

AUSTEN R. ANDERSON

CURRICULUM VITAE

EDUCATION

2013 – 2019

Ph.D. in Counseling Psychology

University of Miami, Coral Gables, FL

(APA Accredited program)

Dissertation: A daily diary study of lifestyle behaviors, psychological distress, and well-being

Predoctoral Psychology Intern (2018-2019)

Central Texas Veterans Healthcare System, Waco, TX

(APA Accredited internship)

2006 – 2012

B.S. in Psychology, Minor in Sociology

Brigham Young University, Provo, UT

EMPLOYMENT

2019 – Present

Postdoctoral Fellow

Department of Veterans Affairs, VISN 17, Center of Excellence for Research on Returning War Veterans

AWARDS & FUNDING

Awards:

2019

Student Travel Grant Award, Society for Theoretical and Philosophical Psychology, American Psychological Association

2018

Outstanding Doctoral Student in Counseling Psychology, School of Education, University of Miami

2017

Student Travel Award, American Psychological Association

2017

Student Translational Research Award, Society of Clinical Child and Adolescent Psychology

2015, 2016

Graduate Activity Fee Allocation Committee Travel Funding, University of Miami

2015

Midwinter Conference Student Travel Award, Society for Theoretical and Philosophical Psychology

2014-2017

School of Education and Human Development Travel Award

Scholarships:

2017

J. Scott Watt Endowed Scholarship, University of Miami

2013-2017

Barbara Marks Preparing Future Faculty Scholarship, University of Miami

2009-2010

Alvina Soffel Barrett Scholarship, Brigham Young University

2007, 2010-2012

Brigham Young Scholarship, Brigham Young University

Funded Grant Proposals:

The great outdoors: Engaging with nature for mental health. (2020). Administered by The Department of Veterans Affairs South Central Mental Illness Research, Education, and Clinical Center.

Role: P. I. \$4,000.

Lifestyle behaviors, psychological distress, and well-being: A daily diary study. (2017, 2018). School of Education and Human Development Research Grant, University of Miami

Role: P. I. \$1,300 & \$1,300

Expectations of help, reciprocity, and cheating: From friends and acquaintances. (2016). School of Education and Human Development Research Grant, University of Miami

Role: P. I. \$1,000

Pending Grant Proposals:

An exploration of veterans' attitudes toward engaging with nature and nature-based interventions. (2020). Administered by The Department of Veterans Affairs Office of Research and Development.

Role: P. I. \$285,611

Unfunded Grant Proposals:

Friends and moral understanding: Applying the direct, indirect, and imagined contact hypotheses to cross-ideology prejudice. (2019). Administered by the Center for the Science of Moral Understanding.

Role: P.I. \$50,000.

Friendship's role in the flourishing or languishing of science and religion as meaning-making systems. (2019). Administered by The Evolution of Science and Religion as Meaning-Making Systems, funded by the Templeton Religion Trust and the Issachar Fund.

Role: P.I. \$150,000.

Validation of the concise health risk tracking scale-Spanish with drug using populations. (2017). National Institute on Drug Abuse Clinical Trials Network Ancillary study to CTN 0067.

Role: Investigator (José Szapocznik P.I.). Mean of 1.86 on overall scores. Budget: \$145,280.

PUBLICATIONS

Peer-Reviewed Manuscripts:

Anderson, A. R. (*In Press*). Enjoying nature, exercise, social interaction, and affect: A daily diary study. *Journal of Health Psychology*. <https://doi.org/10.1177/1359105320977642>

McGuire, A. P., Hayden, C., Frankfurt, S. B., Kurz, A. S., **Anderson, A. R.**, Howard, B. A. N., Szabo, Y. Z. (*In press*). Social engagement early in the U.S. COVID-19 crisis: Exploring social support and prosocial behavior between those with and without depression or anxiety in an online sample. *Journal of Social and Clinical Psychology*.

Hayden, C., Szabo, Y. Z., Frankfurt, S. B., **Anderson, A. R.**, & McGuire, A. P., (*In Press*). Social interaction within a trauma-exposed population during the early phase of COVID-19. *Journal of Loss and Trauma*.

Anderson, A. R. (*In Press*). Is a better planned day a healthier day? A daily diary study. *Psychology & Health*. <https://doi.org/10.1080/08870446.2020.1841763>

Anderson, A. R., & Fowers, B. J. (2020). Lifestyle behaviors, psychological distress, and well-being: A daily diary study. *Social Science & Medicine*, 263. <https://doi.org/10.1016/j.socscimed.2020.113263>

Anderson, A. R., & Fowers, B. J. (2020). Friendship characteristics and their relations with hedonic and eudaimonic well-being. *Journal of Social and Personal Relationships*, 37(1). <https://doi.org/10.1177/0265407519861152>

Fowers, B. J., **Anderson, A. R.**, & Lang, S. F. (2018). On properly characterizing moral agency. *Behavioral and Brain Sciences*, 41, 21-23. <https://doi.org/10.1017/S0140525X1700067X>

Horigian, V. E., **Anderson, A. R.**, & Szapocznik, J. S. (2016). Family-based treatments for adolescent substance use. *Child & Adolescent Psychiatric Clinics of North America*, 25, 603-628. <https://doi.org/10.1016/j.chc.2016.06.001>

Horigian, V. E., **Anderson, A. R.**, & Szapocznik, J. S. (2016). Brief Strategic Family Therapy from bench to trench: Evidence generation across translational phases. *Family Process*, 55, 529- 542. <https://doi.org/10.1111/famp.12233>

Fowers, B. J., **Anderson, A. R.**, Lefevor, G. T., & Lang, S. (2015). Beyond harms: Exploring the individual and shared goods of psychotherapy. *The Counseling Psychologist*, 43, 380-392. <https://doi.org/10.1177/0011000014568202>

Manuscripts Under Review:

Fowers, B. J., Lane, A., Cioffi, K., Abbamonte, J., Lang, S., Cokelet, B. R., & **Anderson, A. R.** (under review). Trait justice and resource sharing behavior. *Personality and Social Psychology Bulletin*.

Szabo, Y. Z., Frankfurt, S., Kurz, S., **Anderson, A. R.**, & McGuire, A. (in preparation). Resilience predicts posttraumatic cognitions after a trauma reminder task and subsequent positive emotion induction in Veterans with PTSD.

Working Manuscripts:

Fowers, B. J., Lang, S. F., **Anderson, A. R.**, Lane, A., & Cokelet, B. R. (in preparation). An experience sampling study of trait justice.

Anderson, A. R., Kurz, S., McGuire, A., Szabo, Y., & Frankfurt, S., (in preparation). Lifestyle behaviors and depression across two decades.

Anderson, A. R., & Fowers, B. J. (in preparation). Communal friendship and the kneejerk inclination towards helping.

Anderson, A. R., Mignogna, J., Kurz, S., Benzer, J., (in preparation). Applying the lifestyle medicine lens to cognitive behavioral treatments.

Benzer, J., Yusuf, Z., Mignogna, J., **Anderson, A. R.**, Fletcher, T... Smith, T. (in preparation). Implementation of a transition program for Veterans moving from specialty mental health care to primary care.

Books:

Fowers, B. J., & **Anderson, A. R.** (in preparation; Under contract with Oxford University Press). The centrality of friendship in human life: Evolution, virtue, and flourishing.

Book Chapters and Encyclopedia Entries:

Anderson, A. R., Denny, S. K., & Szapocznik, J. (2019). Brief Strategic Family Therapy. In *The Encyclopedia of Couple and Family Therapy*. (Section 4). New York, NY: Springer.

Anderson, A. R., Horigian, V. E., Muir, J., & Szapocznik, J. (2018). Brief Strategic Family Therapy: A systematic approach to addressing emerging clinical challenges across 40 years of model development. In M. Whisman & M. Celano (Eds.), *APA handbook of contemporary family psychology*. Washington, DC: American Psychological Association.

Fowers, B. J., & **Anderson, A. R.** (2018). Aristotelian philia, contemporary friendship, and some resources for studying close relationships. In T. Harrison & D. I. Walker (Eds.), *The theory and practice of virtue education* (pp. 184-196). London: Routledge.

PRESENTATIONS

Anderson, A. R. (2020, August). Is a better planned day a healthier day? A daily diary analysis. Poster presented at the 128th Annual Convention of the American Psychological Association, Washington, DC.

Anderson, A. R. (2020, June & July). Nature and mental health. Webinar presented to the employees of the Central Texas Veteran's Healthcare System as part of a stress-management series during the COVID-19 Pandemic. Waco, TX.

Anderson, A. R., Ahn, S., & Fowers, B. J. (2019, August). *A daily diary study of lifestyle behaviors, psychological distress, and well-being*. Poster presented at the 127th Annual Convention of the American Psychological Association, Chicago, IL.

Lang, S. F., Lane, A., **Anderson, A. R.**, Cokelet, B. R., & Fowers, B. J. (2017, November). *An experience sampling study of trait justice*. Paper presented at the 43rd Annual Association for Moral Education Conference, St. Louis, MO.

Lane, A., Lang, S. F., **Anderson, A. R.**, Cokelet, B. R., & Fowers, B. J. (2017, November). *An experimental study of multi-component trait justice in resource sharing behavior*. Paper presented at the 43rd Annual Association for Moral Education Conference, St. Louis, MO.

- Anderson, A. R.**, Rohrbaugh, M. J., & Szapocznik, J. (2017, August). *A statewide quasi-experimental investigation of family-focused interventions for juvenile offenders*. Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.
- Lang, S. F., Lane, A., **Anderson, A. R.**, Cioffi, K.S., Cokelet, B., & Fowers, B. J. (2017, August). *Virtues as properly motivated, self-integrated traits*. Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.
- Lane, A., Lang, S. F., Cioffi, K. S., **Anderson, A. R.**, Cokelet, B., & Fowers, B. J. (2017, August). *Multi-component trait justice, the big five, and resource sharing behavior*. Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.
- Anderson, A. R.**, & Fowers, B. J. (2017, April). *Racial and ethnic diversity in friend relations and its relation to well-being*. Poster presented at the School of Education and Human Development faculty/staff/student research showcase, Coral Gables, FL.
- Anderson, A. R.**, & Lang, S. (2016, August). *Living well together: Necessary dependence and virtue friendship*. Paper presented at the 124th Annual Convention of the American Psychological Association, Denver, CO.
- Anderson, A. R.**, & Fowers, B. J. (2016, August). *Expectations of help, reciprocity, and cheating from friends and acquaintances*. Poster presented at the 124th Annual Convention of the American Psychological Association, Denver, CO.
- Lang, S. F., Lane, A., Lefevor, G. T., **Anderson, A. R.**, & Fowers, B. J. (2016, August). *An interactional investigation of kindness, agreeableness, and induced mood on helping behavior*. Poster presented at the 124th Annual Convention of the American Psychological Association, Denver, CO.
- Anderson, A. R.** (2016, March). *Friendship beyond egoistic exchange: A neo-Aristotelian update of evolutionary formulations*. Paper presented at the Mid-Winter Meeting of the Society for Theoretical and Philosophical Psychology, Salt Lake City, UT.
- Fowers, B. J., & **Anderson, A. R.** (2016, January). *Friendship, character education, and the human good*. Paper presented at the 4th Annual Jubilee Centre for Character and Virtues conference, Oxford University, Oxford, UK.
- Anderson, A. R.**, & Fowers, B. J. (2015, August). *Friendship characteristics and their relations with hedonic and eudaimonic well-being*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, ON.
- Anderson, A. R.** (2015, March). *Disruptive innovation in mental health: Attending to the disruption*. Paper presented at the Mid-Winter Meeting of the Society for Theoretical and Philosophical Psychology, Salt Lake City, UT.
- Anderson, A. R.** (2014, August). *Human moral nature and the good life: An Aristotelian perspective*. Paper presented at the 122nd Annual Convention of the American Psychological Association, Washington, DC.

Anderson, A. R. (2014, March). *Reflections on the boundaries of morality in moral psychology*. Paper presented at the Mid-Winter Meeting of the Society for Theoretical and Philosophical Psychology, Atlanta, GA.

Anderson, A. R., & Reber, J. (2013, March). *Environmental priming effects on implicit attitudes towards faith and science*. Paper presented at the annual meeting of the National Social Science Association, Las Vegas, NV.

Hoose, L., **Anderson, A. R.,** Bright, F., & Reber, J. S. (2012, February). *Faith-related prejudice in admissions to clinical psychology doctoral programs*. Paper presented at the annual meeting of the American Association of Behavioral and Social Sciences, Las Vegas, NV.

TEACHING AND SUPERVISION EXPERIENCE

INSTRUCTOR OF RECORD:

Graduate Teaching Fellow

University of Miami (08/2014 – 05/2015)
Educational and Psychological Studies 270: Lifespan Human Development

COURSE ASSISTANT:

Didactics Co-Facilitator and Mentor

Department of Veterans Affairs VISN 17, Center of Excellence for Research on Returning War Veterans (09/2019 – Present)
Center of Excellence Research Program

Guest Lecturer

University of Miami (03/2017)
Educational and Psychological Studies 280: Family Studies

Doctoral Student Supervisor

University of Miami (01/2017 – 04/2017)
Educational and Psychological Studies 782: Supervision in Counseling Psychology

Teaching Assistant/Guest Lecturer

University of Miami (08/2013 – 04/2014)
Educational and Psychological Studies 351: Introduction to Statistics and Research Design

Teaching Assistant

Brigham Young University (08/2010 – 04/2012)
Sociology 111: Introductory Sociology

CLINICAL EXPERIENCE

Clinical Fellow

Central Texas VA Healthcare System, (08/2020 – Present)
Primary Care Mental Health Integration

ACT Study Therapist

Department of Veterans Affairs, VISN 17, Center of Excellence for Research on Returning War Veterans, (09/2019 – 03/2020)

IMPACT: Intervening on Modifiable Predictors using Acceptance and Commitment Therapy

Psychology Intern

Central Texas VA Healthcare System

Severe Mental Illness Life Empowerment Residential Rehabilitation Program (03/2019 – 07/2019)

– Major rotation #3

Mental Health Clinic – Major rotation #2

(11/2018 – 03/2019)

PTSD Clinical Team – Major rotation #1

(07/2018 – 11/2018)

Advanced Doctoral Practicum Student

Miami VA Healthcare System, Mental Health Clinic and Telehealth Clinic

(08/2017 – 06/2018)

Clinical Extern

Jackson Behavioral Health/University of Miami Miller School of Medicine,
Center for Behavioral Medicine & Miami Transplant Institute

(09/2016 – 08/2017)

Staff Therapist

University of Miami, School of Education and Human Development,
Institute for Individual and Family Counseling

(01/2015 – 05/2016)

ASSESSMENT EXPERIENCE

Psychology Intern

Central Texas VA Healthcare System, *Minor rotation #1*

(07/2018 – 02/2019)

Assessment Extern

Jackson Behavioral Health/University of Miami Miller School of Medicine,
Center for Behavioral Medicine & Miami Transplant Institute

(09/2016 – 08/2017)

Psychological Assessment Trainee

University of Miami, School of Education and Human Development,
Institute for Individual and Family Counseling

(05/2015 – 06/2016)

RESEARCH EXPERIENCE

Psychology Intern

Department of Veterans Affairs, VISN 17, Center of Excellence for Research on Returning War Veterans, (02/2019 – 08/2019)

Implementation Core

Supervisors: Justin Benzer, PhD; Joseph Mignogna, PhD

Graduate Research Assistant/Team Member

University of Miami, School of Education and Human Development, (08/2013 – 08/2019)
 Department of Educational and Psychological Studies
 Supervisor: Blaine J. Fowers, PhD

Graduate Research Assistant

University of Miami, Miller School of Medicine, (05/2015 – 06/2018)
 Department of Public Health Sciences
 Supervisor: José Szapocznik, PhD

Research Assistant/Trainer

University of Utah, (09/2012 – 07/2013)
 Department of Psychology
 Supervisors: Barbara Brown, PhD; Carol Werner, PhD

Research Team Member

Brigham Young University, (08/2011 – 07/2013)
 Department of Psychology
 Supervisor: Jeffrey Reber, PhD

PROFESSIONAL AFFILIATIONS & SERVICE

Affiliations:

American Psychological Association
 Member (2019 – Present)
 Student Affiliate (2012 – 2019)
 Division 17: Society of Counseling Psychology (2015 – Present)
 Section on Health Psychology
 Division 24: Society for Theoretical and Philosophical Psychology (2012 – Present)
 Division 34: Society for Environmental, Population, and Conservation Psychology (2020 – Present)
 Division 38: Society for Health Psychology (2020 – Present)
 Division 43: Society for Couple and Family Psychology (2015 – 2019)
 Division 50: Society of Addiction Psychology (2016 – 2019)
 Society for Behavioral Medicine (2020 – Present)

Service:

2021-Present Editorial board for Journal of Social and Personal Relationships
 2020-Present Webmaster for Division 17, Health Psychology section
 2019 Reviewer for the 2020 Counseling Psychology Conference
 2018-Present Awards committee member for APA Division 24, Society for Theoretical and Philosophical Psychology
 2017, 2018 Reviewer for the APA student travel grants for APA Division 24, Society for Theoretical and Philosophical Psychology
 2016 Research mentor to an undergraduate student interested in adolescent mental health
 2015-2016 President of University of Miami counseling psychology doctoral students (CDOCS) organization

Ad Hoc Journal Reviews:

Social Science & Medicine

Psychology & Health

Journal of Social and Personal Relationships

Journal of Happiness Studies

International Journal of Behavioral Medicine

Journal of Theoretical and Philosophical Psychology

Implementation Science Communications