

Curriculum Vitae

Ruth A. Baer
Professor of Psychology
Department of Psychology
University of Kentucky

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PERSONAL DATA

Work Address: Department of Psychology
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University of Kentucky
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Lexington, KY 40502

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859-420-5976 (cell)

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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
Professional training in acceptance and commitment therapy (ACT)
Professional training in mindfulness-based relapse prevention (MBRP), 2011

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
Association for Contextual Behavioral Science

RESEARCH ACTIVITIES

AUTHORED BOOK

In North America:

Baer, R. A. (2014). *The Practicing Happiness Workbook: How Mindfulness Can Free You From the Four Psychological Traps that Keep You Stressed, Anxious, and Depressed*. New Harbinger.

In the United Kingdom:

Baer, R. A. (2014). *Practising Happiness: How Mindfulness Can Free You From Psychological Traps and Help You Build the Life You Want*. Constable and Robinson.

EDITED BOOKS

Baer, R. A. (Ed.) (in press). *Mindfulness-based treatment approaches: A clinician's guide* (2nd ed.). San Diego, CA: Elsevier.

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

- Peters, J. R., Smart, L. M., & Baer, R. A. (in press). Dysfunctional responses to emotion mediate the cross-sectional relationship between rejection sensitivity and borderline personality features. *Journal of Personality Disorders*.
- Geiger, P. J., Peters, J. R., & Baer, R. A. (in press). Using a measure of cognitive distortion to examine the relationship between thought suppression and borderline personality features: A multi-method investigation. *Personality and Individual Differences*.
- Eisenlohr-Moul, T., Peters, J. R., & Baer, R. A. (in press). How do mindfulness-based interventions work? Strategies for studying mechanisms of change in clinical research. In Ostafin, B., Robinson, M., & Meier, B. (Eds.), *Mindfulness and Self-Regulation*. Springer.
- Baer, R. A. & Smart, L. M. (in press). Clinical applications of mindfulness. *Il Pendolo*.
- Eisenlohr-Moul, T. A., Peters, J. R., & Baer, R. A. (2014). Using mindfulness effectively in clinical practice: Two case studies (pp. 173-192). In Wedding, D. (Ed.), *Case Studies in Psychotherapy*. Stamford, CT: Cengage Learning.
- Peters, J. R., Geiger, P. J., Smart, L. M., & Baer, R. A. (2013). Shame and borderline personality features: The potential mediating roles of anger and anger rumination. *Personality Disorders: Theory, Research, and Treatment*.
- Peters, J. R., Eisenlohr-Moul, T. A., Upton, B. T., & Baer, R. A. (2013). Nonjudgment as a moderator of the relationship between present-centered awareness and borderline features: Synergistic interactions in mindfulness assessment. *Personality and Individual Differences*, 55, 24-28.
- Geiger, P. J., Peters, J. R., Sauer-Zavala, S. E., & Baer, R. A. (2013). Relationships between maladaptive cognitive content, dysfunctional cognitive processes, and borderline personality features. *Journal of Personality Disorders*, 27, 457-464.
- Sauer-Zavala, S. E., Geiger, P. J., & Baer, R. A. (2013). The effect of anger rumination in the relationship between borderline personality disorder symptoms and its precursors. *Journal of Personality Disorders*, 27, 465-472.
- Peters, J. R., Upton, B. T., & Baer, R. A. (2013). Relationships between facets of impulsivity and borderline personality features. *Journal of Personality Disorders*, 27, 547-552.
- Evans, D. R., Eisenlohr-Moul, T., Button, D. F., Baer, R. A., & Segerstrom, S. C. (2013). Self-regulatory deficits associated with unpracticed mindfulness strategies for coping with acute pain. *Journal of Applied Social Psychology*.
- Sauer, S. E. & Baer, R. A. (2012). Ruminative and mindful self-focused attention in borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*, 3, 433-441.

- Eisenlohr-Moul, T., Walsh, E., Charnigo, R., Lynam, D., & Baer, R. A. (2012). The “what” and the “how” of dispositional mindfulness: Using interactions among subscales of the Five-Facet Mindfulness Questionnaire to understand its relation to substance use. *Assessment, 19*, 276-286.
- Baer, R. A., Carmody, J., & Hunsinger, M. (2012). Weekly change in mindfulness and perceived stress in a mindfulness-based stress reduction program. *Journal of Clinical Psychology, 68*, 755-765.
- Baer, R. A., Peters, J. R., Eisenlohr-Moul, T., Geiger, P., & Sauer, S. (2012). Emotion-related cognitive processes in borderline personality disorder: A review of the empirical literature. *Clinical Psychology Review, 32*, 359-369.
- Baer, R. A., Lykins, E. L. B., & Peters, J. R. (2012). Mindfulness and self-compassion as predictors of psychological wellbeing in long-term meditators and demographically matched nonmeditators. *Journal of Positive Psychology, 7*, 230-238.
- Bowlin, S. & Baer, R. A. (2012). Relationships between mindfulness, self-control, and psychological functioning. *Personality and Individual Differences, 52*, 411-415.
- Lykins, E. L. B., Baer, R. A., & Gottlob, L. R. (2012). Performance-based tests of attention and memory in long-term mindfulness meditators and demographically matched nonmeditators. *Cognitive Therapy and Research, 36*, 103-114.
- Peters, J. R., Erisman, S. M., Upton, B. T., Baer, R. A. & Roemer, L. (2011). A preliminary investigation of the relationships between dispositional mindfulness and impulsivity. *Mindfulness, 2*, 228-235.
- Baer, R. A. (2011). Measuring mindfulness. *Contemporary Buddhism: An Interdisciplinary Journal, 12*, 241-261.
- Bond, F. W., Hayes, S. C., Baer, R. A., et al. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire – II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy, 42*, 676-688.
- 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. & 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., 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.
- 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.
- 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., 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.
- 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: Wiley.
- 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. (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.

- Heaton, L.J., Carlson, C. R., Smith, T., 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). 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-based cognitive therapy applied to binge eating disorder: A case study. *Cognitive and Behavioral Practice, 12*, 351-358.
- 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. (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
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- 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.
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- 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.
- 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 (2nd ed.)* (pp.269-302). New York: Oxford University Press.
- Archer, R. P., Handel, R., 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.
- 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.
- 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., & 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.

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- 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.
- 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.
- 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.
- 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. Wetter, M., 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.
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- 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.
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- 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., 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.

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- 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.
- 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., 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.
- 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.

PUBLISHED REVIEWS

- Baer, R. A. & Geiger, P. J. (2013). Connecting with Your Life. [Review of the DVD *Mindfulness for life: An interview with Jon Kabat-Zinn.*] *PsycCritiques-Contemporary Psychology: APA Review of Books, 58* (no. 50), article 9.
- 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, 52*, 36.
- 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. (1998). MMPI-A: An updated version of an excellent text [Review of MMPI-A: Assessing Adolescent Psychopathology]. *Contemporary Psychology, 43*, 353.
- Baer, R. A. (1997). Review of *Abnormal Psychology in a Changing World*. *Contemporary Psychology, 42*, 34.
- Wetter, M. W., & Baer, R. A. (1996). Review of *Advanced Abnormal Psychology*. *Contemporary Psychology, 41*, 570-571.
- Baer, R. A. (1995). New directions in cognitive therapy [Review of *Cognitive Therapies in Action*]. *Contemporary Psychology, 40*, 462.

EDITORIAL AND REVIEWING EXPERIENCE**Associate Editor**

Psychological Assessment	2009-2011
Mindfulness	2013-

Member of Editorial Board

Clinical Psychology: Science and Practice	2014-
Behaviour Research and Therapy	2012-
Journal of Contextual Behavioral Science	2012-
Personality Disorders: Theory, Research and Treatment	2012-
Psycologica	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. (February, 2014). *Mindfulness: Assessment, treatment, and mechanisms of change*. Invited colloquium for the Department of Psychology, Ohio State University.

Baer, R. A. (April, 2013). *Mindfulness: Assessment, treatment, and mechanisms of change*. Invited colloquium for the Department of Psychological Sciences, Purdue University.

Baer, R. A. (October, 2012). *Clinical applications of mindfulness*. Italian Association for Behavior Analysis and Modification. Pescara, Italy.

Baer, R. A. (March, 2012). *Mindfulness-based treatments: Buddhist origins, Western adaptations*. Asia Center Speaker Series, University of Kentucky.

Baer, R. A. (December, 2011). *Mindfulness: Assessment, treatment, and mechanisms of change*. International Mindfulness Conference, Copenhagen, Denmark.

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, 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, Danish Cancer Society, Copenhagen, Denmark.

Baer, R. A. (2007, October). *Recent findings in self-report assessment of mindfulness*. Invited address, 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, 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, Mind and Life Summer Research Institute, Garrison, NY.
- Baer, R. A. (2006, July). *Exploring facets of mindfulness in experienced meditators*. Invited address, World Conference on ACT, RFT, and Contextual Behavioural Science, London, United Kingdom.
- Baer, R. A. (2006, May). *Operationalizing mindfulness: Identifying component skills and their relations to mental health variables*. Invited address, Association for Behavior Analysis, Atlanta, GA.
- Baer, R. A. (2006, June). *Meditation, mindfulness, and psychological functioning in a sample of experienced meditators*. Invited keynote address, International Conference on Mindfulness and Acceptance, Bangor University, United Kingdom.
- Baer, R. A. (2006, March). *Facets of mindfulness and their relationships with other variables in a sample of experienced meditators*. Invited plenary address, 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, 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, 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, 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. (2013, July). *Research on mindfulness: Assessment, Treatment, and Mechanisms of Change*. Continuing education workshop sponsored by Centro Clinico Crocetta, Torino, Italy.
- Baer, R. A. (2013, July). *Mindfulness in DBT and ACT*. Continuing education workshop sponsored by Centro Clinico Crocetta, Torino, Italy.
- Baer, R. A. (2013, July). *Research on mindfulness: Assessment, Treatment, and Mechanisms of Change*. Continuing education workshop sponsored by Centro di Psicologia Clinica, Pescara, Italy.

- Baer, R. A. (2013, July). *Mindfulness in DBT and ACT*. Continuing education workshop sponsored by Centro di Psicologia Clinica, Pescara, Italy.
- Baer, R. A. (2013, April). Current approaches to teaching mindfulness in empirically supported interventions. Continuing education workshop presented at Cincinnati Christian University, Cincinnati, OH.
- Baer, R. A. (2012, October). *Mindfulness-based cognitive therapy*. Workshop presented for the Kentucky Psychological Association, Louisville, KY.
- Baer, R. A. (2011, December). *Mindfulness training in clinical intervention*. International Mindfulness Conference, Copenhagen, Denmark.
- 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, Italian Institute for Mindfulness, Vicenza, Italy.
- Baer, R. A. (2011, February). *Research on mindfulness: Assessment, treatment, and mechanisms of change*. Continuing education workshop, 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, Psychological Institute of Valencia, Spain.
- Baer, R. A. (2009, November). *Mindfulness training in clinical intervention*. Continuing education workshop, 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, What Makes Therapy Work: Towards a Science of Cognitive, Emotional, and Behavioural Change, Lund University, 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, School of Professional Psychology, Wright State University, Dayton, Ohio.

Baer, R. A. (2006, July). *Mindfulness: Current Approaches*. Invited workshop, 2nd world conference on ACT, RFT, and Contextual Behavioural Science, London, UK.

Baer, R. A. & Swales, M. (2006, June). *Mindfulness in dialectical behavior therapy*. Invited workshop, International Conference on Mindfulness and other Acceptance Based Training. Bangor University, 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. (2012, July). Mindfulness training for reducing the risk of substance abuse. Kentucky School of Alcohol and Other Drug Studies, Northern Kentucky University.

Baer, R. A. (2011, April). Mindfulness questionnaires: Why and how? Member of invited panel discussion, Scientific Conference on Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School.

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, 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*. 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). *Kentucky Inventory of Mindfulness Skills: What can it tell us about the nature of mindfulness?* In J. Herbert & L. Cardaciotto (Chairs), *Conceptualization and assessment of mindfulness*. 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*. American Psychological Association, Honolulu.
- Baer, R. A. (2003, August). *Understanding mindfulness from a behavior analytic perspective*. 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*. World Conference on ACT, RFT, and the New Behavioral Psychology, Linkoping, Sweden.

RESEARCH FUNDING

P50 DA05312 Milich (co-PI)

07/15/12-06/30/17

Current year total costs = \$360,883

NIH/NIDA

Examining urgency from neurobiology to prevention.

Time on project = 1.53 Academic Months

The goal of the project is to undertake 4 studies to examine the role of negative urgency in contributing to the problems associated with substance use.

Role: Co-Investigator

The Rewarding Nature of Anger Rumination in Borderline Personality Disorder: An fMRI Investigation. Office of the Vice President for Research, University of Kentucky (2013).

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 (Capstone) on 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	2010-2012
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