

CURRICULUM VITAE — GEORG H. EIFERT, Ph.D.

Place of Birth: Gelsenkirchen, Germany
Citizenship: U. S. and German
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CURRENT APPOINTMENT

Chapman University Professor Emeritus of Psychology

Crean College of Health & Behavioral Sciences, Orange, California 92866
since October 2011

PREVIOUS ACADEMIC APPOINTMENTS

Head of Psychology Faculty

Crean School of Health & Life Sciences, Schmid College of Science, Chapman University, Orange, CA
June 2010–June 2011.

Associate Dean of Health & Life Sciences

Crean School of Health & Life Sciences, Schmid College of Science, Chapman University, Orange, CA
June 2010–January 2011.

Professor and Department Chair

Department of Psychology, Chapman University, Orange, California,
July 2002–2010.

Visiting Professor of Psychology

Department of Psychology, Clinical Studies Program, University of Hawaii, Honolulu,
August 2001–May 2002.

Eberly Distinguished Professor of Clinical Psychology (tenured)

Department of Psychology, West Virginia University, Morgantown,
August 1992–May 2001.

Adjunct Professor of Behavioral Medicine and Psychiatry

Department of Behavioral Medicine and Psychiatry, Robert C. Byrd Health Sciences Center,
West Virginia University, Morgantown,
1993–2001.

Co-Director of Clinical Training

Department of Psychology, West Virginia University, Morgantown,
1993–1994.

Chief, Division of Psychology (Academic rank: Associate Professor)

Director, Anxiety Research and Therapy Clinic,
Department of Psychiatry and Human Behavior, School of Medicine,
University of Mississippi Medical Center, Jackson, Mississippi,

1991–1992.

Foundation Head, Division of Psychology

School of Behavioral Sciences, James Cook University of North Queensland,
Townsville, Australia,
1989–1991.

Senior Lecturer in Clinical Psychology (tenured; U. S. equivalent: Associate Professor)

Department of Behavioral Sciences, James Cook University, Australia,
1987–1991 (also Acting Head of Department, Spring 1988).

Lecturer in Clinical Psychology (U. S. equivalent: Assistant Professor)

Department of Behavioral Sciences, James Cook University, Australia,
1983–1986.

Pre-Doctoral Fellow ("Wissenschaftlicher Mitarbeiter")

Department of Psychology, Clinical Psychology Unit, University of Frankfurt, Germany,
1980–1983.

ADJUNCT AND HONORARY ACADEMIC APPOINTMENTS

Visiting Professor, Postgraduate Clinical Psychology Training Program, University of Frankfurt, Germany,
(every summer 1994–2012)

Visiting Professor, Department of Psychology, University of Fribourg, Switzerland, Summer 1996, 1999,
2003.

Adjunct Professor of Behavioral Medicine and Psychiatry, Dept. of Behavioral Medicine and Psychiatry,
Robert C. Byrd Health Sciences Center of West Virginia University, 1993–2001.

Visiting Professor, Department of Psychology, University of Nevada at Reno, November 1999.

- Studied NIH project on acceptance-based treatment of polysubstance abuse and collaborated with Dr. Steven Hayes on a questionnaire measure of experiential avoidance.

Visiting Researcher, Center for Stress and Anxiety Disorders, State University of New York at Albany,
November 1989, January 1991, November 1992.

- Collaborated with Dr. David Barlow and his research team on heart-focused anxiety and panic.

Visiting Research Fellow, Institute for Research and Training in Clinical Psychology,
State University of New York at Binghamton, December 1990–February 1991.

Visiting Associate Professor, Department of Psychology, Clinical Graduate Program,
State University of New York at Binghamton, Winter 1989.

Visiting Research Fellow, Department of Psychology, Graduate Clinical Program,
University of Hawaii, Summer 1987.

- Collaborated with Dr. Arthur Staats on an integrative theory of emotion (published in *Clinical Psychology Review*)

Visiting Assistant Professor, Department of Psychology, Clinical Graduate Program,

State University of New York at Binghamton, Spring 1987.

Visiting Clinical Research Fellow, Institute of Psychiatry (Maudsley Hospital),
University of London, England, January 1987–March 1987.

- Collaborated with Professor Hans Eysenck and Dr. Irene Martin on classical conditioning processes in emotional disorders and chapter for a book entitled *Theoretical Foundations of Behavior Therapy*.

ACADEMIC EDUCATION AND AWARDS

Ph. D. (Dr. phil.) in Psychology
(*magna cum laude*)

1980–1983
Department of Psychology, Clinical Psychology Unit,
University of Frankfurt, Germany.
Dissertation: *The effects of self-verbalizations on the
physiological, subjective, and behavioral aspects of anxiety*.
Supervisor: Professor Wolf Lauterbach, Ph. D.

M. A. (Diploma) in Psychology

1976–1977; 1978–1979
Department of Psychology, Ruhr University Bochum, Germany.
Diploma (masters) thesis: *Retinal differentiations and color
discrimination learning*.
Supervisor: Professor Juan D. Delius, Ph. D.

Fulbright Scholarship

1977–1978
Graduate Clinical Studies Program, Department of Psychology,
University of Hawaii, Honolulu, HI.

B. A. (Pre-Diploma) in Psychology

1973–1976
Department of Psychology, Ruhr University Bochum, Germany.

**Business and Management
Associate (3-yr apprenticeship)**

1968–1971; Rheinstahl AG (large steel company), Gelsenkirchen,
Germany. Certified by Chamber of Industry and Commerce.

Certified Translator (English/German)

1968–1971; Certified by Chamber of Industry and Commerce, Bonn.
Media Language School, Gelsenkirchen, Germany.

INTERNSHIPS AND SUPERVISED CLINICAL TRAINING

Clinical Psychology Department, University of Frankfurt, 1980–1983;

Supervisor: Wolf Lauterbach, Ph. D., Professor of Clinical Psychology

Clinical Studies Program, University of Hawaii, Honolulu, HI, August 1977–July 1978;

Supervisor: Ian M. Evans, Ph. D., Professor of Psychology

- *Diagnostic Observation Center for Children, State Department of Health, Honolulu*

- *Neuropsychology Unit, Hawaii State Hospital, Kaneohe, Hawaii*

- *Behavior Therapy Clinic, Honolulu, Hawaii*

Psychiatric Inpatient Unit, Gelsenkirchen General Hospital, Germany, Spring 1976

TEACHING

Clinical Psychology Courses (Chapman University)

- Abnormal Psychology (2003–2011)
- Advanced Individual Interventions (2002–2011)

Clinical Psychology Courses (West Virginia University and University of Hawaii)

- Behavior Therapy (1993, 1995, 1996, 1999, 2001)
- Integrative Behavioral Psychotherapy (1993, 1996, 1998, 2000)
- Advanced Individual Interventions (2002)
- Behavioral Assessment (2001)
- Anxiety and its treatment (1998)
- Couples/Marital Therapy (1994)

Clinical Psychology Courses (James Cook University and University of Frankfurt)

- Principles of Behavior Therapy (annually 1983–1990)
- Conceptual Foundations of Behavior Therapy (1980–1983)
- Behavioral Intervention Techniques (1980–1982)
- Psychopathology (annually 1983–1991)
- Clinical Psychology Practicum (annually 1983–1988)
- Cognitive-Behavioral Treatment of Psychophysiological Disorders (1982)
- Introduction to Clinical Psychology (1983–1985)

General Psychology Courses (James Cook University)

- Introduction to Psychology and Behavioral Sciences (various course segments; 1984–1990)
- Personality Theories and Assessment (annually 1983–1990)
- Emotion and Neuropsychological Bases of Behavior (annually 1985–1990)
- Psychology Honors (1988–1991)

Graduate and Undergraduate Research Supervision

- West Virginia University: Major advisor of 16 graduate students (M. A. and Ph. D.)
- James Cook University: Supervised 26 student research theses (undergraduate honors theses, masters theses, and dissertations) covering both basic and applied research in psychology.

Clinical Practice and Practicum Supervision

- Chapman University / UCLA, since 2005: Weekly supervision of 5 graduate students conducting ACT therapy for anxiety disorders in research project comparing CBT and ACT.
- West Virginia University, 1992–2001: Weekly cotherapy with 3-4 graduate students (every semester).
- University of Mississippi Medical Center, 1991–1992: Trained and supervised clinical psychology interns on a daily basis.
- James Cook University, 1983–2001: Supervised honors and masters students in clinical settings.

Internet Continuing Education Course, *Anxiety and Somatoform Disorders*, University of North Dakota Division of Continuing Education, Spring 1998.

CLINICAL CONSULTANTSHIPS AND PROFESSIONAL SERVICE

Clinical Supervisor, UCLA Psychology Clinic, University of California at Los Angeles, 2004–2009.

Clinical Consultant and Therapist, Quin F. Curtis Center for Psychological Training, Research, and Service, Department of Psychology Clinic, West Virginia University, 1992–2001.

Associate Director, Quin F. Curtis Center for Psychological Training, Research, and Service, Department of Psychology, West Virginia University, 1994–1995.

Part-time private practice, 1994–2002.

Director, Behavioral Cardiology Service, Physician Office Center, Ruby Memorial Hospital, Morgantown, 1994–1996.

Clinical Consultant, Valley Community Mental Health Center, Morgantown, 1993–1994.

Director, Anxiety Research and Therapy Clinic, University of Mississippi Medical Center, 1991–1992.

Co-Director, Anxiety Disorders Clinic, University of Mississippi Medical Center, 1991–1992.

Consultant Psychologist, Townsville General Hospital, 1989–1991.

Consultant, Postgraduate and Continuing Education Course in Psychiatry, Townsville General Hospital, 1990–1991.

Consultant, State Department of Health, Townsville, 1983–1991.

Consultant, Psychologist Registration (Licensing) Board of Queensland, 1990.

Member, National Council of the Australian Psychological Society, 1984–1990.

Australian Psychological Society, North Queensland Branch:

- Chair (1986–1988), Deputy Chair (1988–1990), Executive Committee Member (1984–1990).

Conference Chair and Program Director, 21st Annual Conference of the Australian Psychological Society, Townsville, 1986.

- First national conference of the Australian Psychological Society ever held in North Queensland.

Consultant, Psychiatric Nursing Program, Townsville General Hospital, 1984–1986.

HONORS & AWARDS

The Self-Help Book Seal of Merit Award for *The mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias, and worry* (Forsyth, J.P., & Eifert, G. H., 2008), sponsored by the Association for Behavioral and Cognitive Therapies. 2011.

Faculty Appreciation Award, voted “Outstanding Faculty Member” by Chapman University Resident Students, April 2007.

Faculty Award for *Excellence in Research/Scholarship*, Chapman University, May 2005.

Ranked No. 23 of “Top 50 Researchers in Behavior Analysis and Therapy in the 1990s”

- [E. D. Richards, B. J. Cox & R. Norton (1998). Leading researchers and institutions in behavior analysis and therapy in the 1990s. *the Behavior Therapist*, 21, 113-115.]

MEMBERSHIP OF EDITORIAL BOARDS

- **Acceptance and Commitment Therapy**, Co-Editor of Book Series, New Harbinger Publications, Oakland, CA. 2005–
- **Behaviour Research and Therapy**, Journal Editorial Board Member, 2006–2014.
- **Cognitive Behavioral Practice**, Journal Editorial Board Member, 2004–2012.
- **Clinical Psychology and Psychotherapy**, Journal Editorial Board Member, 1993–2014.
- **Journal of Behavior Therapy and Experimental Psychiatry**, Journal Editorial Board Member, 1994–2014
- **Journal of Cognitive Psychotherapy**, Journal Editorial Board Member, 1987–1997.
- **Behaviour Change**, Journal Editorial Board Member, 1991–2006.
- **Behavior Online – Anxiety Disorders**, Editor, 1998–2003

Ad hoc Journal Reviewer

- Behavior Therapy; Biological Psychology; Child Family and Behavior Therapy;
- Clinical Psychology: Science and Practice; Clinical Psychology Review
- Journal of Consulting & Clinical Psychology
- Journal of Abnormal Psychology
- Cognitive and Behavioural Psychotherapy; Cognitive Therapy and Research
- Contemporary Psychology; Emotion; Journal of Abnormal Psychology
- Journal of Behavioral Medicine

LICENSURE

- Psychologist, Hawaii Board of Psychology, 2001–current.
- Psychologist, West Virginia Board of Psychological Examiners, 1992–2006.
- Psychologist (clinical specialty), Mississippi Board of Psychological Examiners, 1991–1993.
- Psychologist, Queensland State Psychologist Registration Board (Australia), 1983–1991.

CLINICAL BOARDS

- Clinical Fellow, Behavior Therapy and Research Society, 1994–.
- Member, College of Clinical Psychologists of the Australian Psychological Society, 1985–1993.

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

- Association for Contextual & Behavioral Sciences
- American Psychological Association
- Association for the Advancement of Behavior Therapy
- Behavior Therapy and Research Society (Clinical Fellow)

ACT TRAININGS & WORKSHOPS (since 2000)

- Since 2000 I have conducted about 5–10 professional training workshops per year for psychologists, psychiatrists, social workers, nurses and other mental health professionals on various topics of Acceptance & Commitment Therapy (ACT). Virtually all of these workshops have been conducted by invitation and occurred in the United States, Germany, Austria, Switzerland, Canada, and New Zealand. The length of these trainings has been 2–3 days (in some cases up to 5 days). Trainings have ranged from introductory-level workshops to advanced and more specialized topics.

PUBLICATIONS

AUTHORED BOOKS

1. Eifert, G. H., & Gloster, A. T. (2016). *ACT bei Angststörungen: Ein praktisch bewährtes Therapiemanual* (Therapeutische Praxis). Göttingen: Hogrefe. [*ACT for anxiety disorders: A practically proven therapy manual.*] Göttingen/Seattle: Hogrefe.
2. Forsyth, J. P., & Eifert, G. H. (2016). *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry with Acceptance and Commitment Therapy*. [2nd revised edition] Oakland, CA: New Harbinger.
3. Timko, A. C., Eifert, G. H., & Harres, A. (2013). *Akzeptanz und Commitment-Therapie bei Anorexia Nervosa: Ein ACT-Therapiemanual [Acceptance and Commitment-Therapy for anorexia nervosa: A therapist manual]*. Weinheim/Basel: Beltz.
4. Eifert, G. H., & Timko, A. C. (2012). *Mehr vom Leben: Wege aus der Anorexie mit Akzeptanz-und Commitmenttherapie [There's more to life: Moving beyond anorexia using Acceptance and Commitment-Therapy]*. Weinheim/Basel: Beltz.
5. Eifert, G. H. (2011). *Akzeptanz- und Commitment-Therapie. [Acceptance and Commitment Therapy]*. Göttingen/Seattle: Hogrefe.
6. McKay, M., Forsyth, J. P., & Eifert, G. H. (2010). *Your life on purpose: How to find what matters and create the life you want*. Oakland: New Harbinger Publications.
7. Forsyth, J. P., & Eifert, G. H. (2009). *Mit Ängsten und Sorgen erfolgreich umgehen: Ein Ratgeber für den achtsamen Weg in ein erfülltes Leben mit Hilfe von ACT. [Dealing with anxieties and worries successfully: A guide for a mindful path into a successful life using ACT]*. Göttingen/Seattle: Hogrefe.
8. Forsyth, J. P., & Eifert, G. H. (2007). *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry with Acceptance and Commitment Therapy*. [272 pages] Oakland, CA: New Harbinger.
9. Eifert, G. H., McKay, M., & Forsyth, J. P. (2006). *ACT on life not on anger: The new Acceptance and Commitment Therapy for problem anger*. [182 pages] Oakland, CA: New Harbinger.
[translated into German and Korean (2009), Polish (2008) and Dutch (2007)]
10. Eifert, G. H., & Forsyth, J. P. (2005). *Acceptance and Commitment Therapy for anxiety disorders: A practitioner's treatment guide using mindful acceptance and values based behavior change strategies*. [288 pages] Oakland, CA: New Harbinger.

[translated into German (2009) and Dutch (2007)]

11. Heffner, M., & Eifert, G. H. (2004). *The Anorexia Workbook: How to accept yourself, heal suffering, and reclaim your life*. [200 pages] Oakland, CA: New Harbinger Publications.

REFEREED JOURNAL ARTICLES, EDITED BOOKS, & BOOK CHAPTERS (student coauthors underlined)

1. Gloster, A. T., Sonntag, R., Hoyer, J., Meyer, A. H., Heinze, S., Ströhle, A., **Eifert, G. H.**, & Wittchen, H. U. (2015). Acceptance and commitment therapy (ACT) for treatment-resistant panic disorder with agoraphobia. *Psychotherapy & Psychosomatics*, *84*, 100-109.
2. Sardinha, A., Nardi, A. E., Araujo, C. G. S., Ferreira, M. C. & **Eifert, G. H.** (2013). Brazilian Portuguese validated version of the Cardiac Anxiety Questionnaire. *Arquivos brasileiros de cardiologia*, *101*, 554-561.
3. Arch, J., **Eifert, G. H.**, Davies, C., Plumb, J.C., Rose, R.D., & Craske, M. G. (2012). Randomized clinical trial of cognitive behavioral therapy (CBT) versus acceptance and commitment therapy (ACT) for mixed anxiety disorders *Journal of Consulting and Clinical Psychology*, *80*, 750-765.
4. Arch, J., Wolitzky-Taylor, K. B., **Eifert, G. H.**, & Craske, M. G. (2012). Longitudinal treatment mediation of traditional cognitive behavioral therapy and acceptance and commitment therapy for anxiety disorders. *Behaviour Research and Therapy*, *50*, 469-478.
5. Bunaciu, L., Feldner, M. T., Babson, K. A., Zvolensky, M. J., & **Eifert, G. H.** (2012). Biological sex and panic-relevant anxious reactivity to abrupt increases in bodily arousal as a function of biological challenge intensity. *Journal of Behavior Therapy and Experimental Psychiatry*, *433*, 526-531.
6. **Eifert, G. H.**, Zvolensky, M. J., & McCormack, E. (2012). Somatoform and dissociative disorders. In J. E. Maddux & B. A. Winstead (Eds.), *Foundations for a contemporary understanding (3rd ed.)* (347-371.). Hillsdale: Erlbaum.
7. Herzberg, K., N., Sheppard, S. C., Forsyth, J. P., Credé, M., Earleywine, M. & **Eifert, G. H.** (2012). The Believability of Anxious Feelings and Thoughts Questionnaire (BAFT): A Psychometric Evaluation of Cognitive Fusion in a Non-Clinical and Highly-Anxious Community Sample. *Psychological Assessment*, *24*, 877-891.
8. **Eifert, G. H.**, & Forsyth, J. P. (2011). *The application of Acceptance and Commitment Therapy to problem anger*. Invited article for *Cognitive Behavioral Practice*, *18*, 241-250.
9. Peterson, B. D. & **Eifert, G. H.** (2011). Using Acceptance and Commitment Therapy to treat infertility stress. *Cognitive and Behavioral Practice*. *18*, 577-587.
10. **Eifert, G. H.**, Forsyth, J. P., Arch, J., Keller, M., Langer, D., & Espejo, N. (2009). Acceptance and Commitment Therapy for anxiety disorders: Three case studies using a unified treatment protocol. Invited article for *Cognitive Behavioral Practice*, *16*, 368-385.
11. Peterson, B. D., **Eifert, G. H.**, Feingold, T., & Davidson, S. (2009). Using Acceptance and Commitment Therapy (ACT) to treat distressed couples: A case study with two couples. *Cognitive Behavioral Practice*, *16*, 430-442.
12. Bouman, T. K., & **Eifert, G. H.** (2008). Somatoform disorders. In T. Millon & P. H. Blaney (Eds.), *Oxford Textbook of Psychopathology (2nd ed.)* (pp. 482-505). Oxford: Oxford University Press.
13. Sardinha, A., Nardi, A. E., & **Eifert, G. H.** (2008). Tradução e adaptação transcultural da versão brasileira do Questionário de Ansiedade Cardíaca [Translation and cross-cultural adaptation of the Brazilian version of the cardiac anxiety questionnaire]. *South Brazilian Journal of Psychiatry [Revista de Psiquiatria do Rio Grande do Sul]*, *30*, 139-149.
14. **Eifert, G. H.**, Zvolensky, M. J., & Louis, A. (2008). Somatoform disorders: Nature, psychological processes, and treatment strategies. In J. E. Maddux & B. A. Winstead (Eds.), *Psychopathology: Foundations for a contemporary understanding (2nd ed.)* (pp. 307-325). Hillsdale: Erlbaum.

15. Hoyer, J., **Eifert, G. H.**, Einsle, F., Zimmermann, K., Krauss, S., Knaut, M., Matschke, K., & Köllner, V. (2008). Heart-focused anxiety before and after cardiac surgery. *Journal of Psychosomatic Research, 64*, 291–297.
16. Zvolensky, M. J., Feldner, M. T., **Eifert, G. H.**, Vujanovic, A. A., & Solomon, S. E. (2008). Cardiophobia: A critical analysis. *Transcultural Psychiatry, 45*, 231-252.
17. **Eifert, G. H.**, & Forsyth, J. P. (2007). From normal anxiety to anxiety disorders: An experiential avoidance perspective. In D. W. Woods & J. Kanter (Eds.) *Understanding behavior disorders: A contemporary behavioral perspective* (pp. 81-115). Reno, NV: Context Press.
18. **Eifert, G. H.**, Greco, L. A., Heffner, M., & Louis, A. (2007). Eating disorders: A new behavioral perspective and acceptance-based treatment approach. In J. Woods & J. Kanter (Eds.) *Understanding behavior disorders: A contemporary behavioral perspective* (pp. 271-295). Reno, NV: Context Press.
19. Heidenreich, T., Michalak, J., & **Eifert, G. H.** (2007). Balance von Veränderung und achtsamer Akzeptanz: Die dritte Welle der Verhaltenstherapie [Balancing change with mindful acceptance; The third wave of behavior therapy]. *Psychotherapie, Psychosomatik, Medizinische Psychologie [Psychotherapy, Psychosomatics, Medical Psychology], 57*, 475-486. [invited feature article]
20. **Eifert, G. H.**, & Cornia, K. (2006). Anorexia. In S. Feinstein (Ed.). *Handbook of learning and the brain* (Vol. 1, pp. 61-67). Westport, CT: Praeger.
21. Bernstein, A., Michael J. Zvolensky, M. J., Kotov, R., Arrindell, W., Taylor, S., Sandin, B., J. Cox, B. J., Stewart, S. H., Bouvard, M., Cardenas, S., **Eifert, G. H.**, Schmidt, N. B. (2006). Taxonicity of anxiety sensitivity: A multi-national analysis. *Journal of Anxiety Disorders, 20*, 1-22.
22. Forsyth, J. P., **Eifert, G. H.**, & Barrios, V. (2006). Fear conditioning in an emotion regulation context: A fresh perspective on the origins of anxiety disorders. In M. G. Craske, D. Hermans, & D. Vansteenwegen (Eds.). *Fear and learning: From basic processes to clinical applications* (pp. 133-153). Washington, DC: American Psychological Association.
23. **Eifert, G. H.** (2005). Individuelle versus standardisierte Therapie: Erkenntnisse und neue Fragestellungen [Individual versus standardized therapy: Conclusions and new questions]. In J. Kosfelder, J. Michalak, S. Vocks, & U. Willutzky (Eds.), *Fortschritte der Psychotherapieforschung [Progress in psychotherapy research]* (pp. 197-216). Göttingen/Seattle: Hogrefe Verlag.
24. Hayes, S. C., Strosahl, K. D., Wilson, K. G., Bissett, R. T., Pistorello, J., Toarmino, D., Polusny, M. A., Dykstra, T. A., Batten, S. V., Bergan, J., Stewart, S. H., Zvolensky, M. J., **Eifert, G. H.**, Bond, F. W., Forsyth J. P., Karekla, M., & McCurry, S. M. (2004). Measuring experiential avoidance: A preliminary test of a working model. *The Psychological Record, 54*, 553-578.
25. Greco, L. A. & **Eifert, G. H.** (2004). Treating parent-adolescent conflict: Is acceptance the missing link for an integrative family therapy? *Cognitive and Behavioral Practice, 11* 305-314.
26. Spira, A. P., Zvolensky, M. J., **Eifert, G. H.**, & Feldner, M. T. (2004). Avoidance-oriented coping as a predictor of anxiety-based physical stress: A test using biological challenge. *Journal of Anxiety Disorders, 18*, 309-323.
27. **Eifert, G. H.**, & Zvolensky, M. J. (2004). Somatoform disorders and psychological factors in physical health and illness. In J. E. Maddux & B. A. Winstead (Eds.), *Psychopathology: Contemporary issues, theory, and research* (pp. 281-300). Hillsdale: Erlbaum.
28. **Eifert, G. H.**, & Feldner, M. T. (2003). Conceptual foundations of behavioral assessment strategies. In M. Hersen, S. N. Haynes, & E. M. Heiby (Eds.), *The comprehensive handbook of psychological assessment, Vol. 3: Behavioral assessment* (pp. 258-297). New York: Wiley.
29. **Eifert, G. H.**, & Heffner, M. (2003). The effects of acceptance versus control contexts on avoidance of panic-related symptoms. *Journal of Behavior Therapy and Experimental Psychiatry, 34*, 293-312.
30. Feldner, M. T., Zvolensky, M. J., **Eifert, G. H.**, & Spira, A. P. (2003). Emotional avoidance: An experimental test of individual differences and response suppression during biological challenge. *Behaviour Research and Therapy, 41*, 403-411.
31. Heffner, M., **Eifert, G. H.**, Parker, B. T., Hernandez, D. H., & Sperry, J. A. (2003). Valued directions: Acceptance and Commitment Therapy in the treatment of alcohol dependence. *Cognitive and Behavioral Practice, 10*. 379-384.

32. Heffner, M., Greco, L. A. & **Eifert, G. H.** (2003). Pretend you are a turtle: Children's responses to metaphorical and literal relaxation instructions. *Child Family and Behavior Therapy*, 25, 19-33.
33. Hopko, D. R., Lejuez, C. W., Ruggiero, K. J., & **Eifert, G. H.** (2003). Behavioral activation as a treatment for depression: Procedures, principles, and progress. *Clinical Psychology Review*, 23, 699-717.
34. Hopko, D. R., McNeil, D. W., Lejuez, C. W., Ashcraft, M. H., **Eifert, G. H.**, & Riel, J. (2003). The effects of anxious responding on arithmetic and lexical decision task performance. *Journal of Anxiety Disorders*, 17, 647-665.
35. Zvolensky, M. J., Arrindell, W. A., Taylor, S., Sandin, B., Cox, B. J., Stewart, S. H., Bouvard, M., Cardenas, S. J., & **Eifert, G. H.** (2003). Anxiety sensitivity in six countries. *Behaviour Research and Therapy*, 41, 841-859.
36. Zvolensky, M. J., **Eifert, G. H.**, Feldner, M. T., & Feldner-Leen, E. (2003). Heart- focused anxiety, smoking, and chest pain in post-angiography medical patients. *Journal of Behavioral Medicine*, 26, 197-209.
37. Heffner, M. P., Sperry, J., **Eifert, G. H.**, & Detweiler, M. (2002). Acceptance and Commitment Therapy in the treatment of an adolescent female with anorexia nervosa: A case study. *Cognitive and Behavioral Practice*, 9, 232-236.
38. Schulte, D., & **Eifert, G. H.** (2002). What to do when manuals fail: The dual model of psychotherapy. *Clinical Psychology: Science and Practice*, 9, 312-328.
39. Stewart, S. H., Zvolensky, M. J., & **Eifert, G. H.** (2002). The relations of anxiety sensitivity, experiential avoidance, and alexithymic coping to young adults' motivations for drinking. *Behavior Modification*, 26, 274-296.
40. Zvolensky, M. J., & **Eifert, G. H.** (2002). Manualized behavior therapy. In M. Hersen & W. H. Sledge (Eds.), *Encyclopedia of psychotherapy, Volume 2* (pp. 115-121). New York: Academic Press.
41. **Eifert, G. H.** & Lau, A. (2001). Using behavioral experiments in the treatment of cardiophobia: A case study. *Cognitive and Behavioral Practice*, 8, 305-317.
42. **Eifert, G. H.**, Zvolensky, M. J., & Lejuez, C. W. (2001). Heart-focused anxiety in medical and anxiety-related psychological conditions. In G. J. G. Asmundson, S. Taylor, & B. Cox (Eds.), *Health anxiety: Clinical research perspectives on hypochondriasis and related disorders* (pp. 277-297). New York: Wiley.
43. Aikens, J. E., Zvolensky, M. J., & **Eifert, G. H.** (2001). Fear of cardiopulmonary sensations in emergency room noncardiac chest pain patients. *Journal of Behavioral Medicine*. 24, 155-167.
44. Hopko, D. R., McNeil, D. W., Zvolensky, M. J., & **Eifert, G. H.** (2001). The relation between anxiety and skill in performance-based anxiety disorders: A behavioral formulation of social phobia. *Behavior Therapy*, 32, 185-207.
45. Stewart, S. H., Zvolensky, M. J., & **Eifert, G. H.** (2001). Negative-reinforcement drinking motives mediate the relation between anxiety sensitivity and increased drinking behaviour. *Personality and Individual Differences*. 31, 157-171.
46. Zvolensky, M. J., & **Eifert, G. H.** (2001). A review of psychological factors/processes affecting anxious responding during voluntary hyperventilation and inhalations of carbon dioxide-enriched air. *Clinical Psychology Review*, 21, 375-400.
47. Zvolensky, M. J., **Eifert, G. H.**, & Lejuez, C. W. (2001). Emotional control during recurrent 20% carbon dioxide-enriched air induction: Relation to individual difference variables. *Emotion*, 2, 148-165.
48. Zvolensky, M. J., Feldner, M. T., **Eifert, G. H.**, & Brown, R. A. (2001). Affective style among smokers: Understanding anxiety sensitivity, emotional reactivity, and distress tolerance using biological challenge. *Addictive Behaviors*, 26, 901-915.
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