

**CURRICULUM VITAE  
KATHLEEN M. PALM REED**

Department of Psychology  
Clark University  
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**EDUCATION**

Undergraduate	James Madison University, Harrisonburg, VA Psychology, B.S., 1996, <i>Magna cum laude</i>
Graduate	Minnesota State University, Mankato, MN Clinical Psychology, M.A., 1998
	University of Nevada, Reno, NV Clinical Psychology, Ph.D., 2004
Internship	Brown University Clinical Psychology Internship Program, Providence, RI, 2003-2004

**POSTGRADUATE TRAINING**

Fellowship	Brown Medical School, Department of Psychiatry and Human Behavior, Providence, RI, 2004-2006
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**HONORS AND AWARDS**

1995	Edythe Rowley Honors Scholarship, James Madison University
1996	Phi Beta Kappa Outstanding Thesis nominee, James Madison University
2003	Outstanding Graduate Student Award, University of Nevada, Reno
2003	Dissertation Grant, University of Nevada, Reno
2004-2006	National Institute of Mental Health (NIMH) Treatment Development T32 Training Fellowship
2004-2007	National Institute of Health (NIH) Loan Repayment Award

**PROFESSIONAL LICENSURE**

2006-present	Licensed for independent practice in Clinical Psychology, State of Rhode Island, License Number: 971
2007-present	Licensed Psychologist/Certified Health Care Provider, Commonwealth of Massachusetts, License Number: 8740

**GRANTS**

- 2009-present **DOJ Office of Violence Against Women**; Building Community to Foster Change on College Campuses: A Coordinated Multilevel Violence Prevention and Intervention Program; Role: Co-Investigator; October 1, 2009 – September 30, 2012.
- 2009-present **DOE Q184H090012**; Preventing Sexual and Dating Violence on College Campuses: An Extension of the Bystander Program; Role: Co-Investigator; July 1, 2009 – June 30, 2011.
- 2003-present **NIDA 1 RO1 DA017332**; PI: Richard Brown, Ph.D.; Distress Tolerance Treatment for Early Smoking Lapsers; Role: Co-Investigator/Consultant; September 30, 2003 – July 1, 2011.

**ACADEMIC APPOINTMENTS**

- 2006-2007 Assistant Professor (Research) of Psychiatry and Human Behavior, Brown Medical School
- 2007-present Research Assistant Professor of Psychology, Clark University
- 2007-present Adjunct Assistant Professor (Research) of Psychiatry and Human Behavior, The Warren Alpert Medical School of Brown University

**HOSPITAL APPOINTMENTS**

- 2006-2007 Research Psychologist, Butler Hospital, Providence, RI

**OTHER APPOINTMENTS**

- 1999-2000 Assistant Project Coordinator, University of Nevada Polysubstance Abuse Treatment Clinic
- 2000-2001 Site Coordinator, University of Nevada Smoking Cessation Clinic
- 2001-2002 Project Director, University of Nevada Smoking Cessation Clinic
- 2002-2003 Therapist/Project Coordinator, University of Nevada Victims of Crime Treatment Center
- 2004-2007 Project Director, Nicotine Dependence Treatment Program, Butler Hospital
- 2007-present Clinical Coordinator, Department of Psychology, Clark University

**UNIVERSITY COMMITTEES**

- 2000-2001 Admissions Committee Coordinator, University of Nevada, Reno Clinical Psychology Program
- 2005-2006 Senior Postdoctoral Research Fellow Representative, Training Committee, Brown University Clinical Psychology Training Consortium
- 2007-present Clinical Psychology Program Training Committee, Clark University
- 2008-present Co-Chair, Clark Coordinated Community Response Network

**PROFESSIONAL COMMITTEES**

- 2002 Local Arrangements Committee, Annual Meeting for the Association for the Advancement of Behavior Therapy, Reno, NV
- 2007-present Massachusetts Psychological Association Training Committee, Massachusetts Psychological Association, Wellesley, MA

**MEMBERSHIP IN SOCIETIES**

American Psychological Association (APA)  
 APA Division 12: Society for the Science of Clinical Psychology  
 Association for Behavioral and Cognitive Therapies (ABCT)  
 Society for Research on Nicotine and Tobacco (SRNT)

**ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS** (\*Graduate students)

1. **Palm, K.M., & Gibson, P.** (1998) Recovered memories of childhood sexual abuse: Clinicians' practices and beliefs. *Professional Psychology: Research and Practice, 29*(3), 257-261.
2. Batten, S.V., Follette, V.M., Rasmussen Hall, M.L., & **Palm, K.M.** (2002). Physical and psychological effects of written disclosure among sexual abuse survivors. *Behavior Therapy, 33*, 107-122.
3. **Palm, K.M., Smith, A., & Follette, V. M.** (2002). Trauma therapy and therapist self-care. *Behavior Therapist, 25*, 40-42.
4. Gifford, E.V., Kohlenberg, B.S., Hayes, S.C., Antonuccio, D.O., Piasecki, M.M., Rasmussen-Hall, M.L., & **Palm, K.M.** (2004). Acceptance-based treatment for smoking cessation. *Behavior Therapy, 35*, 689-705.

5. **Palm, K.M.**, Polusny, M.A., & Follette, V.M. (2004). Vicarious traumatization: Potential hazards and interventions for disaster and trauma workers. *Prehospital and Disaster Medicine, 19*, 73-78.
6. Rosenthal, M. Z., Rasmussen Hall, M. L., **Palm, K.**, Batten, S. V., & Follette, V. M. (2005). Chronic avoidance helps explain the relationship between severity of childhood sexual abuse and psychological distress in adulthood. *Journal of Child Sexual Abuse, 14*, 25-41.
7. Abrantes, A.M., **Palm, K.M.**, Strong, D.R., & Brown, R.A. (2006). Cigarette smokers who have difficulties quitting: Novel interventions to address affective vulnerabilities. *Rhode Island Medical Journal, 89*, 169-171.
8. Follette, V.M., **Palm, K.M.**, & Pearson, A. (2006). Mindfulness and trauma: Implications for treatment. *Journal of Rational Emotive and Cognitive Behavioral Therapy, 24*, 45-61.
9. **Palm, K.M.**, & Strong, D.R. (2007). Using item response theory to examine the White Bear Suppression Inventory. *Personality and Individual Differences, 42*, 87-98.
10. Abrantes, A.M., **Palm, K.M.**, Strong, D.R., Ramsey, S.E., & Brown, R.A. (2007). Post-discharge treatment utilization among adolescents with substance use disorders. *Addictive Disorders and Their Treatment, 6*, 147-156.
11. **Palm, K.M.** & Follette, V.M. (2008). Sexual victimization and physical health: an examination of explanatory mechanisms. *Journal of Child Sexual Abuse, 17*, 117-132.
12. Brown, R.A., **Palm, K.M.**, Strong, D.R., Lejuez, C.W., Kahler, C.W., Zvolensky, M.J. et al. (2008). Distress tolerance treatment for early lapse smokers: Rationale, program description, and preliminary findings. *Behavior Modification, 32*, 302-332.
13. **Palm, K.M.**, Abrantes, A.M., Strong, D.R., Ramsey, S.E., & Brown, R.A. (2009). Smoking characteristics of adolescent smokers with posttraumatic stress disorder in an inpatient hospital setting. *Journal of Dual Diagnosis, 5*, 14-29.
14. **Palm, K.M.**, Strong, D.R., & MacPherson, L. (2009). Evaluating symptom expression as a function of a posttraumatic stress disorder severity. *Journal of Anxiety Disorders, 23*, 27-37.
15. \*Cameron, A., **Palm, K.M.**, & Follette, V.M. (2010). Reaction to stressful life events: What predicts symptom severity? *Journal of Anxiety Disorders, 24*, 645-649.
16. **Palm, K.M.**, & Follette, V.M. (*in press*). The roles of cognitive flexibility and experiential avoidance in explaining psychological distress in survivors of interpersonal victimization. *Journal of Psychopathology and Behavioral Assessment*.

17. Brown, R.A., Ramsey, S.E., Kahler, C.W., Palm, K.M., Monti, P.M., Abrams, D., Dubreuil, M.E., Gordon, A., & Miller, I.W. (*in press*). A randomized controlled trial of CBT for depression vs. relaxation training for alcohol dependent individuals with elevated depressive symptoms. *Journal of Studies on Alcohol and Drugs*.

### **BOOKS AND BOOK CHAPTERS**

1. **Palm**, K.M., Mutnick, J.L., Antonuccio, D. & Gifford, E.V. (2003). Practical research in a medical setting is good medicine. In L.M. Cohen, D.E. McChargue, & F.L. Collins (Eds.). The Health Psychology Handbook: Practical Issues for the Behavioral Medicine Specialist. Thousand Oaks, CA: Sage Publications.
2. Gifford, E.V., **Palm**, K.M., Di Loreto, A.R. (2004). Smoking cessation in primary care. In W.T. O'Donohue, M. Byrd, N. Cummings, & D. Henderson (Eds.) Behavioral integrative care: Treatments that work in the primary care setting. New York: Brunner-Routledge.
3. Follette, V., **Palm**, K., & Rasmussen Hall, M. (2004). Mindfulness and acceptance in the treatment of sexual abuse survivors. In S.C. Hayes, V.M. Follette, & M. Linehan. Mindfulness and Acceptance. New York: The Guilford Press.
4. Hayes, S.C., Smith, S., Pankey, J., **Palm**, K.M. (2005). The Pull to Avoid. In S.C. Hayes & S. Smith (Eds.). Get Out of Your Mind and Into Your Life. Oakland, CA: New Harbinger Press.
5. **Palm**, K.M. (2007). Addictive behaviors: An RFT-enhanced theory of addiction. In J. Kanter & D. Woods (Eds.). Understanding Behavior Disorders: A Contemporary Behavioral Perspective. Reno, NV: Context Press.

### **OTHER NON-PEER REVIEWED PUBLICATIONS**

1. **Palm**, K.M., & Follette, V.M. (2000). Counseling strategies for adult survivors of childhood sexual abuse. Current Directions in Clinical Psychology,11(5), 49-60.
2. Brown, R.A., **Palm**, K.M., Strong, D.R., & Gifford, E.V. (2005). Distress Tolerance Treatment Manual for Early Lapse Smokers.

### **PUBLICATIONS SUBMITTED OR IN PREPARATION** (\*Graduate students)

1. Brown, R.A., **Palm**, K.M., Strong, D.R., Lejuez, C.W., Kahler, C.W., Zvolensky, M.J. et al. (*in preparation*). Outcomes for a randomized controlled trial comparing distress tolerance treatment to standard smoking cessation treatment.
2. \*Cameron, A., \*Eubanks, C., **Palm**, K., & Cordova, J. (*submitted*). The Role of Hostility in Smoking Cessation in Married Couples: Results from a National Sample.

3. \*Cameron, A., & **Palm**, K.M. (*in preparation*). Revisiting psychopathology as a byproduct of behavioral rigidity

## **ABSTRACTS**

### **National Conferences**

1. Fatis, M., **Palm**, K.M., Clemensen, L., Kozak, A., & Le, M. (1997, November). Tracking patient outcomes and clinical status through behavioral self-report telephone contacts. Paper presented at the Midwest Association for Behavior Analysis and Therapy, Fargo, ND.
2. **Palm**, K., Fatis, M., & Polusny, M. (1997, November). Self-reported physical symptoms and medical service utilization among sexually abused women: A review of the literature and research plan. Paper presented at the Midwest Association for Behavior Analysis and Therapy, Fargo, ND.
3. **Palm**, K.M., Polusny, M.A., Fatis, M. (1998, November). Self-report health status and health care utilization by victims of abuse. Poster presented at the Association for the Advancement of Behavior Therapy, Washington, D.C.
4. Batten, S.V., Follette, V.M., Rasmussen Hall, M.L., **Palm**, K.M., Rosenthal, M.Z., & Woo-Ming, A. (1999, November). The physical and psychological effects of written disclosure in sexual abuse survivors. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.
5. **Palm**, K.M., Rasmussen Hall, M.L., Rosenthal, M.Z., Follette, V.M., Batten, S.V., & Townsend, R.C. (November, 1999). The impact of multiple traumatic events on experiential avoidance. Poster presented at the Association for the Advancement of Behavior Therapy, Toronto, Ontario.
6. Rasmussen Hall, M.L., **Palm**, K.M., Rosenthal, M.Z., Follette, V.M., Batten, S.V., & Townsend, R.C. (1999, November). Comparing an innovative behavioral measure with self-report inventories of experiential avoidance. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.
7. Batten, S.V., **Palm**, K.M., Rasmussen Hall, M.L., Follette, V.M., Rosenthal, M.Z., Leonard, L., Lillis, J., & Hansen, J. (2000, November). The effectiveness of a writing intervention of survivors of child sexual abuse. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
8. Rosenthal, M.Z & **Palm**, K.M. (2000, November). Treatments for traumatic stress in the new millennium: What do we know, and where do we go from here? Panel discussion at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

9. Batten, S.V., Rasmussen Hall, M.L., **Palm**, K.M., & Follette, V.M. (2000, November). The effects of a written disclosure paradigm with sexual abuse survivors in writing your troubles. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
10. Rasmussen Hall, M.L., Rosenthal, M.Z., Follette, V.M., & **Palm**, K.M. (2001, November). Experiential avoidance and interpersonal victimization: Beyond self-report inventories. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
11. **Palm**, K.M., & Follette, V.M. (2001, November). The influence of women's life experiences on health care utilization. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
12. Pasillas, R.M., Follette, V.M., Rice, N.M., **Palm**, K.M., Leonard, L.M., & Gray, L. (2002, November). Work stress and coping among law enforcement officers as related to domestic violence. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
13. Gifford, E.V., Kohlenberg, B.S., Piasecki, M.P., **Palm**, K.M., Antonuccio, D.O., & Hayes, S.C. (2002, November). Bupropion SR in combination with acceptance-based behavioral therapy for smoking cessation: Results from a randomized control trial. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
14. Follette, V.M., Rasmussen Hall, M., & **Palm**, K.M. (2002, November). Acceptance in the treatment of complicated posttraumatic symptomatology. Paper presented at annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
15. **Palm**, K.M., & Follette, V.M. (2003, November). An examination of mindfulness: Assessment and relationship to PTSD. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
16. **Palm**, K.M., & Follette, V.M. (2005, November). An investigation of proposed mechanisms of mindfulness. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
17. Brown, R.A., **Palm**, K.M., Strong, D.R., Lejuez, C.W., Kahler, C.W., Zvolensky, M.J., Hayes, S.C., Gifford, E.V. (2006, February). Development and preliminary efficacy of an exposure and acceptance based distress tolerance treatment for early smoking lapsers. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Orlando, FL.
18. Strong, D.R., Kahler, C.W., **Palm**, K.M., MacPherson, L., Abrantes, A.M., & Brown, R.A. (2006, February). Using item response models to understand nicotine dependence

syndrome. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Orlando, FL.

19. Brown, R.A., **Palm**, K.M., Strong, D.R., Lejuez, C.W., Kahler, C.W., Zvolensky, M., Hayes, S.C., & Gifford, E.V. (2007, November). Distress tolerance treatment for early lapse smokers: Rationale and preliminary findings. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
20. \*Morrill, M.I., Cordova, J.V., & **Palm**, K.M. (2008). Developing a Parenting Check-Up for couples using acceptance. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
21. Gonzalez, G., Kolodziej, M., **Palm**, K., & Rosenthal, E. (2009, May). Development of the Central Massachusetts Addiction Research Consortium. Poster presented at the annual meeting for Innovations in Addictions: From Research to Practice. Boston, MA.
22. \*Cameron, A. & **Palm**, K. (2009, November). Avoidance of Negative Affect in Smokers: Insight into Rule-Governed Behavior. In Cameron, A. (Chair), Reactivity to Negative Affect: Innovative Measurement of a Universal Process. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.
23. \*Eubanks, C., \*Cameron, A., **Palm**, K. & Cordova, J. (2009, November). The effects of personal and partner hostility on smoking outcomes in the NCS-R. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.
24. \*Cameron, A., **Palm**, K.M., & Follette, V.M. (2010, May). Reaction to Stressful Life Events: What Predicts Symptom Severity? Poster presented at the annual meeting of the World Congress on Behavioral and Cognitive Therapies. Boston, MA.
25. Pedrelli, P., Dalton, E., **Palm**, K.M., Borsari, B., & Fava, M. (2010, May). Combined BMI+CBT for depressive symptoms and binge drinking among young adults: Description of the theoretical background and preliminary findings. Poster presented at the annual meeting of the World Congress on Behavioral and Cognitive Therapies. Boston, MA.
26. **Palm**, K.M., Hines, D.A., & \*Cameron, A. (2010, July). Bystander Prevention Programs: Do They Also Work for Dating Violence? In Banyard, V. (Chair), Bringing the Community into Sexual Violence Prevention: Evaluation of Prevention Initiatives on 4 Campuses. Paper presented at the annual meeting of the International Family Violence and Child Victimization Research Conference. Portsmouth, New Hampshire.

## **International Conferences**

1. Gifford, E.V., & **Palm**, K.M. (2003, August). Core competencies of ACT therapists: Skills of the effective “hired hand.” Paper presented at the 1st World Conference for Acceptance and Commitment Therapy/Relational Frame Theory and the New Behavioral Psychology, Linkoping, SWEDEN.
2. Gifford, E.V., **Palm**, K.M., Antonuccio, D.O., Kohlenberg, B.S., Piasecki, M.P., & Hayes, S.C. (2003, August). Combining bupropion SR with acceptance-based behavioral therapy for smoking cessation. Paper presented at the 1st World Conference for Acceptance and Commitment Therapy/Relational Frame Theory and the New Behavioral Psychology, Linkoping, SWEDEN.
3. **Palm**, K.M. (2003, August). An ACT case conceptualization. Paper presented at the 1st World Conference for Acceptance and Commitment Therapy/Relational Frame Theory and the New Behavioral Psychology, Linkoping, SWEDEN.
4. Brown, R.A., **Palm**, K.M., Strong, D.R., Lejuez, C.W., Kahler, C.W., Zvolensky, M., Gifford, E.V., & Hayes, S.C., (2007, October). Efficacy of distress tolerance treatment vs. standard behavioral treatment for early lapse smokers. Presented at the 9th annual SRNT Europe (Society for Research on Nicotine and Tobacco) Conference, Madrid, Spain.

## **INVITED PRESENTATIONS**

Follette, V.M., **Palm**, K.M. & Rasmussen Hall, M.L. (2000). Cognitive behavioral therapy for chronic sexual abuse. Institute presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

## **AD-HOC REVIEWER**

*Journal of Psychopathology and Behavioral Assessment*  
*Personality and Individual Differences*  
*Professional Psychology: Research and Practice*  
*International Journal of Psychiatry in Clinical Practice*  
*Scientific Review of Mental Health Practice*

## **UNIVERSITY TEACHING POSITIONS**

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|-----------|---|
| Fall 1997 | <u>Instructor</u> , Minnesota State University, Mankato<br>Course: Human Operant Behavior (PSYC207)<br>Class size: ~25 students |
| Fall 1998 | <u>Teaching Assistant</u> , University of Nevada, Reno<br>Course: Abnormal Psychology (PSYC441)<br>Class size: ~ 60 students    |

- Spring 1999     Teaching Assistant, University of Nevada, Reno  
 Course: Introduction to Psychology (PSYC101)  
 Class size: ~ 75 students
- Spring 1999/  
 Fall 2000     Seminar instructor, University of Nevada, Reno  
 Course: Research in Psychology seminar  
 Class size: 5 students
- Summer 2006     Instructor, Brown University  
 Course: Famous (and Infamous) Classic Studies in Psychology (PY908)  
 Class size: 13 students
- Fall 2006-  
 Fall 2009     Seminar Presenter, Brown University Clinical Psychology Internship  
 Seminar topic: An Introduction to Acceptance and Commitment Therapy  
 Class size: 6 Clinical Psychology Interns
- Fall 2007     Instructor, Clark University  
 Course: Introduction to Clinical Psychology (PSYC175)  
 Class size: 33 students
- 2007-present  
 (Fall & Spring)     Clinical Supervisor, Clark University  
 Course: Psychotherapy Practicum (PSYC380)  
 Class size: 3-5 Clinical Psychology graduate students
- 2007-present  
 (Fall & Spring)     Clinical Supervisor, Clark University  
 Course: Advanced Psychotherapy Practicum (PSYC382)  
 Class size: 2-6 Clinical Psychology graduate students
- 2009-2010     Instructor, Clark University  
 Course: Research on Addictive Behaviors (PSYC227)  
 Class size: 7 students
- Spring 2010     Co-Instructor, Clark University  
 Course: Research on Dating and Sexual Violence (PSYC237)  
 Class size: 10 students