

**JENNIFER S. CHEAVENS, PH.D.**

Curriculum Vita

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**ACADEMIC POSITIONS**

- 2004 – 2007     Assistant Professor, Department of Psychiatry and Behavioral Sciences  
Duke University Medical Center
- 2004 – 2007     Clinical Internship Faculty, Cognitive Behavioral Therapy Track  
Duke University Medical Center
- 2004 – 2007     Associate Director, Cognitive Behavioral Research and Treatment Program  
Duke University Medical Center
- 2007 -             Assistant Professor, Department of Psychology  
The Ohio State University

**EDUCATION**

- 2002             *Ph.D. in Clinical Psychology*  
University of Kansas
- 1996             *M.S. in Experimental Psychology*  
Old Dominion University
- 1994             *B.S. in Psychology*  
James Madison University

**ADDITIONAL TRAINING**

- 2001 – 2002     *Medical Psychology Intern*  
Duke University Medical Center
- 2002 – 2004     *Post-Doctoral Research Fellow*  
Duke University Medical Center, Center for the Study of Aging and Human  
Development (NIA T32 grant #AG00029)

**LICENSURE**

North Carolina Licensed Psychologist (License 2991; April, 2004 – October, 2008)  
Ohio Licensed Psychologist (License 6414; November, 2007 – present)

**AWARDS AND HONORS**

2009 – 2010 Psychology Teaching Excellence Award (*Ohio State University*)  
2009 – 2012 Clinical Loan Repayment Program Award (*NIMH*)  
2004 Summer Research Institute in Geriatric Psychiatry Fellow (*UCSD and NIMH*)  
2000 David Schulman Award for Excellence in Clinical Psychology (*University of Kansas*)  
1996 University Fellowship (*University of Kansas*)

**PEER-REVIEWED ARTICLES** (\* denotes student)

- Gibson, P. R., Cheavens, J., & Warren, M. L. (1996). MCS/Chemical injury and life disruptions. *Women & Therapy, 19*, 63-79.
- Snyder, C. R., Cheavens, J., & Simpson, S. C. (1997). Hope: An individual motive for social commerce. *Group Dynamics: Theory, Research, and Practice, 1*, 107-118.
- Gibson, P. R., Cheavens, J., & Warren, M. L. (1998). Social support in persons with self-reported sensitivity to chemicals. *Research in Nursing Health, 21*, 103-115.
- Snyder, C. R., Tennen, H., Affleck, G., & Cheavens, J. (2000). Social, personality, clinical, and health psychology tributaries: The merging of a scholarly “River of dreams.” *Personality and Social Psychology Review, 4*, 16-29.
- Snyder, C. R., Ilardi, S. S., Cheavens, J., Michael, S. T., Yamhure, L., & Simpson, S. (2000). The role of hope in cognitive behavioral therapies. *Cognitive Therapy and Research, 24*, 747-762.
- Snyder, C. R., Shorey, H., Cheavens, J., Pulvers, K. M., Adams, V. H., & Wiklund, C. (2002). Hope and academic success in college. *Journal of Educational Psychology, 94*, 820-826.
- Irving, L. M., Snyder, C. R., Cheavens, J., Gravel, L., Hanke, J., Hilberg, P., & Nelson, N. (2004). The relationships between hope and outcomes at the pre-treatment, beginning, and later phases of psychotherapy. *Journal of Psychotherapy Integration, 14*, 419-443.
- Lynch, T. R., Cheavens, J. S., Morse, J. Q., & Rosenthal, M. Z. (2004). A model predicting suicidal ideation and hopelessness in depressed older adults: The impact of emotion inhibition and affect intensity. *Aging and Mental Health, 8*, 486-497.
- Rosenthal, M. Z., Cheavens, J. S., Lejuez, C. W., & Lynch, T. R. (2005). Thought suppression mediates the relationship between negative affect and borderline personality disorder symptoms. *Behaviour Research and Therapy, 43*, 1173 - 1185.
- Cheavens, J. S., Rosenthal, M. Z., Daughters, S. D., Novak, J., Kossen, D., Lynch, T. R., & Lejuez, C. (2005). An analogue investigation of the relationships among perceived

- parental criticism, negative affect, and borderline personality disorder symptoms: The role of thought suppression. *Behaviour Research and Therapy*, 43, 257-268.
- Rosenthal, M. Z., Cheavens, J. S., Compton, J. S., Thorp, S. R., & Lynch, T. R. (2005). Thought suppression and treatment outcome in late-life depression. *Aging and Mental Health*, 9, 35-39.
- Cheavens, J. S., Feldman, D. B., Woodward, J. T., & Snyder, C. R. (2006). Hope in cognitive psychotherapies: On working with client strengths. *Journal of Cognitive Psychotherapy: An International Quarterly*, 20, 135 -145.
- Cheavens, J. S., Feldman, D., Gum, A., Michael, S. T., & Snyder, C. R. (2006). Hope therapy in a community sample: A pilot investigation. *Social Indicators Research*, 77, 61 - 78.
- Rosenthal, M. Z., Cukrowicz, K. C., Cheavens, J. S., & Lynch, T. R. (2006). Self-punishment as a regulation strategy in borderline personality disorder. *Journal of Personality Disorders*, 20, 232 - 246.
- Lynch, T. R., Rosenthal, M. Z., Kosson, D. S., Cheavens, J. S., Lejuez, C. W., & Blair, R. J. R. (2006). Heightened sensitivity to facial expressions of emotion in borderline personality disorder. *Emotion*, 6, 647 - 655.
- Rosenthal, M. Z., Cheavens, J. S., Lynch, T. R., & Follette, V. M. (2006). Thought suppression mediates the relationship between negative mood and PTSD in sexually assaulted women. *Journal of Traumatic Stress*, 19, 741 - 745.
- Chapman, A. L., Lynch, T. R., Rosenthal, M. Z., Cheavens, J. S., Smoski, M. J., & Krishnan, K. R. R. (2007). Risk aversion in obsessive compulsive personality disorder and depression: An example of enhanced learning. *Cognitive Therapy and Research*, 31, 161 - 174.
- Lynch, T. R., Schneider, K. G., Rosenthal, M. Z., & Cheavens, J. S. (2007). A mediational model of trait negative affectivity, dispositional thought suppression, and intrusive thoughts following laboratory stressors. *Behavior Research and Therapy*, 45, 749 - 761.
- Lynch, T. R., Cheavens, J. S., Cukrowicz, K. C., Thorp, S., Beyer, J., & Bronner, L. (2007). Treatment of older adults with co-morbid personality disorder and depression: A dialectical behavior therapy approach. *International Journal of Geriatric Psychiatry*, 22, 131 - 143.
- Cheavens, J. S., Lynch, T. R., & Smoski, M. J. (2007). Response to the van Alphen, Tummens, and Derksen "Reaction to 'Treatment of older adults with co-morbid personality disorder and depression: A dialectical behavior therapy approach.'" *International Journal of Geriatric Psychiatry*, 22, 701 - 702.
- Lynch, T. R., & Cheavens, J. S. (2008). Dialectical behavior therapy for comorbid personality disorders. *Journal of Clinical Psychology: In Session*, 64, 154- 167.

- Rosenthal, M. Z., Gratz, K. L., Kosson, D. S., Cheavens, J. S., Lejuez, C. W., & Lynch, T. R. (2008). Borderline personality disorder and emotional responding: A review of the research literature. *Clinical Psychology Review, 28*, 75 - 91.
- Gum, A. M. & Cheavens, J. S. (2008). Psychiatric co-morbidity and depression in older adults. *Current Psychiatry Reports, 10*, 23 - 29.
- Cukrowicz, K. C., Ekblad, A. G., Cheavens, J. S., Rosenthal, M. Z., & Lynch, T. R. (2008). Coping and thought suppression as predictors of suicidal ideation in depressed older adults with personality disorders. *Aging & Mental Health, 12*, 149 - 157.
- Cheavens, J. S., Rosenthal, M. Z., Banawan, S. F. & Lynch, T. R. (2008). Differences in emotional experience and emotion regulation as a function of age and psychiatric condition. *Aging & Mental Health, 12*, 478 - 487.
- Gupta, S., Rosenthal, M. Z., Mancini, A. D., Cheavens, J. S., & Lynch, T. R. (2008). Emotion regulation skills mediate the effects of shame on eating disorder symptoms in women. *Eating Disorders: The Journal of Treatment and Prevention, 16*, 405 - 417.
- Cukrowicz, K. C., Franzese, A. T., Thorp, S. R., Cheavens, J. S., & Lynch, T. R. (2008). Personality traits and perceived social support among depressed older adults. *Aging & Mental Health, 12*, 662 - 669.
- Smoski, M. J., Lynch, T. R., Rosenthal, M. Z., Cheavens, J. S., Chapman, A. L., & Krishnan, R. R. (2008). Decision-making and risk aversion among depressive adults. *Journal of Behavior Therapy and Experimental Psychiatry, 39*, 567 - 576.
- Berendes, D., Keefe, F. J., Somers, T. J., Kothadia, S. M., Porter, L. S., & Cheavens, J. S. (2010). Hope in the context of lung cancer: Relationships of hope to symptoms and psychological distress. *Journal of Pain and Symptom Management, 40*, 174 - 182.
- Edwards, M. C., Cheavens, J. S., Heiy, J. E.,\* & Cukrowicz, K. C. (2010). A reexamination of the factor structure of the Center for Epidemiologic Studies - Depression Scale: Is a one-factor model plausible? *Psychological Assessment, 22*, 711 - 715.
- Cheavens, J. S. & Heiy, J. E.\* (2011). The differential roles of affect and avoidance in major depressive and borderline personality disorder. *Journal of Social and Clinical Psychology, 30*, 441 - 457.
- Cukrowicz, K. C., Cheavens, J. S., Van Orden, K. A., Ragain, R. M., & Cook, R. L. (2011). Perceived burdensomeness and suicidal ideation in older adults. *Psychology and Aging, 26*, 331 - 338.
- Rosenthal, M. Z., Kim, K., Herr, N. R., Smoski, M. J., Cheavens, J. S., Lynch, T. R., & Kosson, D. S. (2011). Speed and accuracy of facial expression classification in Avoidant Personality Disorder: A preliminary study. *Personality Disorders: Theory, Research, and Treatment, 2*, 327 - 334.

Ritschel, L. A., Cheavens, J. S., & Nelson, J. (2012). Dialectical behavior therapy in an intensive outpatient program with a mixed-diagnostic sample. *Journal of Clinical Psychology, 68*, 221 - 235.

Cheavens, J. S., Strunk, D. R., & Chriki, L. S.\* (2012). A comparison of three theoretically important constructs: What accounts for symptoms of borderline personality disorder? *Journal of Clinical Psychology, 68*, 477 - 486.

Cheavens, J. S., Lazarus, S. A.\*, & Herr, N. R. (in press). Interpersonal choices by individuals with elevated features of borderline personality disorder. *Journal of Personality Disorders*.

## MANUSCRIPTS SUBMITTED

Cheavens, J. S., Strunk, D. R., Lazarus, S. A.\*, & Goldstein, L.\* (submitted). Individualizing treatment for depression using cognitive behavioral models: A preliminary test of the compensation and capitalization models. *Behaviour Research and Therapy*.

Heiy, J. E.\* & Cheavens, J. S. (submitted). The clients who never were: A review of barriers and bridges to mental health treatment-seeking. *Clinical Psychology Review*.

## CHAPTERS AND ENCYCLOPEDIA ENTERIES

Snyder, C. R., Cheavens, J., & Michael, S. T. (1999). Hoping. In C. R. Snyder (Ed.), *Coping: The psychology of what works* (pp. 205-231). New York: Oxford University Press.

Snyder, C. R., Michael, S. T., & Cheavens, J. S. (1999). Hope as a psychotherapeutic foundation of common factors, placebos, and expectancies. In M. A. Hubble, B. L. Duncan, & S. D. Miller (Eds.), *The Heart and Soul of Change* (pp. 179-200). Washington, D. C.: American Psychological Association.

Snyder, C. R., McDermott, D. S., Leibowitz, R. Q., & Cheavens, J. (2000). The roles of female clinical psychologists in the changing field of psychotherapy. In C. R. Snyder & R. E. Ingram (Eds.), *Handbook of Psychological Change* (pp. 640-659). New York: John Wiley & Sons, Inc.

Snyder, C. R., Ilardi, S. S., Michael, S. T., & Cheavens, J. (2000). Hope theory: Updating a common process for psychological change. In C. R. Snyder & R. E. Ingram (Eds.), *Handbook of Psychological Change* (pp. 128-153). New York: John Wiley & Sons, Inc.

Michael, S. T., Taylor, J. D., & Cheavens, J. (2000). Solution focused therapies. In C. R. Snyder (Ed.), *The Handbook of Hope: Theory, measures, and application* (pp. 151-166). San Diego: Academic Press.

Cheavens, J., & Gum, A. (2000). Gray power: Hope and older adults. In C. R. Snyder (Ed.), *The Handbook of Hope: Theory, measures, and application* (pp. 201-222). San Diego: Academic Press.

- Cheavens, J. (2000). Light through the shadows: Hope and depression. In C. R. Snyder (Ed.), *The Handbook of Hope: Theory, measures, and application* (pp. 321-340). San Diego: Academic Press.
- Klausner, E., Snyder, C. R., & Cheavens, J. (2000). A hope-based group treatment for depressed older adult outpatients. In G. M. Williamson, P. A. Parmlee, & D. R. Shaffer (Eds.), *Physical illness and depression in older adults: A handbook of theory, research, and practice*. New York: Plenum.
- Cheavens, J., Gum, A., & Snyder, C. R. (2000). The trait hope scale. In J. Maltby, C. A. Lewis, & A. Hill (Eds.), *Handbook of Psychological Tests, Vol. I* (pp. 248-258). Lampeter, Wales, UK: Edwin Mellen Press.
- Snyder, C. R., Sympson, S. C., Michael, S. T., & Cheavens, J. (2001). The optimism and hope constructs: Variants on a positive expectancy theme. In E. Chang (Ed.), *Optimism* (pp. 101-126). Washington, D. C.: American Psychological Association.
- Snyder, C. R., Cheavens, J. S., & Michael, S. T. (2005). Hope theory: History and elaborated model. In Jaklin Elliott (Ed.), *Interdisciplinary Perspectives on Hope* (pp. 101 - 118). Hauppauge, NY: NovaScience.
- Cheavens, J. S., Michael, S. T., & Snyder, C. R. (2005). The correlates of hopeful thought: Psychological and physiological benefits. In Jaklin Elliott (Ed.), *Interdisciplinary perspectives on hope* (pp. 119 - 132). Hauppauge, NY: NovaScience.
- Lynch, T.R., & Cheavens, J. S. (2007). Dialectical behavior therapy for depression with comorbid personality disorder: An extension of standard Dialectical Behavior Therapy with a special emphasis on the treatment of older adults. In L. A. Dimeff & K. Koerner (Eds.), *Dialectical Behavior Therapy in clinical practice: Applications across disorders and settings* (pp. 264 - 297). New York: Guilford.
- Cheavens, J. S. & Lynch, T. R. (2008). Dialectical behavior therapy for personality disorders in older adults. In D. Gallagher-Thompson, A. Steffens, & L. W. Thompson (Eds.), *Handbook of behavioral and cognitive therapies with older adults* (pp. 187 - 199). New York: Springer.
- Cheavens, J. S. & Dreer, L. E. (2009). Coping. In S. J. Lopez (Ed.) *The encyclopedia of positive psychology* (pp. 232-239, vol. 1). Oxford, UK: Wiley-Blackwell.
- Rand, K. L. & Cheavens, J. S. (2009). Hope theory. In S. J. Lopez (Ed.), *Oxford handbook of positive psychology, 2<sup>nd</sup> ed.* (pp. 323 - 333). Oxford, UK: Oxford University Press.
- Cheavens, J. S. & Gum, A. M. (2010). From here to where you want to be: Building the bridge with hope therapy in a case of major depression. In G. Burns (Ed.), *Happiness, healing, enhancement: Your casebook collection for applying positive psychology in therapy* (pp. 51 - 63). Hoboken, NJ: John Wiley & Sons.
- Dreer, L. E., Copeland, J. N.,\* & Cheavens, J. S. (2011). Integrating neuropsychological functioning into cognitive behavioral therapy: Implications for older adults. In K. H.

Sorocco and S. Lauderdale (Eds.), *Cognitive Behavioral Therapy with older adults: Innovations across care settings* (pp. 317 – 365). New York: Springer Publishing Company.

Cheavens, J. S. & Stigen, C. L.\* (2012). Hope theory and hope therapy. In N. M. Seel (Ed.), *Encyclopedia of the sciences of learning* (pp. 1446 – 1448). New York: Springer Publishing Company.

## OTHER PUBLICATIONS

Snyder, C. R., & Cheavens, J. (2001). Predicting Navy recruits who will succeed: Positive psychology constructs, measures, and correlates. Article published in the *Scientific Services, Navy Personnel Command, Program, TCN 00126*.

Cheavens, J. S., & Dreer, L. E. (2008). Hope and depression: Hope as a protective factor and therapeutic agent. *Naming & Nurturing (APA Division 17, Section on Positive Psychology Newsletter)*, pgs. 2 and 9.

## PRESENTATIONS

Gibson, P. R., Warren, M. L., Pasquantino, D. & Cheavens, J. S. (1993, November). *Limitations and thwarted goals for person's with chemical sensitivities*. Poster presented at the annual Virginia Women's Studies Association Conference, Harrisonburg, Virginia.

Cheavens, J. S., Gibson, P. R., & Warren, M. L. (1993, November). *Chemical sensitivities: Patients' views for improved access in a technological society*. Poster presented at the annual Virginia Women's Studies Association Conference, Harrisonburg, Virginia.

Cheavens, J. S., Gibson, P. R., & Warren, M. L. (1994, May). *Chemical sensitivity/chemical injury: Life impacts*. Paper presented at the annual conference of the American Psychological Association, Washington, D.C.

Cheavens, J. S., Gibson, P. R., & Warren, M. L. (1994, October). *Social support and isolation in women with multiple chemical sensitivities*. Paper presented at the first annual conference of the Southeastern regional chapter of the Association of Women in Psychology, Hilton Head, South Carolina.

Cheavens, J. S., & Winstead, B. A. (1995, May). *The effects of gender and social setting on peers' perceptions of unexplained symptom complaints*. Paper presented at the annual meeting of the Virginia Academy of Sciences, Lexington, Virginia.

Snyder, C. R., Cheavens, J. S., & Wiklund, C. (1998). *Predicting academic success for your college bound children: A hopeful answer*. Paper presented at the Kansas Conference in Clinical Child Psychology: Translating research into practice. Lawrence, Kansas.

Snyder, C. R., Cheavens, J. S., & Wiklund, C. (1999, August). *Hope and success in college*. Poster presented at the American Psychological Association, Boston.

Snyder, C. R., Taylor, J. D., Schroeder, L. L., Feldman, D. B., Cheavens, J., Thompson, L. Y., & Tran, T. (2000, October). *Children's hope: A strength enhancement approach*. Poster presented

at the Kansas Conference in Clinical Child Psychology: Translating research into practice. Lawrence, Kansas.

- Cheavens, J., Gum, A., Feldman, D.B., Michael, S. T., & Snyder, C. R. (2001, August). *A group intervention to increase hope in a community sample*. Poster presented at the American Psychological Association, San Francisco.
- Branstetter, A. D., Rapoff, M. A., Kamps, J., & Cheavens, J. S. (2001, November). *Predictors of medical adherence among children with asthma using the health belief model and social learning theory*. Paper presented at the Association for Advancement of Behavior Therapy, Philadelphia.
- Cheavens, J., Taylor, J. D., Kahle, K., & Snyder, C. R. (2001, November). *Interactions of high- and low-hope individuals: A look at interpersonal theory*. Poster presented at the Association for Advancement of Behavior Therapy, Philadelphia.
- Compton, J. S., Cheavens, J. S., Horton, L. E., & Lynch, T. R. (2002, November). *Validation in the treatment of older adults with major depression and co-morbid personality disorders*. Paper presented at the Association for the Advancement of Behavior Therapy, Reno, NV.
- Rosenthal, M. Z., Horton, L. E., Cheavens, J., Thorp, S. R., & Lynch, T. R. (2002, November). *The relationship between depression and emotion regulation among older adults: Does experiential avoidance hinder treatment?* Poster presented at the Association for the Advancement of Behavior Therapy, Reno, NV.
- Cheavens, J. S., Adamo, G. P., Rosenthal, M. Z., Thorp, S. R., Aspnes, A. K., & Lynch, T. R. (2002, November). *The relationship between affect intensity, experiential avoidance, and distress in older adults*. Poster presented at the Association for the Advancement of Behavior Therapy, Reno, NV.
- Beyer, J. L., Horton, L., Thorp, S. R., Cheavens, J. S., & Lynch, T. R. (2003, August). *Treatment of older adults with late-life depression and co-morbid personality disorders*. Poster presented at the International Psychogeriatric Association, Chicago, IL.
- Rosenthal, M. Z., Cheavens, J. S., Kosson, D., Lejeuz, C. W., & Lynch, T. R. (2003, November). *Laboratory evidence for problems with emotional sensitivity and reactivity in borderline personality disorder*. Symposium presentation at the Association for the Advancement of Behavior Therapy, Boston, MA.
- Lynch, T. R., Thorp, S. R., & Cheavens, J. (2003, November). *Comorbid depression and personality disorder in older adults: The impact of experiential avoidance*. Symposium presentation at the Association for the Advancement of Behavior Therapy, Boston, MA.
- Dreer, L. E., Ronan, G. F., Skeel, R., Wollerman-Ronan, D., Cheavens, J. S., Jonnasaint, C., Sarouna, P., Edwards, C., & Logue, P. E. (2003, November). *Social desirability and college drinking: An examination of self-report versus performance based measures*. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, MA.



- Chapman, A. L., M. Z. Rosenthal, Cheavens, J., & Lynch, T. R. (2003, November). *Risk taking as a function of personality disorder features in older adults*. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, MA.
- Compton, J. S. & Cheavens, J. S. (2004, November). *Integrative behavioral couple therapy for the treatment of older adults with major depression and marital distress*. Poster presented at the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Schneider, K. G.,\* Ekblad, A. G.,\* Cheavens, J. S., Rosenthal, M. Z., & Lynch, T. R. (2004, November). *Emotion regulation techniques mediate the relation between negative affect intensity and BPD traits*. Poster presented at the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Lynch, T. R., Bronner, L. L., Horton, L. E.,\* Cheavens, J. S., & Rosenthal, M. Z. (2004, November). *Understanding predictors of treatment response among older adults with comorbid depression and personality disorders*. Poster presented at the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Cheavens, J. S., Banawan, S. F, Rosenthal, M. Z., & Lynch, T. R. (2004, November). *Reporting of suicidal ideation and hopelessness in older and younger adults with and without psychiatric diagnoses*. Poster presented at the Gerontological Society of America, Washington, D.C.
- Cheavens, J. S. & Snyder, C. R. (2005, May). *A therapeutic intervention to enhance hope*. Paper presented at the Society for Psychotherapy Research, Montreal, Canada.
- Ekblad, A. G.,\* Schneider, K. G.,\* Cuper, P. F.,\* Cheavens, J. S., Rosenthal, M. Z., & Lynch, T. R. (2005, November). *An investigation of the impact of thought suppression, attachment, and anxiety on borderline personality traits*. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington D.C.
- Rosenthal, M. Z., Cheavens, J. S., Lejuez, C. W., Daughters, S. B., & Lynch, T. R. (2005, November). *Chronic thought suppression and BPD: Two preliminary studies*. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, D. C.
- Rosenthal, M. Z., Cukrowicz, K., Cheavens, J. S., & Lynch, T. R. (2005, November). *Specific strategies for controlling unwanted thoughts in BPD*. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, D. C.
- Schneider, K. G.,\* Rosenthal, M. Z., Ekblad, A. G.,\* Cuper, P. F.,\* Cheavens, J. S., & Lynch, T. R. (2005, November). *Mindfulness mediates the relationship between impulsivity and self-destructive behavior*. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, D. C.
- Rosenthal, M. Z., Lynch, T. R., Cheavens, J. S., & Lejuez, C. W. (2005, November). *The role of two specific regulation strategies in BPD*. Symposium presentation at the Association for Behavioral and Cognitive Therapies, Washington, D. C.

- Lynch, T. R., Rosenthal, M. Z., Kosson, D., Cheavens, J. S., Lejuez, C. W., & Blair, J. R. (2005, November). *Heightened sensitivity to facial expressions of emotion in BPD*. Symposium presentation at the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Cukrowicz, K. C., Ekblad, A. G.,\* Cheavens, J. S., & Lynch, T. R. (2005, November). *Coping styles and emotional coping in older adults with suicidal ideation*. Paper presented at the Gerontological Society of America, Orlando, FL.
- Bambara, J.,\* Bjelke, E. G., Uswatte, G., Swanson, M., DeCarlo, D., Cheavens, J. S., & Dreer, L. E. (2006, November). *Patient perspectives' of caregiver character strengths on the prediction of depression*. Poster presented at the Rehabilitation and Neuropsychology Special Interest Group at the Association for the Advancement of Behavioral and Cognitive Therapies, Chicago, IL.
- Rosenthal, M. Z., Cheavens, J. S., & Lynch, T. R. (2006, November). *A preliminary study of the relationship between shame, emotion regulation, and psychopathology*. Paper presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Ekblad, A. G.,\* Ritschel, L. A., Cheavens, J. S., & Lynch, T. R. (2006, November). *Differential contributions of rumination and hope to mindfulness, controlling for depression*. Poster presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Rosenthal, M. Z., Cheavens, J. S., Lynch, T. R., & Follette, V. M. (2006, November). *Thought suppression mediates the relationship between negative mood and PTSD in sexually assaulted women*. Poster presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Smoski, M. J., Lynch, T. R., Rosenthal, M. Z., Cheavens, J. S., Chapman, A. L., & Krishnan, K. R. R. (2006, November). *Enhanced decision-making in response to feedback in depressive adults*. Poster presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Lynch, T. R., Cheavens, J. S., & Cukrowicz, K. C. (2006, November). *DBT for depression with comorbid personality disorder: An extension of standard DBT to the treatment of older adults*. Paper presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Cuper, P. F.,\* Cheavens, J. S., & Lynch, T. R. (2007, November). *Locus of control moderates the relationship between fantasy-proneness and symptoms of depression*. Poster presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Cheavens, J. S. (2007, November). *Enhancing flourishing and meaning for older adults with depression: A pilot program*. Paper presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

- Cheavens, J. S. & Dreer, L. E. (2008, August). *Relationship between hope and depression: Incorporating hope into treatment*. Paper presented at the American Psychological Association, Boston, MA.
- Rosenthal, M.Z., Cheavens, J. S., Smoski, M. J., & Lynch, T. R. (2008, November). *Emotional responding in borderline personality disorder: Reactivity or sensitivity?* Paper presented at the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Cheavens, J. S. (2008, November). *Hope for the many: Creating and delivering hopeful treatments*. Invited address presented at the Hope Conference at Westborough State Hospital, Boston, MA.
- Cheavens, J. S., & Heiy, J.\* (2009, November). *Emotion regulation flexibility in the prediction of depressive symptoms*. Paper presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
- Cheavens, J. S., & Strunk, D. R. (2009, November). *The capitalization and compensation models in the treatment of depression*. Paper presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
- Adler, A. D.,\* Strunk, D. R., & Cheavens, J. S. (2009, November). *Changes in daily rumination, mood, and coping skills during CBT for depression*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
- Forsythe, V. A.\*, & Cheavens, J. S. (2009, November). *Relationships among mindfulness, rumination, and depressive symptoms*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
- Chriki, L. S.,\* Weiman, K.,\* Cheavens, J. S., & Strunk, D. R. (2009, November). *Relationships among underlying features in BPD*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
- Dynes, M.\* & Cheavens, J. S. (2010, May). *Neuroticism and emotion regulation success*. Poster presented at the UCLA Psychology Undergraduate Conference, Los Angeles, CA.
- Strunk, D. R. & Cheavens, J. S. (2010, June). *Capitalization and compensation models: A test of competing approaches to personalizing the treatment of depression*. Paper presented at the Society for Psychotherapy Research, Asilomar, CA.
- Cuper, P. F.,\* Rosenthal, M. Z., Smoski, M. J., Cheavens, J. S., & Lynch, T. R. (November, 2010). *Emotional reactivity and sensitivity to lexical stimuli and BPD: A preliminary study*. Poster presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Dynes, M. E.,\* Heiy, J.,\* & Cheavens, J. S. (2010, November). *Neuroticism and emotion regulation success*. Poster presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Hansen, R. W.,\* Cheavens, J. S., & Cukrowicz, K. C. (2010, November). *Self-forgiveness moderates the relationship between perceived burdensomeness and suicidal ideation in older adults*.

Poster presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Lazarus, S.,\* Thompkins, K.,\* & Cheavens, J. S. (2010, November). *Interpersonal choices in individuals with borderline personality and depressive features: The impact of time perspective*. Poster presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Stigen, C. L.\* & Cheavens, J. S. (2010, November). *The impact of validation and invalidation on affect and learning*. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, San Francisco, CA.

Forsythe, V. A.\* & Cheavens, J. S. (January, 2011). *The moderating effect of borderline personality disorder symptoms on the relationship between the perception of social support and interpersonal emotion regulation*. Poster presented at the Emotion Pre-Conference to the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Heiy, J. E.\* & Cheavens, J. S. (January, 2011). *An ecological momentary assessment of the regulation of positive and negative emotion*. Poster presented at the Emotion Pre-Conference to the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Cheavens, J. S. (March, 2011). *Optimizing cognitive behavioral treatment delivery: Focusing on patient strengths and therapist behaviors*. Invited talk at the University of Kansas Psychology Department Colloquium.

Heiy, J. E.\* & Cheavens, J. S. (May, 2011). *An ecological momentary assessment of positive and negative emotion regulation*. Poster presented at the Midwestern Psychological Association, Chicago, IL.

Hoet, A.\* & Cheavens, J. S. (May, 2011). *Effects of invalidation on people high on borderline personality disorder features*. Poster presented at the Psi Chi Poster Session at the Midwestern Psychological Association, Chicago, IL.

Lazarus, S. A.\* & Cheavens, J. S. (May, 2011). *Time estimation in individuals with high borderline personality and high depressive symptoms*. Poster presented at the Midwestern Psychological Association, Chicago, IL.

Hansen, R. W.,\* Cheavens, J. S., & Cukrowicz, K. (August, 2011). *Self-forgiveness moderates the relationship between perceived burdensomeness and suicidal ideation*. Paper presented at the American Psychological Association, Washington, DC.

Forsythe, V. A.\* & Cheavens, J. S. (November, 2011). *The moderating effect of borderline personality disorder symptoms on the relationship between the perception of social support and interpersonal emotion regulation*. Poster presented at the Association of Behavioral and Cognitive Therapies, Toronto, CA.

Lazarus, S. A.,\* Hansen, R. W.,\* & Cheavens, J. S. (November, 2011). *The impact of BPD features on social networks: Examining role of rejection sensitivity*. Poster presented at the Association of Behavioral and Cognitive Therapies, Toronto, CA.

## GRANT ACTIVITY

**R21 CA135005-01A1** 03/01/2009-02/28/2011

NCI \$275,000

Principal Investigator: Barbara L. Andersen, Ph.D.

*A biobehavioral intervention for patients with breast cancer recurrence*

This study examines the feasibility and acceptability of delivering an adapted biobehavioral intervention in a sample of women with recurrent breast cancer. The manual development involved incorporating hope and acceptance strategies into a manual that had previously demonstrated efficacy in improving quality of life for women at their first diagnosis of breast cancer.

*Role:* Co-Investigator

**R01 DA017372** 09/30/2003-06/30/2008

NIDA \$1,499,154

Principal Investigator: Thomas R. Lynch, Ph.D.

*Evaluation of Dialectical Behavior Therapy (DBT)*

This study examines the effectiveness of dialectical behavior therapy in treating borderline personality disorder co-morbid with opiate dependence. It is a two-site study; Dr. Marsha Linehan's laboratory at the University of Washington was the other site.

*Role:* Co-Investigator, Assessment Core Director, Therapist, Executive Committee Member

***The Effects of Paxil-CR Augmentation of a Mindfulness Intervention for Co-Morbid Depression in Lung Cancer Patients***

GlaxoSmithKline 06/15/03-12/15/04

\$80,000

Principal Investigators: Thomas R. Lynch, Ph.D./Francis J. Keefe, Ph.D.

This study was designed to explore the feasibility of a phone-based mindfulness intervention for older adults with late-stage lung cancer. The study was conducted in conjunction with Dr. Keefe's laboratory and the DUMC Cancer Center.

*Role:* Co-Investigator, Therapist, Recruitment/Assessment Supervisor

## CLINICAL SEMINARS AND OTHER TEACHING

1. Spirituality and Mindfulness: Progress Not Perfection. (Cheavens, J. S. & Georgi, J.) March 18 – 20, 2005. Sponsored by the Coastal Area Health Education Center. Wilmington, NC.
2. Dialectical Behavior Therapy for Co-morbid Personality and Substance Abuse Disorders. (Cheavens, J. S.) June 23, 2006. Mental Health Association in North Carolina. Charlotte, North Carolina.
3. Dialectical Behavior Therapy for Depression with Co-Morbid Personality Disorders. (Lynch T. R. & Cheavens, J. S.). Sponsored by the International Society for Improvement and Teaching of Dialectical Behavior Therapy. Reno, Nevada.
4. Dialectical Behavior Therapy for Substance Use Disorders. (Cheavens, J. S.). March 23, 2007. Sponsored by the Durham Center. Durham, North Carolina.
5. Basic Skills in Cognitive Behavioral Therapy. (Cheavens, J. S.) January 22<sup>nd</sup>, 2007. Sponsored by the North Carolina Southern Regional AHEC. Fayetteville, North Carolina.
6. Integrating Neuropsychological Functioning and CBT for Adult and Older Adult Populations. (Dreer, L. E. & Cheavens, J. S.) November 16<sup>th</sup>, 2007. Sponsored by the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
7. The Underdeveloped Dialectic: Dialectical Behavior therapy for Emotionally Constricted and Risk-Averse Personality Disorders. (Lynch, T. R. & Cheavens, J. S.) November 13<sup>th</sup>, 2008. Sponsored by the International Society for the Improvement and Teaching of Dialectical Behavior Therapy. Orlando, FL.
8. The Underdeveloped Dialectic: Dialectical Behavior therapy for Emotionally Constricted and Risk-Averse Personality Disorders. (Lynch, T. R. & Cheavens, J. S.) November 15<sup>th</sup>, 2008. Sponsored by the Association for Behavioral and Cognitive Therapies. Orlando, FL.
9. Dialectical Behavior Therapy for Treatment Resistant Depression: The art of being radically open. (Lynch, T. R. & Cheavens, J. S.) July 2 -3, 2009. Sponsored by the Mood Disorders Centre at University of Exeter. Exeter, England.
10. Introduction to Dialectical Behavior Therapy. (Cheavens, J. S.) March, 2010 – April, 2010. Sponsored by the Department of Psychiatry at the Ohio State University Medical Center.
11. The Science and Clinical Application of Goal-Setting: Harnessing Hope. (Cheavens, J. S.). October 21, 2011. Sponsored by the Kansas Association of Court Services Officers.

## PROFESSIONAL MEMBERSHIP

American Psychological Association  
 Association for Behavioral and Cognitive Therapies  
 Gerontological Society of America  
 Midwestern Psychological Association  
 Psychotherapy, APA Division 29

Society of Clinical Psychology, APA Division 12

### NATIONAL SERVICE

- 2004-05 Behavioral and Social Sciences Section Program Committee, Gerontological Society of America
- 2005 Red Cross Mental Health Volunteer, Hurricane Katrina, Mississippi and Louisiana
- 2007-10 ABCT Listserve Committee
- 2008 Reviewer, APA Dissertation Research Awards
- 2009 Reviewer, APA Dissertation Research Awards
- 2010 Reviewer, GSA Conference Submissions
- 2011 Reviewer, APA Dissertation Research Awards
- 2011 Reviewer, APA Division 12 Conference Submissions
- 2012-13 Positive Psychology Stream Leader, World Congress of Behavioral and Cognitive Therapies
- 2012 Reviewer, GSA Conference Submissions

### EDITORIAL SERVICE

- 2010 - present *Journals of Gerontology, Series B: Psychological Sciences*, Editorial Board
- 2011 - present *Journal of Clinical Psychology*, Editorial Board

### Ad Hoc Journal Reviews for:

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| Aging & Mental Health                                | Behavior Therapy                                     |
| Clinical Psychology - Science and Practice           | Cognitive Therapy and Research                       |
| Depression and Anxiety                               | Human Psychopharmacology: Clinical & Experimental    |
| International Journal of Geriatric Psychiatry        | International Journal of Testing                     |
| Journal of Clinical Psychology                       | Journal of Consulting and Clinical Psychology        |
| Journal of Nervous and Mental Disorders              | Journal of Personality                               |
| Journal of Positive Psychology                       | Journal of Psychiatric Research                      |
| Journal of Psychopathology and Behavioral Assessment | Journal of Social and Clinical Psychology            |
| Journal of Traumatic Stress                          | Personality Disorders: Theory, Research, & Treatment |
| Rehabilitation Psychology                            | Social Behavior and Personality                      |
| Social Indicators Research                           | Pain   |

## COURSES TAUGHT

Experimental Methods Laboratory  
Department of Psychology, Old Dominion University  
AU 94 - SP 96

Introduction to Psychology  
Department of Psychology, University of Kansas  
SU 99

Theories of Personality  
Department of Psychology, University of Kansas  
AU 97 - SP 99

Personality and Its Disorders (Graduate Seminar)  
Department of Psychology, The Ohio State University  
AU 2007, AU 2009, AU 2011

Practicum in Clinical Psychology (Graduate Clinical Supervision)  
Department of Psychology, The Ohio State University  
WI 08 - present

Psychology of Personality (Undergraduate Lecture)  
Department of Psychology, The Ohio State University  
WI 08, WI 09, SP 09, WI 10, WI 12

Positive Psychology (Undergraduate Lecture)  
Department of Psychology, The Ohio State University  
WI 09, SU 09, WI 10

Honors Research Seminar (Undergraduate Seminar)  
Department of Psychology, The Ohio State University  
AU 10