

**EVAN M. FORMAN**  
**CURRICULUM VITAE**

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**CONTACT INFORMATION**

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**EDUCATION**

**University of Pennsylvania Medical System, Psychopathology Research Unit**, Department of  
Psychiatry, Philadelphia, PA

**Postdoctoral Fellowship**, 2001-2002

Trained under: Aaron T. Beck, M.D.

**Beck Institute for Cognitive Therapy and Research**, Bala Cynwyd, PA

**Clinical Associateship**, 2001-2002

Trained under: Judith S. Beck, Ph.D.

**Harvard University Medical School, Victims of Violence Program**, Cambridge Hospital,  
Cambridge, MA

**Postdoctoral Fellowship**, 2000-2001

Trained under: Judith L. Herman, M.D.

**Albert Einstein College of Medicine, Montefiore Medical Center**, Bronx, NY

**APA-Accredited Internship**, 1999-2000

Trained under: Lata K. McGinn, Ph.D.

**University of Rochester**, Department of Clinical and Social Sciences in Psychology, Rochester, NY  
**Ph.D.**, Clinical Psychology, 1997-1999

**M.A., with Distinction**, Clinical Psychology, 1994-1997

Trained under: Emory L. Cowen, Ph.D.; Patrick T. Davies, Ph.D.

**Cornell University**, Ithaca, NY

**B.A., with Distinction in All Subjects**, Psychology, 1988-1992

**University of St. Andrews, St. Andrews, Scotland**  
**Joint Program in Honours Psychology and Social Anthropology, 1990-1991**

**PROFESSIONAL PSYCHOLOGY LICENSURE**

2001 - 2002 Massachusetts  
2002 - Pennsylvania (PS 015133)

**FACULTY /PROFESSIONAL APPOINTMENTS**

2008 - **Associate Professor**, Department of Psychology, Drexel University, Philadelphia, PA  
2008 - **Director of Clinical Training**, Ph.D. Program in Clinical Psychology, Department of Psychology, Drexel University, Philadelphia, PA  
2002 - 2008 **Assistant Professor**, Department of Psychology, Drexel University, Philadelphia, PA  
2004 - 2008 **Coordinator, Practicum Training**, Clinical Psychology Program, Drexel University  
2002 - 2008 **Associate Director**, Student Counseling Center (Hahnemann Campus), Department of Psychology and Office of Student Life, Drexel University  
2005 - 2008 **President**, Philadelphia Behavioral Therapy Association

**PUBLICATIONS (PEER-REVIEWED)**

Herbert, J.D., & **Forman**, E. M. (in press). Caution: The differences between CT and ACT may be larger (and smaller) than they appear. *Behavior Therapy*.

**Forman**, E. M., Butryn, M., Hoffman, K.L., & Herbert, J. D (2009). An open trial of an acceptance-based behavioral treatment for weight loss. *Cognitive and Behavioral Practice, 16*, 223-235.

Moitra, E., Herbert, J.D., & **Forman**, E.M. (2008). Behavioral avoidance mediates the relationship between anxiety and depressive symptoms among social anxiety disorder patients. *Journal of Anxiety Disorders, 22*, 1205-1213.

Redding, R., Herbert, J.D., **Forman**, E.M. & Guadiano, B. (2008). Popular self-help books for anxiety, depression and trauma: How scientifically grounded and useful are they? *Professional Psychology: Research and Practice, 39*, 537-545

Cardaciotto, L., Herbert, J. D., **Forman**, E. M., Moitra, E. & Farrow, V. (2008). The Assessment of Present-Moment Awareness and Acceptance: The Philadelphia Mindfulness Scale. *Assessment, 15*, 204-223.

Dutra, L., Callahan, K., **Forman**, E. M., Mendelsohn, M. & Herman, J. L. (2008). Core schemas and suicidality in a chronically traumatized population. *Journal of Nervous and Mental Disease, 196*, 71-74.

Lynch, S. M., **Forman**, E. M., Mendelsohn, M., Herman, J. (2008). Attending to dissociation: Assessing change in dissociation and predicting treatment outcome. *Journal of Trauma and Dissociation, 9*, 301-319.

- Yeomans, P., Herbert, J. D. & **Forman**, E. M. (2008). Symptom comparison across multiple solicitation methods among Burundians with traumatic event histories. *Journal of Traumatic Stress, 21*, 231-234.
- Forman**, E. M., Herbert, P. D., Moitra, E. M., Yeomans, P. D. & Geller, P. A. (2007). A Randomized Controlled Effectiveness Trial of Acceptance and Commitment Therapy and Cognitive Therapy for Anxiety and Depression. *Behavior Modification, 31*, 772-799.
- Forman**, E. M., Hoffman, K. L., McGrath, K. B., Herbert, J. D., Brandsma, L. L., & Lowe, M. R. (2007). A comparison of acceptance- and control-based strategies for coping with food cravings: An analog study. *Behaviour Research and Therapy, 45*, 2372-2386.
- Butler, A. C., Chapman, J. E., **Forman**, E. M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review, 17*-31.
- Forman**, E. M., & Davies, P.T. (2005). Assessing Children's Appraisals of Security in the Family System: The Development of the Security in the Family System (SIFS) Scales. *Journal of Child Psychology and Psychiatry, 45*, 900-916.
- Forman**, E. M., Berk, M. S., Henriques, G. R., Brown, G. K., & Beck, A. T. (2004). History of multiple suicide attempts as a behavioral marker of severe psychopathology. *American Journal of Psychiatry, 161*, 437-443.
- Warman, D. M., **Forman**, E. M., Henriques, G. R., Brown, G. K. & Beck, A. T. (2004). Suicidality and psychosis: Beyond depression and hopelessness. *Suicide and Life Threatening Behavior, 34*, 77-86.
- Forman**, E. M., & Davies, P. T. (2003). Family instability and adolescent adjustment: the mediating effects of parenting quality and adolescent appraisals of family security. *Journal of Clinical Child and Adolescent Psychology, 32*, 94-105.
- Hansen, N. B., Lambert, M. J. & **Forman**, E. M. (2003). The psychotherapy dose effect in naturalistic settings revisited: Response to Gray. *Clinical Psychology: Research and Practice, 10*, 507-508.
- Davies, P. T. & **Forman**, E. M. (2002) Children's patterns of preserving emotional security in the interparental subsystem. *Child Development, 32*, 97-108.
- Davies, P. T., **Forman**, E. M., Rasi, J. A., & Stevens, K. (2002) Assessing children's emotional security in the interparental relationship: The Security in the Interparental Subsystems Scale. *Child Development, 73*, 544-562.
- Hansen, N. B., Lambert, M. J. & **Forman**, E. M. (2002). The psychotherapy dose-response effect and its implications for treatment delivery services. *Clinical Psychology: Research and Practice, 9*, 329-343.
- Forman**, E., Ratcliffe, M., & Thickett, E. J. (1994). Social disability and the Revolving Door Syndrome among the homeless. *Journal of Community Care, 11*, 24-33.

### **OTHER PUBLICATIONS**

- Butryn, M. L., **Forman**, E. M., Hoffman, K. L., Shaw, J. A., Juarascio, A. S. (under review). *A Pilot Study of Acceptance and Commitment Therapy for Promotion of Physical Activity.*

- Herbert, J. D. & **Forman**, E. M., Eds. (in press). *Acceptance and Mindfulness in Cognitive Behavior Therapy*. Hoboken, NJ: Wiley.
- Forman**, E. M. & Herbert, J. D. (2009). New directions in cognitive behavior therapy: Acceptance-based therapies. In W. O'Donohue & J. E. Fisher, (Eds.), *General principles and empirically supported techniques of cognitive behavior therapy* (pp. 77-101), Hoboken, NJ: Wiley.
- Herbert, J. D, **Forman**, E. M. & England, E. L. (2009). Psychological acceptance. In W. O'Donohue & J. E. Fisher, (Eds.), *Cognitive behavior therapy: Applying empirically supported treatments in your practice* (2<sup>nd</sup> ed., pp. 4-16), 2nd ed. Hoboken, NJ: Wiley.
- Herbert, J. D, **Forman**, E. M. & England, E. L. (2009). Psychological acceptance. In W. O'Donohue & J. E. Fisher, (Eds.), *General principles and empirically supported techniques of cognitive behavior therapy* (pp. 102-114), Hoboken, NJ: Wiley.
- Yeomans, P. D. & **Forman**, E. M. (2009). *Cultural Factors in Traumatic Stress*. In S. Eshun & R. Gurung (Eds.), *Sociocultural Influences on Mental Health* (pp. 221-244). Boston: Blackwell Publishing.
- Forman**, E. M. (2007). A review of Cognitive Therapy: A Practical Guide. *Cognitive and Behavioral Practice*, 14, 417-420.
- Forman**, E.M. & Herbert, J. H. (2007, July 12). Acceptance and Commitment Therapy: Similarities and Differences with Cognitive Therapy - Part 2. *Scientist-Practitioner Weekly Update*, 43. Retrieved July 31, 2007, from <http://www.scientist-practitioner.com>.
- Forman**, E.M. & Herbert, J. H. (2007, July 5). Acceptance and Commitment Therapy: Similarities and Differences with Cognitive Therapy - Part 1. *Scientist-Practitioner Weekly Update*, 42. Retrieved July 31, 2007, from <http://www.scientist-practitioner.com>.
- Forman**, E.M., Hoffman, K. L., McGrath, K. B., Brandsma, L., Herbert, J. D. & Lowe, M. R. (2007). The Power of Food Scale predicts chocolate cravings and consumption and response to a cravings intervention (abstract). *Appetite*, 49, 291.
- Moitra, E., Herbert, J. D., & **Forman**, E. M. (2007). Avoidance and depression among socially anxious adults (abstract). *Depression and Anxiety*, 24, 299-300.
- Herbert, J. H. & **Forman**, E.M. (2006). Post-traumatic stress disorder. In J. E. Fisher & W. O'Donohue (Eds.), 555-566. *Practitioner's Guide to Evidence-Based Psychotherapy*. New York: Springer Publishing.
- Forman**, E. M., Berk, M. S., Henriques, G. R, Brown, G. K., & Beck, A. T. (2005). Multiple suicide attempters have a more severe clinical profile than single attempters, *Clinician's Research Digest*, 23, 4.

### **CONFERENCE PRESENTATIONS (PEER-REVIEWED)**

- 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 to be presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.

- 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 to be presented at the Mid-Atlantic Regional Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Brown, L., **Forman**, E. M., Herbert, J. D., & Hoffman, K. L. (2009, November). *Acceptance and Commitment Therapy versus Cognitive Therapy for test anxiety: A pilot study*. In J. Herbert (Chair), *Cognitive Reappraisal vs. Experiential Acceptance*. Paper to be presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Collins, J., Herbert, J. D., **Forman**, E.M., & Butryn, M. (2009, November). *Dietary restraint, physical activity and body image satisfaction: A study of college freshman women*. Poster to be presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.
- England, E., Herbert, J. D., & **Forman**, E. M. (2009, November). *Exposure with acceptance-based vs. habituation-based rationale for public speaking anxiety*. In A. N. Pearson (Chair), *New Applications of Acceptance-Based Interventions*. Paper to be presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Forman**, E. M., Park, J., Herbert, J. D. (2009, November). Long-term follow-up of an ACT vs CT randomized controlled trial. In J. Herbert (Chair) *Cognitive Reappraisal vs. Experiential Acceptance*. Paper to be presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Forman**, E. M., Park, J., Herbert, J. D. (2009, November). Long-term follow-up of an ACT vs CT randomized controlled trial. In J. Herbert (Chair) *Cognitive Reappraisal vs. Experiential Acceptance*. Paper to be presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Goodwin, C.L., Juarascio, A.J., Rabin, S.L., Goetter, E., Park, J., **Forman**, E.M., & Herbert, J. (2009, November). *Acceptance and Commitment Therapy versus Cognitive Therapy for test anxiety in an undergraduate population*. Poster to be presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapy, New York, NY.
- Herbert, J. D., Yadavaia, J., & **Forman**, E. M. (2009, November). Experiential avoidance as a moderator and mediator of mindfulness-based behavioral and cognitive therapies: Explication and evidence for a transdiagnostic model. In J. Boulanger (Chair) *Experiential avoidance: A core common process in the development, maintenance, and treatment of psychological disorders*. Paper to be presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Hoffman, K. L., **Forman**, E. M., Herbert, J. D., Butryn, M., Juarascio, A. S., Ryan, N. M., & Asnaani, A. (2009, November). *Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women*. In J. Herbert (Chair), *Cognitive Reappraisal vs. Experiential Acceptance*. Paper to be presented at the 43rd

annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Juarascio, A., **Forman**, E., Herbert, J., Rabin, S. & Goodwin, C. (2009, November). Acceptance and Commitment Therapy versus Cognitive Therapy for the Treatment of Co-Morbid Eating Pathology. In S. C. Sheppard (Chair), *Beyond the Efficacy Ceiling: Targeting Universal Processes Across Diverse Problems in ACT Clinical Effectiveness*. Paper to be presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapies, New York, NY.

McGrath, K.B., **Forman**, E.M., & Herbert, J.D. (2009, November). *Validation of the ACT/CT Adherence and Competence Rating Scale: Phase two*. Poster presented at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Rabin, S., Park, J., Goodwin, C.L., Juarascio, A., **Forman**, E. & Herbert, J. (2009, November). *Comparison of Acceptance and Commitment Therapy and traditional Cognitive Behavior Therapy on reduction of hopelessness in depressed individuals*. Poster to be presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapy, New York, NY.

Yuen, E. K., Herbert, J. D., **Forman**, E. M., Comer, R., Bradley, J., Goetter, E. M., & Park, J. A. (2009, November). *Virtual Therapy for Social Anxiety Disorder using Second Life: Preliminary Results*. Poster to be presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.

England, E. L., Herbert, J. D., **Forman**, E. M. & Timko, C. A. (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 42<sup>nd</sup> 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). An open pilot trial of an acceptance-based behavioral intervention for weight loss: Post-intervention and six-month follow-up findings. In P. Wupperman & S. R. Axelrod (Chairs), *Mindfulness training for problems of self-regulation: New applications and mechanisms of change*. Paper presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

**Forman**, E. M., Herbert, J. D. & Moitra, E. (2008, November). Defusion: Development of a New Measure and Potential Mediating Role. In S. A. Hayes (Chair) *Processes and Mechanisms of Change in Mindfulness and Acceptance Based Therapies*. Paper presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

- Goetter, E., Yuen, E. K., Moitra, E., **Forman**, E. M. & Herbert, J. D. (2008, November). *Acceptance and awareness: Differential effects as a function of anxiety*. Poster presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Moitra, E., England, E., **Forman**, E. M. & Herbert, J. D. (2008, November). *Initial psychometric properties of the Drexel Defusion Scale*. Poster presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Park, J, **Forman**, E. M., & Feinstein, A. B. (2008, November). *ACT versus CT: Differential effects on depression as a function of anxiety*. Poster to be presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Yuen, E. K., Goetter, E., Moitra, E. **Forman**, E. M., & Herbert, J. D. (2008, November). *Predictors of treatment outcome in cognitive therapy and acceptance and commitment therapy*. Poster presented at the 42<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Forman**, E. M., Chapman, J. E. & Herbert, J. D. (2008, June). Mediation analyses of session-by-session outcomes across two types of CBT. In L. K. McGinn (Chair), *The mediating impact of cognitive processes in anxiety and depression*. Paper presented at the 6th International Congress of Cognitive Psychotherapy of the International Association for Cognitive Psychotherapy, Rome, Italy.
- Butryn, M. L., **Forman**, E. M., Hoffman, K. L., Brown, L. & Herbert, J. D. (2008, March). A pilot test of an acceptance-based behavioral treatment for obesity. Paper presented at the 29<sup>th</sup> annual meeting of the Society for Behavioral Medicine, San Diego, California.
- Forman**, E. M., Butryn, M., Hoffman, K.L., & Herbert, J. D (2007, November). *A pilot study of an acceptance-based behavioral treatment for weight loss*. In M.J. Hildebrandt (Chair), *Behavioral demonstrations of distress tolerance: Understanding psychological processes as they apply to clinical outcomes*. Paper presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 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). *The role of mindfulness in conceptualizing and treating disorders of emotional regulation*. Paper presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Forman**, E. M., Herbert, J. D. & McGrath, K. B. (2007, November). Evidence for ACT's Distinctiveness from CT 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 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

- Forman, E.M., Redding, R., Herbert, J.D., & Guadiano, B.** (2007, November). Scientific grounding and usefulness of 50 popular self-help books for anxiety, depression and trauma. In T. Lazzaroni (Chair) *Toward evidence-based self-help manuals*. Paper presented at the 41st annual convention of the Association for 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*. Poster presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Yeomans, P. D., Herbert, J.D. & **Forman, E. M.** (2007, November). The relationship between exposure to western trauma discourse and posttraumatic symptoms among burundians with traumatic event histories. In J. D. Herbert (Chair) *Posttraumatic stress disorder: New data and emerging questions*. Paper to be presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Forman, E.M., Hoffman, K. L., McGrath, K. B., Brandsma, L., Herbert, J. D. & 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 Convention 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). *Emotional eating as a mediator of weight loss in an acceptance-based behavioral weight control intervention*. Poster presented at the 5<sup>th</sup> annual Colonial Academic Alliance Research Conference, Wilmington, NC.
- Hoffman, K. L., **Forman, E. M.,** Yeomans, P. D., McGrath, K. B., Marquez, K., Zebell, J. A., 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*. Poster presented at the Conference for the Dissemination of Research on Addiction, Infectious Disease and Public Health at Johns Hopkins University, Baltimore, MD.
- Forman, E. M., Herbert, J. D., Chapman, J. E., Yeomans, P. D., Moitra, E., McGrath, K., Hoffman, K., Marquez, K.** (2006, November). 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 40<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Forman, E. M., Hoffman, K., Lowe, M. R., Brandsma, L., Herbert, J. D., Marquez, K. McGrath, K., Moitra, E., Yeomans, P. D.** (2006, November). A comparison of experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of dieting. In E. M. Forman and T. Kashdan (Chairs). *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional disturbances*. Paper presented to the 40<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- Yeomans, P. D., **Forman**, E. M., McGrath, K. B., Herman, J. L. (2006, November). *Trauma chronicity and assailant type as predictors of symptom presentation in a community-based clinic*. Poster presented at 40th Annual Meeting of the Association for Behavioral and Cognitive Therapy, Chicago, IL.
- McGrath, K. B., **Forman**, E. M., Hoffman, K. L., Marquez, K., Moitra, E., Yeomans, P. D., & Zebell, J. (2006, August). *Development and validation of the ACT/CBT adherence scale: Phase two*. Poster presented at the 114th annual convention of the American Psychological Association.
- Dalrymple, K.L., Herbert, J.D., & **Forman**, E.M. (2006, July). 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 2nd World Conference on ACT, RFT, and Contextual Behavioural Science, London, UK.
- Forman**, E.M., Herbert, J.D., Marquez, K., Moitra, E., Yeomans, P.D., McGrath, K., & Hoffman, K. (2006, July). Results from a randomized controlled trial comparing ACT and CBT in a mixed outpatient sample. In A. Biglan (Chair), *Effectiveness studies on ACT*. Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioural Science, London, UK.
- Forman**, E.M., Hoffman, K., McGrath, K., Lowe, M.R., Herbert, J., & Brandsma, L. (2006, July). 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 Behavioural Science, London, UK.
- Forman**, E.M., Yeomans, P.D., Chapman, J.E. (2006, July). Using session-by-session data to delineate differential mediating mechanisms of ACT and CBT. In A.R. Murrell (Discussion Leader), *The nature and impact of acceptance*. Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioural Science, London, UK.
- Moitra, E., Herbert, J. D., & **Forman**, E. M. (2006, March). *Avoidance and depression among socially anxious adults*. Poster presented at the 26th annual convention of the Anxiety Disorders Association of America, Miami, FL.
- Brown, G.K., **Forman**, E.M., Berk, M.S., Henriques, G.R., Beck, A.T. (2005, November). History of multiple suicide attempts as a behavioral marker of severe psychopathology. In B.E. Gibb (chair). *History of Suicide Attempts: Are Multiple Attempters a Distinct Patient Population?* Annual Meeting of the Association of Behavior and Cognitive Therapy, Washington, D.C.
- Forman**, E. M., Herbert, J. D., Yeomans, P. D., McGrath, K., Moitra, E., Geller, P. A. (2005, November). *Effectiveness and mediating mechanisms of acceptance and commitment and cognitive behavioral therapies in the treatment of mixed depression and anxiety*. Poster presented at Annual Meeting of the Association for Behavioral and Cognitive Therapy, Washington, DC.
- Forman**, E.M. & Herbert, J.D. (2005, July). *Cognitive-behavioral therapy and Acceptance and Commitment Therapy: Similarities, differences, and relative effectiveness*. ACT Summer Institute, Philadelphia, PA.

- Forman, E. M., Herbert, J. D., Yeomans, P. D., Geller, P. A.** (2004, November). Comparing outcome and mechanisms of action in cognitive behavioral and Acceptance and Commitment therapies. In E. Forman (chair). *Mechanisms of Change in Acceptance-Based Interventions*. Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Lynch, S. **Forman, E., Mendelsohn, M. & Herman, J.** (2004, November) *A comparison of high and low dissociators' response to trauma focused treatment*. Paper presented at the 21<sup>st</sup> International Society for the Study of Dissociation International Fall Conference, New Orleans.
- Yeomans, P. D., **Forman, E. M., Herman, J. L.** (2004, November). *Comorbidity of subclinical somatization disorder in posttraumatic stress disorder in an outpatient population*. Poster presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Berk, M. S., Beck, A. T., **Forman, E. M., Henriques, G. R., & Brown, G. K.** (2002, August). (chair) Characteristics of suicide attempters with borderline personality disorder. In G. Henriques (chair), *New Directions in Suicide Research*. Annual Meeting of the American Psychological Association, Chicago, IL.
- Forman, E. M., Beck, A. T., Berk, M. S., Henriques, G. R., & Brown, G. K.** (2002, August). Outcomes from a new cognitive-based therapy to prevent repeated suicide attempts. In G. Henriques (chair), *New Directions in Suicide Research*. Annual Meeting of the American Psychological Association, Chicago, IL.
- Forman, E. M., Warman, D. A., Beck, A. T., Brown, G. K. & Henriques, G. R.** (2002, April). The impact of psychosis on suicidal ideation among recent suicide attempters. In K. Conner (chair) *Psychosis, Aggression, and Suicide*. Annual Conference of the American Association of Suicidology, Bethesda, MD
- Forman, E., **Herman, J., Lynch, S., & Bryant** (2001, December). Treatment outcomes in a community-based sample of individuals with Complex PTSD. In M. Harvey (Chair) *Treatments outcomes in a community-based treatment of trauma*. Annual Meeting of the International Society for the Study of Traumatic Stress, New Orleans, LA.
- Henriques, G. R., Berk, M. S., **Forman, E. M., Brown, G. K., Beck, A. T., et. al.** (2001, November). *Suicide attempters with and without Borderline Personality Disorder*. Poster presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Forman, E. M.** (2001, April). Family instability and adolescent adjustment: Family and intrapsychic mediators. In B. Ackerman (Chair), *Family instability: Effects on the socioemotional development of children and adolescents*. Paper presented at the biennial meeting of the Society for Research in Child Development, Minneapolis, MN.
- Hansen, N. B., **Forman, E. & Lambert, M. J.** (2000, June). Advances in Patient-Focused Treatment Outcome Research. In K. I. Howard (Chair), *Operationalizing and assessing outcome in patient-focused research using clinical significance methodology and non-parametric statistical techniques*. Annual Meeting for Society for Psychotherapy Research, Chicago, IL.

Davies, P., & **Forman**, E. (2000, March). Strategies for testing the emotional security hypothesis: New methodological advances. In H. Gordon (Chair), *Marital conflict, emotional security, and adolescent adjustment: A cross-site investigation*. Paper presented at the biennial meeting of the Society for Research in Adolescence, Chicago, IL.

**Forman**, E., & Davies, P.T. (2000, March). *Family instability and adolescent adjustment: Family and intrapsychic mediators*. Paper presented at the biennial meeting of the Society for Research in Adolescence, Chicago, IL.

Davies, P.T., **Forman**, E., & Burgio, L. (1999, April). New directions in understanding the pathways between interparental conflict, emotional security, and child development. In J.H. Grych (Chair), *Understanding the impact of interparental conflict on children: Recent theoretical developments*. Paper presented at the biennial meeting of the Society for Research in Child Development, Albuquerque, NM.

### **PRESENTATIONS (INVITED)**

**Forman**, E.M. (2009, May). Of two minds about food. Invited Talk presented at the Dinner and Discussion at Drexel Event, *Food and Identity*. Philadelphia, PA.

McGinn, L.K., Prinstein, M. & **Forman**, E.M. (2009, February). *Reaching consensus on minimal requirements for internship eligibility*. Invited paper presented at the Council of University Directors of Clinical Psychology Annual Meeting. Albuquerque, NM.

**Forman**, E.M. (2006, July). *Flaming listservs, rival theories and empirical data: The three-ACT story of whether Acceptance and Commitment Therapy is anything new or different*. Invited Address presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.

**Forman**, E.M. (2004, June). *Acceptance-based versus traditional cognitive-behavioral psychotherapies*. Invited paper presented at the Annual Drexel University Psi Chi Induction, Philadelphia, PA.

**Forman**, E.M. (2002, December). *Understanding and preventing suicide*. Invited paper presented to Drexel University Practicum Seminar, Philadelphia, PA.

### **MEDIA INTERVIEWS**

*The Triangle* (October 7, 2005). Subject: Depression

*Women's Health* (2007, December). Subject: Food cravings.

*Self* (2008, June). Subject: Food cravings.

*MSNBC* (May 23, 2008). Subject: Food cravings.

*The Triangle* (January 16, 2009). Subject: Gossip.

*Body + Soul* (2009, May). Subject: Food cravings.

*Good Housekeeping* (2009, June). Subject: Food cravings.

*Family Circle* (2009, October). Subject: Food cravings.

## **RESEARCH SUPPORT**

### ***Acceptance-Based Behavior Treatment: An Innovative Weight Control Intervention.***

Funding Agency: National Institute for Diabetes and Digestive and Kidney Diseases

PI: Evan Forman. Co-Is: Meghan Butryn, Michael Lowe, James Herbert

Period: 2009 – 2011

Total Direct Costs: \$275,000 (funded)

### ***Weight loss maintenance: Reconceptualizing the Behavioral Treatment of Obesity***

Funding Agency: National Heart, Lung and Blood Institute

PI: Michael Lowe. Co-Is: Meghan Butryn, Evan Forman, Patti Williams, Meghan McCrorey

Period: 2010-2015

Total Direct Costs: \$3,526,952 (under review)

### ***Cognitive Behavior Therapy Using Videoconferencing for Social Anxiety Disorder***

Funding Agency: National Institute of Mental Health

PI: James Herbert. Co-I: Evan Forman

Period: 2010-2012

Total Direct Costs: \$300,000 (under review)

### ***A Comparative Trial of an Acceptance-Based Behavior Treatment for Weight Control***

Funding Agency: College of Arts and Sciences, Drexel University

PI: Evan Forman. Co-Is: Meghan Butryn, Michael Lowe, James Herbert

Period: 2007-2008

Total Direct Costs: \$10,000 (funded)

### ***Neural Correlates Of Emotional and Interpersonal Processes in Borderline Personality Disorder***

Funding Agency: Personality Disorder Research Foundation

PI: Steven Platek. Co-Is: Evan Forman, Anthony Ruocco.

Period: 2004– 2006

Total Direct Costs: \$5,000 (funded)

## **TECHNICAL REPORTS**

**Forman, E.** (1999). Center-based early intervention: A review of the literature. Technical Report, Primary Mental Health Project, Rochester, NY.

**Forman, E. & Hightower, A.D.** (1999). Effects of center-based early intervention projects: What we know, what we don't know, and where we go from here. Technical Report, Primary Mental Health Project, Rochester, NY.

**Forman, E., Hightower, A.D., & Montes, G.** (1999). Effects of center-based early intervention projects: A Meta-Analysis. Technical Report, Primary Mental Health Project, Rochester, NY.

## **TEACHING**

### **Undergraduate Courses Taught**

Theories and Practice in Clinical Psychology (Drexel University)  
Research Methods (Wheelock College)  
Abnormal Psychology (University of Rochester)

### **Graduate Courses Taught**

Psychotherapy Theories (Drexel University)  
Principles of Psychotherapy (Drexel University)  
Clinical Practicum Seminar (Drexel University)  
Clinical Practicum Fieldwork (Drexel University)

### **Mentorship**

Mentor/Doctoral Dissertation Chair: 6 students (3 primary, 3 secondary; 5 current)  
Member of Doctoral Committee: 18 (6 current)  
Mentor/Master's Thesis Chair: 7 students (5 primary, 2 secondary; 6 current)  
Member of Master's Committee: 5 (1 current)

### **Selected Student Awards**

2009 Most Outstanding Masters Student in the Social Sciences, Drexel University (K. Blacker)  
2009 Best Poster, Philadelphia Behavior Therapy Poster Exhibition (K. McGrath)  
2009 Best Poster, Philadelphia Behavior Therapy Poster Exhibition (E. Yuen)  
2009 1<sup>st</sup> Prize (Cognitive Category), Fourth Annual Philadelphia Psi Chi Research Day; L. Goetter  
2009 International Travel Award, Office of International Programs, Drexel University; A. Juarascio  
2008 American Psychological Association Division 52 (International Psychology) Student International Research Award; P. Yeomans  
2008 Most Promise in Enhancing Drexel's Reputation, Social Sciences; Drexel University; P. Yeomans  
2008 Community Service Award, Pennsylvania Psychological Society; K. Hoffman  
2008 Jack Kent Cooke Foundation scholarship; Alexandra Johnson  
2008 Best Undergraduate Poster (Humanities and Social Sciences); College of Arts & Sciences Research Day; L. Brown  
2008 Best Graduate Poster; (Humanities and Social Sciences); College of Arts & Sciences Research Day; E. Yuen  
2007 Dissertation Grant Award, Society for a Science of Clinical Psychology; P. Yeomans  
2007 Applied Social Issues Dissertation Award, Society for the Psychological Study of Social Issues; P. Yeomans  
2006 Diversity Dissertation Scholarship, American Psychological Association of Graduate Students; P. Yeomans  
2006 Grant-in-Aid of Research Award, Sigma Xi; P. Yeomans  
2006 Best Undergraduate Poster – College of Arts & Sciences, Drexel University Research Day; J. Zebell

## **CONSULTATION**

- 2004 **Devereux Kanner Center, Adolescent Residential Treatment Facility**, West Chester, PA
- 2004 **Society for the Interaction of Animals and Humans, University of Pennsylvania**, Philadelphia, PA
- 1998 - 1999 **Residential Life, University of Rochester**, Rochester, NY
- 1996 - 1997 **Enhanced Childhood Competency Project**, Rochester, NY
- 1996 - 1997 **Primary Mental Health Project**, Rochester, NY

## **INTERVENTIONIST ROLES**

- 2001 - 2006 **Apex Penn Resiliency Project**, University of Pennsylvania; Martin Seligman, PI
- 2007 - 2008 **CBT for GAD Study**, University of Pennsylvania; Paul Crits-Cristoph, PI

## **PROGRAM DEVELOPMENT AND EVALUATION**

- 1996 - 1999 **Rochester Early Childhood Assessment Project (RECAP)**
- 1996 - 1997 **Enhanced Childhood Competency Project, Primary Mental Health Project**

## **JOURNAL EDITING ACTIVITIES (AD-HOC)**

*Annals of Behavioral Medicine*  
*Archives of General Psychiatry*  
*Behavior Therapy*  
*Behaviour Research and Therapy*  
*Clinical Psychology: Science and Practice*  
*Cognitive and Behavioral Practice*  
*Comprehensive Psychiatry*  
*Journal of Clinical Psychology*  
*Journal of Consulting and Clinical Psychology*  
*Journal of Personality Assessment*  
*Journal of Studies on Alcohol*  
*The Scientific Review of Mental Health Practice*

## **PROFESSIONAL ASSOCIATIONS**

American Psychological Association  
Association of Behavior and Cognitive Therapies  
-Mindfulness and Acceptance Special Interest Group (Board Member)  
Association for Contextual Behavioral Science (Founding Member)  
International Society for Traumatic Stress Studies  
International Association for Cognitive Psychotherapy  
Philadelphia Behavioral Therapy Association (Board Member; Past President)  
Society for Psychotherapy Research  
Society for a Science of Clinical Psychology

## **HONORS AND AWARDS**

- 2009 Mentor of the Year Award, Drexel University; High Commendation
- 2009 Stein Family Fellowship for Exchanges with Israeli Universities
- 2008 International Travel Award, Office of International Programs, Drexel University
- 2007 Antelo Devereux Award for Young Faculty for Demonstrating Exceptional Potential in Research, Drexel University
- 2007 Allan Rothwarf Award for Teaching Excellence, Drexel University; Nomination
- 2006 Best Undergraduate Poster – College of Arts & Sciences (Advisor), Drexel University Research Day
- 1997 M.A. with Distinction, University of Rochester
- 1992 B.A. with Distinction in All Subjects, Cornell University
- 1992 Dean's List Award, Cornell University
- 1989 Dean's List Award, Cornell University
- 1988 Dean's List Award, Cornell University
- 1991 Psi Chi, Psychology Honors Society, Cornell University
- 1990 Study Abroad Grant, Cornell University
- 1988 Dean's Scholars Award, Honors Program, and Scholarship, Cornell University
- 1988 John & Charlotte Reamer Memorial Scholarship, Cornell University
- 1988 Guggenheim Scholarship, Central High School