CURRICULUM VITAE
MICHAEL S. CHRISTOPHER, Ph.D.

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EMPLOYMENT

2017-	**Pacific University,** School of Graduate Psychology Professor Ph.D. Program in Clinical Psychology
2015-	**Oregon Health & Science University,** School of Nursing Affiliate Faculty
2011-	**Pacific University,** School of Graduate Psychology Associate Professor Ph.D. Program in Clinical Psychology
2006-2011	**Pacific University,** School of Graduate Psychology Assistant Professor
2005-2006	**University of Alaska, Anchorage**, Department of Psychology Assistant Professor

EDUCATION

2004-2005	**Harvard Medical School/Cambridge Hospital,** Behavioral Medicine Program Post-Doctoral Clinical Fellow
2000-2004	**The University of South Dakota**, Department of Psychology Doctor of Philosophy in Clinical Psychology (APA Accredited)
2003-2004	**Harvard Medical School/McLean Hospital** Pre-Doctoral Psychology Intern (APA Accredited)
1998-2000	**Loyola College in Maryland**, Department of Psychology Master of Arts Degree in Clinical Psychology
1992-1996	**Loyola College in Maryland**, Department of Psychology Bachelor of Arts in Psychology

GRANT SUPPORT

Title: Efficacy of Mindfulness-Based Resilience Training in Reducing Harm, Violence, and Influence of Racial Bias in Law Enforcement Officers (R01)
Proposed Amount: $3,142,426
Funding Source: National Center for Complementary and Integrative Health (NCCIH)
Proposed Dates: 7/1/2017-6/30/2022
Role: MPI (with S. Bowen)

Title: Psychological and Physiological Resilience as Primary Mechanisms of Action in Mindfulness Training among Law Enforcement Officers (F31)
Proposed Amount: $82,752
Status: Reviewed in November, 2026 (Initial Impact Score: 39)
Funding Source: National Center for Complementary and Integrative Health (NCCIH)
Proposed Dates: 4/1/2017-3/31/2018
Initial Impact Score: 39
Role: Sponsor (PI: J. Kaplan)

Title: Mindfulness Training to Reduce Risk and Enhance Resilience among Firefighters (R34AT009358)
Proposed Amount: $621,000
Status: Reviewed in July, 2016 (Initial Impact Score: 45)
Funding Source: National Center for Complementary and Integrative Health (NCCIH)
Proposed Dates: 9/1/2016-8/31/2019
Role: MPI (with S. Bowen)

Title: A Pilot Trial of Mindfulness-Based Resilience Training among Police Officers (R21AT008854)
Amount: $379,500
Funding Source: National Center for Complementary and Integrative Health (NCCIH)
Dates: 8/1/2015-7/31/2017
Role: MPI (with M. Hunsinger)

Title: Mindful Medicine: Improving Physician Mindfulness and Patient Satisfaction
Amount: $29,426
Funding Source: Providence Health System Clinical Transformation Council
Dates: 9/1/2014-8/31/2015
Role: Consultant (PI: D. Schroeder)

Title: Mindfulness-Based Resiliency Training (MBRT): Outcomes of a Stress Reduction Program for Law Enforcement Personnel
Amount: $3000
Funding Source: Pacific University (Faculty Development Grant)
Dates: 7/1/2014-12/31/2014
Role: PI

Title: Clinical Psychology Ph.D. Program Development Award

Amount: $12,000
Funding Source: Pacific University (Program Development Incentive Grant)
Dates: 1/1/2011-7/31/2011
Role: Co-PI (with A. Williams)

Title: Transcultural Mindfulness Assessment: A Mixed Methods Analysis (R15AT005342)
Amount: $179,601
Funding Source: National Center for Complementary and Alternative Medicine (NCCAM)
Dates: 8/1/2010-7/31/2014
Role: PI

Title: Emotion Regulation among College Students in Thailand and the U.S.
Amount: $3000
Funding Source: Pacific University (Faculty Development Grant)
Dates: 7/1/2007-12/31/2008
Role: PI

Title: A Cross-Cultural Validation of the Mindful Attention Awareness Scale and Kentucky Inventory of Mindfulness Skills in Alaska and Thailand
Amount: $4500
Funding Source: University of Alaska Anchorage (Faculty Development Grant)
Dates: 5/1/2005-8/15/2005
Role: PI

Title: Self-Construals, Distress, and Help-Seeking across Diverse Ethnic Groups
Amount: $500
Funding Source: The University of South Dakota (Graduate Student Research Grant)
Dates: 9/1/2002-4/30/2003
Role: PI

Title: A Cross-Cultural Examination of the Effect of Normative and Behavioral Persuasion on Help-Seeking in Thai and American College Students
Amount: $500
Funding Source: The University of South Dakota (Graduate Student Research Grant)
Dates: 9/1/2000-4/30/2001
Role: PI

PUBLICATIONS

Peer-Reviewed Journal Articles

33. Colgan, D. D., Wahbeh, H., Besler, K., Pleet, M., & Christopher, M. S. (in press). The subjective experience of military veterans with PTSD in mind-body intervention research. *Journal of Evidence-Based Complimentary & Alternative Medicine.*

32. Schroeder, D. A., Stephens, L., Colgan, D., Hunsinger, M., Rubin, D., & Christopher, M. S. (in press). A brief mindfulness-based intervention for primary care physicians: A pilot randomized controlled trial. *American Journal of Lifestyle Medicine*.

31. Charoensuk, S., Pitaksongkram, P., & Christopher, M. S. (2016). [**ความหมายและปัจจัยบ่มเพาะสติ จากประสบการณ์ของสตรีไทยที่ปฏิบัติธรรม**]. Meaning and cultivating factors of mindfulness as experienced by Thai female monks. *Nursing Journal of the Ministry of Public Health*, *25*, 170-183.

30. Bergman, A. L., Christopher, M. S., & Bowen, S. (2016). Changes in facets of mindfulness predict stress and anger outcomes for police officers. *Mindfulness, 7*, 851-858.

29. Colgan, D., Christopher, M. S., Michael, P. G., & Wahbeh, H. (2016). Mindful breathing and body scan differentially impact the relationship between mindfulness facets and treatment outcomes in veterans with PTSD. *Mindfulness, 7*, 372-383.

28. Christopher, M. S., Goerling, R. J., Rogers, B. S., Hunsinger, M., Baron, G., Bergman, A., & Zava, D. T. (2016). A pilot study evaluating the effectiveness of a mindfulness-based intervention on cortisol awakening response and health outcomes among law enforcement officers. *Journal of Police and Criminal Psychology, 31,* 15-28.

27. Jones, K. D., Mist, S. D., Agnew, M. C., Ali, A., & Christopher, M. S. (2015). Fibromyalgia impact and mindfulness characteristics in 4,986 people withfibromyalgia. *EXPLORE: The Journal of Science & Healing, 11,* 304-309.

26. Christopher, M. S., Rogers, B. S., Hunsinger, M., Colgan, D., Reiss, A., & Farwood, H. B. (2015). Distinguishing mindful process from outcome in the prediction of global health and perceived stress in a Mindfulness-Based Stress Reduction program, *Mindfulness*, 6, 693-699.

25. Christopher, M. S., Woodrich, L. E., & Tiernan, K. A. (2014). Using cognitive interviews to assess the cultural validity of state and trait measures of mindfulness among Zen Buddhists. *Mindfulness, 5,* 145-160.

24. Rogers, B. S., Christopher, M. S., & Bilgen-Sunbay, Z. (2013). Mindfulness, self-care, and participatory medicine: A community's clinical evidence. *Journal of Participatory Medicine, 5*, e9.

23. Rogers B. S., Christopher M. S., Bilgen-Sunbay, Z., Pielage, M., Fung, H., Dahl, L…Beale, N. (2013). Mindfulness in participatory medicine: Context & relevance. *Journal of Participatory Medicine, 5*, e7.

22. Christopher, M. S., Ramsey, M. M., & Antick, J. R. (2013). The role of dispositional mindfulness in mitigating the impact of stress and impulsivity on alcohol-related problems. *Addiction Research and Theory, 21*, 429-434.

21. Bilgen-Sunbay, Z., Christopher, M. S., & Rogers, B. S. (2012). Examining a proactive self care index in a Mindfulness-Based Stress Reduction (MBSR) program. *Journal of Participatory Medicine, 4,* e22.

20. Christopher, M. S., Neuser, N. J., Michael, P. G., & Baitmangalkar, A. (2012).

Exploring the psychometric qualities of the Five Facet Mindfulness Questionnaire. *Mindfulness, 3,* 124-131

19. Christopher, M. S., Norris, P., D'Souza, J. B., & Tiernan, K. (2012). A test of the multidimensionality of the Self-Construal Scale in Thailand and the United States. *Journal of Cross-Cultural Psychology, 43,* 758-773.

18. Jacob, K. S., Christopher, M. S., & Neuhaus, E. C. (2011). Development and validation of the Cognitive Behavioral Therapy Skills Questionnaire (CBTSQ). *Behavior Modification, 35,* 595-611.

17. Christopher, M. S., D'Souza, J. B., Dhaliwal, S., & Peraza, J. (2010). A test of the personality-culture clash hypothesis among college students in an individualistic and collectivistic culture. *International Journal of Culture & Mental Health, 3, 107-116.*

16. Gilbert, B. D., & Christopher, M. S. (2010). Mindfulness-based attention as a moderator of the relationship between depressed affect and negative cognitions. *Cognitive Therapy & Research, 34,* 514-521.

15. Christopher, M. S., & Gilbert, B. D. (2010). Incremental validity of facets of mindfulness in the prediction of depression and satisfaction with life. *Current Psychology, 29,* 10-23.

14. La Roche, M. J., & Christopher, M. S. (2009). Changing paradigms from empirically supported treatment to evidence-based practice: A cultural perspective. *Professional Psychology: Research and Practice, 40,* 396-402.

13. Christopher, M. S., Charoensuk, S., Gilbert, B. D., Neary, T. J., & Pearce, K. (2009). Mindfulness in Thailand and the United States: A case of apples versus oranges? *Journal of Clinical Psychology, 65,* 590-612.

12. Christopher, M. S., Christopher, V., & Charoensuk, S. (2009). Assessing "Western" mindfulness among Thai Theravāda Buddhist Monks. *Mental Health, Religion & Culture, 12,* 303-314.

11. Christopher, M. S., Jacob, K. S., Neuhaus, E. C., Neary, T. J., & Fiola, L. B. (2009). Cognitive and behavioral changes related to symptom improvement among patients receiving intensive cognitive behavioral therapy. *Journal of Psychiatric Practice, 15, 95-102.*

10. Christopher, M. S., & Skillman, G. D. (2009). Exploring the link between self construal and distress among African American and Asian American college students. *Journal of College Counseling, 12,* 44-56.

9. LaRoche, M. J., & Christopher, M. S. (2008). Culture and empirically supported treatments: On the road to a collision? *Culture & Psychology, 14,* 333-356.

8. Christopher, M. S. (2007). Integrating mindfulness into psychotherapy practice.

Journal of Psychological Practice, 14, 1-20.

7. Neuhaus, E. C., Christopher, M. S., Jacob, K. S., Guillaumot, J. J., Burns, J. P. (2007). Short-term cognitive behavioral partial hospital treatment: A pilot study. *Journal of Psychiatric Practice, 13*, 298-307.

6. Christopher, M. S., Skillman, G. D., Kirkhart, M. W., & D'Souza, J. B. (2006). The effect of normative and behavioral persuasion on help-seeking in Thai and American college students. *Journal of Multicultural Counseling and Development, 34*, 80-93.

5. Simons, J. S., Christopher, M. S., Oliver, M. N. I., & Stanage, E. J. (2006). A content analysis of personal strivings: Associations with substance use. *Addictive Behaviors*, *31,* 1224-1230.

4. Simons, J. S., Gaher, R. M., Correia, C. J., Hansen, C. L., & Christopher, M. S. (2005). An affective-motivational model of marijuana and alcohol problems among college students. *Psychology of Addictive Behavior, 19*, 326-334.

3. Simons, J. S., Christopher, M. S., & Mclaury, A. E. (2004). Personal strivings, binge drinking, and alcohol-related problems. *Addictive Behaviors, 29,* 773-779.

2. Christopher, M. S. (2003). Albert Ellis and the Buddha: Rational soul mates? A comparison of rational emotive behavior therapy (REBT) and Zen Buddhism. *Mental Health, Religion & Culture, 6*, 283-293.

1. Diep, A. K., Christopher, M. S., & Mims, G. A. (2001). "Life is like a box of chocolates": A technique for reducing anxiety in group therapy. *Journal of Clinical Activities, Assignments, and Handouts in Psychotherapy, 1,* 11-20.

Articles Under Review

1. Kaplan, J., Christopher, M. S., & Bowen, S. (under review). Dispositional mindfulness moderates the relationship between occupational stressors and perceived stress among law enforcement personnel

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BOOK CHAPTERS

4. La Roche, M. J., Christopher, M. S., & West, L. M. (2016). Toward a cultural evidence based psychotherapy. In M. Casas, L. Suzuki, C. Alexander, & M. Jackson (Eds.), *Handbook of multicultural counseling* (4th ed.) (pp. 177-187). Thousand Oaks, CA: Sage.

3. Christopher, M. S., & Gilbert, B. D. (2014). Mindfulness and satisfaction with life. In A. C. Michalos (Ed.). *Encyclopedia of Quality of Life and Well-Being Research* (pp. 4062-4066). Dordrecht, Netherlands: Springer.

2. Gross, C. R., Christopher, M. S., & Reilly-Spong, M. (2013). Meditation. In R. Lindqvist & M. Snyder (Eds.), *Complementary & alternative therapies in nursing* (7th ed.) (pp. 167-190). New York: Springer.

1. La Roche, M. J., & Christopher, M. S. (2010). Cultural diversity. In J. C. Thomas & M. Hersen (Eds.), *Handbook of clinical psychology competencies* (pp. 95-122). New York: Springer.

Book Reviews

2. Christopher, M. S., & Colgan, D. (2014, March). Getting into the flow of mindfulness practice [Review of the book *Mindfulness and character strengths: A practical guide to flourishing*, by R. Niemec]. *PsycCritiques, 59(11)*

1. Christopher, M. S. (2012, July). Using mindfulness to transform the present moment into therapeutic presence [Review of the book *Therapeutic presence: A mindful approach to effective therapy*, by S. M. Geller & L. S. Greenberg]. *PsycCritiques, 57(28).*

CONFERENCE PRESENTATIONS AND PUBLISHED ABSTRACTS

65. Bergman, A. L., & Christopher, M. S. (2016, April). *Changes in facets of mindfulness predict stress and anger outcomes for police officers.* [Published Abstract]. Poster presented at the International Congress on Integrative Medicine and Health, Las Vegas, NV.

64. Colgan, D., Christopher, M. S., Schroeder, D. A., Stephens, L., Hunsinger, M., & Rubin, D. (2016, April). *A brief mindfulness-based intervention for primary care physicians: A pilot randomized controlled trial.* [Published Abstract]. Poster presented at the International Congress on Integrative Medicine and Health, Las Vegas, NV.

63. Colgan, D., Christopher, M. S., Wahbeh, H., & Oken, B. (2015, November). *The differential effects of two components of mindfulness meditation on PTSD and related symptoms among veterans*. In D. Colgan & Wahbeh, H. (Co-Chairs) Mindfulness-based interventions for veterans with PTSD: Cognitive, behavioral, and neurological mechanisms of change. Symposium presented at the 49th Annual Association of Behavioral and Cognitive Therapies. Chicago, IL.

62. Colgan, D., Oslund, E., Dapolonia, E., & Christopher, M. S. (2015, October). *The effects of a mindfulness-based wellness and* r*esilience program for interdisciplinary primary care teams on burnout, well-being, resilience, and team cohesion.* Paper presented at the meeting of the Northwest Primary Care Regional Association. Seattle, WA.

61. Mist, S. E., Christopher, M. S. & Jones, K. D. (2015, June). *Mindfulness characteristics in 4986 people with fibromyalgia: implications for a new direction toward compassion based meditation over traditional MBSR. Ann Rheum Dis*: 74 (Suppl 2): 312. European League Against Rheumatism (EULAR), Rome, Italy.

60. Colgan, D., Besler, K., Pleet, M., Christopher, M. S., & Wahbeh, H. (2015, June). *The differential impact of mindfulness interventions among veterans with PTSD: Qualitative findings*. Poster presented at the annual Oregon Collaborative for Integrative Medicine meeting, Portland, OR.

59. Radabaugh, J., Marino, C., Colgan, D. & Christopher, M. S. (2015, March). *Inclusive, Incomplete, or In-between: Exploring the feminist perspective in graduate diversity courses.* Structured discussion presented at the annual Association for Women in Psychology Conference, San Francisco, CA.

58. Bergman, A. L., Goerling, R., Rogers, B., Hunsinger, M., Christopher, M. S. (2014, November). An open trial of a mindfulness-based intervention for police officers. In S. Bowen (Chair), *Stress and Coping on Both Sides of the Law: Mindfulness-Based Interventions With Criminal Justice and Law Enforcement Populations.* Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

57. Colgan, D., Christopher, M., Michael, P., & Wabeh, H. (2014, October). *Differential impact of elements of Mindfulness among veterans with chronic PTSD.* Poster presented at the annual Mind & Life International Symposium for Contemplative Studies, Boston, MA.

56. Baron, G., Bergman, A., Stelmokas, J., & Christopher, M. (2014, June). *Group ACT for interpersonal distress: Clinical outcomes*. Poster presented at the Association for Contextual Behavioral Science International Conference, Minneapolis MN.

55. Mist, S.D, Christopher, M. & Jones, K.D. (2014, May). *Internet survey reveals relationship between mindfulness and fibromyalgia severity.* Poster presented at the International Society for Complementary Medicine Research (ISCMR), Miami, FL.

54. Michael, P., Christopher, M., Orenstein, M., & Radabaugh, J. (2014, April). Psychometric properties of the Mindful Process Questionnaire. In D. Colgan (Chair), *Measuring Mindfulness and Acceptance: Perspectives on Process and Outcome.* Symposium presented at the annual meeting of the Western Psychological Association, Portland, OR.

53. Randall, J., Sulanes, K., Newton, K., Neighbours, B., & Christopher, M. (2014, April). Acceptance versus suppression for managing social anxiety. In A. Bergman (Chair), *ACT in the Lab and the Clinic: Student Research and Clinical Outcomes.* Symposium presented at the annual meeting of the Western Psychological Association, Portland, OR.

52. Reiss, A. L., Rogers, B., & Christopher, M. S. (2014, April). *Examining Mindfulness-Based Stress Reduction's effectiveness in a community setting*. Paper presented at the annual meeting of the Western Psychological Association, Portland, OR.

51. Christopher, M. S., Rogers, B., Goerling, R., & Hunsinger, M. (2014, April). Mindfulness Based Resiliency Training (MBRT) for law enforcement personnel: A pilot study. In K. B. Lustyk (Chair), *Mindfulness: From the Bench to the Bedside.* Symposium presented at the annual meeting of the Western Psychological Association, Portland, OR.

50. Christopher, M. S., Rogers, B., & Goerling, R. (2014, April). *Mindfulness-Based Resiliency Training (MBRT): Preliminary outcomes of a program for law enforcement*

personnel. Paper presented at the annual scientific conference of the Center for Mindfulness in Medicine, Health Care, and Society, Worcester, MA.

49. Woodrich, L. E., Tiernan, K. A., & Christopher, M. S. (2013, August). *The divergence of Western and Buddhist definitions of mindfulness: Zen Buddhist cognitive interviews.* Poster presented at the annual meeting of the American Psychological Association, Honolulu, HI.

48. Colgan, D., Baron, G., & Christopher, M. S. (2013, May). *The elusive construct of mindfulness.* Poster presented at the annual Symposium for Portland Area Research on Complementary and Alternative Medicine.

47. Silver, A. R., & Christopher, M. S. (2013, April). *Acceptance and Commitment Therapy for HIV+ gay men.* Poster presented at the annual meeting of the Western Psychological Association, Reno, NV.

46. Bergman, A., Cornelli, B., & Christopher, M. S. (2013, April). *Gender differences in various help-seeking and coping practices among college students.* Paper presented at the annual meeting of the Western Psychological Association, Reno, NV.

45. Bergman, A., Cornelli, B., Christopher, M. S. (2013, April). *Psychological help-seeking and the Theory of Reasoned Action: The moderating role of gender.* Paper presented at the annual meeting of the Western Psychological Association, Reno, NV.

44. Gross, C. R., & Christopher, M. S. (2013, April). *Mindfulness measures: Gaps in the state of the art.* Paper presented at the annual scientific conference of the Center or Mindfulness in Medicine, Health Care, and Society, Worcester, MA.

43. Rogers, B., & Christopher, M. S. (2013, April). *Mindfulness in participatory medicine: An updated perspective.* Paper presented at the annual scientific conference of the Center for Mindfulness in Medicine, Health Care, and Society, Worcester, MA.

42. Marino, C., Radabaugh, J., Potter, D. A., Smith, R. M., & Christopher, M. S. (2013, March). *Changing definitions of women's liberation and implications for the discipline of psychology.* Structured discussion presented at the annual conference of the Association for Women in Psychology, Salt Lake City.

41. Randall, J., Shipley, L. J., Christopher, M. S., & Davies, W. (2012, November). *Emotion dysregulation mediates the relationship between social anxiety symptomsand hazardous alcohol use.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Baltimore.

40. Randall, J., & Christopher, M. S. (2012, November). *Exploring the psychometrics of the Acceptance and Action Questionnaire-II and its relationship to social anxiety.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Baltimore.

39. Randall, J., & Christopher, M. S. (2012, November). *Acceptance and suppression as moderators of the relationship between fear of negative evaluation and social anxiety symptomology.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Baltimore.

38. Christopher, M. S., Christopher, V., Charoensuk, S., Woodrich, L., & Tiernan, K. (2012, July). *Using cognitive interviews to assess the cultural validity of state and trait measures of mindfulness among Zen Buddhists.* Poster presented at the biennial meeting of the European Association of Personality Psychology, Trieste, Italy.

37. Christopher, M. S., Christopher, V., Charoensuk, S., Tiernan, K., & Woodrich, L. (2012, July). *Measuring mindfulness: Insights from Tibetan, Theravada, and Zen clergy.* Poster presented at the annual meeting of the International Test Commission, Amsterdam.

36. Christopher, M. S., & Christopher, V. (2012, May). *Operationalization and assessment of mindfulness: The perspective of Buddhist clergy and laypersons* [Published Abstract]. Paper presented at the International Congress on Integrative Medicine and Health, Portland, Oregon.

35. Rogers, B., Sunbay-Bilgen, Z., & Christopher, M. S. (2012, March). *Mindfulness in participatory medicine: Context, research, and clinical evidence for the relevance of Mindfulness-Based Stress Reduction (MBSR) on the ground.* Paper presented at the annual scientific conference of the Center for Mindfulness in Medicine, Health Care, and Society, Worcester, MA.

34. Cavanaugh, R. C., & Christopher, M. S. (2011, August). *A mindfulness-based intervention for the treatment of binge eating: A single case design.* Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

33. Christopher, M. S., Michael, P. G., Arnaut, G. L. Y., Lane, J. B., Askwith, T., Bliesner, A. E., & Mills, E. (2010, November). *The effects of an experiential mindfulness class on the mental health of clinical psychology graduate students.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco.

32. Williams, A. M., & Christopher, M. S. (2010, August). *Understanding client treatment and student training in a community clinic.* Paper presented at the annual meeting of the American Psychological Association, San Diego.

31. Draper, T., & Christopher, M. (2010, June). *Suicidal ideation among Alaska Native youth and implications for prevention.* Poster presented at the annual meeting of the American Psychological Association Division 45 – Society for the Psychological Study of Ethnic Minority Issues, Ann Arbor.

30. Dhaliwal, S., Christopher, M. S., Charoensuk, S., & Peraza, J. (2010, June). *Confirmatory factor analysis of a Thai version of the Center for Epidemiologic Studies Depression Scale (CES-D)*. Paper presented at the triennial meeting of the World Congress of Behavioral and Cognitive Therapies, Boston.

29. Bliesner, A. E., Dean, C. C., Zamir, D. R., & Christopher, M. S. (2010, April). What is mindfulness? A mixed-method analysis among Buddhist monks. In D. R. Zamir (Chair), *The meaning and clinical application of mindfulness*. Symposium presented at the annual meeting of the Western Psychological Association, Cancun, Mexico.

28. Christopher, M. S., Askwith, T., Gilbert, B. D., McGhee, C., & Norris, P. (2009, November). *Self-esteem as a mediator of the relationship between mindfulness and satisfaction with life.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York City.

27. Jacob, K. S., Christopher, M. S., & Neuhaus, E. C. (2009, November). *Evaluating the psychometrics of the Cognitive-Behavioral Skills Questionnaire – Revised (CBSQ-R).* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York City.

26. Dhaliwal, S., D'Souza, J. B., Peraza, J., & Christopher, M. S. (2009, June). *A test of the personality-culture clash hypothesis in Thailand and the United States* [Published Abstract]. Paper presented at the annual meeting of the Asia Pacific Sociological Association, Bali, Indonesia.

25. Christopher, M. S. (Chair). (2009, April). *Dispositional mindfulness as a protective factor against the development of depression and alcohol problems among college students.* Symposium presented at the annual meeting of the Western Psychological Association, Portland, OR.

24. Christopher, M. S., & Gilbert, B. D. (2009, April). Measuring dispositional mindfulness: Further examination of the Mindful Attention Awareness Scale. In M. S. Christopher (Chair), *Dispositional mindfulness as a protective factor against the development of depression and alcohol problems among college students.* Symposium presented at the annual meeting of the Western Psychological Association, Portland, OR.

23. Gilbert, B. D., & Christopher, M. S. (2009, April). Mindfulness-based attention as a moderator of the relationship between depressed affect and negative cognitions. In M. S. Christopher (Chair), *Dispositional mindfulness as a protective factor against the development of depression and alcohol problems among college students.* Symposium presented at the annual meeting of the Western Psychological Association, Portland, OR.

22. Christopher, M. S., Charoensuk, S. Gilbert, B. D., Pearce, K., & Neary, T. J. (2008, November). *A MACS approach to testing for multigroup invariance of self-report measures of mindfulness in Thailand and the U.S.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Orlando.

21. Gilbert, B. D., & Christopher, M. S. (2008, November). *Trait mindfulness moderates the relationship between depressed affect and negative cognitions among college*

students. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Orlando.

20. Gilbert, B. D., Christopher, M. S, & Fett, A. (2008, November). *The incremental validity of mindfulness in the prediction of depression and satisfaction with life*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Orlando.

19. Jacob, K. S., Dulgar-Tulloch, L., Christopher, M. S., & Neuhaus, E. C. (2008, August). *Mechanisms of change in cognitive behavioral therapy: A look at the importance of skill acquisition.* Poster presented at the annual meeting of the American Psychological Association, Boston.

18. Christopher, V., & Christopher, M. S. (2008, July). *Mindfulness in Thailand: A phenomenological analysis* [Published Abstract]. Paper presented at the biennial congress of the International Association of Cross-Cultural Psychology, Bremen, Germany.

17. Christopher, M. S., D'Souza, J. B., & Norris, P. (2008, July). *A test of the multidimensionality of the self-construal scale in Thailand and the U.S* [Published Abstract]. Paper presented at the biennial congress of the International Association of Cross-Cultural Psychology, Bremen, Germany.

16. Christopher, M. S., Neuhaus, E. C., Jacob, K. S., & Neary, T. (2007, November). *Cognitive and behavioral changes related to treatment response among patients with a mood disorder receiving intensive CBT.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia.

15. Christopher, M. S., & Gilbert, B. D. (2007, November). *Psychometric properties of the Kentucky Inventory of Mindfulness Skills (KIMS) and the Mindful Attention Awareness Scale (MAAS) among Thai Theravada Buddhist Monks.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia.

14. Neuhaus, E. C., Jacob, K. S., Christopher, M. S., Kim, H. J., Cutter, C. L., et al. (2007, November). *Skill acquisition as a mediator of treatment outcome in a CBT-oriented partial hospital program.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia.

13. Christopher, M. S., & Skillman, G. D. (2007, August). *Self-construals and distress among African American and Asian American college students.* Poster presented at the annual meeting of the American Psychological Association, San Francisco.

12. Christopher, M. S., Dhaliwal, S., & Schaefer, S. (2007, August). *Psychometrics of the Multigroup Ethnic Identity Measure (MEIM) among diverse groups.* Poster presented at the annual meeting of the American Psychological Association, San Francisco.

11. Neuhaus, E. C., Jacob, K. S., Christopher, M. S., Kim, H. J., Cutter, C. L., et al. (2007, August). *Examining the psychometrics of a new measure: Assessing patients' knowledge*

of CBT skills. Poster presented at the annual meeting of the American Psychological Association, San Francisco.

10. Christopher, M. S., & Skillman, G. D. (2007, January). *Various help-seeking intentions and coping practices among ethnically diverse college students*. Poster presented at the biennial National Multicultural Conference and Summit, Seattle.

9. Neuhaus, E. C., Christopher, M. S., Jacob, K. S., Guillaumot, J. J., Burns, J. P. (2006, November). *Flexible CBT for partial hospital: From EST protocols to real-world practice.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Chicago.

8. Neuhaus, E. C., & Christopher, M. S. (2005, March). *A preliminary study of cognitive behavioral treatment in a short-term partial hospital program.* Poster presented at the annual Harvard Medical School Department of Psychiatry Mysell Lecture and Research Day, Cambridge, Massachusetts.

7. Lacroce, D. M., Christopher, M. S., Guillaumot, J. J., Neuhaus, E. C., & Hermolin, M. K. (2005, March). *The influence of a co-morbid personality disorder diagnosis on treatment effectiveness in intensive CBT treatment.* Poster presented at the annual meeting of the Eastern Psychological Association, Boston.

6. Hermolin, M. K, Neuhaus, E. C., Lacroce, D. M., Christopher, M. S., & Guillaumot, J. J. (2005, March). *The relationship between education level and treatment outcome at a CBT-oriented partial hospital program.* Poster presented at the annual meeting of the Eastern Psychological Association, Boston.

5. Christopher, M. S., Simons, J. S., & Skillman, G. D. (2004, October). *Internet mediated data collection in multiethnic research.* Poster presented at the annual meeting of the New England Psychological Association, Providence, Rhode Island.

4. Christopher, M. S., & Skillman, G. D. (2004, October). *Self-construals, gender, and ethnicity: Do the similarities outweigh the differences among American college students?* Poster presented at the annual meeting of the New England Psychological Association, Providence, Rhode Island.

3. Christopher, M. S. (2002, April). *Perceived advantages and disadvantages of help-seeking in Thailand and the United States.* Poster presented at the annual meeting of the Rocky Mountain Psychological Association, Park City, Utah.

2. Christopher, M. S., & Simons, J. S. (2002, April). *Psychometric properties of five measures of affective functioning completed on the Internet.* Poster presented at the annual meeting of the Rocky Mountain Psychological Association, Park City, Utah.

1. Christopher, M. S., LoPresto, C. T., Haskins, D. G., & Kirkhart, M. W. (2001, July). *A cross-cultural examination of the effect of normative and behavioral persuasion on help*

seeking in Thai and American college students. Paper presented at the biennial congress of the International Association of Cross-Cultural Psychology, Winchester, England.

2.

INVITED TALKS, WORKSHOPS, & COLLOQUIA

13. Hunsinger, M., & Christopher, M. S. (2014, December). *Mindfulness and law enforcement.* College of Health Professions Faculty Seminar Series, Pacific University.

12. Christopher, M. S., & Rogers, B. (2014, October). *Mindfulness for first responders: Research and practice.* Workshop presented at the Pacific Institute for Community & Organizational Wellness Resilience Summit, Hillsboro, OR.

11. Rogers, B., Goerling, R., & Christopher, M. S. (2014, April). *Development of a Mindfulness-based educational intervention for law enforcement officers: Mindfulness Based Resilience Training (MBRT).* Workshop presented at the annual scientific conference of the Center for Mindfulness in Medicine, Health Care, and Society, Worcester, MA.

10. Christopher, M. S., Gilbert, B. D., Bliesner, A., Bloom, A., Norris, P., Dean, C.,…Zamir, D. (2010, July). *Exploring facets of mindfulness in the treatment of addiction.* Workshop presented at the Northwest Institute of Addiction Studies, Portland, OR.

9. Christopher, M. S. (2008, July). *Differences in Eastern and Western conceptualizations of mindfulness.* Invited talk given to the Department of Psychology, Jacobs University Bremen, Germany.

8. Christopher, M. S. (2007, May). *Getting into a graduate program in clinical psychology*. Invited talk given to the Psi Chi Psychology Honor Society, Portland State University.

7. Christopher, M. S. (2006, April). *Mindfulness and culture.* Colloquia presented to the School of Professional Psychology, Pacific University.

6. Christopher, M. S. (2005, March). *The impact of culture on the relationships between self-construal, distress, and satisfaction with life.* Colloquia presented to the Department of Psychology, University of Alaska Fairbanks.

5. Christopher, M. S. (2005, March). *The impact of culture on the relationships between self-construal, distress, and satisfaction with life.* Colloquia presented to the Department of Psychology, University of Alaska Anchorage.

4. Christopher, M. S. (2005, February). *Self-construals and distress: A match made in Thailand?* Colloquia presented to the Department of Psychology, Memorial University of Newfoundland.

3. Christopher, M. S. (2004, December). *Cultural considerations in the assessment of psychopathology.* Invited talk given to the Clinical Psychology Internship Training Program, Cambridge Hospital, Boston.

2. Christopher, M. S. (2004, November). *Self-construals and distress: A match made in Thailand?* Colloquia presented to the Department of Psychology, University of Wisconsin Oshkosh.

1. Christopher, M. S. (2003, December). *Culture and psychopathology.* Colloquia presented to the Department of Psychology, Eastern Connecticut State University.

POPULAR MEDIA

"Mindfulness Reduces Stress and Anger in Police" (*The Huffington Post*, August 1, 2016)
http://www.huffingtonpost.com/greater-good-science-center/mindfulness-reduces-stres_b_11297422.html

"Mis-measuring MINDFULNESS" (*The Nation*, June 18, 2016)
http://www.nationmultimedia.com/opinion/Mis-measuring-MINDFULNESS-30288482.html

"How Mindfulness Is Changing Law Enforcement" (*Berkeley Greater Good Science Center*, May 18, 2016)
http://greatergood.berkeley.edu/article/item/how_mindfulness_is_changing_law_enforcement

"To Protect, Serve, and Meditate" (*MEL Magazine*, January 21, 2016)
https://features.wearemel.com/to-protect-serve-and-meditate-be998103233c#.9lwio6pwc

"Pacific Professors Land Mindfulness Grant" (*Portland Tribune*, August 26, 2015)
http://portlandtribune.com/fgnt/36-news/270718-145830-pacific-professors-land-mindfulness-grant

"Mindfulness in Policing: Hillsboro Cops Forge Revolutionary Path with Meditation Training" (*The Oregonian*, April 4, 2014)
http://www.oregonlive.com/hillsboro/index.ssf/2014/04/mindfulness_in_policing_hillsb_1.html

"Eastern vs. Western Conceptualizations of Mindfulness" (*Tricycle*, July 22, 2010)
http://tricycle.org/trikedaily/eastern-vs-western-conceptions-mindfulness/

"Pacific University psychology professor wins National Institutes of Health grant" (*The Oregonian*, July 21, 2010) http://www.oregonlive.com/forest-grove/index.ssf/2010/07/pacific_university_psychology_professor_wins_national_institutes_of_health_grant.html

EDITORIAL ACTIVITIES

2014-present	Associate Editor, *Mindfulness*
2015-present	Editorial Board, *Behavior Modification*
2011-present	Editorial Board, *Clinical Case Studies*
2011-present	Editorial Board, *Clinical Psychology Review*
2007-2011	Editorial Board, *Journal of Anxiety Disorders*

2013 Article Editor, *Sage Open*

Ad Hoc Reviewer for:

- *Behavior Modification*
- *Behavioural and Cognitive Psychotherapy*
- *BMC Psychiatry*
- *Cognitive Therapy and Research*
- *European Journal of Psychological Assessment*
- *EXPLORE: The Journal of Science and Healing*
- *International Journal of Educational and Psychological Assessment (Special Issue: Impact of Culture in Psychological Measurement)*
- *International Journal of Psychology*
- *Journal for the Scientific Study of Religion*
- *Journal of Clinical Psychology*
- *Journal of Evidenced-Based Complementary & Alternative Medicine*
- *Journal of Positive Psychology*
- *Journal of Psychopathology and Behavioral Assessment*
- *Mental Health, Religion & Culture*
- *Mindfulness*
- *PLOS One*
- *Psychiatry Research*
- *Psychological Assessment*
- *Psychology of Addictive Behaviors*
- *Social Indicators Research*
- *Theory & Psychology*

TEACHING

2006- **Pacific University,** Graduate School of Psychology
Graduate
GPSY 960 – Integrative Seminar in Psychology Research
GPSY 940 – The Role of Psychologist in Integrated Healthcare
GPSY 902 – Self-Care and the Science and Practice of Mindfulness
GPSY 900 – Scientific Communication
GPSY 887 – Practicum I & II
CPSY 502 – Assessment of Individuals
CPSY 503 – Professional Orientation: Identity and Ethics
CPSY 550 – Introduction to Professional Participation
CPSY 592 – Evidence-Based Practice Sample

2005-2006 **University of Alaska Anchorage,** Department of Psychology
Graduate
PSY 633 – Psychological Assessment
PSY 614 – Biological Bases of Behavior
Undergraduate
PSY 473 – Psychological Testing (two sections)

2000-2001 **The University of South Dakota,** Department of Psychology
Undergraduate
PSYC 111 – Personal Adjustment (two sections)

1996-1997 **Assumption University,** Department of General Studies, Bangkok, Thailand
Undergraduate

PSYC 326 – Organizational Psychology (six sections)

Representative Course Evaluation Data
Average rating for the teaching evaluation item: "With regard to this course, this instructor is an asset to the program" rated on a 7 point scale (1 = *strongly disagree* to 7 = *strongly agree*).

Spring 2016	Integrative Seminar in Psychology Research: 7.00 (*n* = 6)
Fall 2013	Self-Care and the Science and Practice of Mindfulness: 6.80 (*n* = 6)

Teaching Award

2010	Recipient of the Pacific University Counseling Psychology Program Professor of the Year Award

RESEARCH SUPERVISION

Pacific University Ph.D. Students

5. Leticia Ribeiro Da Silva Dos Santos (began in 2015)
    a. Dissertation: --

4. Eli Dapolonia (began in 2015)
    a. Dissertation: --
    b. Thesis: --

3. Joshua Kaplan (began in 2014)
    a. Dissertation: --
    b. Thesis: *Evaluating dispositional mindfulness as a moderator of the relationship between police stressors and physiological and psychological stress among police officers* (defended summer 2016)

2. Aaron Bergman (began in 2013)
    a. Thesis: *Changes in facets of mindfulness predict stress and anger outcomes for police officers* (defended summer 2015)

1. Dharmakaya Colgan (began in 2012)
    a. Dissertation: *Promoting resilience and preventing burnout: A controlled trial of Mindfulness-Based Wellness and Resilience among primary care providers*
    b. Thesis: *The differential impact of two mindfulness components among veterans with post-traumatic stress disorder* (defended summer 2014)

Other Ph.D. Student Committee Membership

Kaori Donahue, Oregon Health & Science University, School of Nursing
Daily hassles, mental health outcomes, and dispositional mindfulness in student registered nurse anesthetists (defended summer 2016)

ADMINISTRATIVE POSITIONS

Pacific University, Graduate School of Psychology
Clinical Psychology Ph.D. Program

2012-2013 Founding Director

Counseling Psychology Program

2009-2010 Program Director
2008-2009 Associate Program Director
2006-2010 Co-Director of Clinical Training

SERVICE

Profession & Community

2016 External Reviewer, Tenure and Promotion, Department of Psychiatry, Oregon Heath & Science University
2015 Reviewer, Biobehavioral Mechanisms of Emotion, Stress and Health (MESH) Study Section, National Institutes of Health
2015 Reviewer, National Medical Research Council, Singapore Ministry of Health
2013 External Reviewer, Tenure and Promotion, Department of Psychology, University of Cincinnati
2011 Reviewer, South Africa's National Research Foundation
2008- Advisor, Central City Concern, BEST Program
2007- Advisor and Mentor, Amputee Coalition of America

University

Pacific University

2014-2016 Member, Hearings Committee, Graduate School of Psychology
2014- Member, Future Program Planning Taskforce, Graduate School of Psychology
2013 Member, Faculty Search Committee, Assistant Professor, Ph.D. Program in Clinical Psychology
2013 Member, M.S. Program in Applied Psychological Science Planning Committee
2013 Member, Faculty Search Committee, Assistant Professor, M.S. Program in Applied Psychological Science
2012- Member, Admissions Committee, Ph.D. Program in Clinical Psychology
2012 Chair, Faculty Search Committee, Director, Ph.D. Program in Clinical Psychology
2010 Member, Faculty Search Committee, Assistant Professor, Psy.D. Program in Clinical Psychology
2009-2012 Chair, Graduate School of Psychology Ph.D. Program in Clinical Psychology Planning Committee
2009-2013 Member, Graduate School of Psychology Executive Committee
2008 Member, Faculty Search Committee, Child Clinical Position
2008-2011 Member, Clinical Training Committee
2007-2012 Member, Research Task Force
2007- Member, APA Accredited Pre-Doctoral Internship Committee
2007- Library Liaison
2006-2008 Chair, Faculty Diversity Training Committee

2006-2013	Member, Counseling Psychology Program Admissions Committee

University of Alaska Anchorage

2005-2006	Mentor, Alaska Natives into Psychology (ANPSYCH)
2005-2006	Member, Ph.D. Program in Community-Clinical Psychology Planning Committee
2005-2006	Member, Clinical Training Committee
2005	Member, Clinical Psychology Program Admissions Committee

The University of South Dakota

2003	Member, Clinical Psychology Program Admissions Committee
2002-2003	Member, Building Bridges Conference Organizing Committee
2001-2003	Mentor, Student Disability Services
2000-2003	Co-Leader, Students Allied Against Racism
2000-2002	Student Representative, National Institute for General Medical Sciences (NIGMS) –Promoting the Recruitment and Retention of Ethnic Minorities in the Biomedical Areas of Psychology Grant

PROFESSIONAL SOCIETY MEMBERSHIPS

2012-	Association for Contextual Behavioral Science
2003-2012; 2017-	Association of Behavioral and Cognitive Therapies
2000-	American Psychological Association Division 52 – International Psychology
1998-2009	International Association of Cross-Cultural Psychology

CLINICAL AND SUPERVISORY WORK

2010-2013	**Central City Concern**, BEST Program Conduct psychodiagnostic evaluations for program clients seeking disability services through the Oregon Department of Human Services
2007-present	**Pacific University,** Graduate School of Psychology Provide individual supervision for a pre-doctoral intern (APA accredited site) and individual and group supervision for a team of clinical psychology doctoral students on therapy clients seen at the Pacific University Psychological Services Center.
2006-present	**State of Oregon,** Licensed Clinical Psychologist (#1818)

CLINICAL TRAINING

2004-2005	**Harvard Medical School/Cambridge Hospital,** Behavioral Medicine Program Post-Doctoral Clinical Fellow
2003-2004	**Harvard Medical School/McLean Hospital**

Pre-Doctoral Psychology Intern (APA Accredited)

2002-2003 **Lewis and Clark Behavioral Health Services**, Yankton, SD
Clinical Psychology Trainee

2002-2003 **The University of South Dakota,** Department of Psychology,
Psychological Services Center
Intake Coordinator

2001-2002 **Jackson Recovery Center**, Sioux City, IA
Clinical Psychology Trainee

2000-2003 **The University of South Dakota,** Department of Psychology,
Psychological Services Center
Clinical Psychology Trainee

2000-2001 **The University of South Dakota,** Department of Psychology,
Psychological Services Center
Telephone Crisis Counselor