

## Academic Curriculum Vitae

**James N. Kirby, Ph.D.**

### Personal Details

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*Professional:* C/- School of Psychology  
University of Queensland  
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### Educational Background

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#### 2008 to 2013

Degree: Ph.D. (Clinical Psychology) awarded June 21<sup>st</sup>, 2013  
The University of Queensland  
Thesis: The development and evaluation of the Triple P-Positive Parenting Program for grandparents

#### 2003 to 2006

Degree: Bachelor of Psychological Science with Honours (Class I)  
The University of Queensland, Awarded 2006  
Thesis: How much is enough? The possibility of a contextual threshold in event-based prospective memory

#### 1994-2001

High School St. Joseph's College, Gregory Terrace  
College Vice-Captain

### Memberships and Committees

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#### Psychology Board of Australia

- Registered Clinical Psychologist with the Psychology Board of Australia
- Registration Number: PSY0000980082
- Completed the *Clinical Psychology Registrar* program to become endorsed as a Clinical Psychologist by the Psychology Board of Australia, Australia Health Practitioner Regulation Agency on the 23<sup>rd</sup> of December 2014.

#### Australian Psychological Society

- Member status (2013 to present)
- Associate member status (2009 to 2012)
- Member of Interest Groups:
  - Acceptance & Commitment Therapy & Psychology
  - Child, Adolescent & Family Psychology
  - Supervision in Psychology

#### Supervisor Training and Approval Program (STAP)

- Accredited supervisor with the Psychology Board of Australia to provide supervision to clinical psychology students

#### Association for Contextual Behavioural Science

- Professional Member status (2015 to present)

- Special Interest Groups (SIG)
  - Compassion Focused SIG
  - Children, Adolescents, and Families SIG
  - College/University Student Mental Health SIG

#### **Charter for Compassion**

- Member status (2015 to present)

#### **Society of Prevention Research**

- Member status (2012 to present)

#### **Association for Psychological Science**

- Member status (2013 to present)

#### **Australian Association for Cognitive Behaviour Therapy**

- Member status (2012 to present)
- Queensland Branch Committee Member (2014 to present)

#### **Conferences:**

- Committee Member for The 12<sup>th</sup> Helping Families Change Conference 2010
- Abstract reviewer for Helping Families Change Conferences
- Abstract reviewer for Society of Prevention Research Conferences

### **Research Program**

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My overall aim is to improve the lives of families (parents, children, and grandparents) through cultivating compassion towards self and others. There are three parts to my research. First is research concerned with identifying how differing levels of compassion influences interactions between family members. Second is developing and evaluating new assessment and treatment protocols that aim to increase levels of compassion towards self and others. Third is research aimed at understanding the mechanisms of change during psychological interventions that aim to increase compassion towards self and others.

My PhD developed and evaluated a program that drew upon cognitive behaviour, and ‘third wave’ cognitive behavioural principles (Acceptance and Commitment Therapy; ACT) to help grandparents who provide regular childcare to their grandchildren. Since that time I have helped with the implementation of the “READY” program (Resilience in Every Day Life), which is an ACT based approach to help adult congenital heart patients with mental health distress in Queensland hospitals.

During my Clinical PhD and time as a research fellow, I have developed strong skills in both qualitative and quantitative processes. I have experience conducting focus group research, survey based research, randomised controlled trials, single-case designs, and also I have completed a systematic review and meta-analysis on the Triple P program that was published in *Clinical Psychology Review*. As such I am an equipped and skilled researcher from both a qualitative and quantitative perspective. I have a strong track record relative to experience, and have already published pivotal papers in high quality and high impact journals including, *Prevention Science*, *Behaviour Research and Therapy*, *Clinical Psychology Review*, *Child Development Perspectives*, and *Behavior Therapy*. I have been successful in securing funding (AUD \$13,681) to translate my existing program (*Grandparent Triple P*) into Mandarin and to conduct an evaluation of the program in Hong Kong. Further, I have presented my research at various national and international conferences attended by world leaders in the area of prevention, public health and mental health intervention.

### **Research Publications**

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#### **Book Chapters:**

Sanders, M.R., & Kirby, J.N. (2009). Parental programs for preventing behavioural and emotional problems in children. In J. Bennett-Levy (Eds.) *Oxford Guide to Low Intensity CBT Interventions* (pp. 399-406). Oxford, England: Oxford University Press.

- (*Google Scholar reported it has been cited 4 times; 03.03.15*)

## Journal Articles:

### *In Preparation or Under Review*

**Kirby, J.N. (2015).** A systematic review and meta-analysis of compassion-based interventions. Manuscript in preparation.

Slepian, M., & **Kirby, J.N.** (2015). Does compassion influence whom you decide to share a secret with? Manuscript in preparation.

**Kirby, J.N.** (2015). The role of mindfulness and compassion in enhancing nurturing family environments. Manuscript under review.

**Kirby, J.N.**, Ireland, M., & Goh, H.E. (2015). Distilling the essence of emotion regulation: A psychometric approach. Manuscript under review.

**Kirby, J.N.**, Sanders, M.R., & Tellegen, C.L. (2015). Harnessing peer mentoring to enhance postgraduate outcomes. Manuscript under review.

### *Published*

**Kirby, J.N.** (2015). The potential benefits of parenting programs for grandparents: Recommendations and clinical implications. *Journal of Child and Family Studies*. Accepted. doi: 10.1007/s10826-015-123-9  
• (*Journal Citation Reports 5 Year Impact Factor = 1.324; JIF Q3; 03.03.15*)

Sanders, M.R., & **Kirby, J.N.** (2014). Treatment guidance for common mental health disorders: Childhood behavioural disorders. *InPsych, APS*, October.  
• <http://www.psychology.org.au/inpsych/2014/october/sanders/>

Sanders, M.R., & **Kirby, J.N.** (2014). A public health approach to improving parenting and promoting children's well being. *Child Development Perspective*. Accepted. doi: 10.1111/cdep.12086  
• (*GoogleScholar reported it has been cited 1 time; Journal Citation Reports 5 Year Impact Factor = 2.713; JIF Q2; 03.03.15*)

Haslam, D., Patrick, P.M., & **Kirby, J.N.** (2014). Giving a voice to working parents: A consumer informed study to program design for working parents. *Journal of Child and Family Studies*. Accepted. doi: 10.1007/s10826-014-0049-7  
• (*Journal Citation Reports 5 Year Impact Factor = 1.324; JIF Q3; 03.03.15*)

Leung, C., Sanders, M.R., Fung, B., & **Kirby, J.N.** (2014). The effectiveness of the Grandparent Triple P program with Hong Kong Chinese families: A randomised controlled trial. *Journal of Family Studies*, 20, 104-117.  
• (*GoogleScholar reported it has been cited 2 times; Journal Citation Reports 5 Year Impact Factor = .390; 03.03.15*)

Sanders, M.R., **Kirby, J.N.**, Tellegen, C.L., & Day, J.J. (2014). The Triple P-Positive Parenting Program: A systematic review and meta-analysis. *Clinical Psychology Review*, 34, 337-357. doi: 10.1016/j.cpr.2014.04.003  
• (*GoogleScholar reported it has been cited 13 times, Journal Citation Reports 5 Year Impact Factor of 9.86; JIF Q1; is ranked 2<sup>nd</sup> out of 111 journals in the field of clinical psychology; 03.03.15*)

Sanders, M.R., & **Kirby, J.N.** (2014). Surviving or thriving: Quality assurance mechanisms to promote innovation in the development of evidence-based parenting interventions. *Prevention Science*. Advanced publication. doi: 10.1007/s11121-014-0475-1  
• (*GoogleScholar reported it has been cited 3 times; Journal Citation Reports a 5 Year Impact of 3.413; ranked 15<sup>th</sup> out of 143 journals in the field of public health; JIF Q1; 03.03.15*)

**Kirby, J.N., & Sanders, M.R.** (2014). A randomized controlled trial evaluating a parenting program designed specifically for grandparents. *Behaviour Research and Therapy*, 52, 35-44. doi: 10.1016/j.brat.2013.11.002

- (GoogleScholar reported it has been cited 7 times; Journal Citation Reports a 5 year Impact Factor of 4.56; ranked 12<sup>th</sup> out of 111 journals in the field of clinical psychology; JIF Q1; this paper was reported by international news company Reuters; 03.0315)

**Kirby, J.N., & Sanders, M.R.** (2013). Using a behavioral family intervention to produce a three-generational benefit on family outcomes. *Behaviour Change*, 30, 249-261. doi:10.1017/bec.2013.24

- (Journal Citation Reports a 5 Year Impact Factor of .804; *Behaviour Change* is the official journal for the AACBT, an important outlet to contribute to for Australian professionals)

**Kirby, J.N., & Sanders, M.R.** (2013). The acceptability of parenting strategies for grandparents providing care to their grandchildren. *Prevention Science*. Advanced publication. doi: 10.1007/s11121-013-0428-0.

- (GoogleScholar reported it has been cited 1 time; Journal Citation Reports a 5 Year Impact of 3.413; ranked 15<sup>th</sup> out of 143 journals in the field of public health; JIF Q1; 03.03.15)

Sanders, M.R., Pickering, J.A., **Kirby, J.N.**, Turner, K.M.T., Morawska, A., Mazzucchelli, T., Ralph, A., & Sofronoff, K. (2012). A commentary on evidence-based parenting programs: Redressing misconceptions of the empirical support for Triple P. *BMC Medicine*, 10, 145. doi: 10.1186/1741-7015-10-145.

- (GoogleScholar reported it has been cited 4 times; Journal Citation Reports a 5 Year Impact Factor 7.446; ranked 9<sup>th</sup> out of 156 journals in the field of Medicine; JIF Q1; 03.03.15)

**Kirby, J.N. & Sanders, M.R.** (2012). Using consumer input to tailor evidence-based parenting interventions to the needs of grandparents. *Journal of Child and Family Studies*, 21, 626-636. doi: 10.1007/s10826-011-9514-8.

- (GoogleScholar reported it has been cited 15 times; Journal Citation Reports 5 Year Impact Factor = 1.324; JIF Q3; 03.03.15)

Sanders, M.R., & **Kirby, J.N.** (2012). Consumer engagement and the development, evaluation and dissemination of evidence-based parenting programs. *Behavior Therapy*, 43, 236-250. doi:10.1016/j.beth.2011.01.005.

- (GoogleScholar reported it has been cited 37 times; Journal Citation Reports 5 Year Impact Factor = 3.457; ranked 18<sup>th</sup> out of 111 journals in the field of clinical psychology; JIF Q1; 03.03.15).

Sanders, M.R., & **Kirby, J.N.** (2010). Consumer involvement and population based parenting interventions. *Administration*, 33, 33-50.

- (GoogleScholar reported it has been cited 2 times; 03.03.15).

### Research Statistics

- **Google Scholar:** Citations = 101; h-index = 5; i10 index = 3
- **Research Gate:** RG Score = 18.54; Impact Factor = 36.61; Downloads = 627

### Media:

Interview with Reuters concerning the results of the Grandparent Triple P randomised controlled trial.

- <http://www.reuters.com/article/2013/12/16/us-grandparents-child-behavior-idUSBRE9BF1EZ20131216>

Radio interview with 612 ABC Brisbane Local Radio describing Grandparent Triple P. *March, 2012.*

TV story with Chanel 9 News spotlighting Grandparent Triple P. *June, 2011.*

**Kirby, J.N.** (2009). What is modern grandparenting? *50 Something, April/May, 22-23.*

### **Reports:**

Sanders, M.R., **Kirby, J.N.**, Tellegen, C.L., & Day, J.J. (2013). A systematic review and meta-analysis of The Triple P-Positive Parenting Program: A Brief Report. The Parenting and Family Support Centre, The University of Queensland.

**Kirby, J.N.**, & Sanders, M.R. (2012). Ensuring high quality outcomes at the PFSC: A procedural guide. Parenting and Family Support Centre.

[http://www.pfsc.uq.edu.au/page/pdf/pfsc\\_ensuring\\_high\\_quality\\_research\\_outcomes.pdf](http://www.pfsc.uq.edu.au/page/pdf/pfsc_ensuring_high_quality_research_outcomes.pdf)

- This document has been downloaded over 1, 200 times

Sanders, M.R., & **Kirby, J.N.** (2009). Parenting and the prevention and reduction of moral harassment: A brief report. Prepared for the Council of Europe.

### **Conference Presentations**

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#### **Invited Addresses:**

**Kirby, J.N.** (2015). The science of compassion: Research opportunities. Invited Address at the University of Queensland Compassion Symposium. Brisbane: Australia.

**Kirby, J.N.** (2015). The potential of compassion based meditations to enhance therapy outcomes in practice. Invited address at the Australian Association for Cognitive Behaviour Therapy Pub Discussion Series. Brisbane: Australia.

**Kirby, J.N.**, & Tellegen, C.L. (2014). A systematic review and meta-analysis of the Triple P System: What does the evidence say and where are we headed. Invited address at the 16<sup>th</sup> Helping Families Change Scientific Retreat. Sydney: Australia.

#### **Accepted Papers:**

**Kirby, J.N.**, & Tellegen, C.L. (2014). The Triple P-Positive Parenting Program: Findings From a Meta-Analysis. Paper presented at the Triple P Seminar Series. Brisbane: Australia.

**Kirby, J.N.** (2014). Why we needed an update to the evidence-base of Triple P. Paper presented at the 16<sup>th</sup> Helping Families Change Conference. Sydney: Australia.

**Kirby, J.N.** (2013). A randomized controlled trial of Grandparent Triple P. Paper presented at the 15<sup>th</sup> Helping Families Change Conference. Los Angeles: America.

**Kirby, J.N.** (2012). Grandparent Triple P. Paper presented as part of a Symposium at the 35<sup>th</sup> Australian Association for Cognitive and Behaviour Therapy (AACBT). Gold Coast: Australia.

**Kirby, J.N.** (2012). Bake a cake and sit down with grandma: Working with grandparents in Grandparent Triple P. Paper presented at the 14th Helping Families Change Conference. Glasgow: Scotland.

**Kirby, J.N.** (2011). The development of Grandparent Triple P. Paper presented at the Triple P Seminar Series. Brisbane: Queensland.

**Kirby, J.N.** (2011). Parenting across the lifespan: Consumer involvement in the development of a grandparenting program. Paper presented at the 13th Helping Families Change Conference. Antwerp: Belgium.

**Kirby, J.N.**, & Sanders, M.R. (2009). Grandparents: Supporting parents and grandchildren. Poster presented at the First Joint Conference of the APS Psychology & Ageing Interest Group (PAIG) and the Royal Australia/New Zealand College of Psychiatrists (RANZCP) Faculty of Psychiatry of Old Age (FPOA). Gold Coast, Australia.

**Kirby, J.N.** (2009). Grandparent involvement within families. Paper presented at the Parenting and Family Support Centre Seminar Series. Brisbane: Australia.

### **Community Presentations:**

**Kirby, J.N.** (May, 2015). The role of mindfulness: What is it, does it work? Invited by the UQ Red Cross Society: The Merriment Movement. Brisbane: Australia.

**Kirby, J.N.** (May, 2015). The career path to become a psychologist. Invited by St. Joseph's College, Gregory Terrace. Brisbane: Australia.

### **Professional Therapy Publications**

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I am a co-developer and co-author of the Grandparent Triple P program. Grandparent Triple P is owned by The University of Queensland. The University, through its technology transfer company UniQuest Pty Ltd, has licensed Triple P International Pty Ltd, and its subsidiaries, to disseminate Triple P worldwide. Royalties stemming from this dissemination work are paid to UniQuest, which distributes payments to The University of Queensland and the contributory authors in accordance with the University's intellectual property policy.

Below lists a series of professional publications that have resulted as a result of my PhD. My PhD originally involved the development of the Triple P Group program, but since completion of my PhD, Prof Matthew Sanders and I developed the Grandparent Triple P Seminar Series, which is currently being used in the United Kingdom.

**Kirby, J.N., & Sanders, M.R.** (2010). *Grandparent Triple P Group Workbook*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

**Kirby, J.N., & Sanders, M.R.** (2010). *Session Presentations for Grandparent Triple P Group*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

**Kirby, J.N., & Sanders, M.R.,** (2012). *Grandparent Seminar Series: Being a Positive Grandparent*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

**Kirby, J.N., & Sanders, M.R.** (2012). *Session Presentations for Grandparent Triple P Seminar Series: Being a Positive Grandparent*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

**Kirby, J.N., & Sanders, M.R.** (2013). *Participant Notes for Grandparent Triple P: Provider Training*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

### **Current Research Projects**

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#### **Compassion/Self-Compassion**

- ***Compassion and Parenting.*** I am currently examining the role of self-compassion, through utilising the Loving-Kindness Meditation, in experimental studies. I am supervising two honours students from the University of Queensland where we are examining the Loving-Kindness Meditation in two experiments: (1) with parents, and (2) with young adults still living at home.
- ***The Compassion Motivation & Commitment Scale.*** This is a collaboration between UQ (Dr Stan Steindl and me) and Stanford University (Dr James R. Doty and Dr Emma Seppala) where we are developing a new measure to assess compassion motivation and commitment. We are in the middle of determining the initial psychometric properties for the new scale, which has been informed by motivational interviewing processes.
- ***Gone Fishing.*** The Gone Fishing program is an immersion unit for corporate individuals to experience life in Africa volunteering in helping in classrooms, medical clinics, and preparation of meals. The research project is a collaboration between the Edmund Rice Foundation, Dr Sarah Kelly (Director of MBA program at The University of Queensland), and myself. The program is aimed at improving leadership qualities and developing a sense of self-compassion and empathy and compassion.

- *Self-compassion and secrets.* Dr Michael Slepian (Columbia University) and myself are collaborating to determine where people who share secrets do so with people they judge as being higher in self-compassion.

### Emotion Regulation

- *Emotion regulation measure for teens.* This project is an Honours project for which I co-supervised with Dr Genevieve Dingle at The University Queensland. The project was aimed at developing an adolescent measurement for emotion regulation. The measure is to be used to help assess the music therapy program, *'Tuned In'*. The honours thesis is now in preparation for submission as a publication.
- *Transdiagnostic Emotion Regulation Inventory.* I have completed a factor analysis across six of the mostly widely used measures of emotion regulation to determine what the current self-report measures assess. The paper is currently submitted and under review. This project is in collaboration with colleagues from the University of Southern Queensland and will influence the development of a new measure called the "Transdiagnostic Emotion Regulation Inventory".

### Triple P

- *Development of a Measure of Quality Process in Therapy Delivery.* Developing a measurement of fidelity, which examines the quality of therapy process. The project is comparing Online Triple P compared to Standard Triple P in a non-inferiority design based study. The study is in collaboration between the University of Queensland, The University of South Carolina, and The Oregon Institute.

### Acceptance and Commitment Therapy and Young Adult Congenital Heart Disease

- *Resilience in Every Day Life: READY.* This project is focused on evaluating a program called "Ready" (Resilience for Everyday Life) with young adult patients with congenital heart disease. READY is a mindfulness based program. This project is in collaboration with The Prince Charles Hospital, Chermside, Brisbane and The University of Queensland. My role is an assistant project manager.

### Clinical Teaching/Supervisor

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#### Clinical Supervisor

- I am a STAP accredited supervisor and supervise postgraduate students completing professional training in the Clinical Psychology Masters and Doctorate programs.

#### 2013 to present

- Providing clinical supervision and remedial supervision to professional masters and doctorate students during internships at the Child and Family Psychology Clinic & The UQ Psychology Clinic, at The University of Queensland. Supervision entails reviewing of client sessions, assistance with developing skills regarding intake interviews, assessments, formulation, and intervention strategies.
  - Michele Jordan (UQ, Intern Semester 1, 2015)
  - Sarah Teo (UQ, Intern Semester 1, 2014)
  - Clarissa Lui (UQ, Intern Semester 2, 2014)

#### 2011: Triple P Trainer

- Provided training to 20 nurses in Hong Kong in the delivery of Grandparent Triple P (GTP). This involved providing a 1-day seminar in GTP. The seminar involved presenting the GTP content, facilitating discussion amongst participants, modelling behavioural rehearsal routines, and modelling self-regulation processes.

## Thesis Supervision

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### Honours Student Supervision:

- Supervising two honours students for 2015 examining the role of compassion in families
  - Sarah Baldwin: *Self-compassion and parents*
  - David Laczko: *Compassion and young adults living at home*
- Co-supervision with Dr Genevieve Dingle to Honours student, Joseph Hodges, at the University of Queensland in 2014. Thesis titled: *Understanding the emotional rollercoaster: Measuring emotion regulation in adolescents.*
- Provided co-supervision with Dr Divna Haslam to Honours student, Pamela Patrick, at the University of Queensland in 2012. Thesis titled: *Giving Voice to Working Parents.* This honours thesis has been published in *Journal of Child and Family Studies.*

### Honours and Awards

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#### Postgraduate:

- 2013 Commendation Award for the Vice-Chancellor's Internationalisation Awards in recognition of Grandparent Triple P (The University of Queensland, 2013)
- 2012 UniQuest Trailblazer Finalist for the development of Grandparent Triple P: A parenting program for grandparents (The University of Queensland, 2012)
- Runner-Up: Postgraduate Student Research Excellence Award (The University of Queensland, 2011)
- Postgraduate Cutting-Edge Research Award: Poster Session (The University of Queensland, 2011)

#### Undergraduate:

- Dean's Commendation for High Achievement, Semesters 1 and 2: 2003, 2004, 2005, 2006
- Top Performing Student in PSYC4992 Advanced Seminar in Psychology, Semester 2, 2006
- Top Performing Student in PSYC4161 Personnel Training, Semester 2, 2006

#### Teaching:

- Lecturer evaluation results from Semester 2, 2014 (PSYC3082) indicated an average of 4.75 out of 5 for my abilities to be organised, explain concepts, being approachable, and treating students with respect.
- Tutor evaluation results from Semester 2, 2012 (PSYC3082) indicated an average of 4.80 out of 5 for my preparedness for tutorials, my communication skills, my approachability, encouragement, and ability to give feedback and advice (The University of Queensland).
- Nominated as a "Most Inspiring Teacher" in the SBS Faculty in Semester 2, 2012 (PSYC3082, Lead Tutor, The University of Queensland).
- Commended by Dean's Scholars in the SBS Faculty for teaching in Semester 1, 2012 and Semester 2, 2011 (PSYC2311 Tutor, The University of Queensland).

### Journal *Ad Hoc* Reviewer

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- Currently I have reviewed 16 manuscripts as part of the peer review process for publication. Journals I have peer reviewed for are listed below. Being part of the peer review process is something I value, as it enables me the chance to shape the scientific landscape of the areas I find passionate, that being clinical and family psychology.
  - Australian Psychologist
  - Behavior Therapy
  - BMC Psychiatry
  - Child Maltreatment
  - Clinical Child and Family Psychology Review
  - General Hospital Psychiatry



- International Journal of Ageing and Human Development
- Journal of Child and Family Studies
- Journal of Child Health Care
- Journal of Children's Services
- Journal of Clinical Child Psychology and Psychiatry
- Prevention Science

## Grant Funding and Scholarships

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**Kirby, J.N.** (2015). How mindfulness and compassion can create nurturing family environments. Submitted for a Discovery Early Career Research Award (3 years at \$450,000).

Leung, C., Fung, B, **Kirby, J.N.**, & Sanders, M.R. (2010). *Successful grandparenting in the Chinese context*. **Awarded HK\$105,000** (AUD\$13,681). The Hong Kong Polytechnic University Research Grant Scheme. **Co-Investigator**.

Australian Government: Australian Postgraduate Award (APA) **AUD\$87,482** (2009-2012)

- Australian Postgraduate Awards (APA) scholarships are awarded to students of exceptional research potential who undertake a higher degree by research

## Travel Funding

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**2009: Domestic Travel Grant** – School of Psychology, The University of Queensland (\$750)

**2011: International Travel Grant** – School of Psychology, The University of Queensland (\$2,250)

**2012: International Conference Travel Grant** – The Parenting and Family Support Centre, The University of Queensland (\$3,000)

**2013: International Conference Travel Grant** – The Parenting and Family Support Centre, The University of Queensland (\$3,000)

**2014: International Conference Travel Grant** – The Parenting and Family Support Centre, The University of Queensland (\$1,500)

## Professional Experience

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### *November 2013 to Present*

**Position:** Clinical Psychologist

**Employer:** Psychology Consultants, Morningside

**Specifics:**

- Working as a clinical psychologist in private practice treating child and adult clients with evidence-based psychotherapies including cognitive-behavioural therapy (CBT), motivational interviewing, and acceptance and commitment therapy (ACT). I also deliver evidence-based parenting programs, specifically the Triple P-Positive Parenting Program, to parents in order to improve childhood emotional and behavioural outcomes, and increase parenting confidence and decrease dysfunctional parenting practices.

### *Jan 2013 to Present*

**Position:** Senior Research Fellow

**Employer:** Parenting and Family Support Centre, School of Psychology, University of Queensland

**Specifics:**

- Writing and publishing manuscripts in the field of family processes. I am specifically focusing on the role of self-compassion with the family context. I also supervise honours students.

### *July 2014 to December 2014*

**Position:** Vice Chancellor's Research Fellow

**Employer:** University of Southern Queensland

**Specifics:**

- I completed a 5-month position as a Research Fellow in the ‘Innovative Mental Health Solutions’ Research Program, within the ‘Institute for Resilient Regions’, and aligned with the School of Psychology, Counselling and Community at the University of Southern Queensland (Brisbane Campus). During this period I was able to develop a new self-report measure of emotion regulation (the Transdiagnostic Emotion Regulation Inventory), which has been submitted for publication.

*February 2014 to July 2014*

**Position:** Psychologist/Clinical Psychology Registrar

**Employer:** The Prince Charles Hospital

**Specifics:**

- Working as a psychologist in the public sector at the Prince Charles Hospital delivering the evidence-based acceptance and commitment therapy program “READY”. The delivery of the READY program is focused on adult patients who suffer from congenital heart disease. The aim is to help patients with adjustment difficulties and to help improve treatment adherence, and to improve quality of life. We are also evaluating the efficacy of READY in a pilot/feasibility study at The Prince Charles Hospital.

*May 2007 to Dec 2012*

**Position:** Personal Research Assistant for Professor Matthew Sanders

**Employer:** School of Psychology, University of Queensland

**Specifics:**

- Manuscript reviewing, assistance with funding applications, and project report writing.
- Statistical tasks including data entry and analysis of evaluation data using software program SPSS version 20.0.

*January 2010 to present*

**Position:** Triple P Consultant

**Employer:** School of Psychology, University of Queensland

**Specifics:**

- Accredited provider of: Group Triple P; Standard Triple P; Enhanced Triple P; Primary Care Stepping Stones Triple P; Teen Triple P; Baby Triple P; Grandparent Triple P

**Lecturing**

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*July 2015 to December 2015*

**Position:** Lecture Coordinator for Developmental Disorders (PSYC2311)

**Employer:** School of Psychology, University of Queensland

**Specifics:** Teaching second year psychology undergraduates the course Developmental Disability offered at the University of Queensland. Teaching involves organizing lecture content, delivering content, structuring assessment and marking of the assessment, and organizing the tutors for tutorials.

*July 2014 to December 2014*

**Position:** Lecture Coordinator for Psychotherapies and Counselling (PSYC3082)

**Employer:** School of Psychology, University of Queensland

**Specifics:** Teaching third year psychology undergraduates the course Psychotherapies and Counselling offered at the University of Queensland. Teaching involves organizing lecture content, delivering content, structuring assessment and marking of the assessment, and organizing the tutors for tutorials.

*July - November 2011 and 2012*

**Position:** Guest Lecturer for Parenting and Family Psychology Course (PSYC3312)

**Employer:** School of Psychology, University of Queensland

*July 2010*

**Position:** Guest Lecturer for Psychotherapies and Counseling Course (PSYC3082) and Parenting and Family Psychology Course (PSYC3312)

**Employer:** School of Psychology, University of Queensland

*July 2009*

**Position:** Guest Lecturer for Psychotherapies and Counseling Course (PSYC3082)

**Employer:** School of Psychology, University of Queensland

**Tutoring:**

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*July – November 2012*

**Position:** Lead Tutor for 3<sup>rd</sup> Year Psychotherapies and Counselling (PSYC3082)

**Employer:** School of Psychology, University of Queensland

*Feb – July 2012*

**Position:** Tutor for 2<sup>nd</sup> Year Developmental Disorders of Childhood (PSYC2311)

**Employer:** School of Psychology, University of Queensland

*July – November 2011*

**Position:** Tutor for 2<sup>nd</sup> Year Developmental Disorders of Childhood (PSYC2311)

**Employer:** School of Psychology, University of Queensland

*February – July 2010*

**Position:** Tutor for 3<sup>rd</sup> Year Psychopathology Course (PSYC3102)

**Employer:** School of Psychology, University of Queensland

**Clinical Practice History/Clinical and Procedural Skills**

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*September 2011 to February 2012*

**Externship 2**

**Organisation:** Continuing Care West, Princess Alexandra Hospital

**Experience:**

- Individual or co-therapy with consumers with complex presentations and who have been diagnosed with a severe mental illness (e.g., bipolar disorder or schizophrenia). Therapy sessions aimed at assisting consumers to work towards their recovery goals and to manage symptoms such as anxiety, depression, positive and negative symptoms of schizophrenia and anger difficulties.

*September 2010 to February 2011*

**Externship 1**

**Organisation:** Canossa Private Hospital and RehabMx

**Experience:**

- Delivering a manualised group program for individuals suffering from chronic pain. I also delivered one-on-one therapy for clients who were presenting with depression, dysthymia, anxiety, and adjustment disorders in the context of chronic pain. Therapy sessions typically involved elements from motivational interviewing to assist clients with their compliance to medical and physiotherapy routines and regimes.

*March 2010 to December 2010*

**Internship 2**

**Organisation:** UQ Psychology Clinic

**Experience:**

- Individual therapy with clients presenting with a range of different concerns including anxiety disorders, depression, posttraumatic stress disorder, and child behavioural problems. I typically delivered cognitive-behaviour therapy (CBT), acceptance and commitment therapy (ACT), and schema-focused therapy.

*March 2009 to December 2009*

**Internship 1**

**Organisation:** Child and Family Psychology Clinic

**Experience:**

- Individual therapy with families presenting with a range of different problems including, child oppositional defiant disorder, conduct problems, childhood separation anxiety, and parental skills training. I delivered behavioural family interventions, specifically the Triple P-Positive Parenting Program.

## **Other Professional Activities**

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### **Psychotherapy Examples Video Clips**

- I am in the process of developing a series of psychotherapy video clips providing examples of some of the core clinical skills a therapist would provide to clients in individual sessions.
- The aims of the videos are to be educational, as well as help break down stigma to accessing mental health. I have made the video clips available to the public through creating a youtube channel. Collectively, these videos have been **viewed over 4,700 times**, and my youtube channel has **28 subscribers** (04.06.2015).
- The videos can be accessed via:
  - <https://www.youtube.com/channel/UCCXdI5zUd2OlpgLrlreU9rQ>
- Currently I have made 11 videos demonstrating the following:
  - Part 1: Agenda Setting and Explaining Confidentiality.
  - Part 2: Questionnaires and Phases of Therapy.
  - Part 3: Open and Closed Questions.
  - Part 4: Motivational Interviewing.
  - Part 5: Exposure Therapy.
  - Part 6: ACT in a Nutshell.
  - Part 7: Mindfulness.
  - Part 8: Defusion Techniques.
  - Part 9: Process Issues (Late arrivals).
  - Part 10: Process Issues (Homework non-completion).
  - Part 11: Process Issues (Resistance to treatment plan).
  - Part 12: Loving-Kindness Meditation (Self-compassion)

### **Blogs, Psychology Consultants**

- I have written four blogs about mental health as part of my role at Psychology Consultants. The aim of these blogs is to help try and de-stigmatize mental health and mental health support. The blogs also try to provide the public with accurate and reliable information about psychology and seeing a clinical psychologist. Below are the blogs I have written as of 14 of January 2015. The blogs can be accessed through ([www.psychologyconsultants.com.au](http://www.psychologyconsultants.com.au)).
  - **Resilience, how can it help me?**
  - **I'm doing this for me**
  - **Music, tune in to your emotions**
  - **New years resolutions and self-compassion**

- Printed online at Women's Agenda ([http://www.womensagenda.com.au/guilt-free-zone/already-falling-short-on-your-new-year-s-resolutions-this-is-for-you#.VLh-mkvGI\\_s](http://www.womensagenda.com.au/guilt-free-zone/already-falling-short-on-your-new-year-s-resolutions-this-is-for-you#.VLh-mkvGI_s))

### **Parenting and Family Support Centre, The University of Queensland**

- The Triple P Evidence Based Website ([www.pfsc.uq.edu.au/research/evidence](http://www.pfsc.uq.edu.au/research/evidence))
  - The aim of this initiative was to provide a website that housed all of the evidence pertaining to Triple P. This website was built in collaboration with Jamin Day. The website is interactive, with users being able to search for specific Triple P articles.
- The 'End of Year' Seminar Presentations.
  - The aim of this initiative (with John Pickering) was to provide a presentation to reflect on the achievements of the PFSC, particularly of its staff and students, over the past year, and give the presentation in an entertaining and informative way. This seminar has been presented every year since 2010.
- Films/Video
  - The aim of creating films and editing them for the PFSC is to provide videos that showcase our work. The films are informal, yet provide rare insights not typically captured (e.g., presentations, audience reactions, interviews). These videos are then interweaved into PFSC seminars throughout the year.

### **Helping Families Change Conference**

- Co-Master of Ceremonies at the Helping Families Change Conference:
  - 2010: Brisbane, Australia
  - 2012: Glasgow, Scotland
  - 2013: Los Angeles, United States of America
  - 2014: Sydney, Australia

## Volunteer Experience

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### *August 2013 to September 2013*

**Position:** Volunteer

**Organisation:** Archelon: The Sea Turtle Protection Society of Greece

**Duties:**

- Volunteered for five weeks on the Geek island of Crete to help with the conservation of the endangered loggerhead sea turtle. Duties included excavating nests, surveying nests, providing protection to nests, and building public awareness.

### *Jan 2000 to present*

**Position:** Volunteer

**Organisation:** Eddies Street Van

**Duties:**

- Eddie's Street Van provides a BBQ and coffee to the homeless men and women of Brisbane on a Tuesday night at Roma Street Parklands.

### *March 2007 to 2008*

**Position:** Telephone Counsellor

**Organisation:** Salvo Care Line

**Duties:**

- Taking calls from individuals in times of crises.

### *Jan 2002 – Jan 2004*

**Position:** Leader

**Organisation:** Edmund Rice Camp

**Duties:**

- Edmund Rice Camps aim at giving disadvantaged young children and adults a week away from home. I have volunteered on several Edmund Rice Camps as a Leader, which involves supporting a young child on the camp for the week.

### *Jan 2000 – March 2003*

**Position:** Kitchen staff

**Organisation:** Ecumenical Coffee Brigade

**Duties:**

- The Ecumenical Coffee Brigade is a service, which offers fruit, sandwiches, and coffee to the homeless men and women of Brisbane. I have volunteered by helping make the sandwiches and delivering them to the homeless men and women.

## Professional Referees

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### **Professor Matthew Sanders**

#### **Director**

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### **Professor Rachel Calam**

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### **Professor Ron Prinz**

#### **Carolina Distinguished Professor**

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