M., Schumacher, L. M., & Fischer, L. (2017). Internet-delivered acceptance-based CBT intervention for social anxiety disorder with and without therapist support: A randomized trial. *Behavior Modification, 41*(5), 583-608.
- Glassman, L. H., Kuster, A. T., Shaw, J. A., Forman, E. M., Izzetoglu, M., Matteucci, A. & Herbert, J. D. (2016). The Relationship between dorsolateral prefrontal activation and speech performance-based social anxiety using functional near infrared spectroscopy. *Brain Imaging and Behavior, 14*, 1-11.
- Glassman, L. H., Forman, E. M., Herbert, J. D., Bradley, L. E., Foster, E. E., Izzetoglu, M., & Ruocco, A. C. (2016). The effects of a brief acceptance-based behavioral treatment versus traditional cognitive-behavioral treatment for public speaking anxiety: An exploratory trial examining differential effects on performance and neurophysiology. *Behavior modification, 40*(5), 748-776.
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- Hitchcock, P. F., Herbert, J. D., & Forman, E. M. (2016). Best learning practices for Internet treatments. *The Behavior Therapist, 39*(2), 51-55.
- Bradley, L. E., Forman, E. M., Kerrigan, S. G., Butryn, M. L., Herbert, J. D., & Sarwer, D. B. (2016). A pilot study of an acceptance-based behavioral intervention for weight regain after bariatric surgery. *Obesity Surgery*. doi: 10.1007/s11695-016-2125-0
- Bradley, L. E., Sarwer, D. B., Forman, E. M., Kerrigan, S. G., Butryn, M. L., & Herbert, J. D. (2016). A Survey of Bariatric Surgery Patients' Interest in Postoperative Interventions. *Obesity Surgery, 26*(2), 332-338.
- Forman, E. M., Gaudiano, B. A., Herbert, J. D. (2016). Pragmatic recommendations to address challenges in disseminating evidenced-based treatment guidelines. *Canadian Psychology, 57*(3), 160-171.



- Goetter, E. M., Herbert, J. D., Forman, E. M., Yuen, E. K., & Thomas, J. G. (2014). An open trial of videoconference-mediated exposure and ritual prevention for obsessive-compulsive disorder. *Journal of Anxiety Disorders, 28*(5), 460-462.
- Goldstein, S. P., Forman, E. M., Meiran, N., Herbert, J. D., Juarascio, A. S., & Butryn, M. L. (2014). The discrepancy between implicit and explicit attitudes in predicting disinhibited eating. *Eating Behaviors, 15*, 164-170.
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- Juarascio, A., Shaw, J., Forman, E. M., Timko, C. A., Herbert, J. D., Butryn, M. L., & Lowe, M. (2013). Acceptance and Commitment Therapy for eating disorders: Clinical applications of a group treatment.

Tuscan, L., Herbert, J. D., Forman, E. M., Juarascio, A. S., Izzetoglu, M., Schultheis, M. (2013).  
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modifying diet and physical activity among cardiac patients. *Behavior Modification*, 36 (2), 199-217.

- Forman, E. M., Chapman, J. E., Herbert, J. D., Goetter, E. M., Yuen, E. K., & Moitra, E. M. (2012). Using session-by-session measurement to compare mechanisms of action for acceptance and commitment therapy and cognitive therapy. *Behavior Therapy*, 43, 341-354.
- Yuen, E. K., Goetter, E. M., Herbert, J. D., & Forman, E. M. (2012). Challenges and opportunities in Internet-mediated telemental Health. *Professional Psychology: Research and Practice*, 43, 1-8.
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- Moitra, E., Herbert, J. D., & Forman, E. M. (2011). Acceptance-based behavior therapy to promote HIV medication adherence. *AIDS Care*, 23 (12), 1660-1667.
- Herbert, J. D., & Redding R. (2011, Sept/Oct). When " the shrinks" ignore science, sue them . *Skeptical Inquirer*, 13-15. Reprinted in *The 33<sup>rd</sup>: The CoAS Anthology* (2012). Philadelphia: Drexel University.
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- Juarascio, A. S., Forman, E. M., Timko, C. A., Herbert, J. D., Butryn, M., & Lowe, M. (2011). Implicit internalization of the thin ideal as a predictor of increases in weight, body dissatisfaction, and disordered eating. *Eating Behaviors*, 12, 207-213.
- Brown, L. A., Forman, E. M., Herbert, J. D., Hoffman, K. L., Yuen, E. K., & Goetter, E. M. (2011). A randomized controlled trial of acceptance-based behavior therapy and cognitive therapy for test anxiety: A pilot study. *Behavior Modification*, 35(1), 31-53.
- Gaudiano, B. A., Herbert, J. D., & Hayes, S. C. (2010). Is it the symptom or the relation to it? Investigating potential mediators of change in acceptance and commitment therapy for psychosis. *Behavior Therapy*, 41(4), 543-554.
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- Yeomans, P.D., Forman, E. F., & Herbert, J. D., & Yuen, E. (2010). A randomized trial of a reconciliation workshop with and without PTSD psychoeducation in Burundian sample. *Journal of Traumatic Stress*, 23, 305-312.

Juarascio, A. S., Forman, E. M., Herbert, J. D. (2010). Acceptance and commitment therapy versus cognitive therapy

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- Kaye, J. L., Marando-Blanck, S., Herbert, J. D., & Forman, E. A. (2017, April). *Can goal-setting and values interventions improve self-control and temporal discounting in college freshmen?* Poster presented at the 37<sup>th</sup> annual convention of the Anxiety and Depression Association of America, San Francisco, CA.
- Herbert, J. D., & Franke, J. (2016, December). *Reinventing graduate orientation*. Presentation delivered at the annual meeting of the Council of Graduate Schools, Washington, DC.
- Herbert, J. D. (2016, October). *Exposure and response prevention, distress tolerance, mindfulness, and acceptance: Expert perspectives on treating anxiety disorders*. Clinical roundtable presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Marando-Blanck, S., Martin, L., Espel, H., Evans, B., Forman, E., Butryn, M., & Herbert, J. D. (2016, October). *The context of mindfulness matters: Results of two distinct mindfulness-based interventions for short-term weight loss*. Symposium presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Bradley, L., Forman, E. M., Kerrigan, S., Goldstein, S., Butryn, M., Thomas, G., Herbert, J. D., & Sarwer, D. *The utility of an acceptance-based behavioral approach for weight regain following bariatric surgery*. Symposium presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Gershkovich, M., Herbert, J. D., Forman, E. M., Fischer, L., Schumacher, L. (2016, October). *Implementation of a novel Internet intervention with videoconferencing for SAD*. Symposium presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Forman, E.



- Fischer, L.E., Gershkovich, M., Schumacher, L., & Herbert, J. D. (2015, May). *Predictive utility of early change in an Internet-based, acceptance-oriented behavioral intervention for SAD*. Poster presented at the 27th annual convention of the Association for Psychological Science (APS), New York, NY.
- Strowger, M.E., Hitchcock, P., & Herbert, J. D. (2015, May). Political orientation and religiosity predict rape myths. Poster presented at the 27th annual convention of the Association for Psychological Science (APS), New York, NY.
- Herbert, J. D. (2014, November). *Acceptance and mindfulness-based therapies for social anxiety disorder*. Clinical grand rounds presentation at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Herbert, J. D. (2014, November). *Protecting the practice of CBT*. Panel discussion presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Herbert, J. D. (2014, November). Discussant for *Tele-CBT: Efficacy, predictors, and challenges when using the Internet to deliver CBT*. Symposium presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Gershkovich, M., Herbert, J. D., Forman, E., Schumacher, L. M., & Fischer, L. (2014, November). The role of therapist support in an Internet self-help Intervention for SAD. In G. Diefenbach (Chair), *Tele-CBT: Efficacy, predictors, and challenges when using the Internet to deliver CBT*. Paper presented at the 48

Herbert, J. D. (2014, June). *Keepin it real: Contextualism, psychological science, and the question of ontology*. In R. Trent Codd (Chair), Perspectives on Ontology in Functional Contextualism. Paper presented at the 12th annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.

Herbert, J. D., Gershkovich, M., Yuen, E. K., Goetter, E. M., & Forman, E. M. (2014, June). *ACT-based treatment of anxiety disorders via videoconferencing*. In M. E. Levin (Chair), Technology-based ACT interventions to support large scale behavior c



- Juarascio, A. S., Kerrigan, S. G., Goldstein, S. P., Shaw, J. A., Forman, E. M., Butryn, M. L., & Herbert, J. D. (2013, November). *Baseline Eating Disorder Severity Predicts Response to an Acceptance and Commitment Therapy-based Group Treatment*. Poster presented at the 47th annual meeting of the Association for Behavior and Cognitive Therapies, Nashville, TN.
- Glassman, L. H., Forman, E. M., Bradley, L. E., Herbert, J. D., Izzetoglu, M., Ruocco, A. C. (2013, November). *Brief traditional cognitive-behavior therapy vs. acceptance based behavior therapy for public speaking anxiety: Differential effects on performance and neurophysiology*. In J. Arch (Chair), ACT and CBT for anxiety: Comparing process and outcome within brief interventions. Symposium presented at the 47<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Glassman, L., Gershkovich, M., Ibrahim, A., Herbert, J. D. & Forman, E. M. (November, 2013). *The Impact of theoretical orientation, professional degree, and discipline on the utilization of telemental health platforms*. Poster presented at the 47<sup>th</sup> annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
- Goldstein, S. P., Forman, E. M., Butryn, M. L., Frohn, A. F., & Herbert, J. D. (2013, November). *Distress tolerance moderates the relationship between implicit attitudes and overeating*. Poster presented at the 47<sup>th</sup> annual meeting of the Association for Behavior and Cognitive Therapies, Nashville, Tennessee.
- Glassman, L., Shaw, J. A., Talkul, A., Herbert, J. D., Izzetoglu, M., & Forman, E. M. (November, 2013). *Using near-infrared spectroscopy to measure in-vivo functional activation of the prefrontal cortex during speech performance in adults with generalized social anxiety disorder*. Poster presented at the 47<sup>th</sup> annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
- Bradley, L. E., Forman, E. M., Sarwer, D. B., Butryn, M. L., & Herbert, J. D. (November, 2013). *Behavioral interventions to stop weight regain in bariatric surgery patie surDa2 F2 792 reW\* nBT/F2*

Bradley, L. E., Forman, E. M., Sarwer, D. B., Butryn, M. L., & Herbert, J. D. (2013, November). *A role for Acceptance-Based interventions to stop weight regain in bariatric surgery patients*. Paper presented at The Obesity Society annual convention, Atlanta, GA.

Goldstein, S. P., Forman, E. M., Butryn, M. L., & Herbert, J. D. (2013, November). *Building an Innovative Physical Activity Program for College Students*. Poster presented at The Obesity Society annual convention, Atlanta, GA.

Talkul, A., Herbert, J. D., Izzetoglu, M., Forman, E. M., Glassman, L. H., & Shaw, J. A. (2013). *The relationship between dorsolateral prefrontal activation and speech performance-based social anxiety using functional near infrared spectroscopy*. Paper presented at the World Congress of Asian Psychiatry, Bangkok, Thailand.

Gershkovich, M., Herbert, J. D., & Forman, E. M. (2013, May). *The unique challenges of developing a low-cost, exposure-based Internet self-help intervention for social anxiety disorder*. Poster presented at the 6th Scientific Meeting of the International Society for Research on Internet Interventions, Chicago, IL.

Gershkovich, M., Herbert, J. D., & Forman, E. M. (2013, April). Developing an Internet-based self-help intervention for social anxiety disorder: Special considerations, challenges, and recommendations. In E. M. Goetter (Chair), *Implementing Internet-mediated exposure therapy for various anxiety disorders: Research findings and clinical considerations*. Paper presented at the 33<sup>rd</sup> annual convention of the Anxiety and Depression Association of America, La Jolla, CA.

Goetter, E. M., Herbert, J. D., & Forman, E. M. (2013, April). *Videoconference-mediated exposure and ritual prevention for obsessive compulsive disorder*. Poster presented at the 33<sup>rd</sup> 612 83000003r8

*compulsive disorder: Results and clinical recommendations*. In E. M. Goetter (Chair), Implementing Internet-mediated exposure therapy for various anxiety disorders: Research findings and clinical considerations. Paper presented at the 33rd annual convention of the Anxiety and Depression Association of America, La Jolla, CA.

Forman, E. M., Butryn, M. L., Bradley, L. E., Juarascio, A. S., Shaw, J. A., Lowe, M. R., Herbert, J. D., Clark, V. (2013, March). Outcomes from Mind Your Health I and II: Randomized Controlled Trials of an Innovative Acceptance-based Behavioral Treatment for Obesity. In *Impact of*

- Matteucci, A. J., Juarascio, A. S., Forman, E. M., & Herbert, J. D. (2012, Nov.). *Body-related acceptance as a potential mediator of body image dissatisfaction and eating pathology*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Rabin, S. J., Herbert, J. D., Forman, E. M., Ibrahim, A. Y., Matteucci, A. J., & Goldstein, S. P. (2012, Nov.). *The roles of therapist experiential avoidance and extraneous clinical information in predicting therapist preference for exposure treatment for OCD: Preliminary results*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Glassman, L. H., Herbert, J. D., Forman, E. M., Bradley, L. E., Izzetoglu, M., & Ruocco, A. C. (2012, Nov.). *Using near-infrared spectroscopy to measure in vivo functional activation of the prefrontal cortex during speech performance in adults with public speaking anxiety*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Glassman, L. H., Forman, E. M., Herbert, J. D., Bradley, L. E., Izzetoglu, M., Ruocco, A. C., & Foster, E. E. (2012, Nov.). *Brief acceptance-based behavior therapy vs. traditional CBT for public speaking anxiety: Differential effects on performance and neurophysiology*. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Forman, E.M., Butryn, M., Juarascio, A.S., Bradley, L. E., Kelly, M., Belmont, A. P., Lowe, M. R., Herbert, J. D., & Clark, V. L. (2012, Sept.). *A randomized controlled trial comparing gold standard and acceptance-based behavioral treatment for obesity: Outcomes from the mind your health program*. Poster presented at the 30<sup>th</sup> annual convention of the Obesity Society, San Antonio, TX.
- Goldstein, S. P., Glassman, L. H., Martin, L. M., Bradley, L. B., Ibrahim, A., Herbert, J. D., & Forman, E. M. (2012, Sept.). *The relationship between distress tolerance and disordered eating related constructs*. Poster presented at the 30<sup>th</sup> annual convention of the Obesity Society, San Antonio, TX.
- Herbert, J. D. (2012, July). Chair, *Internet-based delivery of ACT: Legal, ethical, and clinical developments*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
- Yuen, E. K., Herbert, J. D., Forman, E. M., Goetter, E. M., Juarascio, A. S., Rabin, S. J., & McGrath, K. B. (2012, July). Acceptance-based behavior therapy for social anxiety disorder using videoconferencing and virtual environments. In J. Herbert (Chair), *Internet-based delivery of ACT: Legal, ethical, and clinical developments*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.







Herbert, J. D. (2010, November). Chair, *New developments in remote and internet-based treatment*. Symposium presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Herbert, J. D., Forman, E. M., Yuen, E., Goetter, E., England, E., Massey, J., Brandsma, L. L., Blacker, K., Timko, C. A., Geboy, A. (2010, November). Awareness, acceptance, defusion, and psychopathology: Implications of recent data on the deconstruction of mindfulness. In K. Herzberg (Chair), *Assessment and evaluation of fusion and defusion as a universal process in psychopathology and behavior change*. Paper presented at the 44<sup>th</sup> annual meeting of the Association for



- Goodwin, C. L., Forman, E. M., Butryn, M. L., Herbert, J. D., Ledley, G. S., Park, J. A., Yuen, E. K., Ambani, R. (2010, November). *Project ABLE: An acceptance-based behavioral lifestyle modification program for cardiac patients: A preliminary investigation*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- McGrath, K. B., Forman, E. M., Herbert, J. D., Arch, J. J., Craske, M. G., & Eifert, G. H. (2010, November). *Differences in therapist behavior in implementing ACT and CT for the treatment of anxiety disorders*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Park, J. A., Rabin, S. R., Herbert, J. D., & Forman, E. M. (2010, November). *Examining potential mediators in an acceptance-based treatment for social anxiety disorder*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Yuen, E. K., Goldstein, S. P., Geboy, A. G., Campbell, A. D., Barbieri, A. J., Capozzoli, M., C., Johnson, F. A., Glassman, L. H., Shaw, J. A., Herbert, J. D., & Forman, E. M. (2010, November). *Differences in baseline characteristics between adults enrolled in an online versus in-person treatment program for social anxiety disorder*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Yuen, E. K., Herbert, J. D., Forman, E. M., Goetter, E. M., Juarascio, A. S., Rabin, S. J., McGrath, K. B., Goodwin, C. L., Park, J. A., & Bouchard, S. (2010, November). Using Skype videoconferencing and Second Life virtual environments to deliver acceptance-based behavior therapy for social anxiety disorder. In J. Herbert (Chair), *New developments in remote and internet-based treatment*. Paper presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Neal, A., Timko, C. A., Herbert, J. D., Parente, R., Cubitt, L., & McLamb, D. (2010, November). *The suppression of frustration in social anxiety: A behavioral test*. Poster presented at the 44<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Herbert, J. D. (2010, June). *Balancing clinical innovation with the imperative to utilize best available practices*. Paper presented at the 8<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Reno, NV.
- Herbert, J. D. (2010, June). New developments in acceptance-based treatments for anxiety disorders. In M. Twohig (Chair), *ACT anxiety research*. Paper presented at the 8<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Reno, NV.



Herbert, J. D. (2010, March). Acceptance and commitment therapy. In Salzinger, K. (Chair), *Will the real behavior therapy please stand up?* Paper presented at the annual meeting of the Eastern Psychological Association, New York, NY.

Herbert, J. D. (2009, November). Chair, *Cognitive reappraisal vs. experiential acceptance*. Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Sheppard, S. C., Forsyth, J. P., Anestis, J., Kaplan, J., Herbert, J. D., Gahm, G. A., & Pearson, A. N. (2009, November). *Alternative treatment delivery systems: New frontiers in training, dissemination, and intervention*. Panel discussion presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Coon, K. A., Herbert, J. D., Primack, J., Scrimali, T., & Shiekh, M. (2009, November). *Cultural influences as mediating factors for patient vulnerability and treatment*. Panel discussion presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Herbert, J. D., Yadavaia, J., & Forman, E. M. (2009, November). Experiential avoidance as a

Blacker, K., Herbert, J., Kounios, J., & Forman, E. (2009, November). *Differential electroencephalography (EEG) activity exhibited in acceptance- and control/distraction-based pain management strategies*. Poster presented at the Mid-Atlantic Regional Meeting of the Society for Psychotherapy Research, Philadelphia, PA.

Herbert, J. D., Gaudiano, B. A., Rheingold, A. A., Moitra, E., Myers, V. H., Dalrymple, K. L., & Brandsma, L. L. (2008, November). *Cognitive behavior therapy for generalized social anxiety disorder in adolescents: A randomized controlled trial*. Paper presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

England, B. L., Herbert, J. D., Forman, E. M., & Tomlinson, A. J. (2008, November). *Use of the Implicit Relational Assessment Procedure to assess cognitive defusion, mindfulness, and psychological functioning*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Feinstein, A. B., Forman, E. M. & Herbert, J. D. (2008, November). *Acceptance as a moderator of functional variables in adolescents with juvenile idiopathic arthritis*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Forman, E. M., Butryn, M. L., Hoffman, K. L., Herbert, J. D. & Brown, L. (2008, November). *Acceptance-based pilot trial of an acceptance-*

Herbert, J. D. (2008, June). *Novel therapies and extraordinary claims: Being a good consumer*. In

- Forman, E. M., Herbert, J. D., Cardaciotto, L., Moitra, E., & Brown, L. A. (2007, November). The relationship between mindfulness and psychopathology: Not all dimensions of mindfulness are created equal. In P. Wupperman & S. Axelrod (Chairs), *Mindfulness, emotion regulation and impulsivity*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Forman, E. M., Herbert, J. D., & McGrath, K. B. (2007, November). Evidence for ACT's distinctiveness from cognitive therapy across five overlapping investigations. In K. Vowles (Chair), *Exploring the influence of acceptance, mindfulness, and values-based action on treatment outcomes and overall functioning: Unique contributions or old wine in a new bottle?* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Forman, E. M., Redding, R., Herbert, J. D., & Gaudiano, B. (2007, November). Scientific grounding and usefulness of 50 popular self-help books for anxiety, depression, and trauma: Toward evidence-based self-help manuals. In T. Lazzaroni (Chair), *Toward evidence-based self-help manuals*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Hoffman, K. L., Brown, L., Forman, E. M., Butryn, M., & Herbert, J. D. (2007, November). *Emotional eating as a mediator of weight loss in an acceptance-based behavioral weight control intervention*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Herbert, J. D. *ACT, CT, & CBT: Similarities, differences, and unanswered questions*. (2007, July). Keynote address presented at the annual meeting of the Association for Contextual Behavioral Science, Houston, TX.
- Herbert, J. D. *Acceptance and Commitment Therapy for social anxiety disorder*. (2007, July). Paper presented at the annual meeting of the Association for Contextual Behavioral Science, Houston, TX.
- Forman, E. M., Hoffman, K. L., McGrath, K. B., Herbert, J. D., Brandsma, L., & Lowe, M. R. (2007, July). *The Power of Food Scale predicts chocolate cravings and consumption and response to a cravings intervention*. In M. Boggiano (Chair), *Eating Disorders*. Paper presented at the annual meeting of the Society for the Study of Ingestive Behavior, Steamboat Springs, CO.
- Brown, L. A., Hoffman, K. L., Forman, E. M., & Herbert, J. D. (2007, April). *Emotions and weight loss in an ACT intervention*. Paper presented at the Colonial Academic Alliance Research Conference, Wilmington, NC.
- Hoffman, K. L., Forman, E. M., Yeomans, P.D., McGrath, K. B., Marquez, K., Zebell, J., Herbert, J. D., Brandsma, L., Herbert, J. D., & Lowe, M. (2007, April). *A comparison of experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of*

*dieting*. Paper presented at the meeting of the Dissemination of Research on Addiction, Infectious Disease and Public Health, John Hopkins University, Baltimore, MD.

Herbert, J. D. (Chair). *Understanding the basic processes underlying second and third generation behavioral and cognitive therapies*. Symposium presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.

Gaudiano, B. A., & Herbert, J. D. *ACT vs. treatment as usual for hospitalized patients with psychosis: Process and outcome*. In E. M. Forman (Chair), Mechanisms of action and comparative effectiveness of Acceptance and Commitment Therapy across five treatment groups. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.

Forman, E. M., Herbert, J. D., Chapman, J. E., Yeomans, P., Moitra, E., McGrath, K., Hoffman, K., & Marquez, K. Using standard and session-by-session outcomes to delineate differential mediating mechanisms of Acceptance and Commitment and cognitive behavioral therapies. In E. M. Forman (Chair), Mechanisms of action and comparative effectiveness of Acceptance and Commitment Therapy across five treatment groups. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.

Dalrymple, K. L., & Herbert, J. D. Processes related to improvement in ACT for social anxiety disorder. In E. M. Forman (Chair), Mechanisms of action and comparative effectiveness of Acceptance and Commitment Therapy across five treatment groups. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.

Forman, E. M., Hoffman, K. L., Lowe, M. R., Brandsma, L., Herbert, J. D., Marquez, K., McGrath, K., Moitra, E., & Yeomans, P. *A comparison of experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of dieting*. In E. M. Forman & T. B. Kashdan (Chairs), *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional disturbances*. Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Chicago, November, 2006.

Dalrymple, K. L., Herbert, J. D., & Forman, E. M. *Acceptance and commitment therapy for generalized social anxiety disorder: A pilot study*. In C. E. Drake (Chair), *ACT, mindfulness, and social anxiety disorder*. Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, England, July, 2006.

Forman, E. M., Hoffman, K., McGrath, K., Lowe, M. R., Herbert, J. D., & Brandsma, L. *A comparison of acceptance- and control-based strategies for coping with food cravings: An analog study of dieting*. In E. K. Sandoz (Chair), *All shapes and sizes: An exploration of body image acceptance and eating behaviour*. Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, England, July, 2006.

Forman, E. M., Herbert, J. D., Marquez, K., Moitra, E., Yeomans, P. D., McGrath, K., & Hoffman, K. *Results from a randomized controlled trial comparing ACT and CBT in a mixed outpatient*













- Hartfield, C., Herbert, J. D., Goldstein, S. G., Kadish, D. A., Nordmann, J. E., & Maffie, K. *Self-efficacy in social phobia: Work in progress*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Miami, FL, November, 1997.
- Goldstein, S., Herbert, J. D., Hartfield, C., Christian, R., Kaplan, M., & Rheingold, A. *The etiology of social phobia: A developmental perspective*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Miami, FL, November, 1997.
- Bolton, C. H., Herbert, J. D., Rooney, J. J., & Watson, M. A. *Clinical skills development through the practicum*. Presented at the meeting of the Eastern Psychological Association, Washington, D. C., April, 1997.
- Gitin, Nancy M., Herbert, J. D., & Schmidt, C. *One-session in vivo exposure for odontophobia*. Presented at the meeting of the Association for Advancement of Behavior Therapy, New York, November, 1996.
- Tobey, B. K., & Herbert, J. D. *A comparison of worry in the psychiatric and community elderly*. Presented at the meeting of the Association for Advancement of Behavior Therapy, New York, November, 1996.
- Herbert, J. D., Kadish, D. A., Nordmann, J. E., Best, M., Goldstein, S., Bolton, K., Christian, R., Hartfield, C., Kaplan, M., & Habboushe, D. *Social phobia: Assessment and treatment*. Presented at the Allegheny Univer. Research Conference, Philadelphia, Oct., 1996.
- Foa, E. B., Franklin, M. E., Perry, K. J., & Herbert, J. D. *Judgemental biases in generalized social phobia*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1995.
- Harap, S. T., & Herbert, J. D. *Coping styles in test-anxious students*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1995.
- Kadish, D. A., Herbert, J. d., Olszowka, S., & Nordmann, J. E. *Attachment styles in social phobia*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1995.
- Saad, R. M., & Herbert, J. D. *Impact on families of home-based versus school-based early intervention programs for autism*. Presented at the meeting of the Association for Advancement of Behavior Therapy, Washington, D.C., November, 1995.
- Meyerson, A. T., Herbert, J. D., & Druhan, J., & Adams, C. *A pilot study of an iatrogenic model of posttraumatic stress disorder*. Paper presented at the meeting of the American Psychiatric Association, Philadelphia, May, 1994.

- Laguna, L. B., Hope, D. A., & Herbert, J. D. *Homework compliance and improvement in cognitive-behavioral group therapy with social phobics*. Paper presented at the meeting of the Anxiety Disorders Association of America, 1994.
- Waugh, F. E., Webb, C., & Herbert, J. D. *Nonacademic factors may be particularly important to the performance of minority medical students*. Paper presented at the meeting of the National Association of African-American Studies, Petersburg, Virginia, February, 1994.
- Herbert, J. D. *Subtypes of social anxiety disorders: Problems with the DSM-III-R*. In symposium entitled "Assessment and treatment of social phobia: Effects of subtypes and avoidant personality disorder," D. Chambless, Chair. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Atlanta, November, 1993.
- Herbert, J. D., Franklin, M. E., Perry, K. J., Foa, E. B., & Hope, D. A. *Cognitive-behavioral group therapy with and without social skills training in the treatment of generalized social phobia*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, November, 1993.
- Herbert, J. D., Sayers, M. D., Nishith, P., Turk, E., Salzman, D., & Belecanech, M. *Cognitive-behavioral group therapy of adolescent social phobia: A pilot study*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Nov., 1993.
- Franklin, M. E., Perry, K. J., Herbert, J. D., & Foa, E. B. *Threat interpretation in generalized social phobia*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, November, 1993.
- Perry, K. J., Franklin, M. E., Herbert, J. D., & Foa, E. B. *Autobiographical memory in generalized social phobia*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, November, 1993.
- Herbert, J. D. *The role of outcome research in mental health care reform*. Invited address to the Mental Health Commissioners Working Conference on National Health Care Reform, Chantilly, Virginia, October, 1993.
- Herbert, J. D. & Hope, D. A. *Social knowledge and skill in social phobia*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, November 1992.
- Hope, D. A., & Herbert, J. D. *Automatic thoughts elicited from social phobics before therapeutic exposure*. In symposium entitled "The Nature and Treatment of Social Phobia," R. Rapee, Chair. Fourth World Congress on Behavior Therapy. Gold Coast, Australia, 1992.
- Herbert, D. L., Herbert, J. D. & Nelson-Gray, R. O. *Determinants of diagnostic prototypicality judgements of the personality disorders*. Presented at the annual meeting of the Association for Advancement of Behavior Therapy, New York, November 1991.





Keane, S. P., Nelson, R. O., Roberson, C., Herbert, D. L., & Herbert, J. D. *Parental reaction to children's compliant and compliant behavior*. Presented at the annual Psychology Conference, University of North Carolina at Greensboro, November, 1984.

**HERBERT J. D. ROBERTSON C. HERBERT D. L. & HERBERT J. D.**

Herbert, J. D. Invited Panelist, Psychological and Legal Perspectives on *Titticut Follies*. University of North Carolina at Greensboro, February, 1988.

Nelson, R. O., & Herbert, J. D. *Depression: Using assessment results in treatment selection*. Workshop presented at the annual meeting of the Association for Advancement of Behavior Therapy, Chicago, November, 1986.

Herbert, J. D. *Seasonal Depression*. U.S. Public Service Employees, Philadelphia, January, 1990.

Herbert, J. D. *Cognitive Therapy*. Norristown State Hospital, Norristown, PA, January, 1990.

Herbert, J. D. *Coping with Stress*. Invited address to faculty and staff of The Medical College of Pennsylvania, Philadelphia, May, 1990.

Herbert, J. D. *Stress Management for the Medical Student*. Invited address to medical students of the Medical College of Pennsylvania, Philadelphia, August, 1990.

Herbert, J. D. *Relaxation Training for Psychiatric Inpatients*. Invited workshop to the staff of the psychiatric inpatient service, Medical College of Pennsylvania/EPPI, September, 1990.

Herbert, J. D. *Coping with Anxiety*. Invited presentation to the Schizophrenia Family Support Group, Medical College of Pennsylvania/EPPI, April, 1992.

Herbert, J. D. & Mueser, K. T. *Survival skills for Inpatient Psychiatric Nursing Staff*. Invited workshop to the staff of the psychiatric inpatient service, Medical College of Pennsylvania/EPPI, May 1992.

Herbert, J. D. *Current status of the Type A Construct*. Invited address to the medical students of the Medical College of Pennsylvania, December, 1992.

Herbert, J. D. *Assessment and Treatment of Adolescent Social Phobia*. Invited address to the Delaware County Association of School Psychologists, October 12, 1994.

Herbert, J. D., & Volpicelli, J. *Combined pharmacological and cognitive-behavioral treatment of psychiatric disorders*. Workshop presented to the Philadelphia Behavior Therapy Association, November 5, 1994.



- Herbert, J. D. *A brief introduction to clinical psychopharmacology*. Invited inservice workshop, Drexel University Student Counseling Center, March 14, 2001.
- Herbert, J. D. *The rise of pseudoscience in mental health: An empirical response*. Invited lecture, Philadelphia Behavior Therapy Association, April 3, 2001.
- Herbert, J. D. *New developments in the assessment and treatment of social anxiety disorder*. Invited workshop, Updated on PTSD, GAD, and Trauma (CME, Inc.), New Orleans, April 12, 2002.
- Herbert, J. D. *Science and pseudoscience in clinical psychology*. Invited colloquium, Chestnut Hill College, March 29, 2004.
- Herbert, J. D. *The "third wave" of behavior therapy: Acceptance and Commitment Therapy*. La Salle University, May 21, 2004.
- Herbert, J. D. *The "third wave" of behavior therapy: Acceptance and Commitment Therapy*. New York Institute for Cognitive and Behavioral Therapies, June 19, 2004
- Herbert, J. D. *The "third wave" of behavior therapy: An introduction to Acceptance and Commitment Therapy*. Philadelphia Behavior Therapy Association (at Chestnut Hill College), Nov. 3, 2004.
- Herbert, J. D. *Acceptance and Commitment Therapy for social anxiety disorder*. Workshop presented at the meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C., November, 2005.
- Herbert, J. D. *Mindfulness and acceptance-based behavior therapy: New developments in the CBT tradition*. Keynote address to the Philadelphia Area Psi Chi Psychology Research Day, March 16, 2006.
- Herbert, J. D. *New developments in CBT: Mindfulness and acceptance-based behavior therapies*. New York Institute for Cognitive and Behavioral Therapies, March 18, 2007.
- Herbert, J. D. *New developments: Cognitive behavior therapy, the use of mindfulness and acceptance methods*. Grand Rounds, Department of Psychiatry, Drexel University College of Medicine. September 13, 2007.
- Herbert, J. D. *Graduate study in psychology*. Lecture to Drexel University Psi Chi Chapter, October 17, 2007.
- Herbert, J. D. *Emerging guidelines for the treatment of PTSD*. Webcast, On Good Authority, Inc. November 20, 2007.

Herbert, J. D. Moderator, panel discussion on *Temptation: The Power of the Brain*. University of Pennsylvania, Philadelphia, May 29, 2008.

Herbert, J. D. *The importance of science in clinical psychology*. Keynote address, La Salle University Annual Awards and Recognition Ceremony, June 6, 2008.

Herbert, J. D. *Science and pseudoscience in psychology*. Invited lecture, College of Arts & Sciences, Drexel University. March 2, 2009.

Herbert, J. D. *Acceptance and commitment therapy: An introduction*. Invited lecture, Stony Brook University, March 13, 2009.

Herbert, J. D. *Evolution on trial: Science, religion, and the future of American education*. Invited panelist, Department of Biology, Drexel University, June 3, 2009.

Herbert, J. D. *New developments in cognitive behavior therapy: Acceptance and commitment therapy*. Invited lecture, Binghamton University, October 21, 2009.

Herbert, J. D. *Clinical Applications of Acceptance and Commitment Therapy*, rainwater workshop, Behavioral Health Consultants, Philadelphia (215) 261-1111 (ext. 1025) \* nQ EMC /P BMC /P AMC.02







*Anxiety, Stress, & Coping*  
*Assessment*  
*Behavior Therapy*  
*Behavior Modification*  
*Behaviour Research and Therapy*  
*Behavioral Assessment*  
*Clinical Psychology Review*  
*Clinical Psychology: Science and Practice*  
*Cognitive and Behavioral Practice*  
*Cognitive Behaviour Therapy*  
*Cognitive Therapy and Research*  
*Depression and Anxiety*  
*International Journal of Law and Psychiatry*  
*Journal of Abnormal Psychology*  
*Journal of Behavior Therapy and Experimental Psychiatry*  
*Journal of Clinical Psychology*  
*Journal of Consulting and Clinical Psychology*  
*Journal of Mental Health*  
*Journal of Traumatic Stress*





2011

2016

At Drexel University

2016-2017	Member, Crisis Management Team
2016-2017	Member, Presidential Forum Advisory Committee
2016-2017	Chair, Decanal Search Committee, Thomas R. Kline School of Law
2016	Chair, Senior Vice Provost for Academic Affairs Search Committee
2014-2017	Member, President's Cabinet
2014-2017	

- 2005 Member, Mid-term Review Committee (F. Powell, College of Nursing and Health Professions)
- 2005 Member, Mid-term Review Committee (M. Orlin, College of Nursing and Health Professions)
- 2005 Host, Eisenhower Fellowship Program (Mohamed Yehia T. El-Rakhawy, Ph.D, Cairo University, Dar El-Mokattam Psychiatric Hospital, Cairo, Egypt)
- 2003 Member, Departmental Tenure & Promotion Fact Finding Committee (J. Kloss)
- 2003 Member, Mid-term Review Committee (P. Geller)
- 2003-04 Member, Mid-term Review Committee (N. Goldstein)
- 2003 Member, Ad Hoc Committee on Auxiliary Faculty Governance, College of Arts and Sciences
- 2002 Member, Search Committee, Vice Provost for Research & Graduate Studies
- 2002 Member, Advisory Committee on Accreditation, School of Public Health

At MCP Hahnemann University

- 2002-2003 President, University Faculty
- 1999-2002 Member-at-Large, University Council (President-Elect, 2001-2002)
- 2000-2002 Member, Executive Faculty Committee, School of Nursing and Health Professions
- 2000-2002 Member, Appointments and Promotions Committee, School of Nursing and Health Professions
- 2000-2001 Chair, Departmental Committee on Appointments, Promotions, and Tenure
- 2001 Member, Provost's Task Force on Academic Issues/Programs and Merger, MCP Hahnemann University and Drexel University
- 2001 Member, Departmental Committee on Space
- 1999-2000 Representative to University Council for the School of Health Professions
- 1999-2000 Member-at-Large, School of Health Professions Council
- 1999-2000 Member, Academic Planning Task Force for Faculty, Drexel University and MCP Hahnemann University
- 1995-2000 Member, Appointments and Promotions Committee, School of Health Professions
- 1999-2001 Chair, Departmental Adjunct Faculty Search & Appointment Committee
- 1997-1998 Member, University Research Committee
- 1997 /F2 11 Tf1 0 0 1 82.81 82.81 8BT/F2 11 TfS1 0 0 1 54.025 275.33 Tm0 G[(1)-11(9)11(9)-11(

- 1994 Member, Ad Hoc Committee on Student Nonacademic Disciplinary Sanctions, School of Health Professions
- 1994 Member, Faculty Search Committee, Dept. of Clinical & Health Psychology
- 1993-1994 Member, Curriculum Committee, Division of Psychology, Department of Mental Health Sciences
- 1993-1994 Member, Psychology Internship Training Committee, Division of Psychology, Department of Mental Health Sciences

At the Medical College of Pennsylvania at Eastern Pennsylvania Psychiatric Institute

- 1989-1993 Member, Utilization Review Committee, Department of Psychiatry
- 1989-1993 Member, Research Committee, Department of Psychiatry
- 1989-1993 Member, Psychology Internship Steering Committee