

Credentials

**RICHARD M. SUINN**

OCCUPATIONAL

- Current Emeritus Professor and Emeritus Department Head, Colorado State University
- 1969-1999 Professor of Psychology, Department of Psychology, Colorado State University. Head, 1973-1993; Acting Head, 1972. Associate Head, 1969-72; Professor, 1969; Associate Professor, 1968-69.
- 1998- 2003 EXTERNAL EXAMINER, Chinese University of Hong Kong, Shatin  
2002- current EXTERNAL EXAMINER, University of Hong Kong, Hong Kong  
2004 DISSERTATION EXAMINER, University Waikato, New Zealand  
DISSERTATION EXAMINER, University of Pune, India
- Spring 91: VISITING LECTURER, Japan: Chukyo University, Fukuoka University, Kanoya University, Joetsu University.
- Summer 86: VISITING SCIENTIST, Chinese Academy of Sciences, People's Republic of China
- 1966-68: ASSOCIATE PROFESSOR, Department of Psychology, University of Hawaii.  
COORDINATOR, Counseling Training Program.  
PSYCHOLOGICAL CONSULTANT & SUPERVISORY FACULTY, Queen's Hospital Mental Health Clinic and Psychoanalytic Training Center.
- Summer 67: RESEARCH CONSULTANT, Stanford University School of Medicine, Division of Rehabilitation Medicine.
- 1965-66: RESEARCH ASSOCIATE, Stanford University School of Medicine.
- Spring 65: VISITING LECTURER, Department of Psychology, San Jose State College.
- 1959-64: ASSISTANT PROFESSOR, Department of Psychology, Whitman College.  
ACTING DEPARTMENT HEAD, 1962. COLLEGE BOARD OF ADMISSIONS.
- 1958-59: COUNSELOR, Counseling Center, Stanford University.
- 1955-58: CLINICAL PSYCHOLOGY INTERN, VA Hospitals in Palo Alto and San Francisco, California, and Dayton, Ohio (neuropsychiatric, general medical, domiciliary-geriatrics).
- 1957-58: CLINICAL PSYCHOLOGY TEACHING ASSISTANT, Department of Psychology, Stanford University.
- 1971: VISITING PROFESSOR, School of Psychology, University of Vera Cruz, Mexico.
- 1961, 1964: VISITING PROFESSOR, Department of Psychology, Central Washington State College.
- 1963: VISITING PROFESSOR, Department of Psychology, University of Washington.

### EDUCATIONAL HISTORY

1955            B.A., summa cum laude, Ohio State University  
1957            M.A., Clinical Psychology, Stanford University  
1959            Ph.D., Clinical Psychology, Stanford University

### LICENSES

1993            Diplomate, American Board of Professional Psychology  
1987            Diplomate, American Board of Behavioral Psychology  
1969            Certified as psychologist, State of Colorado  
1968            Certified as psychologist, State of Hawaii

### BOOKS AND TESTS

Anxiety management training: A behavior therapy. Plenum, 1990.

Fundamentals of abnormal psychology. Chicago, IL: Nelson-Hall Publishers, 1984.

The seven steps to peak performance. Toronto, Canada: Hans Huber Publishers, Inc., 1986. (translated into German and into Japanese)

Psychology in sports: Methods and applications. Minneapolis, MN: Burgess Publishing Company, 1980. (translated into Chinese, 1983)

Manual: Anxiety Management Training (AMT). Fort Collins, CO: Rocky Mountain Behavioral Sciences Institute, 1972. (revised 1977, 1983)

Fundamentals of behavior pathology, 1st edition. New York, NY: John Wiley & Sons, 1970; 2nd edition, 1975. (undergraduate abnormal psychology textbook).

The innovative medical-psychiatric therapies. Baltimore, MD: University Park Press, 1976. (w. Weigel)

The innovative psychological therapies: Critical and creative incidents. New York, NY: Harper & Row, 1975. (w. Weigel)

The predictive validity of projective measures. IL: C.C. Thomas, 1969. (w. Oskamp) (graduate technical volume)

The Suinn Test Anxiety Behavior Scale (STABS) (also translated into Chinese & Indonesian)

The Mathematics Anxiety Rating Scale, Brief Version (MARS-S)

The Mathematics Anxiety Rating Scale (MARS) (also translated into Hebrew, Finnish)

The Mathematics Anxiety Rating Scale - Adolescent Form (MARS-A) (also translated into Spanish, Malaysian & Turkish)

The Mathematics Anxiety Rating Scale - Elementary Form (MARS-E)(also translated into German)

The Suinn-Lew Asian Self-Identity Acculturation Scale (SL-ASIA)

The Behavioral Sports Motivation Scale

The Stanford-Kohs Block Design Test for the Blind

The Suinn-Feldman Rehabilitation Self-Description Scale

VIDEOTAPES

Autobiography as APA & AABT President (Association for Advancement of Behavior Therapy Series)

Anxiety Management Training (for graduate use)

The technique for the administration of the Wechsler Adult Intelligence Scale and the Stanford Binet (for graduate use)

Behavior Therapy (for undergraduate use)

Minority Role Models: Personal Inspirations (for all levels)

CONTRACTS AND GRANTS

National Institute of Mental Health, 1963. Problems and personality characteristics of college students.

Pacific Biomedical Research Center, 1966. The prediction rate of progress of stroke patients in rehabilitation.

University Research Council, 1967. A comparative study of stroke patients.

Faculty Improvement Committee, 1969. The development of a learning enhancement and emotional change laboratory.

Biomedical Sciences Support Grant, 1969. Vocational implications of selected cortical defects. (w. DeTurk)

Office of Education, 1970. The application of short-term video-tape therapy for the treatment of test anxiety in college students.

State of Colorado, 1971. Mobile educational community consultation action teams (MECCA).

Office of Education, 1971. Training of undergraduate paraprofessionals in behavior modification consultation.

Biomedical Sciences Support Grant, 1973. Behavior modification with cardiac patients.

Biomedical Sciences Support Grant, 1975. Prevention of heart disease in a non-patient sample.

Teledyne Water Pik Company, 1976. Stress management for tension headaches.

U.S. Olympic Committee Development Grant, 1979. Psychological and mental training to increase efficiency in endurance athletes.

National Institute of Mental Health, 1980. Assessing and treating mathematics anxiety in minority youth. (approved, not funded)

Colorado Commission on Higher Education, 1986. Quality Incentive Program in Recognition of Excellence. Minority graduate student recruitment, retention, and graduation.

National Institute of Mental Health, 1986. Minority Mental Health Services Priorities Workshop.

## PUBLICATIONS

**PSYCHOLOGICAL THERAPIES:** Innovations in methods, new treatment designs, innovative applications

A group therapy program with orthopedic patients. Group Psychotherapy, 1964, 17, 49. (w. Teitelbaum)

The treatment of test anxiety by a combination of group and individual desensitization methods. Behavior Research and Therapy, 1968, 6, 385.

Group desensitization of a phobia in massed sessions. Behaviour Research and Therapy, 1969, 7, 319. (w. Robinson)

Marathon desensitization groups. Behaviour Research and Therapy, 1970, 8, 97.

The termination of a LSD 'freakout' through the use of relaxation. Journal of Clinical Psychology, 1970, 26, 127. (w. Brittain)

Behavior therapy of an unusual case of highway hypnosis. Behavior Therapy and Experimental Psychiatry, 1970, 2, 129.

Accelerated massed desensitization: Innovation in short-term therapy. Behavior Therapy, 1970, 1, 303.

Desensitization: Some innovative procedures. Revista Latinoamericana de Psicologia, 1970, 2, 129.

Short-term desensitization therapy. Behaviour Research and Therapy, 1971, 8, 383.

Anxiety management training: A non-specific behavior therapy program for anxiety control. Behavior Therapy, 1971, 4, 498. (w. Richardson)

The application of short-term video-tape therapy for the treatment of test anxiety of college students, Final Report. Fort Collins, CO: CSU, 1971.

A comparison of traditional systematic desensitization, accelerated massed desensitization, and anxiety management training in the treatment of mathematics anxiety. Behavior Therapy, 1973, 4, 212. (w. Richardson)

Desensitization therapy to establish self-confidence and social competency. Psychiatric Quarterly, 1973, 47, 586.

Automated short-term desensitization. Journal of College Student Personnel, 1973, 14, 471. (w. Edie, Nicoletti, Spinelli)

Effects of two short-term desensitization methods in the treatment of test anxiety. Journal of Counseling Psychology, 1974, 21, 457. (w. Richardson)

Psychotherapy and behavior therapy. Annual Review of Psychology, 1975, 26, 509. (w. Bergin)

The innovative psychological therapies: Critical & creative incidents. NY: Harper & Row, 1975. (w. Weigel)

Treatment of phobias. In G. Harris (Ed.), The group treatment of human problems: A social learning approach. NY: Grune & Stratton, 1977.

The treatment of generalized anxiety disorder. In S. Turner (Ed.), The behavioral treatment of anxiety. NY: Plenum, 1982.

Concepts and treatment of the generalized anxiety syndrome. In L. Ascher & L. Michelson (Eds), International handbook of assessment and treatment of anxiety disorders. NY: Guilford Press, 1987. (w. Deffenbacher)

Stress management by behavioral methods. In J. Noshpitz & D. Coddington (Eds.), The adjustment disorders. Washington, D.C.: American Psychiatric Association Task Force on Treatment of Psychiatric Disorders, 1985.

Anxiety management training. Invited article, special issue of The Counseling Psychologist, 1988, 16, 31-49. (w. Deffenbacher)

Desensitization therapy. Invited article, special issue of The Counseling Psychologist, 1988, 16, 9-30. (w. Deffenbacher)

Clinical practice, university research, and students: A historical perspective on Anxiety Management Training. American Psychologist, 1995, 50, 287-292.

Imagery in psychotherapy practice. The Advancing Practice. (in press)(invited as lead article).

Anxiety Management Training. Invited chapter. In Hersen, M. & Sledge, W. (Eds.) Encyclopedia of Psychotherapy, Elsevier Press, 2002. (w. Deffenbacher)

The Millennium: Future Directions in Behavior Therapy, the Behavior Therapist, 2003, 26, 282-284.

AMT: Anxiety/Anger Management Training. In Hersen & Rosqvist (Eds). Encyclopedia of Behavior Modification and Cognitive Behavior Therapy, 2005.

**BEHAVIORAL MEDICINE AND SCIENCE**: Heart Disease, innovative treatment, physical disability

Psychological reactions to physical disability. Journal of the Association of Physical and Mental Rehabilitation, 1967, 21, 13.

The prediction of progress of stroke patients by means of empathy measures with patients and family members. Journal of Psychosomatic Research, 1968, 12, 189. (w. Robertson)

The use of psychological testing in the assessment of the disabled for training. Proceedings, 4th Pan Pacific Rehabilitation Conference, Hong Kong: S. China Morning Post, 1969.

Behavior therapy for cardiac patients. Behavior Therapy, 1974, 5, 569.

'Training to relax' lowers serum cholesterol levels (interview with R. Suinn). The Journal of the American Medical Association, 1974, 230 (1), 19.

The cardiac stress management program for Type A patients. Cardiac Rehabilitation, 5 (4), Winter 1975.

Behavior therapy for Type A patients. American Journal of Cardiology, 1975, 36, 269.

Stress management for Type A persons. In R. Williams & D. Gentry (Eds), Behavioral methods in medical practice. Cambridge, MA: Ballinger Press, 1977, 55-65.

A better way than Type A: How to avoid heart disease. Journal of Extension, 1977, 15, 32.

- Anxiety management training for Type A persons. Journal of Behavioral Medicine, 1978, 1, 25-35. (w. Bloom)
- A behavioral approach to intervention. In T. Dembroski, et al. (Eds.), Coronary-prone behavior. Springer-Verlag Publishers, 1978.
- Pattern A behaviors & heart disease: Intervention methods. In J. Ferguson & C. Taylor (Eds.), The comprehensive handbook of behavioral medicine. NY: Spectrum, 1980.
- The chronically anxious patient. In D. Doleys, R. Meredith, & A. Ciminero (Eds.), Behavioral psychology in medicine: Assessment and treatment strategies. Plenum Press, 1982. (w. Deffenbacher)
- Intervention with Type A behavior: A critical review. Journal of Consulting and Clinical Psychology, 1982, 50, 933-949. (invited manuscript)
- Prediction of cancer from psychological measures. Psychological Inquiry, 1991, 2, 268-276. (invited manuscript)
- Using science to promote practice in health care. the Health Psychologist, 1994, 16, 20, 23-24.
- The role of psychological services in primary health care. Register Report, 1995, 21, 5.
- Anger: A disorder of the future, here today. the Independent Practitioner, 1996, 16, 149-151.
- Working with cancer patients. the Health Psychologist, 1997, 18, 6, 17.
- Our year of dreams. APA Monitor, 1999, 30, January, p. 2.
- The magic bullet for cancer. APA Monitor, 1999, 30, February, p. 2.
- Cancer: a special look. APA Monitor, 1999, 30, June, p. 2.
- Y2K is upon us. APA Monitor, 1999, 30, July/August, p. 2.
- Cancer: Abstracts of the Psychological and Behavioral Literature, 1990-1999. Wash. D.C.: American Psychological Association. (w. Whitfield)
- Cancer patients and their families: Readings on disease course, coping, and psychological interventions. American Psychological Association, 1999. (w. VandenBos)
- It's past time. Editorial. Professional Psychology: Research and Practice, 2000, 31, 115-116.
- Primary health care for psychologists. The Nassau Country Psychologist, Millenium Issue, 1999.
- Cultural and international issues. International Psychology Reporter, 2000, 4, 8-10.
- The Terrible Twos - anger and anxiety: Hazardous to your health. American Psychologist, 2001, 56, 27-36.
- The Model Template: Blank Check for Unregulated Practice or Pragmatic Guidelines for Reasonable Regulation? Comment on Belar et al. (2001). Prevention & Treatment (electronic journal. 2003, 6. (<http://journals.apa.org/prevention/>)
- Anxiety/Anger Management Training (AMT): Two for the price of one. In A. Freeman (Ed.). Encyclopedia of Cognitive Behavior Therapy, 2005, 36, N.Y.J.: Springer.(w. Deffenbacher)

Treating anxiety and anger for health benefits. Advances in Medical Psychotherapy and Psychodiagnosis. 2006, 12, 5-12.

**STRESS:** Stress theory, new treatments, new applications

Stress and the stability of self and other attitudes. Journal of General Psychology, 1965, 73, 172.

Anxiety and intellectual performance: A partial failure to replicate. Journal of Consulting Psychology, 1965, 29, 81.

Susceptibility to anxieties: A generalized trait. Journal of General Psychology, 1965, 73, 317.

Anxiety management training for general anxiety. In R. Suinn & R. Weigel (Eds.), The innovative psychological therapies: Critical & creative incidents. NY: Harper & Row, 1975, 66-70.

Anxiety management training to control general anxiety. In J. Krumboltz & C. Thoresen (Eds.), Counseling methods. NY: Holt, 1976.

How to break the vicious cycle of stress. Psychology Today, 1976, 10, 59-60.

Behavioral intervention methods for stress and anxiety. In I. Kutash & L. Schlesinger (Eds.), Handbook on stress and anxiety. San Francisco, CA: Jossey Bass, 1980. (w. Deffenbacher)

Stress management for elite athletes. In Y. Hanin (Ed.), Stress and anxiety in sport. Moscow, USSR: PCSP/FIS, 1981.

The self-control of anxiety. In P. Karoly & F. Kanfer (Eds.), The psychology of self-management: From theory to practice. Elmsford, NY: Pergamon, 1982. (w. Deffenbacher)

Stress reduction programs. In E. Altmaier (Ed.), Helping students manage stress: New Directions for Student Services, No. 21. San Francisco, CA: Jossey-Bass, 1983.

Matching behavior therapy to stress theory: Why the Mismatch? Academic Psychology Bulletin, 1983, 5, 417-434.

Antecedents to behavioral outcomes. Psychotherapy in Private Practice, 1985, 3, 1-18. (invited manuscript)

Behavioral intervention for stress management in sports. In D. Hackfort & C. Spielberger (Eds.), Anxiety in sports: An international perspective. NY: Hemisphere, 1986.

Expanding your practice: Stress management-an application for all seasons. the Group Psychologist, 1995, 5, 8-9, 11.

Imagery rehearsal : A tool for clinical practice. Psychotherapy in private practice, 1996, 15, 27-31.

Self-help for psychotherapists: Cognitive behavioral approaches. Self-help and Psychology, 1998.

Ninth Inning Farewell. APA Monitor, 1999, 30, p. 2.

Anxiety/Anger Management Training. In G. Koocher, J. Norcross, S. Hill III. Psychologists' Desk Reference. N.Y.: Oxford, 1998, 318-321. 2<sup>nd</sup> edition, 2005.

**PERSONALITY THEORY:** Empirical tests of psychodynamic, humanistic, behavioral theories

- Self-acceptance and acceptance of others: A learning theory analysis. Journal of Abnormal & Social Psychology, 1961, 63, 37. Also in G. Lindzey and C. Hall (Eds.), Theories of personality: Primary sources and research. NY: Wiley, 1965
- The influence of anxiety on the relationship between self-acceptance and acceptance of others. Journal of Consulting Psychology, 1964, 28, 116. (w. Hill)
- A note on identification, self-esteem, anxiety and conformity. Journal of Clinical Psychology, 1965, 21, 286. (w. Smith)
- A factor modifying the concept of anxiety as a drive. Journal of General Psychology, 1965, 73, 43.
- Identification and authoritarianism. British Journal of Medical Psychology, 1966, 39, 65.
- Guilt and depth of reaction to the death of a president. Psychoanalytic Review, 1966.
- The disarmament fantasy: Psychological factors that may produce warfare. Journal of Human Relations, 1966, 15.
- Jungian typology and color dreaming. Psychiatric Quarterly, 1966, 40, 659.
- Anxiety and color dreaming. Mental Hygiene, 1967, 51, 27.
- The relationship between fears and anxiety: A further study. Behaviour Research and Therapy, 1969, 7, 317.
- Fears as attitudes: Experimental reduction of fear through reinforcement. Journal of Abnormal Psychology, 1971, 78, 272. (w. Jorgensen, Stewart, & McGuirk)
- Blanchard and Elkin's "A critique of fears as attitudes": Rejoinder. Journal of Abnormal Psychology, 1973, 82, 110.
- Traits for selection of paraprofessionals for behavior-modification consultation training. Community Mental Health Journal, 1974, 10, 441-449.
- STATISTICAL PSYCHOMETRICS:** Psychometric qualities of objective measures
- The Stanford Ohwaki-Kohs Tactile Block Design Intelligence Test for the Blind. New Outlook for the Blind, 1966, 60, 77. (w. Dauterman & Shapiro)
- Social desirability and the Taylor Manifest Anxiety Scale, the General Anxiety and Anxiety Scales. Educational and Psychological Measurement, 1967, 27, 1119-1120.
- Removal of social desirability influence in the Taylor Manifest Anxiety Scale. Educational and Psychological Measurement, 1968, 28, 1189-1192.
- Psychometric characteristics of the Test Anxiety and General Anxiety Scales: Social desirability and reliability data. Journal of Clinical Psychology, 1969, 64.
- Changes in non-treated subjects over time: Data on a fear survey schedule and the Test Anxiety Scale. Behaviour Research and Therapy, 1969, 205.
- The need for data on false positives on the XYY Chromosome aberrants. Lancet, 1969, 157.
- Fear survey schedule changes on total and factor scores due to nontreatment effects. Behavior Therapy, 1971, 3, 275. (w. Tasto)

The mathematics anxiety rating scale: Psychometric data. Journal of Counseling Psychology, 1972, 19, 551-554. (w. Richardson)

**ASSESSMENT:** Individual differences, new measurement approaches

The Shipley-Hartford: A screening test of intelligence. Journal of Clinical Psychology, 1961, 63, 37.

Stanford Ohwaki-Kohs Tactile Block Design Intelligence Test for the Blind, Second Progress Report. Stanford University Medical School, 1966.

The Stanford Multi-Modality Imagery Test for the Blind. Rehabilitation Counseling Bulletin, 1966, 10. (w. Dauterman & Shapiro)

The Ohwaki-Kohs Intelligence for the Blind: The American standardization study. Tohoku Psychologica Folia, 1966, 9, 217.

The WAIS as a predictor of educational and occupational achievement in the adult blind. New Outlook for the Blind, 1967, 61, 41. (w. Dauterman & Shapiro)

Performance tests of intelligence for the blind. International Journal of Education for the Blind, 1967, 17, 8. (w. Dauterman & Shapiro)

The Stanford Ohwaki-Kohs Block Design Test for the Blind, American Revision. Western Psychological Services, 1968. (w. Dauterman)

The STABS, A measure of test anxiety for behavior therapy: Normative data. Behaviour Research and Therapy, 1969, 7, 335.

The MARS, A measure of mathematics anxiety: Psychometric data. Journal of Clinical Psychology, 1972, 28, 373. (w. Edie, Nicoletti, & Spinelli)

The measurement of mathematics anxiety: The Mathematics Anxiety Rating Scale for Adolescents - MARS-A. Journal of Clinical Psychology, 1982, 38, 576-580. (w. Edwards)

Suinn Mathematics Anxiety Rating Scale, Elementary School: Psychometric and normative data. Educational and Psychological Measurement, 1988, 48, 979-986. (w. Taylor, Edwards)

Behavioral components of mathematics anxiety: A developmental analysis. The Behavior Therapist, 1989, 12, 111-112.

The Mathematics Anxiety Rating Scale: A brief version. Psychological Reports, 2003, 92, 167-173. (w. Winston)

**TEACHING AND STUDENTS:** Teaching principles, enhanced learning, new programs

Learning principles and teaching. Improving College and University Teaching, 1965, 13, 230.

Personality and grades of college students of different class ranks. Educational and Psychological Measurement, 1966, 26, 1053.

Types of problems as a function of year in college for males and females. College and University, 1967, 42, 33.

Development of in-service training in behavior modification through mobile educational community consultation action (MECCA) teams, Final Report. Fort Collins, CO: CSU, 1971. (w. Cole)

Removing emotional obstacles to learning and performance. Behavior Therapy, 1973, 3, 308.

The effectiveness of paraprofessional students as behavior consultants to teachers, Final Report. Fort Collins, CO: CSU, 1973.

Training undergraduate students as community behavior modification consultants. Journal of Counseling Psychology, 1974, 21, 71.

Changes in budgetary and personnel support levels of psychology, 1970-1980. American Psychologist, 1981, 36, 902-907. (w. Viney).

Forward to The Compleat Academic. In M. Zanna & J. Darley (Eds.), The Compleat Academic. Washington, D.C.: American Psychological Association, 1986, in press. (Invited)

Selecting psychology as your major. In P. J. Woods & C. S. Wilkinson (Eds.), Is psychology the major for you?: Planning your undergraduate years (pp. 21-22). Washington, D.C.: American Psychological Association. (w. Carducci & Wise).

Training and accreditation in counseling psychology. The Counseling Psychologist, 1988, 16, 366-384. (w. Meara, Schmidt, Carrington, Davis, Dixon, Fretz, Myers, & Ridley)

The Academic Science-Practitioner: Faculty Issues. APA Monitor, Volume 23, February, 1992.

Women in Academia. The Behavior Therapist, 1992, 15, 100-103. (invited).

AABT's Roots. The Behavior Therapist, 1992, 15, 120.

National Conference on Undergraduate Education in Psychology. Wash. D.C.: American Psychological Association, 1993. (section editor).

Practice - it's not what we preached. The Behavior Therapist, 1993, 16, 47-49. (invited).

Creative communicating. The Behavior Therapist, 1993, 16, 110. (invited)

Practice: What should we preach? The Behavior Therapist, 1993, 16, 1 51-152. (invited)

The "rights" of passage. APAGS, Spring, 1993.

Issues facing education and educators. Teaching of Psychology. 1998. invited).

Share a tip with us. APA Monitor, 1999, 30, April, p. 2.

What if psychology had a revolution. APA Monitor, 1999, 30, September, 2.

The best job in the world. APA Monitor, 1999, 30, November, p. 2.

The past presidents of AABT. The Behavior Therapist, 2003, 26, 329-352 (edited w. Ronan)

Doing a deposition. Hawaii Psychologist. 2004.

Teaching culturally diverse students. In W. McKeachie & M. Svinicki (Eds.) McKeachie's Teaching Tips: Strategies, Research, and Theory for College and University Teachers. N.Y. Houghton Mifflin, 2006.

**HUMAN COGNITIVE PROCESSES:** Memory, information processing, perception

The self-concept and accuracy of recall of inconsistent self-related information. Journal of Clinical Psychology, 1962, 18, 463. Also in G. Lindzey and C. Hall (Eds.), Theories of personality: Primary sources and research. NY: Wiley, 1965. (w. Osborn & Winfree)

Anxiety and cognitive dissonance. Journal of General Psychology, 1965, 73, 113.

Anxiety as a drive: Recall of perceptually appropriate and inappropriate items. Journal of Genetic Psychology, 1967, 110.

The theory of cognitive style: A partial replication. Journal of General Psychology, 1967, 77, 11.

Limited sensory and social deprivation and operant control of affiliation and deference responses. Journal of Projective Technique, 1969, 33, 535.

**ABNORMAL PSYCHOLOGY:** Psychosis, principles of diagnosis and treatment

The relationship between symptomatology and birth origin of Japanese psychotics. International Journal of Social Psychiatry, 1970. (w. Sekiguchi)

Abnormal psychology. In M. Meyer (Ed.), Introduction to psychology. Oxford University Press, 1978.

Fundamentals of abnormal psychology. Chicago, IL: Nelson-Hall, Inc., 1984. Update, 1988.

Concepts and treatment of the generalized anxiety syndrome. In L. Ascher & L. Michelson (Eds.), International handbook of assessment and treatment of anxiety disorders. NY: Guilford Press, 1987. (w. Deffenbacher)

Stress management by behavioral methods. In J. Noshpitz & D. Coddington (Eds.), Adjustment Disorders. Washington, D.C.: American Psychiatric Association Task Force on Treatment of Psychiatric Disorders, 1985.

Abnormal psychology: New challenges and basic foundations. The G. Stanley Hall Lecture Series. Washington, D.C.: American Psychological Association, 1988.

Schizophrenia and bipolar disorder: Origins and influences. Behavior Therapy, 1995, 26, 557-571.

**ETHNIC MINORITIES:** Research, recruitment

The center for minority group mental health programs and its granting procedures. Newsletter of the Asian-American Psychological Association, 1978, 4, 20-23. (w. Cheung)

Asian-Americans in psychological programs. Journal of the Asian-American Psychological Association, 1980, 5, 5.

Recruitment and retention of ethnic minority faculty. American Psychologist, 1982, 37, 1239-1244. (w. Witt)

Research and practice in cross cultural counseling. The Counseling Psychologist, 1985, 13, 673-684.

The Suinn-Lew Asian Self-Identity Acculturation Scale: An Initial Report. Educational and Psychological Measurements, 1987, 47, 402-407. (w. Rickard-Figueroa, Lew, & Vigil).

Asian-Americans and psychology. In P. Woods (Ed.), The psychology major. Washington, D.C.: American Psychological Association, 1986, in press.

Minority issues. APA Monitor, 1987, 18, 30. (invited comment)

Minority mental health research services priorities. Proceedings, Rockville, MD: National Institute of Mental Health, 1987.

The Suinn Mathematics Anxiety Rating Scale for Elementary School Students (MARS-E): Results for Hispanic Subjects. Hispanic Journal of Behavioral Sciences, 1989, 11, 83-90. (w. Taylor & Edwards).

Reflections on minority developments Professional Psychology: Research & Practice, 1992, 23, 14-17 (invited).

Sensitivities to Asian-American issues..CPA Bulletin, 1992, 25, 4 (invited).

Women in academia. The Behavior Therapist, 1992, 15, 100-103. (invited).

Can psychology be general without being diverse? The General Psychologist, 1992, 29, 10-12.

The Suinn-Lew Asian Self-Identity Acculturation Scale: Concurrent and Factorial Validation. Educational and Psychological Measurement, 1992, 52, 1041-46. (w. Ahuna, Khoo).

Minorities: Myths & misconceptions - Only twins look alike. The Behavior Therapist, 1993, 16, 243-246. (invited).

The Suinn-Lew Asian Self-Identity Acculturation Scale: Cross Cultural Information. Journal of Multicultural Counseling and Development, 1995, 23, 139-148. (w. Khoo, Ahuna).

APA Commission on Ethnic Minority Recruitment, Retention and Training, Final Report. Wash.D.C.: American Psychological Association, 1996. (w. Holliday, et al.)

Legacies and Traditions: Richard M. Suinn. The Counseling Psychologist, 1999, 27, 408-434. This is a series of interviews of counseling psychologists identified in a poll to "document the history of our specialty and celebrate those who have made substantial contributions to it". The poll selected Richard M. Suinn as one person; the interview was conducted and written by J. Deffenbacher.

Our Magical Year! Communique, February, 1998.

Measurement of acculturation of Asian Americans. Asian American and Pacific Islander Journal of Health, 1998, 6, p. 7-12.

A year to celebrate! Focus, Winter issue, 1998.

Progress on Ethnic Minority Psychology: An Overview & Challenge, or "When you wish upon a star". Cultural Diversity and Ethnic Minority Psychology, 1, 1999.

Ethnic Minorities and the American Psychological Association, Newsletter, Association for Advancement of Behavior Therapy, Special Interest Groups, Asian Americans. Winter, 1999.

Scaling the Summit. APA Monitor, 1999, 30, p. 2.

Behavior therapy and cultural diversity: Is there a commitment? The Behavior Therapist, 1999, 22, 204

1999 and Beyond. The California Psychologist, 1999, Vol. 32

Cultural and Ethnic Minority Issues, Cultural Diversity and Ethnic Minority Psychology, 2001, 7, 6-11.

Documenting the positive case for Affirmative Action. Analyses of Social Issues and Public Policy, 1, 2001, 89-93. Electronic journal: [www.asap-spssi.org](http://www.asap-spssi.org)

Finding a face for our fears: Fighting new fears. Hawaii Psychologist, 2001,14, 5.

Forward. In G. Bernal, J. Trimble, A. Burlew, & F. Leong (Eds.), Handbook of Racial and Ethnic Psychology. Thousand Oaks: Sage .

Such a wondrous event. Asian American Psychologist, summer 2002, 4.

Ethnic Minorities in research and organization. In D. Freedheim (Ed.), Handbook of Psychology. Volume 1. History of Psychology. 2003, pp. 499-501

Preface. In J. Trimble & C. Fisher (Eds.). The Handbook of Ethical Research With Ethnocultural Populations and Communities. Thousand Oaks: Sage. 2005.

Teaching culturally diverse students. In W. McKeachie & M. Svinicki. (Ed). McKeachie's Teaching Tips. N.Y.: Houghton Mifflin. 2006, pp. 151-171.

Acculturation: Findings, measurement & directions (Why study acculturation?). In N. Trinh & Y. Rho (Eds.) . Families, Resilience and Acculturation: Implications for Mental Health in Asian Americans. Humana Publishers. In press, 2007.

The Spanish Language Mathematics Anxiety Rating Scale. In preparation. (with Goldwaser & Noriega)

Factors associated with choice of math/science careers or majors by bilingual Latino/a students. In preparation. (with Goldwaser & Noriega)

The Ethnicity Gap –the Past, the Present, & the Future. In press. Professional Psychology: Research and Practice. (with Borrayo).

Life Messages, Messages for Life. In press. In J. Ponterotto, M. Casas, L. Suzuk, & C. Alexander (Eds.), Handbook of Multicultural Counseling (3<sup>rd</sup> Ed.).

**WORK AND PERFORMANCE:** Theory, classification

A psycho-social theory of work. Clearing House Memorandum Rehabilitation Counseling, 1965. (w. Pauhle)

Types of work motivation. Rehabilitation Counseling Bulletin, 1966, 9, 102.

**PERFORMANCE ENHANCEMENT:** U.S. Olympic teams, psychological methods, training procedures

Behavior rehearsal training for ski racers. Brief Report. Behavior Therapy, 1972, 3, 519.

Muscle relaxation exercise for athletes. Sports Medicine Journal, 1972, 3.

Sports psychology and Nordic competition. Nordic Sports Medicine Journal, 1972, 1.

Visuo-motor behavior rehearsal for athletes. Sports Medicine Journal, 1973, 1 (6).

Psychological rules for competition. Journal of the U.S. Ski Coaches Association, 1976, 1, 26.

- An interdisciplinary sports medicine team. In T. Craig (Ed.), The medical aspects of sports. The American Medical Association, 1976.
- Psychological aspects and methods in international sports. Colorado Psychologist, 1976, 10, 4.
- Body thinking for Olympic champs. Psychology Today, 1976, 38.
- Visual motor behavior rehearsal for adaptive behavior. In J. Krumboltz & C. Thoresen (Eds.), Counseling methods. NY: Holt, 1976.
- Behavioral methods at the Winter Olympic Games. Behavior Therapy, 1977, 8, 283.
- Psyching yourself down the slopes: Behavioral analysis can make you a better skier. Aspen, The Magazine, 1977, 3, 8.
- Psychology and sports performance: Principles and applications. Journal of the United States Ski Coaches Association, 1978.
- Behavioral applications of psychology to U.S. world class competitors. In P. Klavora (Ed.), Coach, athlete, and the sport psychologist. Toronto: University of Toronto Press, 1979.
- Imagery and sports. In A. Sheikh (Ed.), Imagery, current theory, research and application. NY: John Wiley & Sons, 1982. Reprinted by W. Straub & J. Williams (Eds.), Cognitive Sport Psychology. NY: Sport Science Associates, 1984.
- The 'eye can do it' approach: Sports medicine. Colorado Sports Monthly, 1982, 3, 5.
- Seven steps to peak performance: Psychological skills. Coaches Magazine, in press.
- Visual motor behavior rehearsal: The basic technique. Scandinavian Journal of Behaviour Therapy, 1984, 13, 131-142.
- The 1984 Olympics and sport psychology. Journal of Sport Psychology, 1985, 7, 321-329.
- Effect of individualized, nonindividualized and package intervention strategies on karate performance. Journal of Sport Psychology, 1985, 7, 40-50. (w. Seabourne, Weinberg, & Jackson).
- Psychological approaches to performance enhancement. In M. Asken & J. May (Eds.), Sports psychology: The psychological health of the athlete. NY: PMA Publishers, 1987.
- Behavioral approaches to stress management. In M. Asken & J. May (Eds.), Sport psychology: The psychological health of the athlete. NY: PMA Publishers, 1987.
- Imagery rehearsal applications to performance enhancement. The Behavior Therapist, 1985, 8, 155-159.
- Consultation in sport psychology. Consulting Psychology Bulletin, 1986, 38, 17-20.
- History and overview of modern sport psychology. The Clinical Psychologist, 1986, 39, 64-68. (w. Mahoney)
- Anxiety in sports : an international perspective. In Hackfort, D., & Spielberger, C. Anxiety in Sports: An International Perspective. N.Y.: Hemisphere, 1989.
- Psychological techniques for performance enhancement: Imagery. In R. Singer, M. Murphey, & L. Tennant (Eds.), Handbook on Research in Sport Psychology. N.Y.:Mcmillan, 1993. Pp. 492-510.

Visualization in sports. In A. Sheikh & E. Korn (Eds.), Imagery in sports. Amityville, NY:Baywood Publishing, 1994. pp. 23-41.

Expanding your practice: Sport and executive leadership training. the Minnesota Psychologist, 1994, 43, 5-7.

Mental practice in sport psychology: Where have we been, Where do we go? Clinical Psychology: Science and Practice, 1997, 4, 189-207.

Imagery rehearsal: A tool for clinical practice- Learning from the Olympics. Psychotherapy in Private Practice, 1996, 15 27-31.

Behavioral Intervention for Stress Management in Sports. International Journal of Stress Management, 2005, 12. 343-362.

## UNIVERSITY SERVICE AND FACULTY AFFAIRS

### University Service

1982 Representative, State of Colorado, Departments of Psychology to Capitol Hill, Washington, D.C., meeting on graduate education with members of Congress; sponsored by the Council of Graduate Departments of Psychology

2004 Doctoral external examiner. University of Pune, India

### Colorado State University

### All University

2006-current CSU Women's Softball Team sport psychologist  
 2003 - 2006 CSU Leadership Institute, faculty advisor  
 1993 President's Planning Committee, Minority Commission  
 Fellowship Committee, Minority Faculty Caucus  
 1986 Ad Hoc Committee, Quality Incentive Program Grant submission  
 1985-1999 Minority Faculty Caucus; Vice President 1986-87  
 1984 Creative Teaching/Research Awards Committee  
 1983 Faculty Improvement Committee, Research Grant Panel  
 1983 Presidential Selection Advisory Committee, to select new president  
 1983 Faculty Council (re-elected several times since 1969)  
 1982 Vice President for Academic Affairs Selection Committee, to select new academic vice president (appointed; resigned when elected to Presidential Selection Committee)  
 1982-86 Graduate Council  
 1982 College of Natural Sciences Budget Deficit Committee (chair)  
 1982-1998 Diversity Scholarship Committee  
 1982 Internal Evaluation Committee, 5 Year Evaluation Report, Department of Music (chair)  
 1982-1999 University Counseling Center, affiliate staff  
 1981 Faculty Mediation Officer (nominated by FIC; declined nomination)  
 1980, 1984 Minority Science Motivation Program, invited presenter  
 1976 Graduate School Minority Scholarship Committee  
 1976 College of Natural Sciences Minority Student Recruitment (coordinator of recruitment for Computer Sciences, Statistics, and Psychology)  
 1970 Project GO, invited presenter  
 1970 University Counseling Center - developed desensitization for test anxiety program which was adopted by the Center, and was the foundation for their current behavioral counseling  
 1970 Junior Engineer and Scientist Summer Institute (students in mathematics), invited presenter

1969-1971	College of Natural Sciences Sabbatical Leave Committee
1969	Faculty Council Code Committee
1969	Department of Communications Disorders, consultant

#### Department of Psychology

various years	Recruitment Committee, various positions (chair)
1995-1997	Admissions Committee, Counseling Program
1973-1993	Department Head
1972-1973	Acting Department Head
1970	NSF Departmental Development Grant proposal
1969-1972	Associate Department Head
1969-1972	Executive Committee
1969	Code Committee, Counseling Section
1969	Internship Committee
1969	Building Committee
1969	Assistant Director of Training, Psychological Services Center
1968	Code Committee, Psychological Services Center
1966-1968	Graduate Admissions, Clinical/Counseling Psychology

#### Other Universities - Department of Psychology

1967	University of Hawaii, Clinical Psychology Program and Curriculum Design Committee (chairperson)
1966	University of Hawaii, Counseling Program, Coordinator
1962	Whitman College, Acting Department Head
1960-1964	Whitman College, Board of Admissions, voting member

#### ADMINISTRATIVE AND POLICY BOARDS

Colorado State University, Department of Psychology:

Head, 1973 - 1993 (re-elected for four consecutive five year terms)

Acting Head, 1972-1973

Coordinator, Counseling Program, Department of Psychology, University of Hawaii, 1966

Co-Principal Investigator, two research grants, Stanford University School of Medicine, Division of Rehabilitation Medicine (responsible for personnel supervision, budget expenditures, report writing)

Acting Head, Department of Psychology, Whitman College, 1962

Board of Trustees, American Board of Professional Psychology, 1996-2000

Board of Trustees, American Board of Behavioral Psychology, 1996- 2000

Board of Trustees, Association for the Advancement of Psychology, 1983-1985

Board of Trustees, American Psychological Foundation, 2000 - current

Board of Directors, American Psychological Association, 1990-1993, 1998-2000

Board of Directors, Asian-American Psychological Association, 1983-1988

Chairperson, Board of Ethnic Minority Affairs, American Psychological Association, 1982-83, 1983-84 (two terms)

Chairperson, Education and Training Board, American Psychological Association, 1985-86, 1986-87 (two terms)

President, Association for Advancement of Behavior Therapy, 1992

President, American Psychological Association, 1999

Leadership Training Workshop for Mayors, 1979

City Councilman and Mayor, City of Fort Collins, 1975-1979

#### SCIENTIFIC AND SCHOLARLY ACTIVITIES AND HONORS

#### BIOMEDICAL SCIENCE ACTIVITIES

Publications in (see section on Publications): American Journal of Cardiology, Cardiac Rehabilitation, Journal of the American Medical Association, Journal of the Association of Physical and Mental Rehabilitation, Journal of Psychosomatic Research, Journal of Behavioral Medicine, Lancet, Physician and Sportsmedicine.

Institute of Medicine of the National Academies. External reviewer of report, "Institutional and Policy-Level Strategies for Increasing the Diversity of the U.S. Health Care Workforce", 2003.

National Institute of Mental Health, Health and Behavior Prevention grant review study section 1995-1997.

National Institute of Mental Health, and National Heart, Lung and Blood Institute, site visitor, research grants. Several across the years, including to Stanford University, Mt. Zion Hospital in San Francisco, University of New Mexico.

Medical Research Council of Canada, invited research grant referee, 1985.

National Science Foundation, Undergraduate Faculty Enhancement Program, research peer review panel, 1992.

National Heart, Lung and Blood Institute, site visitor, research peer review panel, 1982.

Distinguished Visiting Professor, Symposium on Cardiovascular Risk Factors, USAF Willford Medical Center, San Antonio, Texas, 1982.

Invited Participant, Psychophysiological Factors in Cardiovascular Diseases. Organizing Committee, Secretariat, World Psychiatric Association and WHO Psychosocial Centre, 1981. (did not accept)

Government of Canada, invited research grant referee on heart disease, 1980.

National Institutes of Mental Health, research grants peer review panel, 1977-80, 1983, 1994-98

National Heart, Lung and Blood Institute sponsored Forum II: Coronary Prone Behavior, by invitation only, Amelia Island, 1978.

National Science Foundation, Comprehensive Assistance to Undergraduate Science Education Program (CAUSE), peer review panel, 1977.

National Heart, Lung and Blood Institute sponsored Symposium on Behavioral Medicine, invited speaker, Duke University Medical School, 1977.

Invited Address (the only psychologist), Risk Factors in Cardiovascular Disease, American College of Cardiology, Chicago, 1977.

Invited Address, NATO Conference on Dimensions of Stress, Oslo, Norway, 1974.

Presenter, American Association for the Advancement of Science, Sandia, New Mexico, 1969.

#### PUBLICATIONS ACTIVITIES (See also list of publications)

##### Editorial Boards:

Cultural Diversity and Ethnic Minority Psychology. Current. Council of Research Elders  
Journal of Consulting and Clinical Psychology, 1973-1987  
Journal of Counseling Psychology, 1974-1991  
Journal of Behavioral Medicine, 1978-1993  
Cultural Diversity and Ethnic Minority Psychology, 2001-  
Clinical Psychology: Science and Practice, 1993-1997

Professional Psychology, 1993- 1997  
Journal of Sport Psychology, 1981-1991  
Behavioral Counseling Quarterly, 1979-1983  
Behavior Therapy, 1977-1980  
Behavior Modification, 1977-1978

Invited Referee: (selected list)

American Psychologist  
Behavioral Assessment  
Behavioral Therapy and Experimental Psychiatry  
Buros' Mental Measurement Yearbooks, 7th & 8th Editions  
Contemporary Psychology  
Heart & Lung  
Journal of Abnormal Psychology  
Psychological Reports  
Psychological Bulletin  
Journal of Applied Behavior Analysis  
Journal of Educational Psychology  
Journal of Health Psychology  
Journal of Pediatric Psychology  
Journal of Personality and Social Psychology  
Journal of Personality Assessment  
Perceptual & Motor Skills  
Professional Psychology

Other:

Advisory Board, Encyclopedia of Multicultural Psychology. Sage Press, 2004

Consulting Editor, Encyclopedia of Psychology, Oxford University Press, 2000

Selection Committee for Editor of Clinician's Research Digest, American Psychological Association, 1992, Chair Selection Committee, 1997

Selection Committee for Editor of Professional Psychology, American Psychological Association, 1986-87  
Chair, Selection Committee for Editor of Psychological Bulletin, American Psychological Association, 1995  
Selection Committee for Editor of Contemporary Psychology, American Psychological Associations, 1996

Selection Committee for Editor of Health Psychology, American Psychological Association, 1997

Publications and Communications Board, American Psychological Association, 1993-1999. Member.

Journal Advisory Committee, 1993-94.

PsyINFO Committee, American Psychological Association 1994-1995 Chair.

INVITED ADDRESSES

1968 Invited Paper, Rehabilitation Assessment, 4th Pan Pacific Conference, Hong Kong

Invited Address, Behavior Therapy Principles and Applications, Colorado Psychiatric Society

1969 Invited Paper, Behavior Therapy, American Association for the Advancement of Science Annual Meeting, Southwestern Division, Colorado Springs

1970 Invited Address, Behavior Therapy, State University of New York, Stony Brook

- Invited Address, New Methods in the Treatment of Phobias, State University of New York, Albany
- 1971 Invited Paper, Behavior Therapy, American College Personnel Association Convention, Atlantic City
- 1972 Invited Main Address, Behavioral Management with Children, Colorado Association for the Education of Young Children
- Invited Lectureship, Humanities Guest Lectureship, University of Mississippi
- Invited Address, Self-Control Methods, Conference on Behavioral Self-Control Innovations
- Invited Presentation, Behavior Modification in Counseling Centers, Annual Conference of University and College Counseling Center Directors, Vail, Colorado
- Invited Workshop, Anxiety Management Training, Annual Convention of the Association for the Advancement of Behavior Therapy
- 1974 Invited Paper, Sports Medicine, American Psychological Association Convention, New Orleans, Louisiana
- Invited Paper, Psychotherapy and Behavior Therapy Research, Society for Psychotherapy Research
- Invited Paper, NATO Conference on Dimensions of Stress and Anxiety, Oslo, Norway
- Invited Address, Matching Behavior Therapy to Assessment, Rocky Mountain Psychological Association Convention
- 1975 Invited Address, National Conference on Behavioral Self-Control, Utah
- Invited Paper, Stress Management for Cardiovascular Disease, American Association for the Advancement of Science, Southwestern Division, Los Alamos, New Mexico
- Invited Address, Type A Life Style and Heart Disease, National YMCA Consultation on Cardiovascular Health, Chicago
- 1976 Invited Address, American College of Cardiology Conference, New York, New York
- Invited Participant, NIMH Asian-American Psychology Training Conference, Long Beach, California
- 1977 Invited Symposium, American Psychological Association Annual Convention, San Francisco, California (Divisions of Clinical Psychology and Psychotherapy)
- Invited Participant, First NHLBI-HEW Forum on Coronary-Prone Behavior, Florida
- 1978 Invited Workshop, Anxiety Management Training, Annual Convention of the Association for the Advancement of Behavior Therapy
- Invited Address, Congress of Canadian Society for Motor Learning and Sports Psychology, Toronto, Canada
- Invited Address, First Annual International Symposium on Sports Psychology, Mexico
- Invited Participant, Second NHLBI-HEW Forum on Coronary-Prone Behavior, Florida
- 1979 Invited Workshop, Anxiety Management Training, Annual Convention of the Association for the Advancement of Behavior Therapy

Invited Address, Association for Behavior Analysis Annual Convention, Chicago, Illinois

- 1980 United States Olympic Committee Clinic, Colorado Springs, Colorado; U.S. Women's Track and Field Team

Invited Workshop, Anxiety Management Training, Society for Behavioral Medicine Annual Convention, New York, New York

- 1981 Invited Speaker, Psychophysiological Factors in Cardiovascular Disease, Secretariat, World Psychiatric Association and WHO Psychosocial Center (could not attend)

Invited Workshop, Anxiety Management Training, Association for the Advancement of Behavior Therapy, Toronto, Canada

Invited Participant, American Psychological Association Conference on Training Psychologists for Work in Aging, Boulder, Colorado

Forum on Minority Faculty Recruitment and Retention, American Psychological Association Annual Conference, Los Angeles, California

- 1982 Invited Workshop, Anxiety Management Training, Annual Convention of the Association for the Advancement of Behavior Therapy, Los Angeles, California

Invited Address (Distinguished Visiting Professor), U.S. Air Force Symposium on Coronary-Prone Behavior, Lackland Air Force Base, Texas

Pre-convention Workshop on Stress Management Training, American Psychological Association Annual Convention, Washington, D.C. (Division 38)

Invited Forum, Recruitment of Minority Students, American Psychological Association Annual Convention, Washington, D.C.

- 1983 Continuing Education Invited Workshop, Anxiety Management Training, American Psychological Association Annual Convention, Anaheim, California

Invited Address, XIX Congresso Interamericano de Psicologia, South America (unable to attend)

Invited Workshop, Anxiety Management Training, Annual Convention of the Association for the Advancement of Behavior Therapy

Invited Clinics, Performance Enhancement, U.S. Olympic Training Center, Colorado Springs, Colorado

- 1984 Invited Workshop, Anxiety Management Training, Annual Convention of the Association for the Advancement of Behavior Therapy

Invited Address, Annual Convention of the Association for the Advancement of Behavior Therapy

- 1985 Invited Workshop, Anxiety Management Training, Annual Convention of the Association for the Advancement of Behavior Therapy

Invited Address, Behavior Training for Performance, Annual Symposium, University of Minnesota-Duluth, School of Medicine

Invited Address, Cognitive Training for Performance, St. Mary Medical Center, Long Beach, California

- 1986 Invited Address, Symposium, Future Directions in Research, Exercise and Sport Research Institute, Arizona State University
- Invited Workshop, Anxiety Management Training, Annual Convention of the Association for the Advancement of Behavior Therapy
- Invited Seminar, Sport Psychology, University of North Carolina at Greensboro
- Invited Address, Japan Amateur Sport Olympic Association, Tokyo, Japan
- Invited Address, Behavior Therapy, Chinese Academy of Sciences, People's Republic of China (Beijing, Wuhan, Guangzhou)
- Invited Workshop, Anxiety Management Training, Hofstra University
- Invited Presentation, U.S. Swimming Federation, Copper Mountain, Colorado
- 1987 Invited Address, G. Stanley Hall Lecture Series, American Psychological Association Convention
- Invited Presentation, Psi Chi program, American Psychological Association Convention
- Invited Presentation and Position Paper, National Conference on Counseling Psychology, Atlanta, Georgia
- Invited Presentation, APA National Conference on Graduate Education, Salt Lake City, Utah
- Invited Workshop, William Beaumont Medical Center, El Paso, Texas
- Invited Address, 1987 National Conference on Sport Psychology, U.S. Olympic Committee, Arlington, Virginia
- Invited Address, Tokyo and Kyoto, Japan, Ministry of Education, Japan
- 1988 Keynote Address, Annual Meeting, U.S. Swimming Coaches Association, San Francisco, California
- Invited Workshop, Ohio Psychological Association Annual Meeting, Cleveland, Ohio
- 1989 Invited Workshop, XXI Banff International Conference on Behavioural Science, Banff, Canada
- Invited Workshop, William Beaumont Medical Center, El Paso, Texas
- Invited Symposium, Unifying Theories in Psychology: A Cross-cultural Perspective, American Psychological Association Convention, New Orleans
- 1990 Invited Professional Consultant, Association for Advancement of Behavior Therapy annual meeting, San Francisco
- Invited Workshop, Biofeedback Society of New Mexico
- Invited Presentation, MARC Project, University of Hawaii
- Invited Workshop, Colorado Society for Behavior Analysis and Therapy annual meeting, Denver, Colorado
- 1991 Invited Address, Singapore Sports Council, Singapore

Invited Addresses, Joetsu University (Japan), Chukyo University (Japan), Fukuoka University (Japan), Kanoya University (Japan), Nippon University (Japan)

Invited Panel, Can Psychology be General without being Diverse? American Psychological Association Convention, San Francisco

Invited Forum, APA Task Force on Recruitment and Retention of Minorities, American Psychological Association Convention, San Francisco

Invited Panel, AABT 25 Years in the Making, Association for the Advancement of Behavior Therapy annual meeting, New York City

1992 Invited Workshop, Anxiety Management Training. Association for Applied Psychophysiology and Biofeedback, Colorado Springs

Invited Psi Chi Address, Sport Psychology and the Olympic Games, American Psychological Association Convention, Washington, D.C.

Symposium, International Contributions to Sport Psychology, American Psychological Association Convention, Washington, D.C.

1993 Invited Workshop, International Conference on Behavioural Psychology, Banff, Canada

Convocation Address, Western State College of Colorado

Presidential Address, Association for Advancement of Behavior Therapy, Annual Convention, Atlanta, Georgia.

1994 Invited Address, American Psychological Association, Recipient of Career Contribution to Education Award, Annual Convention, Los Angeles.

Invited Address, American Psychological Association, Mini-Convention on Diversity, Annual Convention, Los Angeles.

Symposium, Explorations of Acculturation, American Psychological Association, Annual Convention, Los Angeles.

Symposium, Ethnic and Cultural Diversity: Are we doing enough? Association for the Advancement of Behavior Therapy, Annual Convention, San Diego.

1995 Symposium, Psychologists on the Move, American Psychological Association, Annual Convention, New York.

Symposium, Multicultural Curriculum Content, (Chair), American Psychological Association, Annual Convention, New York.

Symposium, Life in Academia, American Psychological Association, Annual Convention, New York.

Workshop, Mentoring Women and People of Color, American Psychological Association, Annual Convention, New York.

1996 Invited Address, Heyman Memorial Address, Sport Visualization-What we know, What we need to know, American Psychological Association, Annual Convention, Toronto.

Symposium, Scientist-Practitioner Split-Lessons in insitutional conflict resolution, American Psychological Association, Annual Convention, Toronto.

Symposium, Groundbreaking Contributions - Psychologists of color transforming psychology, American Psychological Association, Annual Convention, Toronto

1997 Invited Panel, Expanding the Pipeline for Ethnic Minorities, National Insitute of General Medical Sciences, American Psychological Assocation, D.C.

Invited Panel, Self-Care for Psychologists, American Psychological Association, Annual Convention, Chicago

Invited Panel, What Graduate School Didn't Teach Me, American Psychological Association, Annual Convention, Chicago

Invited Workshop, Anxiety/Anger Management Training, Nova Southeastern University, Florida

Invited address, American Psychological Association Working Conference on Minority Training in Medical Sciences, Washington, D.C.

Invited address, American Cancer Society/Center for Disease Control, Partnership for Cancer Control in Underserved Populations, Honolulu

1998 Invited address, Psychological Interventions with Cancer. American Cancer Society, Honolulu, Hawaii.

Keynote address, The Future of Psychology. Hawaii Psychological Association. Honolulu, Hawaii

Invited address, Association of Professional Psychology Internship Centers, Conference on Supply and Demand, Florida

Invited workshop, Keynote Address, Performance Enhacement and Clinical Applications. California Psychological Association, California

Invited Keynote Address, The Future of Psychology. U.S. Army Psychologists annual meeting, Georgia

Invited Address, Psychology and Primary Health Care Applications. Portugal Psychological Association, Portugal

1999 Invited Keynote Address, National Multicultural Summit Conference, Newport Beach

Shigetomi Memorial Lecture, Multicultural Counseling Issues. University of Washington Medical School

Commencement Speaker, Miami Institute of Psychology

Commencement Speaker, California School of Professional Psychology, Alameda

Invited Address, Primary Health Care Interventions. Caribbean Center for Advanced Studies, Puerto Rico

Invited Address, Stress Management Methods. Japan Psychological Association

Invited Address, Psi Chi Lewis Distinguished Lecture, Boston

Invited Address, McReynolds Distinguished Lecture, Reno

Invited Address, Psychology and Primary Health Care. Brooke Army Medical Center, San Antonio

2000 Invited Address, University of Georgia, Athens, Georgia

Invited Address, Morehouse College, Atlanta, Georgia

Invited Address, University of Utah, Salt Lake City, Utah

Invited Address, Westminster College, Salt Lake City

Invited Address, Wayne State University, Detroit

Invited Symposium Speaker, Association for the Advancement of Behavior Therapy Annual Meeting, New Orleans

Keynote Address, Annual Meeting, Association for the Advancement of Applied Sport Psychology, Memphis, Tennessee

Invited Address, Chinese University of Hong Kong

Presidential Address, American Psychological Association Annual Convention, Washington, D.C.

Invited Address, XXX Congress of the European Association of Behavioural and Cognitive Therapies, Granada, Spain

2001 Invited Address, Yale University

Symposium, World Congress of Behavioral and Cognitive Therapies, Vancouver, B.C.

Invited Symposium of APA Presidents, American Psychological Association Annual Convention, San Francisco

Symposium on Ethnic Minority Achievements, American Psychological Association Annual Convention, San Francisco

Roundtable on Sport Psychology, Presidential Task Force on Expanding Practice Opportunities, American Psychological Association Annual Convention, San Francisco

2002 Invited Address, Montana State University

Invited Address, University of Hong Kong, & Chinese University of Hong Kong

2003 The Future of Diversity in Psychology: Challenges and New Directions, Invited Discussant. Symposium, American Psychological Association, Toronto

Creating Learning Environments That Work: The Neglected Dimension of Diversity. The Knudsvig Symposium Series. Ann Arbor

Health Psychology. Invited address. Wyoming Psychological Association annual meeting

Anxiety & Anger can Harm your Health. Invited address. Whitman College, Walla Walla, WA

2004 Climbing the Summit. Diversity 2000 Annual Meeting, Hawaii

Earning Tenure. Symposium. Annual Meeting, Asian American Psychological Association, Hawaii

Council of Presidents Panel. Annual Meeting, Asian American Psychological Association, Hawaii

Sport psychology. Invited address. Loyola University, New Orleans.

2005 Teaching Counts, Too. Symposium, Annual Meeting. Western Psychological Association, Portland

Advancing the Present, Preparing the Future: Valuing our Strengths. Divisional Presidential Panel, Annual Meeting, American Psychological Association, Washington, D.C.

Enhancing Diversity: Conflict Resolution Strategies, Annual Meeting, American Psychological Association, Washington, D.C.

Health and Behavior Therapy. Annual Meeting, Japan Behavior Therapy Association, Hiroshima, Japan.

Anxiety/Anger and Health: Anxiety/Anger Management Training, University of Hong Kong.

Acculturation: Why is it important. What the literature says. Symposium: families, Acculturation and Resilience: Implications for Mental Health in Asian Americans. Massachusetts General Hospital, Boston, Massachusetts.

2006 Invited Professional Development Panel. Annual Meeting, Association for Behavioral and Cognitive Therapies, Chicago, IL.

Invited Presidential panel. Annual Meeting. Association for Behavioral and Cognitive Therapies, Chicago, IL.

2007 Invited Presidential panel. Annual Meeting, American Psychological Association, San Francisco, CA.

Prof. Albert Bandura, Up Close and Personal. Interviewer and Chairperson. Annual Meeting, American Psychological Association, San Francisco, CA.

Commission on ethnic minority recruitment, retention and training-2. Symposium. Annual Meeting, American Psychological Association, San Francisco, CA.

2008 Mentoring Ethnic Minority and International Students, Symposium, International Conference on Counseling Psychology, Chicago, IL.

Psychology & Politics. Invited Symposium. Annual Meeting, American Psychological Association, Boston, MA.

Prof. Robert Sternberg, Up Close and Personal. Interviewer and Chairperson. Annual Meeting, American Psychological Association, Boston, MA.

#### HONORS AND AWARDS (selected list)

Honorary Doctorate of Humane Letters, California School of Professional Psychology, 1999

Raymond D. Fowler Award for Outstanding Contributions to APA, 2005  
 American Psychological Association Presidential Citation, 2005  
 Okura Community Leadership Award, Asian American Psychological Association, 2005  
 APA Division 12, Section VI Distinguished Contribution to Education Award, 2005  
 Lifetime Contribution to Ethnic Minority Issues, APA Division on Ethnic Minority Issues, 2004  
 Distinguished Senior Contributor Award, APA Division of Counseling Psychology, 2000  
 Lifetime Contribution to Asian American Psychology, Asian American Psychological Association, 1999  
 Dalmas Taylor Award, National Multicultural Conference and Summit, 1999  
 Psi Chi Frederick Howell Lewis Distinguished Lecturer, 1999  
 Distinguished Service Award, Academy of Counseling Psychology, 1998  
 Career Contributions to Research, APA Division of Ethnic Minority Issues, 1997  
 Career Contribution to Education and Training Award, American Psychological Association, 1993  
 Lifetime Contribution to the Advancement of Behavior Therapy Award, 1990  
 G.Stanley Hall Lecturer, APA, 1987  
 Distinguished Professor Award, Wuhan Institute, Wuhan, People's Republic of China, 1986

21st Century Award for Achievement, International Biographical Centre, 2003  
 Outstanding Scientists of the 21st Century  
 2000 Outstanding Intellectuals of the 21st Century  
 Who's Who in the World  
 Who's Who in America (since 1980)  
 American Men and Women of Science  
 International Scholars Directory  
 International Authors and Writers Who's Who  
 Who's Who in the West  
 Who's Who in American Politics  
 Who's Who in the Bio-Behavioral Sciences  
 Who's Who Among Human Service Professionals  
 Who's Who in Medicine and Health Care  
 Who's Who in Science Education  
 Authors and Writers Who's Who  
 Personalities of America  
 Directory of Professionals and Resources in Rehabilitation  
 Directory of American Scholars  
 Dictionary of International Biography  
 Contemporary Authors

Phi Beta Kappa (Vice-president, Whitman College Chapter), 1963  
 Sigma Xi (Secretary-Treasurer, Whitman College Chapter), 1963  
 American Psychological Association:  
 Fellow in Division of Teaching of Psychology  
 Fellow in Division of Clinical Psychology  
 Fellow in Division of Counseling Psychology  
 Fellow in Division of Exercise and Sport Psychology  
 Fellow in Division of General Psychology  
 Fellow in Division of Health Psychology  
 Fellow in Division of Media Psychology  
 Fellow in Division for Study of Ethnic Minority Issues

Fellow, Hawaii Psychological Association  
 Excellence in Administration, Pennock Distinguished Service Award, Colorado State University, 1983  
 Burlington-Northern, Excellence in Graduate Teaching and Research, 1986  
 Contribution to Diversity Award, Colorado State University, 1987  
 Minority Distinguished Service Award - Faculty, Colorado State University, 1992  
 1988 Honor Scientist, Sigma Xi Chapter, Colorado State University

## PROFESSIONAL ACTIVITIES

## American Psychological Association

- Board of Convention Affairs Central Programming Working Group, 2007, 2008
- President's Task Force on Mentoring, Mentor, 2007
- President's Task Force on Diversity, 2004-2005, chairperson
- President, 1999
- Board of Directors, 1990-93, 1998-2000
- Search Committee for APA Chief Executive Officer, 2002
- Elections Committee, 2000-2002, Chairperson, 2000-2005
- Membership Committee, 2003. Vice-Chair 2004, Chairperson, 2005
- Publications and Communications Board, 1993-1999. Committee to Select Editor of Professional Psychology, 1986; Chair, Committee to Select Editor of Psychological Bulletin, 1995; Committee to Select Editor of Contemporary Psychology, 1996.
- Commission on Ethnic Minority Recruitment, Retention and Training. Chair. 1994-1996.
- Committee on Ethics, Policy and Education Committee, chair, 1993-1995.
- APA Graduate Students Association, Awards Committee, 1993
- Board of Educational Affairs, liaison, 1992-93, Educational Awards Committee, 1995-current.
- Policy and Planning Board, 1988-91. Chair-elect, 1990.
- Council of Representatives, Division of Health Psychology, 1988-91.
- Education and Training Board, 1985-88, Executive committee, 1985-88, chairperson (two terms), 1986-87, 1987-88, Awards Committee, 1988.
- Board of Ethnic Minority Affairs, 1981-84, elected chairperson, 1982-84
- Board of Directors Subcommittee on Graduate Professional Education, 1983-88
  
- Division 9 (Society for the Psychological Study of Social Issues), SPSSI Council, 1996-1999
- Division 17, Division of Counseling Psychology, Executive Committee, Member-at-Large, 1986
  - Nominations and Awards Committee, 1993-current
  - Ad hoc planning committee 1986, National Conference on Counseling Psychology
  - Ad hoc Committee on By-laws Revision (Members-at-Large), 1987
  - Ad hoc Committee on Strategic Planning, 1987, 1988
  - Ad hoc Committee on Nominations and Elections, 1987, 1988
  - Education and Training Committee, 1973
- Division 45: The Society for the Psychological Study of Ethnic Minority Issues, Membership Committee, 1987; Awards Committee, co-chair, 1988, 2008; Fellows Committee, 1990-91; chair 1993-1995.
- Division 35, Division of Psychology of Women, liaison 2000
- Division 12. Division of Clinical Psychology, Task force on Diversity, 2005; Convention Program Subcommittee, 1984, 1985, 1986, 1988, 1990, 1991, 1992, 1993, 1994, 1995, 2003, 2004
- Division 47, Division of Exercise and Sport Psychology, Executive Committee, 1986, Chairperson, Nominations Committee, 1986, By-Laws Committee, 1987, Convention Program Subcommittee, 1987; Council of Representatives liaison, 1986-1987; Fellows committee, 1987, 1988
  
- Publication and Communications Board, monitor, 1983
- Committee on Testing, Assessment and Public Policy, ethnic minority representative, 1983-84
- Committee on Underrepresented Groups in the Publication Process, liaison, 1983-84
- Education and Training Board, liaison, 1982-83
- Committee on Ethnic Minority Affairs, liaison, 1991-92
- Board of Ethical and Professional Responsibility, monitor, 1981-82
- Committee on Ethnic Minority Affairs, 1979-80
- Division of Rehabilitation Psychology, State Membership Chairperson Colorado, 1970

White House Conference on Mental Health, Invited Participant, 1999

APA National Conference on Postdoctoral Education and Training, University of Oklahoma, 1993  
 APPIC/APA National Conference on Supply and Demand, Orlando, Florida, 1997  
 APA National Conference on Postdoctoral Internship Training, Ann Arbor, Michigan, 1992.  
 APA National Conference on Graduate Education, Salt Lake City, Utah, 1987  
 APA National Conference on Enhancing the Quality of Undergraduate Education, St. Mary's College, 1991,  
 Steering Committee.  
 American Psychological Foundation, Board of Trustees, 2001-2007. Distinguished Teaching Award  
 Committee, chair, 2002-2004  
 Association for the Advancement of Psychology, Board of Trustees, 1983-85  
 Association for the Advancement of Behavior Therapy, president, 1992-3; professional consultant, 1980,  
 1989; Board of Directors, 1986-89; Secretary-Treasurer, 1986-89; on-line student mentor, 2006  
 American Board of Professional Psychology, Board of Trustees, 1996-2000  
 American Board of Behavior Therapy, Board of Directors, 1987-2000  
 Asian American Psychological Association, Council of Past Presidents, 2005; Fellows Committee, 2004;  
 Awards Committee, chairperson, 1985; Board of Directors, 1983-88; National coordinator, annual  
 convention, 1987; Nominations Committee, chairperson, 1987, 1991  
 American Psychiatric Association, Task Force on Adjustment Disorders, 1985  
 American Association of State Psychology Boards, Examination Committee, 1988-1992; Consultant, National  
 Network, 1988; Alternate Delegate, 1983; Liaison 1991-92  
 Psi Chi National, Edwin Newman Awards Committee, 1988  
 Southwestern Psychological Association Convention, Clinical Section, program chairperson, 1969  
 Hawaii Psychological Association, representative-at-large, 1967  
 State of Hawaii, Rehabilitation Planning Committee, 1966

#### PROFESSIONAL MEMBERSHIPS

American Psychological Association, past president; Fellow in Divisions of Clinical, of Counseling, of Health,  
 of Ethnic Minority Issues, of Exercise and Sport Psychology, of Teaching of Psychology, of  
 General Psychology, of Media Psychology  
 Asian American Psychological Association, past member, Board of Directors  
 Association for the Advancement of Behavior Therapy, past president, past treasurer  
 American Board of Professional Psychology Diplomate Board, past Board of Trustees, Finance Committee  
 Behavior Therapy and Research Society, Charter Fellow  
 Colorado Psychological Association, Ethnic Minority Affairs Committee, current  
 Hawaii Psychological Association, Fellow

#### ETHNIC MINORITY CONTRIBUTIONS

Asian-American Psychological Association Minority Contributions:  
 Board of Directors, 1983-87 (elected).  
 By-Laws Revision Committee, 1994; National Advisory Board  
 Distinguished Contributions to Asian-American Psychology Awards Committee Chairperson, 1985  
 National Coordinator, Annual Convention, New York City, 1987  
 Nominations Committee, chairperson, 1987-88

American Psychological Association Ethnic Minority Contributions:  
 APA Presidential Task Force on Enhancing Diversity in APA, 2004-2005, chair  
 Suinn Minority Achievement Award - an annual award to university programs documenting success  
 with minority graduate students. Award is given annually by APA and originated by Suinn  
 during his APA presidency  
 APA NIGMS grant project, consultant to Native American institutions, 1997-98  
 Commission on Ethnic Minority Recruitment, Retention and Training, 1994-1996 chair  
 Society for the Psychological Study of Ethnic Minority Issues: Membership Committee, 1987;  
 Awards Committee, co-chair, 1988; Fellows Committee, 1990-91; chair 1993-1995.  
 Board of Directors Task Force on Minority Recruitment and Retention, 1990-91  
 Board of Ethnic Minority Affairs, Chairperson - two terms, 1982-83; member since 1981 (elected)

Committee on Testing, Assessment, and Public Policy Meeting, member representing ethnic minority interests, 1983-84  
Committee on Underrepresented Groups in the Publication Process, liaison member (this committee was formed to meet some of the needs which I raised to the APA Publications and Communications Board and the Council of Editors), 1983-84  
Committee on Ethnic Minority Affairs, member, 1979-80 (appointed)  
Task Force on Recruitment and Retention of Minorities, 1991  
Participant in American Psychological Association Forums on ethnic minority issues in 1982, 1993, 1994 Annual Conventions

National Institute of Mental Health Minority Contributions:

Task Group on Minority Recruitment and Retention, chair, 1992  
Minority Mental Health Services Priorities Workshop, organizer and chair, 1987

Colorado State University Minority Contributions:

Grant from governing board for: Colorado State University System Ethnic Minority Psychology Project, 1990, 1991  
Planning Committee, Minority Faculty Caucus Distinguished Contributions to Diversity Awards Advisory Counsel, Discrimination Hearing, 1984  
Diversity Scholarship Committee, Asian-American member, 1982-current (elected)  
President's Select Committee on Diversity, 1982  
Invited speakers co-sponsored by the Department of Psychology on women's issues and ethnic minority issues across the years, including Drs. Rudolph Lie and Derald Wing Sue  
Recruitment conference, Association of Black Psychologists, Denver, CO; co-sponsored by the Department of Psychology, 1980  
Minority Science Motivation Program, invited presenter, 1980, 1984  
College of Natural Sciences minority student recruitment; coordinated recruitment teams for Computer Science, Statistics and Psychology, 1976  
Symposium, "Chicanos in Psychology," sponsored by Department of Psychology, 1976  
Minority Scholarship Committee, Graduate School, 1976  
Project GO, invited presenter, 1970

COMMUNITY SERVICE AND OUTREACH PROJECTS

COMMUNITY SERVICE

Citizen's Committee, Selection of City Manager, 1985  
City Councilman and Mayor, Fort Collins, 1975-79  
Indian Hills Neighborhood Association, Board of Directors, chairperson, 1987, 1988  
Negotiation Team, City of Fort Collins to Water/Sewer District Urban Services Agreement, 1979  
Coordinator/Arranger, Joint Meeting of City Council, County Commissioners, and School Board, 1979  
Citizen's Committee for Poudre R-1, 1972-73  
Parent Advisory Board, Barton School, 1972-73  
Parent Advisory Board, Leshner School, 1973-74  
Parent Teachers Organization, Secretary, Leshner School, 1973-74  
Consultant, Gateway Easter Seal Center, 1970-71  
Consultant, Veterans Administration Hospitals, since 1969

SERVICE TO THE STATE

Voting member, Colorado State Board of Psychologist Examiners, 1983-86  
American Association of State Psychology Boards, alternate delegate, annual business meeting, 1984, 1985  
Member, Governor's Mental Health Council, 1982-83  
State of Hawaii, Department of Education, Educational Credentialing Committee, 1966

State of Hawaii, Rehabilitation Planning Committee, 1966  
State of Hawaii, Consultation, Queen's Hospital, 1966-68  
State of Hawaii, Consultation, Kuakini Hospital, 1966

SERVICE TO THE NATION

Steering Committee, U.S. Olympic Committee Sports Medicine Council's Sports Psychology  
Advisory Subcommittee, 1983-89  
Member, U.S. Olympic Committee Sport Psychology Registry 2000-current  
U.S. Modern Pentathlon Team, athlete consultant, 2000  
U.S. Hockey Team, athlete consultant 2001  
U.S. Shooting Team, team psychologist, 1994  
U.S. Freestyle Ski Team, athlete consultant, 1993  
U.S. delegate, U.S. Olympic Training Center meeting with Soviet Union delegates, sport psychology,  
1989  
U.S. National Ski Jumping Team, psychologist, 1987, 1988  
U.S. Fencing, athlete consultant, 1988, 2000  
U.S. Women's Track and Field, team psychologist, since 1977, appointed team psychologist for the  
1980 Summer Olympic Games Moscow  
U.S. Marksmanship Team, consultant, 1976  
U.S. Modern Pentathlon Team, consultant, 1976  
U.S. Olympic Biathlon Team, team psychologist from 1975, in attendance at the 1976 Winter  
Olympic Games, Innsbruck  
U.S. Olympic Nordic Ski Teams, team psychologist from 1972, in attendance at the 1976 winter  
Olympic Games, Innsbruck

(end vita)