# **CURRICULUM VITAE**

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Present Position: Professor, Department of Psychology and Social Behavior

# **Education**

<u>Institution</u>	<u>Field</u>	<u>Degree</u>	<u>Date</u>
University of Notre Dame	Psychology	B.A.	1968
University of Texas, Austin	Clinical Psychology		1969
Volusia County Community Mental	Community Psychology		
Health Center, Daytona Beach, FL	(internship)		1971-3
Indiana University	Clinical Psychology	Ph.D.	1974
	(minor in philosophy of science)		

# **Honorary Achievements**

1968	University of Notre Dame: Collegiate Scholar; Magna Cum Laude; Phi Beta Kappa;
	Woodrow Wilson Honorable Mention.
1968-71	United States Public Health Fellow: Department of Psychology, University of Texas;
	Department of Psychology, Indiana University.
1978	International Society for Research on Aggression: Best Contribution Research
	Award, "Constructive Alternatives to Destructive Aggression" received for
	Anger Control: The Development and Evaluation of an Experimental Treatment.
1980	Third Annual Pfizer Lecture, School of Medicine, University of Washington, 1980;
	"Arousal and Regulation of Anger and its Application to Hypertension."
1990	Visiting Professor Fellowship, University of Rome, "La Sapienza," Department of
	Psychology.
1992	Fellow, American Psychological Association
1993	Distinguished Visiting Professor, Wilford Hall Medical Center, Lackland Air Force
	Base, San Antonio, Texas.
1994-2000	Appointed by California Governor Pete Wilson to the Advisory Board of Atascadero
	State Hospital; reappointed, 1997.
1998-	Appointed by Professorial Board as Visiting Professor, University of Northumbria,
	Newcastle, England.
2000	Distinguished Contribution to Psychology; California Psychological Association.
2009	Division of Forensic Psychology - British Psychological Society, Academic Award
2015	Excellence in Undergraduate Education, UC Irvine, School of Social Ecology

# **Membership in Professional Societies**

American Psychological Association, Fellow International Society for Research on Aggression British Association of Behavioral and Cognitive Psychotherapy British Psychological Society

# **Professional Experience**

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2014	Council on Academic Personnel, UC Irvine (Winter - Summer)	
2012	Council on Academic Personnel, UC Irvine (Fall)	
2005-	External Consultant (Honorary), Scotland Forensic Network	
2005-2006	Faculty Chair, School of Social Ecology	
2000-03	Council on Academic Personnel, UC Irvine	
1998-99	Chair, Graduate Council, UC Irvine; Academic Senate Cabinet, UC Irvine	
1996	Guest Editor, <i>Legal and Criminological Psychology</i> , Special Section on "Anger Management with Offenders."	
1993-	Honorary Research Consultant, Carstairs State Hospital, Lanark, Scotland.	
1990	Director, Irvine Symposium on Environmental Psychology, "Transportation and Well-Being."	
1988-89	Faculty Chair, Program in Social Ecology, UC Irvine	
1985-86	Director, NIMH Research Training Grant, University of California, Irvine.	
1985-86	Chair, Graduate Council, UC Irvine	
1982-	Consultant to various mental health, correctional, and human service institutions, some being: The National Institute of Mental Health; The National Research Council; Canada Correctional Systems (Collins Bay/Millhaven); Institute for Mental Health Initiatives, Washington, D.C.; California State Hospitals; State of New York, Department of Mental Health; U.S. Veterans Administration Hospitals; the United States Marine Corps; the British Association of Behavioral	
	Psychotherapy; Carstairs State Hospital, Scotland; Stockton Hall Psychiatric Hospital, York, England; National Center for PTSD, USA; Northgate Hospital,	
1981	England, Department of Corrections, New Zealand. Co-Director, NATO Advanced Study Institute, Aggression & Youth, Marata, Italy	
1981 1978 & 79	Visiting Assistant Professor, Department of Psychology, University of	
	Washington.	
1974-	Professorial positions, School of Social Ecology, University of California, Irvine.	
1973-74	Associate Instructor, Psychological Clinic, Indiana University.	
1972-73	Instructor, Department of Psychology, Stetson University, De Land, Florida; Daytona Beach Community College, Daytona Beach, Florida.	
1971-73	Psychology Intern, Volusia County Community Mental Health Center, Daytona Beach, Florida.	
1969-71	Clinical Practicums: Student Counseling Center, University of Texas; Psychological Clinic, Indiana University; Monroe County Community Mental Health Center, Bloomington, Indiana.	
1969-70	Research Assistant: Department of Psychology, University of Notre Dame; Social Science Training Lab, University of Notre Dame; Austin State School for Children, Austin, Texas; Student Counseling Center, University of Texas; Early Childhood Project, Department of Education, Indiana University.	
1967-68 1967-68	Teaching Assistant, Department of Psychology, University of Notre Dame. Vice-President and President of Board of Directors, Neighborhood Study Help Program - tutorial and counseling program that served 1200 children in 25 community centers in South Bend, Indiana, and funded by the Department of Health, Education, and Welfare, OEO, for \$86,000 in 1967 and by the Rockefeller Foundation for \$57,000 in 1968.	

#### **Scholarship Publications**

#### **Books**

- Novaco, R. W. (1975). Anger control: The development and evaluation of an experimental treatment.
  Lexington, Mass.: Lexington Books, D. C. Heath.
  Reviewed by Konecni, V. J. (1976). "Good news for angry people". Contemporary Psychology, 21, 397-398. Received "Best Contribution" Award, International Society for Research on Aggression.
- Kaplan, R. M., Konecni, V. J. & Novaco, R. W. (Eds.) (1984). *Aggression in children and youth*. The Hague: Martinus Nijhoff Publishers.
- Taylor, J. L., & Novaco, R. W. (2005). Anger treatment for people with developmental disabilities: A theory, evidence, and manual based approach. London: John Wiley & Sons.
- Dvoskin, J., Skeem, J. L, Novaco, R. W., & Douglas, K. S. (Eds.) (2012). Applying social science to reduce violent offending. New York: Oxford University Press.

  Received 2013 "Best Book" Award, American Psychology-Law Society

#### **Test Manual**

Novaco, R. W. (2003). *The Novaco Anger Scale and Provocation Inventory (NAS-PI)*. Los Angeles: Western Psychological Services.

#### **Articles and Chapters**

- Novaco, R. W. The treatment of chronic anger through cognitive and relaxation controls. *Journal of Consulting and Clinical Psychology*, 1976, 44, 681.
- Novaco, R. W. The functions and regulation of the arousal of anger. *American Journal of Psychiatry*, 1976, *133*, 1124-1129.
- Novaco, R. W. A stress inoculation approach to anger management in the training of law enforcement officers. *American Journal of Community Psychology*, 1977, 5, 327-346.
- Novaco, R. W. Stress inoculation: A cognitive therapy for anger and its application to a case of depression. *Journal of Consulting and Clinical Psychology*, 1977, 45, 600-608.

#### Reprinted in:

Franks, C. M., & Wilson, T. *Annual review of behavior therapy and practice*. New York: Brunner/Mazel, 1978, pp. 672-686.

- Solso, R. & Johnson, H. *An introduction to experimental design in psychology: A case approach.* (3<sup>rd</sup> ed.) New York: Harper and Row, 1984, pp. 212-224.
- MacLin, M. K. & Solso, R. L. *Experimental psychology: A case approach*. Boston: Allyn & Bacon, 2008, pp. 300-310.
- Meichenbaum, D., & Novaco, R. W. Stress inoculation: A preventative approach. In C. Spielberger & I. Sarason (Eds.), *Stress and Anxiety. Vol. 5*. New York: Halstead Press, 1978, pp. 317-330.
- Novaco, R. W. Anger and coping with stress: Cognitive-behavioral interventions. In J. P. Foreyt & D. Rathjen (Eds.), *Cognitive behavior therapy: Research and application*. New York: Plenum Press, 1978, pp. 135-173.

- Stokols, D., Novaco, R. W., Stokols, J., & Campbell, J. Traffic congestion, type-A behavior, and stress. *Journal of Applied Psychology*, 1978, 63, 467-480.
- Novaco, R. W. Cognitive regulation of anger and stress. In P. Kendall & S. Hollon (Eds.), *Cognitive-behavioral interventions: Theory, research, and procedures.* Academic Press, 1979, pp. 241-285.
- Novaco, R. W., Stokols, D., Campbell, J., & Stokols, J. Transportation, stress, and community psychology. *American Journal of Community Psychology*, 1979, 7, 361-380.
- Monahan, J., Novaco, R. W., & Geis, G. Corporate violence: Research strategies for community psychology. In T. Sarbin (Ed.) *Challenges to the Criminal Justice System: The Perspectives of Community Psychology*. New York: Human Sciences Press, 1979, pp. 117-141.
- Monahan, J. T., & Novaco, R. W. Corporate Violence: A psychological analysis. In P. Lipsitt & B. Sales (Eds.), *New directions in psychological research*. New York: Van Nostrum, 1980, pp. 3-25.
- Novaco, R. W., & Monahan, J. Research in community psychology: An analysis of work published in the first six years of the American Journal of Community Psychology. *American Journal of Community Psychology*, 1980, 8, 131-145.
- Novaco, R. W. The training of probation counselors as anger therapists. *Journal of Counseling Psychology*, 1980, 27, 385-390.
- Stokols, D., & Novaco, R. W. Transportation and well-being: An ecological perspective. In I. Altman, J. Wohlwill, & P. Everett (Eds.), *Human behavior and environment: Advances in theory and research, Vol. 5: Transportation environments.* New York: Plenum Press, 1981, pp. 85-130.
- Cook, T., Novaco, R. W., & Sarason, I.G. Military recruit training as an environmental context affecting expectancies for control of reinforcement. *Cognitive Therapy and Research*, 1982, 6, 409-427.
- Novaco, R. W., Cook, T., & Sarason, I.G. Military recruit training: An arena for stress coping skills. In D. Meichenbaum & M. Jaremko (Eds.), Stress reduction and prevention. New York: Plenum Press, 1983, pp. 377-418.
- Novaco, R. W. & Robinson, G. L. Anger and aggression among military personnel. In R. M. Kaplan, V. J. Konecni, & R. W. Novaco (Eds.) *Aggression in children and youth*. The Hague: Martinus Nijhoff Publishers, 1984, pp. 209-247.
- Novaco, R. W., & Vaux, A. Human stress: A paradigm for community psychology. In E. Susskind & D. Klein (Eds.), *Community research: Methods, paradigms, and applications*. New York: Praeger Publications, 1985, pp. 360-420.
- Novaco, R. W. Anger and its therapeutic regulation. In M. Chesney & R. Rosenman (Eds.) *Anger and hostility in behavioral and cardiovascular disorders*. New York: Hemisphere, 1985, pp. 203-226.
- Meichenbaum, D. & Novaco, R. W. Postscript--Stress inoculation: A preventative approach. In C. Spielberger & I. Sarason (Eds.) *Stress and Anxiety, Vol. 10*. Washington, D. C.: Hemisphere Publishing, 1985.
  - Reprinted in: *Issues in Mental Health Nursing*, 1985, 1, 419-435.
- Novaco, R. W. Anger as a clinical and social problem. In R. Blanchard & C. Blanchard (Eds.) *Advances in the study of aggression. Vol II.* New York: Academic Press, 1986, pp. 1-67.

- Novaco, R. W. & Welsh, W. Anger disturbances: Cognitive mediation and clinical prescriptions. In K. Howells & C. Hollin (Eds.), *Clinical Approaches to Violence*, London: John Wiley, 1989, pp. 39-60.
- Novaco, R. W. Stress, performance, and dance injuries: Suggestions for prevention and coping. R. Solomon, S. Minton, & J. Solomon (Eds.) *Preventing Dance Injuries: An Interdisciplinary Approach*. Reston, VA: American Alliance for Health, 1990.
  - revised, *Preventing Dance Injuries*, 2<sup>nd</sup> Edition, pp 193-199. Champaign, IL: Human Kinetics (2005).
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- Novaco, R. W., Kliewer, W., & Broquet, A. Home environment consequences of commute travel impedance, *American Journal of Community Psychology*, 1991, *19*, 881-909.
- Novaco, R. W. Automobile driving and aggressive behavior in M. Wachs & M. Crawford (Ed.), *The car and the city*. Ann Arbor: University of Michigan Press, 1992, pp. 234-247.
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- Catalano, R., Novaco, R. W., & McConnell, W. A model of the net effect of job loss on violence. *Journal of Personality and Social Psychology*, 1997, 72, 1440-1447.
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- Novaco, R. W. & Renwick, S. J. Anger predictors of assaultiveness of forensic hospital patients. In E. Sanavio (Ed.), *Behaviour and cognitive therapy today: Essays in honour of Hans. J. Eysenck.* Amsterdam: Elsevier Science, 1998, pp. 213-222.
- Robins, S. & Novaco, R. W. Systems conceptualization and treatment of anger. *Journal of Clinical Psychology/In Session: Psychotherapy in Practice*, 1999, 55, 325-337.
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- Novaco, R. W. Anger. In A. E. Kazdin (Ed.), *Encyclopedia of psychology*. Washington, D.C.: American Psychological Association and Oxford University Press, 2000, pp. 170-174.
- Novaco, R. W. Anger. In G. Fink (Ed.), Encyclopedia of stress. San Diego: Academic Press, 2000, pp. 188-195.
- Robins, S. & Novaco, R. W. Anger control as a health promotion mechanism. In D. I. Mostofsky & D. H. Barlow (Eds.), *The management of anxiety in medical disorders*. Boston: Allyn & Bacon, 2000, pp. 361-377.
- Novaco, R. W. Transportation psychology. In N. J. Smelser & P. B. Baltes (Eds.), *International encyclopedia of the social and behavioral sciences*. Oxford: Elsevier Science, 2001.
- Novaco, R. W. & Jarvis, K. L. Brief cognitive behavioral intervention for anger. In F. Bond & W. Dryden (Eds.), *Handbook of brief cognitive behavioural therapy*. London: John Wiley, 2002, pp. 77-100.

- Catalano, R. Novaco, R. W., & McConnell, W. Layoffs and violence revisited. *Aggressive Behavior*, 2002, 28, 233-247.
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- Taylor, J. L., Novaco, R. W., Gillmer, B., & Throne, I. Cognitive-behavioural treatment of anger intensity in offenders with intellectual disabilities. *Journal of Applied Research in Intellectual Disabilities*, 2002, *15*, 151-165.
- Novaco, R. W. Anger control therapy. In G. Zimmar (Ed.), *Encyclopedia of Psychotherapy (Volume 1)*, New York: Academic Press, 2002, pp. 41-48.
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- Fink, B. K., Catalano, R., Novaco, R. W., & Vega, W. A. Employment frustration and alcohol abuse/dependency among labor migrants in California. *Journal of Immigrant Health*, 2003, 5, 181-186.
- Haddock, G., Lowens, I., Brosnan, N., Barrowclough, C., & Novaco, R. W. Cognitive behaviour therapy for inpatients with psychosis and anger problems within a low secure environment. *Behavioural and Cognitive Psychotherapy*, 2004, 32, 77-98.
- Novaco, R. W. and Taylor, J. L. Assessment of anger and aggression in offenders with developmental disabilities, *Psychological Assessment*, 2004, *16*, 42-50.
- Taylor, J. L., Novaco, R. W., Gillmer, B. G., & Robertson, A. Treatment of anger and aggression. In W.
  R. Lindsay, J. L. Taylor, & P. Sturmey (Eds.), Offenders with developmental disabilities. Chicester: John Wiley & Sons, 2004, pp. 201-219.
- Taylor, J. L., Novaco, R. W., Guinan, C. & Street, N. Development of an imaginal provocation test to evaluate treatment for anger problems in people with intellectual disabilities. *Clinical Psychology and Psychotherapy*, 2004, *11*, 233-246.
- Taylor, J. L., DuQueno, L., & Novaco, R. W. Piloting a ward anger rating scale for older adults with mental health problems. *Behavioural and Cognitive Psychotherapy*, 2004, *32*, 1-13.
- Forbes, D., Hawthorne, G., Elliott, P., McHugh, T., Biddle, D., Craemer, M., & Novaco, R. W. A concise measure of anger in combat-related posttraumatic stress disorder, *Journal of Traumatic Stress*, 2004, 17, 249-256.
- Taylor, J. L., Novaco, R. W., Gillmer, B. T., Robertson, A., & Thorne, I. A controlled trial of individual cognitive-behavioural anger treatment for people with intellectual disabilities and histories of aggression. *British Journal of Clinical Psychology*, 2005, 44, 367-382.
- Ham-Rowbottom, K. A., Gordon, E. E., Jarvis, K., L., & Novaco, R. W. Life constraints and psychological well-being of domestic violence shelter graduates. *Journal of Family Violence*, 2005, 20, 109-121.
- Jarvis, K. L., Gordon, E. E., & Novaco, R. W. (2005). Psychological distress of mothers and children in domestic violence emergency shelters. *Journal of Family Violence*, 20, 389-402.

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- Hawthorne, G., Mouthaan, J., Forbes, D., & Novaco, R. W. (2006). Response categories and anger measurement: Do fewer categories result in poorer measurement? Development of the DAR5. *Social Psychiatry and Psychiatric Epidemiology*, 41, 164-172.
- Novaco, R. W. (2007). Anger dysregulation: Its assessment and treatment. T. A. Cavell & K. T. Malcolm (Eds.), *Anger, aggression, and interventions for interpersonal violence* (pp. 3-54). Mahwah, NJ: Erlbaum.
- Novaco, R. W. (2007). Anger. In G. Fink (Ed.), *Encyclopedia of stress*, *Second Edition*. San Diego: Elsevier, Vol 1, pp. 176-182.
- Novaco, R. W. (2008). Anger. In G Towl, D. Farrington, D. Crighton, & G. Hughes (Eds.), *Dictionary of forensic psychology* (pp. 4-6). Devon, UK: Willan Publishing.
- Novaco, R. W., & Taylor, J. L. (2008). Anger and assaultiveness of male forensic patients with developmental disabilities: Links to volatile parents. *Aggressive Behavior*, *34*, 380-393.
- Novaco, R. W. (2008). Anger. In G. Reyes, J. D. Elhai, & J. D. Ford (Eds). *Encyclopedia of Trauma* (pp. 27-29). Hoboken, NJ: Wiley.
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- Novaco, R. W., & Chemtob, C. M. (2015). Violence associated with combat-related posttraumatic stress disorder: The importance of anger. *Psychological Trauma: Theory, Research, Practice, and Policy* (on line) doi: 10.1037/tra0000067
- Taylor, J. L., Novaco, R. W., & Brown, T. (2015). Reductions in aggression and violence following cognitive behavioural anger treatment for detained patients with intellectual disabilities. *Journal of Intellectual Disability Research* (on line) doi: 10.1111/jir.12220
- Novaco, R. W. (in press) Anger. In Fink, G. (Ed.). *Handbook of stress. Volume 1. Stress concepts and cognition, emotion, and behavior.* San Diego, CA: Elsevier.
- Kelly, E., Fenwick, K., Brekke, J, & Novaco, R. W. (2015). Well-being and safety among inpatient psychiatric staff: The impact of conflict, assault, and stress reactivity. *Administration and Policy in Mental Health and Mental Health Services Research* (on line) doi: 10.1007/s10488-015-0683-4.

#### **Manuscripts Submitted for Publication**

Moeller, S. B., Gondan, M., & Novaco, R. W. Anger, violent images, and physical aggression among male forensic inpatients. Submitted to: *Legal and Criminological Psychology*.

## **Other Published Writings**

Novaco, R. W. Stressingfung (Stress inoculation). In M. Hautzinger & M. Linden (Eds.), *Psychotherapy manual (PTM)*. Berlin: Springer-Verlag, 1981, 207-210.

Reprinted in M. Linden & M. Hautzinger (Eds.), *Verhaltens therapie: Techniken und Einzelverfahren*. Berlin: Springer-Verlag, 1993, pp. 295-299.

Reprinted in M. Linden & M. Hautzinger (Eds.), *Verhaltens therapie: Techniken, einzelverfahren, und behandlungsanleitungen*. Berlin: Springer, 1996, pp. 299-302.

Reprinted in M. Linden & M. Hautzinger (Eds.), *Verhaltens therapie-manual: Techniken, einzelverfahren, und behandlungsanleitungen.* 4., *uberarbeitete und erweiterte.* Auflage. Berlin: Springer, 2000, pp. 329-332.

- Reprinted in M. Linden & M. Hautzinger (Eds.), *Verhaltens therapie-manual: 5. vollstandig uberarbeitete* Auflage. Berlin: Springer, 2005, pp. 391-394.
- Reprinted in M. Linden & M. Hautzinger (Eds.), *Verhaltens therapiemanual: 7. vollstandig uberarbeitete und erweiterte* Auflage. Berlin: Springer, 2011, pp. 463-465.
- Novaco, R. W. Stress inoculation therapy for anger control. In P. A. Keller & L. G. Ritt (Eds.), *Innovations in clinical practice: A sourcebook, Vol.* 2. Sarasota: Professional Resource Exchange, 1983.
- Novaco, R. W. Anger control therapy. In A. Bellack & M. Hersen (Eds.), *Dictionary of behavior therapy techniques*. New York: Pergamon Press, 1985, pp. 1-4.
- Novaco, R. W. Novaco Provocation Inventory. In M. Hersen & A. Bellack (Eds.), *Dictionary of behavioral assessment techniques*. New York: Pergamon Press, 1988, pp. 315-317.
- Novaco, R. W. Highway violence has numerous triggers. *Los Angeles Times*, 1987, August 2. Reprinted in the *Society for Prevention of Violence Newsletter*, 1987, 11, 3-4.
- Novaco, R. W. Commuting, stress, and well-being. *Institute of Transportation Studies Review*, 1989, 12, 4-8.
- Novaco, R. W. Commuter stress. *Access*, 1992, *1*, 29-31. Berkeley, CA: University of California Transportation Center.
- Novaco, R. W. & Sandeen, B. A. The commute: Connecting home and work domains. *The Community Psychologist*, 1994, 27, 31-33.
- Reprinted in: *National Centre News*. The National Centre for War-Related Post Traumatic Stress Disorder (Australia), 1998, May.

Novaco, R. W. Anger treatment and its special challenges. *Clinical Quarterly*, 1996, 6, pp. 56-60.

- Novaco, R. W. Preface. In B. S. Kroese, D. Dagman, & K. Loumidis (Eds.), *Cognitive therapy for learning disability*, 1997, pp. x-xii.
- Novaco, R. W. Foreword. For E. Williams and R. Barlow (1998). *Anger control training*. Oxon, England: Winslow.
- Novaco, R. W. Roadway aggression. *Institute of Transportation Studies Review*, 1998, 21, (4), 1-3, 8.
- Novaco, R. W. (2007). Anger control therapy. https://www.scientist-practitioner.com/index.php?option=com\_weeklyupdates&updates=knowledgebase&id=40
- Novaco, R. W., & Renwick, S. J. (2010). Anger management. In I. Marks & M. A. Fullana (Eds.), *Common language for psychotherapy procedures*.
- Novaco, R. W. (2010). Anger assessment in forensic settings. Forensic Update, 100, 42-47.

#### **Book Reviews**

- Novaco, R. W. (1981). Not enough action. Review of *Evaluation and action in the social environment* by R. Price and P. Politser. *Contemporary Psychology*, 26, 836-837.
- Novaco, R. W. (1983). Product defects. Review of *Human performance and productivity: Stress and performance effectiveness* by E. Alluisi and E. Fleishman. *Contemporary Psychology*, 28, 945-946.
- Novaco, R. W. (1985). Prophylactics for stress in the workplace. Review of *Organizational stress and preventive management* by J.C. Quick and J.D. Quick. *Contemporary Psychology*, *30*, 723-724.
- Novaco, R. W. (1988). Review of *Adolescent anger control: Cognitive-behavioral techniques* by E. Feindler & R. Ecton. *Behavior Modification*, *12*, 627.
- Novaco, R. W. (1989). Seeking replacements for aggressive behavior. Review of *Aggressive Behavior:* Assessment and Intervention by A. P. Goldstein & H. Keller. Contemporary Psychology, 34, 766-767.
- Novaco, R. W. (2000). Review of *Traffic and Transport Psychology: Theory and Application* by T. Rothengatter & E. Carbonell Vaya. *Transportation Research*, *Part A*, *34*, 654-657.
- Novaco, R. W. (2004). Far short of calming storms. Review of *Anger management: The complete treatment guidebook for practitioners* by H. Kassinove & R. C. Tafrate. *Contemporary Psychology*, 49, 548-550.
- Novaco, R. W. (2006). Valuable options for volatile men. Review of *Treating the Abusive partner: An individualized cognitive-behavioral approach* by C. M. Murphy and C. I. Eckhardt. PsycCRITIQUES, 51, (52). Article 6.

#### **Technical Reports**

- Novaco, R. W., Sarason, I. G., Cook, T. M., Robinson, G. C., & Cunningham, F. J. Psychological and organizational factors related to attrition and performance in Marine Corps Recruit Training. Washington, D. C.: Office of Naval Research, 1979.
- Cook, T. M., Novaco, R. W., & Sarason, I. Generalized expectancies, life experiences, and adaptation to Marine Corps Recruit Training. Washington, D.C.: Office of Naval Research, 1980.
- Sarason, I. G., Novaco, R. W., Robinson, G., & Cook, T. Recruit attrition and the training unit environment. Washington, D.C.: Office of Naval Research, 1981.
- Robinson, G., Novaco, R. W., & Sarason, I. G. Cognitive correlates of outcome and performance in Marine Corps Recruit Training. Washington, D. C.: Office of Naval Research, 1981.
- Sarason, I. G., Novaco, R. W., & Sarason, B. A follow-up study of Marines two and a half years after Recruit Training. Washington, D. C.: Office of Naval Research, 1981.
- Novaco, R. W., Sarason, I. G., Robinson, G. L., & Cunningham, F. Longitudinal analyses of stress and performance among Marine Corps Drill Instructors. Washington, D. C.: Office of Naval Research, 1982.
- Novaco, R. W., Sarason, I. G., Robinson, G. L., & Parry, C. Attributes of Drill Instructor School graduates: Stress-related factors. Washington, D.C.: Office of Naval Research, 1983.

- Novaco, R. W. Stress reduction and the military. Report for the Committee on Techniques for the Enhancement of Human Performance, National Research Council, 1986.
- Novaco, R. W. A stress coping skills intervention for Marine Corps Drill Instructors. Proceedings of the Eighth Users' Stress Workshop, San Antonio, Texas, 1991.

#### **Clinical Manuals**

- Novaco, R. W. Therapist manual for stress inoculation training: Therapeutic interventions for anger problems. University of California, Irvine. (latest revision, 2002)
- Novaco, R. W. Anger and coping with provocation: An instructional manual for clients. University of California, Irvine. (latest revision, 1999)
- Walker, C., Novaco, R. W., O'Hanlon, M., & Ramm, M. (2009). Anger treatment protocol. The State Hospital, Scotland.

## **Instructional Films**

"Making It . . . Minute by Minute, Day by Day" Parts I and II. Videotapes on stress coping skills for Marine Corps recruits developed with Irwin Sarason and Thomas Cook for implementation in USMC Recruit Training. "Demanding Excellence: Stress on the Drill Field and How to Cope with It," "Coping with Frustration in Supervising Physical Training," "Recruit Evaluation," "Anger and Impatience," "Evaluation Anxiety," and "Personal Relationships." Videotape modules on stress coping skills for drill instructors, produced with Irwin Sarason, plus 8 video vignettes on coping with problem situations. The program was implemented in Drill Instructor School at the US MC Recruit Depots, San Diego and Parris Island.

#### Invited Research Colloquia, Plenary Presentations, and Keynote Addresses:

- "The self-control of anger." Department of Psychology, San Diego State University, March, 1976.
- "Experimental study of the treatment of anger problems." Department of Psychology, University of California, Los Angeles, March, 1977.
- "The interdisciplinary study of human stress." Department of Psychology, Rice University, April, 1977.
- "Anger and coping with stress." *Keynote Address*, Annual Meeting of the Houston Behavior Therapy Association, University of Houston, April, 1977.
- "Cognitive therapy for anger problems." Veterans Administration Hospital, Sepulveda, California, April, 1977; March, 1978; VA Hospital, Long Beach, September 1976; February, 1983.
- "Experimental treatments for anger problems." Department of Psychology, California State University, Fullerton, May, 1977; April, 1978.
- "Managing anger in the violent patient." Palo Alto Veterans Administration Hospital, Menlo Park, California, November, 1977.
- "A stress inoculation approach to the treatment of anger disorders." Invited presentation at Annual Convention of the Association for the Advancement of Behavior Therapy, Atlanta, December, 1977.
- "Cognitive therapy for stress and anger." Neuropsychiatric Research Institute, Camarillo State Hospital, California, May, 1978.
- "Anger and psychosocial stressors." NATO Advanced Study Institute on Environmental Stress, Life Crises, and Social Adaptation, Cambridge, England, August, 1978.
- Novaco, R. W. and Stokols, D. "Transportation impedance and personality determinants of stress in commuting to work: A follow-up investigation." NATO Advanced Study Institute on Environmental Stress, Life Crises, and Social Adaptation, Cambridge, England, August, 1978.
- "Cognitive determinants of anger disorders:" Theoretical and therapeutic directions. 86th Annual Convention of the American Psychological Association, Toronto, Canada, August, 1978.
- "Expectation and appraisal as mediators of anger and stress." Plenary presentation at the Second National Conference on Cognitive Behavior Therapy Research, New York, October, 1978.
- Stokols, D. & Novaco, R. W. Traffic congestion, task performance, and stress. Frontier of Knowledge Series, University of California, Irvine Industrial Associates, October, 1978.
- "Recognition and management of the violent patient." Washington Hospital, Fremont, CA, Feb, 1979.
- "Cognitive control of anger and stress." Plenary address, Fifth Annual Conference on Humanistic Approaches to Behavior Modification, Las Vegas, April, 1979.
- Novaco, R. W., Sarason, I., & Cook, T. "Locus of control expectancies, training unit environments, and adaptation in recruit training." Invited presentation, Office of Naval Research, Conference for Organizational Stress Research, New Orleans, February, 1980.

- "Transportation, stress, and adaptation to long distance commuting." Department of Psychology, University of Washington, April, 1980.
- "Aggression among Children." *Keynote address*, International Congress on Anxiety, Stress, & Society, Verona, Italy, June, 1981.
- "Stress, Anger, and Therapeutic Interventions." NATO Advanced Study Institute on Aggression & Youth, Maratea, Italy, June, 1981.
- "Cognitive-Behavioral Therapy for Anger Problems." Max-Planck Institute for Psychiatric, Munich, Germany, June, 1981.
- "Community longitudinal research on transportation and well-being." Department of Psychology, Arizona State University, April, 1982.
- "Research on the treatment of anger among community adults and violent offenders." Plenary presentation; International Society for Research on Aggression, Mexico City, August, 1982.
- "Encapsulation: A quandary for cognitive-behavioral interventists who ignore environmental determinants." Plenary address, Association for Advancement of Behavior Therapy, Los Angeles, November, 1982.
- "Environmental influences on anger reactions." NIMH workshop on "Assessment and Intervention for Disabling Anger," Stanford Research Institute, Palo Alto, January, 1983.
- "Cognitive-behavioral interventions for anger and extensions to an extreme environment." Department of Psychology, University of California, Los Angeles, May, 1983.
- "Progress in the treatment of aggressive behavior." *Keynote address*, International Society for Research in Aggression, Victoria, B.C., June, 1983.
- "Stress and Social Support." NATO Advanced Study Institute, Bonas, France, September, 1983.
- "Violence and Aggression in the Community." California State University, Fullerton, February, 1984.
- "Cognitive-behavioral treatments for anger and aggression." Department of Psychology, University of Utah, May, 1984.
- "Cognitive-behavioral treatments for anger and aggression." Department of Psychology, Hofstra University, November 1984.
- "Stress inoculation for anger disorders." Department of Psychology, University of Saarlands, Saarbrucken, Germany, May, 1985.
- "Occupational stress: Assessment and intervention." Institute for Psychology of the University of Munich, Germany, June, 1985.
- "Dimensions of anger as a clinical problem." Plenary address, Interamerican Congress of Psychology, Caracas, Venezuela, July, 1985.
- "Psychological aspects of violence and aggression: The involvement of anger." *Keynote Address*, International Symposium on Violence and Aggression, Saskatoon, Canada, June, 1986.

- "Anger as a clinical and social problem." *Keynote Address*, Annual Conference of the British Association of Behavioral Psychotherapy, Manchester, England, July, 1986.
- "An ecological perspective on stress research." Plenary address, Latin American Association of Behavior Modification, Caracas, October, 1986.
- "A stress inoculation approach to treating anger problems.' Grand Rounds Lecture, University of New Mexico, Department of Psychiatry, August, 1987.
- "Anger, hypertension, and self-regulation." University of Milan, Ospedale Niguarda, Milan, Italy, October, 1987.
- "Cognitive influences on anger and the disinhibition of aggression on roadways." *Keynote Address*, World Congress of Behavior Therapy, Edinburgh, Scotland, September, 1988.
- "Roadway aggression." Plenary presentation, International Society for Research on Aggression, Szombathely, Hungary, June, 1989.
- "Traffic congestion and stress." *Keynote Address*, British Association of Behavioral Psychology, Bath, England, July, 1989.
- "Anger among psychiatric hospital patients." Royal Scottish Hospital, Larbert, Scotland, April, 1990.
- "The assessment and treatment of anger disorders." Regents College, London; University of Glasgow, Scotland, April, 1990.
- "Transportation and community well-being." *Keynote address*, 1990 Irvine Symposium on Environmental Psychology, "Transportation and Well-Being," May, 1990.
- "Traffic congestion and stress: Quasi-experimental studies of commuting long distances." Department of Psychology, University of Rome, December, 1990.
- "Anger and mental disorder: Studies of psychiatric patients." Department of Psychology, University of Rome, December, 1990.
- "Anger, assaultiveness and mental disorder." Plenary address, Association for Psychological Therapies. College of Ripon & York St. John, York, March, 1991.
- "Studies of anger and aggression in long-term psychiatric patients." *Keynote address*, European Conference on Clinical Psychology and Offenders, Royal Holloway and Bedford College, Surrey, England, April 1993.
- "Roadway aggression." *Keynote address*, Australian Behavior Modification Association, Adelaide, South Australia, July 1993.
- "Assessment and treatment of anger." *Keynote address*, British Association of Behavioural and Cognitive Psychotherapy, University of Lancaster, July, 1994.
- "Psychological treatment of anger and aggression: Successful achievements and refractory impediments." Invited address, American Psychological Association, August, 1994.
- "Management of anger and aggression." Statewide Grand Rounds, New York State Office of Mental Health, Albany, March, 1995.

- "The assessment and treatment of anger." Plenary address, Interamerican Congress of Psychology, San Juan, Puerto Rico, July, 1995.
- "Assessment and treatment of anger among institutionalized psychiatric patients." *Keynote address*, Special Hospitals Psychologists Advising Group, Royal Leamington Spa, England, Feb, 1996.
- "Anger therapy for treatment-resistant patients." Department of Psychology, Rampton Hospital, Nottingham, England, June, 1996.
- "Anger treatment with forensic hospital patients." Pennetanguishine Mental Health Centre, Ontario, Canada, May 1997.
- "A contextual approach to anger research." Department of Psychology, University of Reading, Whiteknights, England, July, 1997.
- "Advances in anger treatment." Invited symposium, British Association of Behavioural and Cognitive Psychotherapy, University of Kent, Canterbury, July, 1997.
- "Anger: The dynamic factor in violence risk." *Keynote address*, Scottish Office Special Conference, University of Edinburgh, September, 1997.
- Novaco, R. W., and Renwick, S. "Anger as a predictor of assaultiveness for institutionalized psychiatric patients." European Association of Behavioral and Cognitive Therapy, Venice, September, 1997.
- "Critical issues in the treatment of anger and aggression in violent offenders." *Keynote Address*. "Forensic Psychology: 2000 Beyond," University of Liverpool, England, February 1998.
- "Consequences of anger in treatment-resistant institutionalized patients." Clinical Research Colloquium, University of Manchester, Withington Hospital, March, 1998.
- "Frontiers in anger treatment." Keynote address. University of Northumberland, Newcastle, March, 1998.
- "Anger and violence: Obstinate mates that defy intervention." *Keynote Address*. British Association of Behavioural and Cognitive Psychotherapy, 26<sup>th</sup> Annual Conference, Durham, England, July 1998.
- "Innovations in anger assessment and treatment." Invited Symposium, British Association of Behavioural and Cognitive Psychotherapy, Durham, 1998.
- "Anger assessment with hospitalized patients." Invited Symposium, European Association of Behavioral and Cognitive Therapy. Cork, Ireland, September, 1998.
- "Anger Interventions: A programmes approach." *Keynote Address*, What Works Conference, University of Manchester, England, September, 1998.
- "The engagement of anger in psychoses and the treatment engagement of angry psychotic patients." *Keynote Address*. Psychological Treatments of Schizophrenia, 3<sup>rd</sup> Annual Conference. Keble College, Oxford University, September, 1999.
- "On the Assessment and Treatment of Anger: Clinical Practice and Research Perspectives", *Master Lecture*, California Psychological Association, Annual Convention, San Jose, March, 2000.
- "The Psychology of Anger and Cognitive-Behavioural Intervention for Anger Control" Department of Psychology, University College, London, July, 2000.

- "Assessing and Treating Anger with Violent Offenders", *Special Presentation*, Department of Corrections, Head Office, Wellington, New Zealand, September, 2000.
- "Anger Assessment and Treatment", Clinical Course, Department of Psychology, Victoria University, Wellington, New Zealand, September, 2000.
- "Anger Treatment with Violent Offenders", Center for Applied Psychology Forensic Section, University of Leicester, England, April, 2001.
- "A Regulatory Systems Approach to Anger and Violence", *Keynote Address*, British Association of Behavioural and Cognitive Psychotherapy, Glasgow, June, 2001.
- "Anger as a Predictor of Violent Behaviour", *Keynote Address*, Northwest Forensic Academic Conference, University of Manchester & Ashworth Hospital, Liverpool, June 2001.
- "Assessment and Treatment of Anger", *PlenaryPresentation*, 16<sup>th</sup> Annual Illinois Forensic Conference, Chicago, October, 2001.
- "Anger Control Intervention for Violent Offenders", *Plenary Presentation*, Assessment and Treatment of Sex Offenders Course Conference, University of Leicester, England, April 2002.
- "Clinical Treatment of Anger Among Institutionalised Offenders", Research into Practice Seminar, Northunbria University, England, July, 2002.
- "A Regulatory Approach to Anger and Violence", *Keynote Address*, American Association of Spinal Cord Injury Psychologists and Social Workers, Las Vegas, September, 2002.
- "A Systems Approach to the Treatment of Anger Dysegulation", *Keynote Address*, Forensic Learning Disabilities Conference, Durham, England, November, 2002.
- "A Systems Approach to the Treatment of Anger Dysegulation", *Keynote Address*, Canadian Forensic Conference on Violence and Emotion, Midland, Ontario, June, 2003.
- "Anger and Violence Risk: Assessment and Treatment of Forensic Patients", *Keynote Address*, Scotland Forensic Conference, Aberdeen, October, 2003.
- "The Assessment and Treatment of Anger Dysregulation", *Research Colloquium*, Department of Psychology, University of Arkansas, April, 2004.
- "Anger, Aggression, and Psychiatric Patients", *Research Colloquium*, Nathan Kline Institute, Department of Psychiatry, New York University, October, 2004.
- "Cognitive Behavioral Anger Treatment for People with Intellectual Disabilities: Developments in Research and Practice", *Plenary Presentation*, Baltic Centre, Newcastle, England, May, 2005.
- "Anger and Combat-Related PTSD", *Grand Rounds*, Veterans Administration Hospital, Los Angeles, May 31, 2007.
- "Anger Dysregulation", *Keynote Address*, Turkish National Conference on Cognitive-Behavioural Therapy, Istanbul, September 30, 2007.
- "Anger Dysregulation: Assessment, Treatment, and Management", *Research Colloquium and Workshop*, Vaxjo University, Sweden, April 28, 2008.

- "Anger Dysregulation: Assessment and Treatment for Offenders with Intellectual Disabilities", British Psychological Society, Division of Forensic Psychology, Edinburgh, June 25, 2008.
- "Breaking Into Transgenerational Cycles of Violence", *Plenary Presentation*, Disability and Delinquency Workshop, Novartis Foundation, London, November 6<sup>th</sup>, 2008.
- "Anger Dysregulation and Patient Violence", *Research Colloquium*, Department of Psychology, University of Manchester, UK, March 23, 2009.
- "Gender, Anger, & Aggression Among Forensic Hospital Patients", *Invited Presentation*, Division of Forensic Psychology, British Psychological Society, Preston, UK, June 24, 2009.
- "Anger Dysregulation: Assessment Challenges and Treatment Options", *Plenary Presentation*, Association of Threat Management Professions, Annual Threat Management Conference, Anaheim, CA, August 13, 2009.
- "Anger and Psychopathology", *Keynote Address*, Annual Conference of the Catalan Society of Behavioral Research and Therapy, Barcelona, May14, 2010.
- "Anger Dysregulation and Forensic Hospital Patients", *Invited Presentation*, Sct. Hans Mental Health Centre, Roskilde, Denmark, September 13, 2010
- "Anger and Psychopathology", Department of Psychology, *Invited Workshop*, University of Copenhagen, September 14, 2010.
- "Anger Assessment and Treatment in Psychiatric Hospitals", *Invited Presentation*, Frederikssund & Hillerod Hospitals, Denmark, September 15, 2010.
- "Anger Assessment and Therapy: Case Formulation and the Stress Inoculation Treatment", *Masterclass*, Cektos Institute, Copenhagen, September 16-17, 2010.
- "Anger Dysregulation, Violent Offending, and Treatment Intervention", *Opening Keynote Address*, British Psychological Association Division of Forensic Psychology, Cardiff, June 26, 2012.
- "Anger Assessment and Therapy: Case Formulation and the Stress Inoculation Treatment", *Masterclass*, Psychiatric Services, Region H, Copenhagen, September 20-21, 2012.
- "Anger: Madness, Fury, and Violent Eruptions" *Invited Presentation "Open Module"*, Oxford Institute of Clinical Psychology Training, University of Oxford, UK. February 5th, 2013
- "Anger Assessment and Treatment: Case Formulation and the Stress Inoculation Approach", *Masterclass*, Professional Development Program, Oxford Institute of Clinical Psychology Training, University of Oxford, February 6th, 2013
- "Anger Treatment with Offenders: What Works". *Masterclass*, Ansel Seminar, University of Nottingham, UK, February 8th, 2013.
- "Anger Management with Forensic ID Populations". *Opening Keynote Address*, International Conference on Offenders with Intellectual Disabilities, Newcastle, UK, April 10th, 2014.
- "Anger Dysregulation: Driver of Violent Behavior & Pathways to its Treatment" Psychology Speakers Series, RAND Corporation, Santa Monica, CA, May 21, 2015.

#### **Professional Workshops**

Co-Director, Cognitive Behavior Therapy Workshop Program, San Diego (1982); Tampa (1983).

I have given more than 175 workshops on assessment and treatment of anger and aggression to a variety of mental health, criminal justice, educational, and private organizations. Among the organizations have been:

The American Psychological Association, Division of Counseling Psychology (1978; 1979), the Association for Advancement of Behavior Therapy (1977; 1979-1985), British Association for Behavioural and Cognitive Psychotherapy (BABCP) (1986; 1989-1991; 1994; 1997-2003, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2013; 2015), the Western Psychological Association (1981), the European Association for Behavior Therapy (1985; 1993; 1997; 1998, 2004), Center for Criminal Justice Training, Indiana University (1975), School of Public Administration, University of Southern California (1976), University Extension, University of California, Irvine (1979; 1981; 1982; 1985-1991), Atascadero State Hospital, California (1981; 1990), New Mexico State Psychological Association (1982), Hamm Psychiatric Institute (1983), University of Minnesota, Department of Conferences (1983; 1984; 1985; 1988), Canada Correctional Services (1984), Mendota Mental Health Institute (1984), Veterans Administration Hospital, Salt Lake City (1985), Florida Psychological Association (1986), University of Saskatchewan and Government of Canada (1986), Latin American Association for Behavior Modification (1986), Caribbean Center for Advanced Studies in Psychology (1987; 1995), Marostica Hospital, Italy (1987), Veterans Administration Hospital, Albuquerque (1987), VA Hospital, Little Rock (1987), State of Iowa Department of Education (1987), World Congress of Behavior Therapy, Edinburgh (1988), Brattleboro Retreat, Vermont (1988), Metropolitan State Hospital (1987; 1990), Napa State Hospital, CA (1987), Patton State Hospital, CA (1989), VA Hospital, Waco, TX (1990); Australian Behavior Modification Associations (Perth, Adelaide, Sydney, Townsville, 1993), Carstairs State Hospital, Scotland (1993), Stockton Hall Psychiatric Hospital, York, England (1993; 1995; 1997) Gartnavel Royal Hospital, Glasgow (1995), University of Birmingham, England (1995) Department of Education, Kauai (1994; 1995), Consulting and Clinical Psychology Services, Ayrshire, Scotland (1994; 1997; 2001), BABCP Oxford (1997), BABCP Manchester (1998), BABCP, London (2009), Psychology and Law International Conference, Dublin (1999) & Edinburgh (2003), University of Tampere, Finland (1999), University of Joensuu, Finland (1999), and Department of Corrections, New Zealand (2000), Logansport State Hospital, Indiana (2001), Akron General Medical Center (2002), BABCP Merseyside (Liverpool), 2002, Irish Association of Behavioural and Cognitive Psychotherapy, Donegal (2003), ICART, Amsterdam (2004), Department of Psychiatry, Brown University, 2004; World Congress of Cognitive and Behavioural Psychotherapy, Barcelona (2007); Turkish National Conference on Cognitive-Behavioural Therapy, Istanbul (2007); Kingsboro Psychiatric Center, NY (2008); Waikato District Health Board, NZ (2010), Catalan Society of Behavioral Research and Therapy, Barcelona (2010); Denmark Region H Mental Health Services, Copenhagen (2011), Canada Forces Mental Health Services, Victoria; New Zealand College of Clinical Psychologists, Wellington (2012), Charlie Waller Institute at the University of Reading (2012); BPS Division of Forensic Psychology (2012), Cektos Institute, Copenhagen (2011; 2013; 2015), Nassau University Medical Center (2013); UK National Autistic Society, Newcastle (2014); St. Hans Psychiatric Hospital, Denmark (2014); Stanton Psychological Services, Oxford, UK (2015).

In collaboration with Alon O. Stivi, workshops on workplace violence and the management of assaultive patients. Conducted at the UC, Irvine (1994; 1995), at the University of Virginia, Institute for Law and Psychiatry (1994), at US Marine Corps Logistics Base, Barstow, CA (1996; 1997), for Specialized Training Services, Seattle, WA (1998), Anaheim, CA (1998), & Berkeley, CA (1998), and for Interpersonal Dynamics, Boise, Idaho (1998).

#### **Consultation to Professional Journals**

**Editorial Board**: Aggression and Violent Behavior (1995-)

Personality and Mental Health (2007-)

Journal of Aggression, Conflict and Peace Research (2009-)

Clinical Psychology: Science and Practice (2003-11) American Journal of Community Psychology (1979-1983)

Cognitive Therapy and Research (1981-1993)

Reviewer:

Accident Analysis and Prevention Archives of Forensic Psychiatry

Aggressive Behavior

American Journal of Psychiatry

Assessment

Behavior Modification

Behaviour Research and Therapy

Behavior Therapy

Behavior Therapy and Experimental Psychiatry Behavioural and Cognitive Psychotherapy British Journal of Clinical Psychology Canadian Journal of Behavioral Science

Clinical Case Series

Clinical Psychology and Psychotherapy

Clinical Psychology Review

Clinical Psychology: Science and Practice

Cognitive Therapy and Research Contemporary Psychology

Criminal Behaviour and Mental Health

Criminal Justice and Behavior Developmental Psychology

Emotion

Environment & Behavior

European Journal of Psychological Assessment

Health Psychology Homicide Studies

International Journal of Forensic Mental Health

Journal of Abnormal Psychology Journal of Anxiety Disorders Journal of Applied Psychology Journal of Applied Social Psychology

Journal of Behavioral Medicine
Journal of Clinical Psychology
Journal of Cognitive Psychotherapy
Journal of Consulting & Clinical Psych.
Journal of Environmental Psychology

Journal of Epidemiology & Comm.Health

Journal of Family Violence

Journal of Forensic Psychiatry &Psychology Journal of Intellectual Disabilities Resrch

Journal of Interpersonal Violence Journal of Nervous & Mental Disease Journal of Personality & Social Psych.

Journal of Psychiatric Research

J. Psychopathology & Behavioral Assessmnt

Journal of Traumatic Stress

Legal and Criminological Psychology

Military Psychology

Personality and Individual Differences

Psychological Assessment Psychological Bulletin Psychological Science

Psychotherapy and Psychosomatics Psychological Trauma: TRP&P

Social Problems

Scientific Review of Mental Health Practice

Stress and Health Transportation

Transportation Research

#### **Related Personal Activities:**

Martial Arts, in graduate school in Indiana, trained in Taekwondo with Master Mu-Gil Lee.

Since 1992, a personal student of Master Alon Stivi in *Hisardut*, the Israeli survival system, as further developed by Alon Stivi, with whom I train weekly:

http://www.directmeasures.com/ and http://www.hisardut.com/links.htm