

CURRICULUM VITAE

KRISTIN D. NEFF
(2020)

I. Biographical Information

Education

University of California at Berkeley	PhD	1997	Educational Psychology (Human Development)
University of California at Berkeley	MA	1992	Educational Psychology (Human Development)
University of California at Los Angeles	BA	1988	Communications

Professional Experience

Sept. 2006 - current	Associate Professor Department of Educational Psychology The University of Texas at Austin Austin, Texas
August 1999 - August 2006	Assistant Professor Department of Educational Psychology The University of Texas at Austin Austin, Texas
September 1997 - July 1999	Postdoctoral Fellow Department of Developmental Psychology University of Denver Denver, Colorado
Jan 1999 - May 1999	Lecturer Department of Educational Psychology University of Colorado at Denver Denver, Colorado
October 1990 - May 1997	Research Assistant Department of Educational Psychology University of California at Berkeley Berkeley, California

January 1995 - May 1995

Teaching Assistant
Department of Psychology
University of California at Berkeley
Berkeley, California

II. Research, Publications, and Other Scholarly Activities

Citations: 29,684 h-index 47 i-index 73 (as of Dec. 09, 2020)

Books published or in press

Germer, C. K. & Neff, K. D. (2019). *Teaching the Mindful Self-Compassion program: A guide for professionals*. New York: Guilford Press.

Neff, K. D. & Germer, C. K. (2018). *The Mindful Self-Compassion workbook: A proven way to accept yourself, find inner strength, and thrive*. 201 pages. New York: Guilford Press.

Neff, K. D. (2011). *Self-compassion: The proven power of being kind to yourself*. 310 pages. New York: William Morrow.

Note: There are 17 foreign editions of this book: Published by Hodder in the UK, De Bezige Bij in the Netherlands, Paidos in Spain, Kailash in Germany, Belfond in France, Franco Angeli in Italy, Usus in Hungary, Avots in Latvia, 2AB Editora in Brazil, Basam Books in Norway, Wydawnictwo Vital in Poland, Äripäev in Estonia, Diyojen in Turkey, Common Wealth Publishing in Taiwan, China Machine in China, Kongo Shuppan in Japan, and Time Books in Korea.

Books in preparation

Finlay-Jones, A., Bluth, K. & Neff, K. (Eds.) (in preparation). *Handbook of Self-Compassion*. New York: Springer.

Neff, K. D. (June 2021). *Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive*. New York: Harper Wave.

Book Chapters

Neff, K. D. & Tóth-Király (in press). The Self-Compassion Scale. In O. N. Medvedev, C. U. Krägeloh, R. J. Siegert and N. N. Singh (Eds.) *Handbook of assessment in mindfulness*. New York: Springer.

Braehler, C. & Neff, K. D. (2020). Self-compassion for PTSD. In N. Kimbrel & M. Tull (Eds.) *Emotion in PTSD* (pp. 567-596). Elsevier.

- Neff, K. D. (2020). The art and science of self-compassion. In D. Siegel & M. Solomon (Eds.) *Mind, Consciousness, and the Cultivation of Well-Being* (pp. 55-74). New York: WW Norton.
- Germer, C. & Neff, K. D. (2019). Mindful Self-Compassion (MSC). In I. Itzhan (Ed.) *The handbook of mindfulness-based programs: Every established intervention, from medicine to education* (pp. 357-367). London: Routledge.
- McGehee, P., Germer, C. & Neff, K. D. (2017). Core values in Mindful Self-Compassion. In L. M. Monteiro, R. F. Musten & J. C. Compson (Eds.) *A practitioner's guide to mindfulness and ethics* (pp. 279-294). New York: Springer.
- Neff, K. D. (2017). Biographical entry: Neff, Kristin D. In V. Zeigler-Hill & T. Shackelford (Eds.), *Encyclopedia of individual and personality differences* (pp. 1-2). New York: Springer.
- Neff, K. D. & Germer, C. (2017). Self-compassion and psychological wellbeing. In J. Doty (Ed.) *Oxford handbook of compassion science* (pp. 371-386). Oxford University Press.
- Neff, K. D. & Knox, M. (2017). Self-compassion. In V. Zeigler-Hill & T. Shackelford (Ed.), *Encyclopedia of personality and individual differences* (pp. 1-8). New York: Springer.
- Neff, K. D. & Davidson, O. (2016). Self-compassion: Embracing suffering with kindness. In I. Itzhan & T. Lomas (Eds.), *Mindfulness in positive psychology* (pp. 37-50). Rutledge.
- Neff, K., D., & Seppala, E. (2016). Compassion, well-being, and the hypoegoic self. In K. W. Brown & M. Leary (Eds), *Oxford handbook of hypo-egoic phenomena: Theory and research on the quiet ego* (pp. 189 -202). Oxford University Press.
- Germer, C., & Neff, K. D. (2015). Cultivating self-compassion in trauma survivors. In V. Follette, J. Briere, J. Hopper, D. Rozelle & D. I. Rome (Eds.) *Contemplative methods in trauma treatment: Integrating mindfulness and other approaches* (pp. 43-58). Guilford Press.
- Neff, K. D. & Dahm, K. (2014). Self-compassion: What it is, what it does, and how it relates to mindfulness (pp. 121-140). In M. Robinson, B. Meier & B. Ostafin (Eds.) *Mindfulness and self-regulation*. New York: Springer.
- Germer, C. & Neff, K. (2013). The Mindful Self-Compassion training program. In T. Singer & M. Bolz..*Compassion: Bridging theory and practice: A multimedia book* (pp. 365-396). Leipzig, Germany: Max-Planck Institute.
- Neff, K. & Germer, C. (2013). Being kind to yourself: The science of self-compassion. In T. Singer & M. Bolz..*Compassion: Bridging theory and practice: A multimedia book* (pp. 291-312). Leipzig, Germany: Max-Planck Institute.

- Neff, K., & Tirch, D. (2013). Self-compassion and ACT. In T. B. Kashdan, J. Ciarrochi (Eds.), *Mindfulness, acceptance, and positive psychology: The seven foundations of well-being* (pp. 78-106). Oakland, CA US: Context Press/New Harbinger Publications.
- Neff, K. D. (2012). The science of self-compassion. In C. K. Germer & R. D. Siegel (Eds.) *Compassion and wisdom in psychotherapy* (pp. 79-92). Guilford Press.
- Neff, K. D. (2009). Self-compassion. In M. R. Leary & R. H. Hoyle (Eds.), *Handbook of individual differences in social behavior* (pp. 561-573). Guilford Press.
- Neff, K. D. & Lamb, L. M. (2009). Self-Compassion. In S. Lopez (Ed.), *The encyclopedia of positive psychology* (pp. 864-867). Blackwell Publishing.
- Neff, K. D. (2008). Self-compassion: Moving beyond the pitfalls of a separate self-concept. In J. Bauer & H. A. Wayment (Eds.) *Transcending self-interest: Psychological explorations of the quiet ego* (pp. 95-106). APA Books, Washington DC.
- Turiel, E. & Neff, K. D. (2000). Religion, culture, and beliefs about reality in moral reasoning. In K. Rosengren, C. Johnson, & P. Harris (Eds.), *Imagining the impossible: The development of magical, scientific and religious thinking in contemporary society* (pp. 269-304). Cambridge, England: Cambridge University Press.

Journal Articles

Published or In Press Manuscripts:

- Neff, K. D., Tóth-Király, I., Knox, M., Kuchar, A. & Davidson, O. (2020). The development and validation of the State Self-Compassion Scale (long and short form). *Mindfulness*. Advance online publication. DOI: 10.1007/s12671-020-01505-4
- Neff, K. D., Knox, M. C., Long, P., Gregory, K. (2020). Caring for others without losing yourself: An adaptation of the Mindful Self-Compassion program for healthcare communities. *Journal of Clinical Psychology*, 76, 1543–1562.
- Neff, K. D. (2020). Commentary on Muris and Otgaar (2020): Let the empirical evidence speak on the Self-Compassion Scale. *Mindfulness*, 11, 1900–1909.
- Tóth-Király, I. & Neff, K. D. (2020). Is self-compassion universal? Support for the measurement invariance of the Self-Compassion Scale across populations. *Assessment*. Advance online publication. doi-org/10.1177/ 1073191120926232
- Neff, K. D., Bluth, K., Tóth-Király, I., Davidson, O., Knox, M. C., Williamson, Z. & Costigan, A. (2020). Development and validation of the Self-Compassion Scale for Youth. *Journal of Personality Assessment*, 103(1), 92-105.

- Rabon, J. K., Hirsch, J. K., Kaniuka, A. R., Sirois, F., Brooks, B. D., & Neff, K. (2019). Self-Compassion and Suicide Risk in Veterans: When the Going Gets Tough, Do the Tough Benefit More from Self-Compassion?. *Mindfulness*, *10* (12), 2544-2554.
- Cassisa, C. & Neff, K. D. (2019). The promise of self-compassion for solos. *GPSolo*, *36* (3), 18-21.
- Neff, K. D., Tóth-Király, I., Yarnell, L., Arimitsu, K., Castilho, P., Ghorbani, N., Guo, H. X., Hirsch, J., Hupfeld, J., Hutz, C., Kotsou, I., Lee, W. K., Montero-Marin, J., Sirois, F., de Souza, L., Svendsen, J., Wilkinson, R. & Mantios, M. (2019). Examining the Factor Structure of the Self-Compassion Scale using exploratory SEM bifactor analysis in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychological Assessment*, *31* (1), 27-45.
- Pommier, E., Neff, K. D. & Tóth-Király I. (2019). The development and validation of the Compassion Scale. *Assessment*, *27* (1) 21-39.
- Yarnell, L. M., Neff, K. D., Davidson, O. & Mullarkey, M. (2019). Gender Differences in Self-Compassion: Examining the Role of Gender Role Orientation. *Mindfulness*. *10*(6), 1136-1152.
- Bluth, K., & Neff, K. (2018). New frontiers in understanding the benefits of self-compassion. *Self and Identity*, *17*(6), 605-608.
- Long, P. & Neff, K. D. (2018). Self-compassion is associated with reduced self-presentation concerns and increased student communication behavior. *Learning and Individual Differences*, *67*, 223-231.
- Neff, K. D. (2018). Setting the record straight about the Self-Compassion Scale. *Mindfulness*, 1-3.
- Neff, K. D., Long, P. Knox, M., Davidson, O., Kuchar, A., Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J. (2018). The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning. *Self and Identity*, *17* (6), 627-645.
- Neff, K. D., Tóth-Király, I., & Colosimo, K. (2018). Self-compassion is best measured as a global construct and is overlapping with but distinct from neuroticism: A response to Pfattheicher, Geiger, Hartung, Weiss, and Schindler (2017). *European Journal of Personality*, *32*(4), 371-392.
- Shapiro, S., Siegel, R. & Neff, K. (2018). Paradoxes of mindfulness. *Mindfulness*. 1-9.
- Neff, K. D., Whittaker, T. & Karl, A. (2017). Evaluating the factor structure of the Self-Compassion Scale in four distinct populations: Is the use of a total self-compassion score justified? *Journal of Personality Assessment*, *99*(6), 596-607.

- Neff, K. D. (2016). Does self-compassion entail reduced self-judgment, isolation, and over-identification? A response to Muris, Otgaar, and Petrocchi (2016). *Mindfulness*, 7(3), 791-797.
- Neff, K. D. (2016). The Self-Compassion Scale is a valid and theoretically coherent measure of self-compassion. *Mindfulness*, 7(1), 264-274.
Citations: 152 Journal Impact Factor: 3.02 Acceptance Rate: 30%
- Warren, R., Smeets, E. & Neff, K. D. (2016). Self-criticism and self-compassion: Risk and resilience for psychopathology. *Current Psychiatry*, 15(12), 18-33.
- Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2015). Self-compassion and body dissatisfaction in women: A randomized controlled trial of a brief meditation intervention. *Mindfulness*, 6(3), 444-454.
- Dahm, K. A., Meyer, E. C., Neff, K. D., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2015). Mindfulness, self-compassion, posttraumatic stress disorder symptoms, and functional disability in US Iraq and Afghanistan war veterans. *Journal of Traumatic Stress*, 28(5), 460-464.
- Neff, K. D., & Faso, D. J. (2015). Self-compassion and well-being in parents of children with autism. *Mindfulness*, 6(4), 938-947.
- Yarnell, L. M., Stafford, R. E., Neff, K. D., Reilly, E. D., Knox, M. C., & Mullarkey, M. (2015). Meta-analysis of gender differences in self-compassion. *Self and Identity*, 14(5), 499-520.
- Lockard, A. J., Hayes, J. A., Neff, K., & Locke, B. D. (2014). Self-compassion among college counseling center clients: An examination of clinical norms and group differences. *Journal of College Counseling*, 17(3), 249-259.
- Neff, K. D. & Costigan, A. (2014.) Self-Compassion, Well-Being, and Happiness. *Psychologie in Österreich*, 2, 114-119.
- Smeets, E., Neff, K., Alberts, H., & Peters, M. (2014). Meeting suffering with kindness: Effects of a brief self-compassion intervention for female college students. *Journal of clinical psychology*, 70(9), 794-807.
- Germer, C. K., & Neff, K. D. (2013). Self-compassion in clinical practice. *Journal of Clinical Psychology*, 69(8), 856-867.
- Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the Mindful Self-Compassion program. *Journal of Clinical Psychology*, 69(1), 28-44.
- Neff, K. D. & Pommier, E. (2013). The relationship between self-compassion and other-focused concern among college undergraduates, community adults, and practicing meditators. *Self*

- and Identity*, 12(2), 160-176.
- Neff, K. D. & Beretvas, S. N. (2012). The role of self-compassion in romantic relationships. *Self and Identity*, 12(1), 78-98.
- Yarnell, L. M. & Neff, K. D. (2012). Self-compassion, interpersonal conflict resolutions, and well-being. *Self and Identity*, 12(2), 146-159.
- Neff, K. D. (2011). Self-compassion, self-esteem, and well-being. *Social and Personality Compass*, 5, 1-12.
- Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*, 18, 250-255.
- Neff, K. D. & McGeehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, 9, 225-240.
- Neff, K. D. (2009). The role of self-compassion in development: A healthier way to relate to oneself. *Human Development*, 52, 211-214.
- Neff, K. D. & Vonk, R. (2009). Self-compassion versus global self-esteem: Two different ways of relating to oneself. *Journal of Personality*, 77, 23-50.
- Neff, K. D., Pitsungkagarn, K., & Hsieh, Y. (2008). Self-compassion and self-construal in the United States, Thailand, and Taiwan. *Journal of Cross-Cultural Psychology*, 39, 267-285.
- Neff, K. D., Kirkpatrick, K. & Rude, S. S. (2007). Self-compassion and its link to adaptive psychological functioning. *Journal of Research in Personality*, 41, 139-154.
- Neff, K. D., & Rude, S. S., & Kirkpatrick, K. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality*, 41, 908-916.
- Neff, K. D., Cooper, C. E. & Woodruff, A. L. (2007). Children's and adolescents' developing perceptions of gender inequality. *Social Development*, 16, 682-699.
- Rude, S. S., Little, K. & Neff, K. D. (2007). Paying attention to distress: What's wrong with rumination? *Cognition and Emotion*, 21, 843-864.
- Neff, K. D., Brabeck, K. M., Kearney, L. K. (2006). Relationship styles of self-focused autonomy, other-focused connection, and mutuality among Mexican American and European American college students. *Journal of Social Psychology*, 146, 568-590.
- Neff, K. D., & Suizzo, M.A. (2006). Culture, power, authenticity and psychological well-being within romantic relationships: A comparison of European American and Mexican

- Americans. *Cognitive Development*, 21, 441-457.
- Neff, K. D., Hseih, Y., & Dejithirat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity*, 4, 263-287.
- Neff, K. D. (2004). Self-compassion and psychological well-being. *Constructivism in the Human Sciences*, 9, 27-37.
- Neff, K. D. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85-102.
- Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250.
- Neff, K. D. (2003). Understanding how universal goals of independence and interdependence are manifested within particular cultural contexts. *Human Development*, 312-318.
- Neff, K. D. & Harter, S. (2003). Relationship styles of self-focused autonomy, other-focused connectedness, and mutuality across multiple relationship contexts. *Journal of Social and Personal Relationships*, 20, 81-99.
- Neff, K. D. & Harter, S. (2002). The authenticity of conflict resolutions among adult couples: Does women's other-oriented behavior reflect their true selves? *Sex Roles*, 47, 403-417.
- Neff, K. D. & Harter, S. (2002). The role of power and authenticity in relationship styles emphasizing autonomy, connectedness, or mutuality among adult couples. *Journal of Social and Personal Relationships*, 19, 827-849.
- Neff, K. D. & Helwig, C. C. (2002). A constructivist approach to understanding the development of reasoning about rights and authority within cultural contexts. *Cognitive Development*, 17, 1429- 1450.
- Neff, K. D. & Terry-Schmitt, L. N. (2002). Youths' attributions for power-related gender differences: Nature, nurture, or God? *Cognitive Development*, 17, 1185-1203.
- Neff, K. D., Turiel, E., & Anshel, D. (2002). Reasoning about interpersonal responsibility when making judgments about scenarios involving close personal relationships. *Psychological Reports*, 90, 723-742.
- Neff, K. D. (2001). Judgements of personal autonomy and interpersonal responsibility in the context of Indian spousal relationships: An examination of young people's reasoning in Mysore, India. *British Journal of Developmental Psychology*, 19, 233-257.

In Preparation or Under Review:

Journal Articles under Review

Journal Articles in Preparation

Neff, K. D., Tóth-Király, Kuchar, A. & Davidson, O. (in preparation). *How self-compassion works: An experimental examination of change in the components of self-compassion and their association with positive and negative affect.*

Neff, K. D., Knox, M. & Davidson, O. (in preparation). *A comparison of self-compassion and compassion for others as they relate to personal and interpersonal wellbeing among community adults and Buddhist meditators.*

Book Chapters in Preparation

Invited Scholarly Presentations

Neff, K. (October 26, 2020). *Self-Compassion and Population Mental Health*. Grand Rounds at the Cambridge Health Alliance. Harvard Medical School. Online.

Neff, K. (October 25, 2020). *The Science of Self-Compassion*. Keynote presentation at the Masters in Positive Psychology Annual Conference, Pennsylvania State. Online.

Neff, K. (October 10, 2020). *Caring for others without losing yourself*. Keynote presentation for the Travis County Medical Society Wellness Symposium. Online

Neff, K. (May 1, 2020). *Self-Compassion in Difficult Times*. Invited presentation for CNS Connect, College of Natural Sciences, University of Texas at Austin. Online.

Neff, K. (April 25, 2020). *Self-Compassion and Emotional Resilience*. Invited presentation Columbia Law School. Online.

Neff, K. (Feb. 29, 2020) *The Science of Self-Compassion*. Keynote the Yoga and Science Conference. Austin, TX.

Neff, K. (Feb. 12, 2020) *The Science of Self-Compassion*. Invited talk at Fresno State University. Fresno, CA.

Neff, K. (Nov. 22, 2019) *Fierce Self-Compassion*. Invited presentation at the Greater Good Science Center, University of California, Berkeley.

Neff, K. (Nov. 7, 2019) *The Science of Self-Compassion*. Invited talk the University of Ann

- Arbor, Ann Arbor, MI.
- Neff, K. (Oct. 4, 2019). *Self-compassion and our Bodies*. Keynote Dell Eating Disorders conference. Plano, TX.
- Neff, K. (Sept. 2019) *Bringing Compassion into the World*. Keynote at the Interfaith Action Committee Annual fundraiser. Austin, TX.
- Neff, K. (Sept. 2019) *Unlocking the Power of Self-Compassion*. Keynote at the 1440 Gathering, Marin, CA.
- Neff, K. (August, 2019) *Caring for others without losing yourself*. Keynote at the WIC conference, Austin, TX.
- Neff, K. (August, 2019) *The Power of Self-Compassion*. Presentation given at the University of Wisconsin Superior, Superior, Wisconsin.
- Neff, K. (May, 2019). *Self-Compassion for Leaders*. Keynote presentation at the inaugural Emerging Leaders Conference. University of Denver. Denver, CO.
- Neff, K. (February, 2019). *Self-compassion and Self-Esteem*. Presentation given to the Los Altos School District. Los Altos, CA.
- Neff, K. (January, 2019). *Fierce Self-Compassion*. Keynote given for the 28th Annual School Social Work Conference. Austin, TX.
- Neff, K. (November, 2018). *Self-Compassion and Leadership*. Presentation given for the Transformative Leadership Conference, LBJ School of Public Affairs, University of Texas. Austin, TX.
- Neff, K. (November, 2018). *The Science of Self-Compassion*. Public lecture given at the Princeton University. Princeton, NJ.
- Neff, K. (October, 2018). *The Science of Self-Compassion*. Public lecture given at the University of Miami. Miami, FL.
- Neff, K. (August, 2018). *Self-Compassion and Emotional Resilience*. Public lecture given at Texas Women's University. Denton, TX.
- Neff, K. (August, 2018). *Self-Compassion: An Antidote to Stress and Perfectionism*. Public lecture given at the University of Calgary, Alberta, Canada.
- Neff, K. (July, 2018). *Stop Chasing Self-Esteem and Just be Self-Compassionate*. Keynote address given at the 13th Annual Happiness and Its Causes conference, Sydney, Australia.
- Neff, K. (July, 2018). *The Yin and Yang of Self-Compassion*. Public lecture given at the

- University of Melbourne, Melbourne, Australia.
- Neff, K. (June, 2018). *The Science of Self-Compassion*. Public lecture given at the 1st Annual Mindful Self-Compassion Teacher Festival, Amsterdam, Netherlands.
- Neff, K. & Germer, C (May, 2018). *The Power of Mindful Self-Compassion*. Public lecture given at Renmen University, Beijing, China.
- Neff, K. (May, 2018). *The Power of Mindful Self-Compassion*. Public lecture given at Peking University, Beijing, China.
- Neff, K. (April, 2018). *Self-Compassion*. Dean's lecture given at the School of Social Work, University of Texas at Austin, Austin, TX.
- Neff, K. (April, 2018). *Caring for Others without Losing Oneself*. Public lecture given at Xavier University, Cincinnati, OH.
- Neff, K. (April, 2018). *Self-Compassion*. Public lecture given at the University of Wisconsin, Madison, Wisconsin.
- Neff, K. (April, 2018). *The Power of Self-Compassion*. Keynote address given at the Jung Center 60th anniversary gala, Houston, TX
- Neff, K. (February, 2018). *The Science of Self-Compassion*. Talk given at the Greater Good Science Center, University of California at Berkeley, CA.
- Neff, K. (November, 2017) *Self-compassion: A Source of Strength and Support in Times of Challenge*. Keynote address given at the 2nd annual Adoption Knowledge Affiliates conference, Austin, TX.
- Neff, K. (June, 2017). *Self-compassion for Mental Health Professionals: How to Care for Others without Losing Ourselves*. Keynote address given at the ClarityCon conference, San Antonio, TX.
- Neff, K. (June, 2017). *The Science of Self-Compassion*. Public lecture given at the 3rd Annual Conference on Emotions, Austin TX.
- Neff, K. (April, 2017). *Self-Compassion and Resilience: An Effective Way to Prevent Burnout in Healthcare Providers*. Lecture given at Dell Children's Hospital. Austin, TX.
- Neff, K. (March, 2017). *The Science of Self-Compassion*. Keynote talk at the Annual Interpersonal Neurobiology Conference, University of California Los Angeles, CA.
- Neff, K. (Feb., 2017). *The Power of Mindful Self-Compassion*. Public address given at the California Institute for Integral Studies, San Francisco, CA.

- Neff, K. (Nov., 2016). *Self-Compassion: How to be an Inner Ally rather than an Inner Enemy*. Keynote address given at Augsburg College Convocation Series, Minneapolis, MN.
- Neff, K. (Oct, 2016.) *The Science of Self-Compassion*. Plenary address given at the 5th annual Changing the Odds Conference, Dallas, TX.
- Neff, K. (Sept., 2016). *The Science of Self-Compassion*. Keynote address given at the 3rd Annual Finding Balance Conference, Virginia Tech University. Blackburg, VA.
- Neff, K. (Sept., 2016). *Self-Compassion and Emotional Healing*. Keynote address given at the Society for the Advancement of Sexual Health Conference, Austin, TX.
- Neff, K. (June, 2016). *The Science of Self-Compassion*. Keynote address given at the Education Service Center Region 13 21st Annual Beat the Heat Conference, Austin, TX.
- Neff, K. (June, 2016). *The Science of Self-Compassion: An Open-Hearted Way to Hold Suffering*. Keynote address given at the 14th Annual Association for Contextual Behavioral Science World Conference, Seattle, WA.
- Neff, K., Hays, S., Stroschal, K. & Robinson, P. (June, 2016). *Self-Compassion from the Inside Out*. Panel discussion held at the 14th Annual Association for Contextual Behavioral Science World Conference, Seattle, WA.
- Neff, K. & Germer, G. (June, 2016). *Self-Compassion in Acceptance-Based Treatment*. Workshop given at the 14th Annual Association for Contextual Behavioral Science World Conference, Seattle, WA.
- Neff, K. (June, 2016) *Self-Compassion and its Implications for Mental Health: Empirical Evidence and a Contextual Framework*. Discussant for paper symposium held at the 14th Annual Association for Contextual Behavioral Science World Conference, Seattle, WA.
- Neff, K. (Feb. 2016). *Self-Compassion: Helping Youths to Thrive*. Keynote address given at the Bridging the Hearts and Minds of Youths conference, San Diego, CA.
- Neff, K. (Oct, 2015). *The science of self-compassion*. Talk given at Amherst College, Amherst, MA.
- Neff, K. (April, 2015). *The science of self-compassion*. Talk given at York College, York, PA.
- Neff, K. (March, 2015). *The science of self-compassion*. Bonney Visiting Lecturer Series. University of North Texas, Denton, TX.
- Neff, K. (Nov., 2014) *The science of self-compassion*. Keynote address given at the Texas Psychology Association Annual Convention.

- Neff, K. (June, 2014). *The science of self-compassion*. Plenary talk given at the 1st Annual Mindfulness and Compassion conference, Samye Ling, UK.
- Neff, K. (March, 2014). *Self-compassion, psychological wellbeing, and the relief of suffering*. Plenary talk given at the Center for Mindfulness 12th Annual International Scientific conference, Worcester, MA.
- Neff, K. (March, 2014). *Self-compassion and emotional resilience*. Keynote speech given at the 3rd Annual Compassion Fatigue Symposium. Dallas, TX.
- Neff, K. (Feb., 2014) *The science of self-compassion: Leading from within*. Keynote presentation given at the Council of Graduate Directors of Psychology Annual meeting, Savannah, GA.
- Neff, K. (Feb., 2014) *From disconnection to connection: Exploring the compassionate society*. Plenary panel at the Wisdom 2.0 Annual Conference. San Francisco, CA.
- Neff, K. (Feb., 2014) *Self-compassion and psychological wellbeing*. Plenary talk given at the preconference of the 14th Annual Meeting of the Society for Personality and Social Psychology, Austin, Texas.
- Neff, K. (Feb., 2014) *The science of self-compassion*. Keynote talk given at the Texas University and College Counseling Centers Annual Conference. Austin, TX.
- Neff, K. (Dec., 2013) *Self-compassion and emotional resilience*. Presentation given at the Center for Child and Family Wellbeing. University of Seattle, WA.
- Neff, K. (Oct., 2013) *Self-compassion versus self-esteem*. Keynote presentation given for the Empathy and Compassion in Society Youth Gathering. London, UK.
- Neff, K. (Oct., 2013) *Self-compassion and emotional resilience*. Keynote presentation given for the Empathy and Compassion in Society conference. London, UK.
- Neff, K. (Sept., 2013). *Self-compassion and psychological wellbeing*. Presentation given for the Wellbeing Lecture Series at the University of Minnesota, Minneapolis, MN.
- Neff, K. (June, 2013). *Self-compassion: The new science of wellbeing*. Presentation given at the Mindfulness and Compassion in Psychotherapy and Health Care Congress, University Medical Center Freiburg, Freiburg, Germany.
- Neff, K. (April, 2013). *Self-compassion in the workplace*. Presentation at the Compassion and Business Conference, Stanford University, CA.
- Neff, K. (April, 2013). *Self-compassion: The new science of wellbeing*. Presentation given at St. John's University, New York, NY.

- Neff, K. (March, 2013). *Self-compassion: A healthier way to relate to oneself*. Plenary address given at the 11th Annual Mothers' Symposium. Stanford University, CA.
- Neff, K. (March, 2013). *Mindfulness and compassion: Similarities and differences*. Plenary address given at the Greater Good Science Center's conference on Practicing Mindfulness and Compassion, Berkeley, CA.
- Neff, K. (March, 2013). *Self-compassion and psychological wellbeing*. Presentation given at the Texas Association of Marriage and Family Therapists' annual conference, Austin, TX.
- Neff, K. (Feb., 2013). *Self-compassion and wellbeing*. Plenary address given at the Association for Humanistic Psychology Association conference, Los Angeles, CA.
- Neff, K. (Feb., 2013). *Self-compassion and emotional wellbeing*. Talk given at the Psychology Department at Texas A&M., College Station, TX.
- Neff, K. (Jan., 2013). *Self-compassion and self-esteem*. Talk given at the Memorial Michael Kernis lecture series, University of Georgia, Athens, GA.
- Neff, K. (Oct., 2012). *Self-compassion and wellbeing*. Plenary address given at the Living Compassion Conference, Northern Arizona University, Flagstaff, AZ.
- Neff, K. (Oct., 2012). *Self-compassion and emotional resilience*. Keynote address given at the Children's Special Needs Network 20th Annual Conference, Belton, TX.
- Neff, K. (Sept., 2012). *Research on self-compassion*. Talk given for the University of San Diego Compassion Consortium. San Diego, CA.
- Neff, K. (Sept., 2012). *Self-compassion and emotional resilience*. Keynote address given at the 24th annual World Burn Congress, Milwaukee, WI.
- Neff, K. & Germer, C. (July, 2012). *The mindful self-compassion program*. Talk given at the University of Bangor, Bangor, Wales, UK.
- Neff, K. D. (May, 2012). *Self-compassion and psychological well-being*. Keynote address at the conference "Recognizing mental health issues among adolescents and young adults for suicide prevention" held at UT Brownsville.
- Neff, K. (April, 2012). *Self-compassion: A healthier way to relate to yourself*. Keynote address given for the Self-Compassion and Self-Esteem conference, Charlie Waller Institute, University of Reading, UK.
- Neff, K. (March, 2012). *Self-compassion and emotional resilience*. Presentation given at the Greater Good Science Center, Berkeley, CA.

- Neff, K. D. & Germer, C. K. (July, 2011). *Mindful Self-Compassion*. Talk given at the How to Train Compassion conference. Max-Planck Institute, Berlin, Germany. July 21, 2011.
- Neff, K. (June, 2011). *Self-compassion*. Talk given for the Dutch Counseling Society in Amsterdam, Netherlands.
- Neff, K. (June, 2011). *The science of self-compassion*. Talk given at the Center for Compassion and Altruism Research and Education. Stanford University, CA.
- Neff, K. D. (April, 2011). *Self-compassion for caregivers*. Talk given for the Sensory Processing Disorder Foundation, 12th International Institute & Symposium. Austin, TX.
- Neff, K. D. (Feb., 2011) *Relating to yourself kindly versus judging yourself positively: A comparison of self-compassion and self-esteem as they relate to well-being*. Self and Identity preconference of the 10th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas.
- Neff, K. D. (Feb., 2010) *Self-compassion: A healthier way of relating to oneself*. Keynote address given at the annual professional development day for the Academic Counselors Association and Association of Professionals in Student Affairs, University of Texas at Austin.
- Neff, K. D. (Jan., 2010). *Self-compassion: Another way of relating to oneself*. Presentation made at the Centre For Mindfulness Research And Practice, Bangor University, Wales.
- Neff, K. D. (Feb., 2007). *Self-compassion: A healthier way of relating to oneself*. Invited talk given for the Chautauqua Lecture Series, Eastern Kentucky University.
- Neff, K. D. (Nov., 2005). *Self-compassion: Moving beyond the pitfalls of the separate self-concept*. Invited presentation given at the “Quiet Ego Conference,” organized by Northern Arizona University.
- Neff, K. D. (May, 2004). *Self-Compassion: A way to help deal with pain and difficulties of life*. Ecology for War and Peace Youth Conference, Association for Humanistic Psychology, St. Petersburg, Russia.
- Neff, K. D. (May, 2004). *Self-Compassion: Cultivating inner harmony by recognizing one’s common humanity*. Invited presentation at the 12th Annual International Conference on Conflict Resolution: Sharing Tools for Personal/Global Harmony, St. Petersburg, Russia. Conference co-sponsored by the Common Bond Institute, the Harmony Institute, and the Association for Humanistic Psychology.
- Neff, K. D. (Feb., 2003). *Self-compassion: An alternative way to conceptualize and measure healthy self-attitudes*. Invited paper presented at the International Society for Self and Identity pre-conference of the 4th Annual Meeting of the Society for Personality and Social Psychology, Los Angeles, California.

Neff, K. D. (Dec., 1994). *The communication of values: Moral development and theories of learning*. Invited paper presented at the International Conference on Early Childhood Communication. Bhubaneswar, India.

Conference presentations (competitively selected):

Knox, M. & Neff, K. (June, 2016). *Comparing compassion for self and others: Impacts on personal and interpersonal well-being*. Paper presented at the 14th Annual Association for Contextual Behavioral Science World Conference, Seattle, WA.

Neff, K. D. (2013, January). *A randomized controlled trial of the Mindful Self-Compassion program*. Poster presented at the 12th Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.

Neff, K. D. (2012, April). *A randomized controlled trial of the Mindful Self-Compassion program*. Paper presented at the 1st annual International Symposia for Contemplative Studies, Denver, Colorado.

Neff, K. D. (2012, January). *Mindfulness, Compassion, and Self-Compassion as they Relate to Well-Being*. Poster presented at the 11th Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.

Neff, K. D. (2011, June). *Self-compassion and motivation*. Paper presented at the 41st annual meeting of the Jean Piaget Society, Berkeley, CA.

Neff, K. D. (2011, January). *Examining the Components of Self-Compassion and Psychological Functioning*. Poster presented at the 10th Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX.

Neff, K. D. & Germer, C. K. (2010, April). *Integrating mindfulness and self-compassion*. Pre-conference institute to be presented at the 8th annual Mindfulness-Based Stress Reduction annual conference, Worcester, MA.

Neff, K. D. (2009, February) *Self-compassion and psychological resilience among adolescents and young adults*. Poster presented at the 9th Annual Convention of the Society for Personality and Social Psychology, Tampa, Florida.

Neff, K. D. (2008, June). *Self-compassion among adolescents and young adults*. Paper presented at the 38th annual meeting of the Jean Piaget Society, Quebec City, Canada.

Neff, K. D. (2008, February). *Self-compassion and other-focused responding*. Paper presented at the 8th Annual Convention of the Society for Personality and Social Psychology, Albuquerque, New Mexico.

- Neff, K. D. (2007, May). *Alone in one's suffering: The implications of perceived isolation versus recognition of common humanity when confronting personal inadequacies or negative life experiences*. Paper presented at the 37th annual meeting of the Jean Piaget Society, Amsterdam, Netherlands.
- Neff, K. D. (2007, May). *Self-compassion as emotional wisdom*. Paper presented at the 37th annual meeting of the Jean Piaget Society, Amsterdam, Netherlands.
- Neff, K. D. (2007, March). *A comparison of self-compassion and present moment awareness as they relate to positive psychological functioning*. Paper presented at the 5th annual Mindfulness-Based Stress Reduction annual conference, Worcester, MA.
- Neff, K. D. (2006, August). *The role of self-compassion in healthy relationship interactions*. Paper presented at the 114th annual meeting of the American Psychological Association, New Orleans, LA.
- Neff, K. D. & Vonk, R. (2006, June). *Self-compassion: A healthier alternative to high self-esteem*. Paper presented at the 36th annual meeting of the Jean Piaget Society, Baltimore, MD.
- Neff, K. D. (2006, January). *A study of self-compassion, self-construal, and psychological well-being in three cultural contexts*. Poster presented at the 6th Annual Convention of the Society for Personality and Social Psychology, Palm Springs, California.
- Neff, K. D. (2005, June). *Children's and adolescents' developing perceptions of gender inequality*. Paper presented at the 35th annual meeting of the Jean Piaget Society, Vancouver, Canada.
- Neff, K. D. (2005, June). *Self-compassion and self-construal in the United States, Thailand, and Taiwan*. Paper presented at the 35th annual meeting of the Jean Piaget Society, Vancouver, Canada.
- Cheng, C. & Neff, K. D. (2005, May). *Cultural and gender differences in identity formation in Taiwanese and American college students*. Paper presented at the 17th annual meeting of the American Psychological Society, Los Angeles, California.
- Neff, K. D. (2005, January). *Self-compassion and psychological well-being*. Poster presented at the 6th Annual Convention of the Society for Personality and Social Psychology, New Orleans, Louisiana.
- Brabeck, K. M., Neff, K. D., Kearney, L. K. (July, 2004). *Relationship styles of self-focused autonomy, other-focused connection, and mutuality among Mexican American and European American college students*. Poster presented at the 112th Annual Meeting of the American Psychological Association, Honolulu, Hawaii.

- Neff, K. D. (2004, June). *Inequality and injustice: Implications for social reasoning, autonomy, and relationship interactions*. Symposium organized for the 34th annual meeting of the Jean Piaget Society, Toronto, Canada.
- Neff, K. D. (2004, June). *The link between power inequality, authenticity and psychological well-being within relationships*. Paper presented at the 34th annual meeting of the Jean Piaget Society, Toronto, Canada.
- Neff, K. D., Kirkpatrick, K., Dejitthirat, K. (2004, January). *Self-Compassion: Research on a promising alternative self-attitude construct*. Poster presented at the 5th Annual Convention of the Society for Personality and Social Psychology, Austin, Texas.
- Hseih, Y., Neff, K. D., & Dejitthirat, K. (2003, August). *Self-compassion and academic motivation*. Poster presented at the 111th Annual Convention of the American Psychological Association, Toronto, Canada.
- Neff, K. D. (2003, August). *Self-compassion: An alternative way to conceptualize and measure self-attitudes*. Poster presented at the 111th Annual Convention of the American Psychological Association, Toronto, Canada.
- Neff, K. D. (2003, June). *Self-compassion: An alternative way to conceptualize and measure self-attitudes*. Paper presented at the 33rd annual meeting of the Jean Piaget Society, Chicago, Illinois.
- Neff, K. D., Woodruff, T. L., & Cooper, C. E. (2003, June). *Children's developing perceptions of gender inequality*. Paper presented at the 33rd annual meeting of the Jean Piaget Society, Chicago, Illinois.
- Kirkpatrick, K., Rude, S. & Neff, K. D. (2002, November). *Self-compassion and accuracy of self-evaluation*. Paper presented at the Texas Psychological Association's Annual Convention, San Antonio, Texas.
- Neff, K. D., Terry, L., & Harder, L. (2001, June). *Adolescents' and young adults' perceptions of gender inequality*. Paper presented at the 31st annual meeting of the Jean Piaget Society, Berkeley, California.
- Neff, K. D. & Harter, S. (2000, June). *The balancing of concerns with autonomy and connectedness across multiple relationship contexts: Consistency or inconsistency?* Paper presented at the 30th annual meeting of the Jean Piaget Society, Montreal, Canada.
- Neff, K. D. (1999, June). *Gender, culture, and hierarchy: Thinking about autonomy and connectedness within the context of unequal power relationships*. Symposium organized for the 29th annual meeting of the Jean Piaget Society, Mexico City, Mexico.

Neff, K. D. (1999, June). *Reasoning about autonomy and connectedness within the context of unequal power relationships*. Paper presented for the 29th annual meeting of the Jean Piaget Society, Mexico City, Mexico.

Neff, K. D., & Harter, S. (1999, April). *Autonomy, Connectedness, and Hierarchy in Relationships: Implications for the self*. Poster presented at the bi-annual meeting of the Society for Research in Child Development, Albuquerque, New Mexico

Neff, K. D. (1997, June). *Americans: Are we really such self-centered individualists?* Poster presented at the 27th annual meeting of the Jean Piaget Society, Los Angeles, CA.

Neff, K. D. (1997, June). *Reasoning about rights and duties in the context of Indian family life*. Paper presented at the 27th annual meeting of the Jean Piaget Society, Los Angeles, CA.

Neff, K. D. (1997, April). *Reasoning about rights and duties in the context of Indian spousal relationships*. Poster presented at the bi-annual meeting of the Society for Research in Child Development, Washington, D.C.

Creations Related to Field of Expertise

The Self-Compassion Scale. This well-validated 26-item scale has been used by tens of thousands of researchers and students, as well as by clinicians and ordinary people. It has been translated into fifteen languages, including French, German, Spanish, Portuguese, Italian, Dutch, Hungarian, Czech, Chinese, Farsi, Korean, Norwegian, Turkish, Greek and Slovenian.. A short version of the scale, a youth version of the scale, and a state version of the scale have also been published.

The Compassion Scale. This is a well-validated 16 item scale of compassion for others.

Mindful Self-Compassion. This eight-week intervention protocol co-created with Dr. Chris Germer is designed to teach self-compassion skills. The course has been taught to tens of thousands of participants all over the world. Regular teacher trainings for the program are offered by the Center for Mindful Self-Compassion (a nonprofit for which I am co-founder and board president). Over 1500 teachers have been trained in North and South America, Europe, Asia, Africa, and Australia so far.

Self-Compassion for Healthcare Communities. This is a six-week self-compassion intervention designed for health care professionals. A teacher training for the program has been developed which is administered through the Center for Mindful Self-Compassion.

Self-Compassion for Educators. This is a six-week self-compassion intervention designed for educators. It is an online program administered through Mindful Schools.

The Yin and Yang of Self-Compassion: Cultivating Kindness and Strength in the Face of Difficulty (2019). Boulder, CO: Sounds True. A four-hour audio training course in self-compassion.

The Power of Self-Compassion (2017). Boulder, CO: Sounds True. An eight-hour online training course in self-compassion created in conjunction with Dr. Chris Germer.

Self-Compassion Step-by-Step (2013). Boulder, CO: Sounds True. A six-hour audio training course in self-compassion.

Media Coverage

My work in self-compassion has received extensive media coverage in dozens of media outlets both in the US and abroad (e.g. television, radio, newspaper articles, and magazine articles). Examples are The New York Times (US), CBS news (US), The APA Monitor (US), MSNBC (US), Harvard Business Review (US), Dallas Morning News (US), Live Science (US), Scientific American Mind (US), Psychology Today (US, Netherlands), The National Post (Canada), The Globe and Mail (Canada), The Daily Mail (UK), The Sunday Times (UK), National Public Radio (US), NBC (US), Reader's Digest (US, Canada), and cover stories on self-compassion in Mindful Magazine (US), Spirituality and Health Magazine (US), Austin Monthly (US) and Psychology Today (Germany).

Research Grants

Funded Research in Rank

Fall 2018-Spring 2019. Awarded a nine-month research grant extension for \$25,456 from Dell Children's Medical Center Foundation. *Examining the impact of brief self-compassion training on the wellbeing of parents of chronically ill children.*

Fall 2016-Summer 2018. Awarded a two-year research grant for \$75,774 from Dell Children's Medical Center Foundation. *Examining the impact of brief self-compassion training on burnout and wellbeing among pediatric healthcare professionals.*

Fall 2007. Awarded a one semester research grant for \$20,000 from the International Humanities Center. *Self-compassion and psychological well-being.*

Unfunded research grant applications in rank

(Submitted November 2016). Spencer Foundation. *Examining the impact of brief self-compassion training on burnout and wellbeing among secondary school teachers.* Amount Requested: \$49,618.

(Submitted February 2016). 1440 Institute. *Psychophysiological Assessments of the Impact of Brief Mindfulness and Self-Compassion Training on University Students' Response to Stress*. Amount Requested: \$50,000

(Submitted May 2015). Mind and Life Institute. *The development of a brief interview protocol to measure self-compassion in youths*. Amount Requested: \$155,000

(Submitted October 2013). National Institutes of Health (R01). *A comparison of Mindful Self-Compassion and MBSR for Those at Risk for Depression*. Amount Requested: \$670,325

(Submitted September 2013). John Templeton Foundation. *Self-compassion in early adolescence: Cultivating wellbeing and character strengths*. Amount Requested: \$180,000

(Submitted June 2012). 1400 Foundation. *The Self-Compassion Toolkit* (grant to develop phone app to increase self-compassion in daily life). Amount Requested: \$25,000.

(Submitted March 2012). Greater Good Science Center. *Extending Gratitude toward Oneself: Self-Appreciation versus Self-Esteem*. Amount Requested: \$114,156

(Submitted February 2012). National Institutes of Health (R21). *Self-Compassion-Enriched CBT for Social Anxiety Disorder with Depression*. (Co-PI with Stephen Hoffman, Boston University). Amount Requested: \$330,450.

(Submitted August 2011). Horses and Humans Foundation. *The therapeutic effect of a short-term equine camp for autistic children*. Amount requested: \$50,000

(Submitted April 2011). John Templeton Foundation. *Development of the Mindful Self-Compassion program*. Amount Requested: \$240,000.

University Research Grants in Rank

Awarded a Dean's Fellowship from the University of Texas at Austin (Fall 2016 - Spring 2017).

Awarded a Faculty Research Assignment from the University of Texas at Austin (Fall 2009).

Personal Research Grants in Rank

Fall 2011-Spring 2013. Awarded a two-year research grant for \$80,000 from the Horse Boy Foundation (a non-profit run by my family). *A pilot study of the therapeutic effects of a short-term equine and self-compassion intervention for autistic children and their families*. While this award is not evidence of merit, it should be noted that this grant allowed me to fund a 20 hour per week graduate student research assistant for two years.

III. Academic Advising, Counseling, and Other Student Services

Dissertation, Thesis Direction, and Reading (in rank)

Dissertation Committee Service

Chair

Current

Oliver Davidson (proposal Fall 2019)
Ashley Kuchar (proposal Spring 2020)

Completed

Marissa Knox (chair) 2019-2020

Title: Multidimensional body image and self-compassion: Investigating an online writing intervention for college women

Zachary Williams (chair) 2019-2020

Title: The Relationship of Self-Compassion and ADHD Symptomatology to the Wellbeing and Academic Achievement of College Students

Phoebe Long (chair) 2018-2019

Title: Self-Compassion for Speech Anxiety: An Experiment

Katie Dahm (chair) 2012-2013

Title: Mindfulness and Self-Compassion as Predictors of Functional Outcomes and Psychopathology in OEF/OIF Combat Veterans Exposed to Trauma

Jamie Krause (co-chair) 2011-2012

Title: Everybody Fails Sometimes: Exploring Relations Between Self-Compassion for Poor Academic Performance, First Generation Status, and the Strategic Learning Beliefs and Processes of College Students

Angela Finney (chair) 2011-2012

Title: The Relationship between Self-Compassion and Disordered Eating Behaviors: Body Dissatisfaction, Perfectionism, and Contingent Self-Worth as Mediators

Stephen Kinney (co-chair) 2010-2011

Title: Sustaining marriage in a post-modern, post-traditional world

Elizabeth Pommier (chair) 2010-2011

Title: Development of a scale to measure compassion

Pittman McGehee (co-chair) 2009-2010

Title: *The development and implementation of a self-compassion intervention for adolescents: A pilot study*

Amy Holte (chair) 2009-2010

Title: *Two Ways of Understanding Meditative Absorption: A Comparison between a Neuroscientific and Emic Yoga Perspective*

Lindsay Lamb (co-chair) 2008-2009

Title: *Sex-typing, Contingent Self-Esteem, and Peer Relations*

Eric Jannazzo (co-chair) 2008-2009

Title: *An examination of self-compassion in relation to process group psychotherapy*

Nilay Kuyel (chair) 2007-2008

Title: *The relationship between religious rules and the moral judgments of highly religious and less religious Turkish Muslims*

Committee Member

Current

David Barry

Completed

Anita Patrick 2019-2020

Angela Potes Holguin (McGill University external reviewer) 2018-2019

Amber Groomes 2015-2016

Mark Decker 2012-2013

Renee Stephens (California Institute for Integral Studies external reviewer) 2012-2013

Ellen Albertson (Fielding University external reviewer) 2012-2013

Celia Wong (Chinese University of Hong Kong external reviewer) 2011-2012

Tavia Whitney 2011-2012

Ayiesha Cottrell 2010-2011

Lisa Yarnell 2010-2011

Emily Baum 2009-2010

Bert Hoopes 2008-2009

John Kucsera 2008-2009

Serena Wang 2008-2009

Reetu Naik 2007-2008

Shawn Rooker 2007-2008

Master's Degrees

Supervisor

Completed

Michelle Cook, 2018

Title: *Self-Compassion and coping with chronic illness*

Marissa Knox, 2017

Title: *Investigating the role of self-compassion in protecting body image against self-objectification and social comparison*

Phoebe Long, 2014-2015

Title: *Self-Compassion and Classroom Communication Apprehension*

Jenny Lockwood, 2012-2013

Title: *A Proposed Study of Outcomes for Autistic Children and Their Families after Participation in a Horse Boy Camp*

Daniel Garcia 2008-2009

Title: *The Moderating Role of Self-Forgiveness in the Link Between Original Sin, Depression and Shame*

Angela Finney 2008-2009

Title: *Do Body Satisfaction and Perfectionism Act as Mediators in the Relationship between Self-Compassion and Disordered Eating Behaviors?*

Lindsay Lamb 2007-2008

Title: *Masculinity and Bullying*

Marianne Stout 2007-2008

Title: *The Effect of Student Sex Ratios and Mentor Gender on Attitudes toward Women, Work, and Family*

Second Reader

Completed

Youngwon Kim 2016-2017

Ling-Hui Chen, 2014-2015

Joey Silva 2011-2012

Lauren Blondeau 2011-2012

Julie Hsu 2011-2012

Jamie Krause 2011-2012

Michael Shattah 2010-2011

Mary Beth Lenington 2010-2011

Chieh-Ju Huang 2007-2008

Other Individualized Instruction in Rank

Qualifying Procedure Chair:

Completed

Phoebe Long 2016-2017
Oliver Davidson 2015-2016
Zach Williamson 2015-2016
Marissa Knox 2014-2015
Andrew Costigan 2013-2014
Kadie Rackley 2012-2013
Kevin Smith 2011-2012
Johnna Jones 2010-2011
Angela Finley 2009-2010
Daniel Garcia 2008-2009
Lindsay Lamb 2007-2008

Independent Research Supervision:

Current

Katherine Wilson
Ashley Kuchar
Oliver Davidson
Marissa Knox
Zach Williamson
Andrew Costigan

Completed

Phoebe Long
Kadie Rackley
Jenny Lockwood
Kevin Smith
Elizabeth Pommier
Pittman McGehee
Johnna Jones
Lisa Noelle Terry
Stephen Kinney
Mary Knill
Ye-Rang Kim
Kullaya Dejithirat
Wan-Chen Chen
Carey Cooper
Shawn Rooker
Jessica Cheng

Glen Baumgart
Lindsay Lamb

Undergraduate Honors' Thesis Advisor

Current

Jessica Pink
Aaron Ramirez

Completed

Wiley Jennings

Academic Advising

I regularly offer academic advising to students, both undergraduate and graduate. This includes helping students to decide what courses to take, discussing options regarding graduate school, post-PhD employment, topics for prospectus or dissertation research, undergraduate honors theses, etc.

I serve as first year faculty mentor for one incoming HDCLS student each year.

I have written numerous letters of recommendation for undergraduate and graduate students applying to graduate schools, jobs, or for fellowships.

Counseling

I frequently offer informal counseling to students in my classes who want to talk to me about how self-compassion impacts their lives, though I do not do any formal counseling.

Other student services

I applied for and received four all-expenses-paid student scholarships for a week-long invitation only 100 person conference in Umbria, Italy June 23-30, 2019 called Todi Week in Cortona featuring some of the worlds leading scholars . Ashley Kuchar, Marissa Knox, Phoebe Long, and Oliver Davidson attended.

My research collaborations with students have led to co-authorship for UT students on 15 journal articles, 3 book chapters and 8 conference presentations: Andrew Costigan, Marissa Knox, Oliver Davidson, Zachary Williams, Ashley Kuchar, Lisa Yarnell, Daniel Faso, Rose Stafford, Erin Reilly, Elizabeth Pommier, Lindsay Lamb, Pittman McGehee, Ya-Ping Hsieh, Kullaya Dejithirat, Kristie Kirkpatrick, Kalina Braebeck, Lisa Kearney, Carey Cooper, Thea Woodruff, Lisa Terry-Schmidt, Jessica Cheng, and Lana Harder.

I have provided financial support for several graduate students - Phoebe Long and Marissa Knox are currently Research Assistants under my research grant from Dell Children's Hospital. As part of this grant I paid for Phoebe and Marissa to become trained Mindful Self-Compassion teachers, which means they are now qualified to offer this program in the community.

I hired Elisabeth Morray and Lindsay Lamb as Research Assistants from past grants. I also used Special Research Grant funds to hire Jess Grogan, Jodi Filleman, Carrie Mercado, Michael Shattah, Mandy Dement and Rachel Briles (an undergraduate) - who worked for me on a variety of research projects. The personal grant provided by my family nonprofit organization (the Horse Boy Foundation) allowed me to fund Jennifer Lockwood for two years as a research assistant.

IV. Committee Service in Rank

Service within the department.

2018-2017

Non-tenure track faculty Annual Review Committee

Budget Council

Graduate Studies Committee

2017-2018

Outstanding Dissertation Award Committee (Chair)

Undergraduate Minor Committee

Assistant Professor Annual Review Committee

Budget Council

Graduate Studies Committee

2016-2017

Outstanding Dissertation Award Committee (Chair)

Undergraduate Minor Committee

Assistant Professor Annual Review Committee

Budget Council

Graduate Studies Committee

2015-2016

Undergraduate Minor Committee

Outstanding Dissertation Award Committee

Assistant Professor Annual Review Committee

Budget Council

Graduate Studies Committee

2014-2015

Outstanding Dissertation Award Committee

Budget Council

Graduate Studies Committee

2013-2014

Graduate Student Professional Development Award Committee

Outstanding Dissertation Award Committee

Assistant Professor Annual Review Committee

Budget Council

Graduate Studies Committee

2012-2013

Graduate Student Professional Development Award Committee

HDCLS advancement to candidacy committee

Assistant Professor Annual Review Committee

Budget Council

Graduate Studies Committee

2011-2012

HDCLS advancement to candidacy committee

Developmental Domain Committee

Assistant Professor Annual Review Committee

Budget Council

Graduate Studies Committee

2010-2011

Graduate Student Professional Development Award Committee

Developmental Domain Committee

Budget Council

Graduate Studies Committee

2009-2010

Graduate Student Professional Development Award Committee

Developmental Domain Committee

Student Affairs Committee

Peer Teaching Evaluation Committee

Budget Council

Graduate Studies Committee

2008-2009

Chair of the Human Development and Culture Area

Graduate Student Professional Development Award Committee

Developmental Domain Committee

Student Affairs Committee

Peer Teaching Evaluation Committee

Budget Council

Graduate Studies Committee

2007-2008

Chair of the Human Development and Culture Area
Graduate Student Professional Development Award Committee
Developmental Domain Committee
Student Affairs Committee
Peer Teaching Evaluation Committee
Budget Council
Graduate Studies Committee

Service within the college

2007-2009

UTeach Liberal Arts Steering Committee

Service within the university.

2015-2018 UT Austin IRB committee.

2007-2009

Graduate School Outstanding Thesis/Report Award Committee

2007-2018

I have provided a great deal of informal service to the university by helping UT students, faculty and staff learn about self-compassion. For example, I have given presentation to the UT Longhorns Men's Basketball team, UT Health Services, UT Computer Science Women's Program, Hispanic Faculty and Staff Association, UT Autism Speaks panel, UT Center for Students in Recovery, the UT Austin Employee Assistance program, the Joint Admission Medical Program, UT Graduate Coordinators, Academic Counselors Association, Association of Professionals in Student Affairs, the College of Natural Sciences graduation ceremony, Forty Acres Scholars, and many other UT organizations. In spring 2018 I was asked to give the Dean's lecture at the School of Social Work.

V. Professional Service

Board Memberships

President and co-Founder, Center for Mindful Self-Compassion, 2015-Present
Member of the Advisory Board for the Consciousness, Mindfulness, Compassion International Association, 2015 - Present
Member of the Advisory Board for the University of California at San Diego Mindfulness-Based Training Institute, 2013 - Present
Member of the Advisory Board for the Compassionate Mind Foundation, 2013 – Present
Member of the Advisory Board for the Foundation for Self Leadership, 2013 - Present
Member of the Board of Directors for the Jean Piaget Society, 2004 - 2007

Society Memberships

International Society for Self and Identity
Society for Personality and Social Psychology

Editorial Positions

Guest Editor, special issue of *Self and Identity* focused on self-compassion, 2017-2018
Associate Editor, *Mindfulness*, 2013-present
Editorial Board, *Self and Identity*, 2011-present

Ad Hoc Reviewer

Note: I review for such a large number of journals due to the numerous manuscripts written about self-compassion that are sent to me for review (I receive about 15 invitations a month, and accept one or two). Research on self-compassion is highly cross disciplinary, meaning research articles focused on self-compassion are submitted to journals in many different fields.

Journals

Behaviour Research and Therapy
British Journal of Developmental Psychology
Child Development
Clinical Psychology and Psychotherapy
Cognition and Emotion
Cognitive Development
Cognitive Psychotherapy
Cognitive Therapy and Research
Criminal Justice and Behavior
Cyberpsychology: Journal of Psychosocial Research on Cyberspace
Frontiers in Psychology
Human Development
International Journal of Behavioral Development
Journal of Abnormal Child Psychology
Journal of Affective Disorders
Journal of Applied Social Psychology
Journal of Clinical Psychology
Journal of Cognitive Psychotherapy
Journal of Cross-Cultural Psychology
Journal of Experimental Social Psychology
Journal of Gerontology
Journal of Gerontology: Psychological Sciences
Journal of Healthy Psychology
Journal of Happiness
Journal of Research in Adolescence
Journal of Research in Personality
Journal of Personality

Journal of Personality and Social Psychology
Journal of Positive Psychology
Journal of Social and Clinical Psychology
Journal of Social and Personal Relationships
Journal of Sport & Exercise Psychology
Journal of Traumatic Stress
Mindfulness
Motivation & Emotion
Monographs of the Society for Research in Child Development
New Ideas in Psychology
Personal Relationships
Personality and Social Psychology Review
PLOS One
Psychological Assessment
Psychological Bulletin
Psychological Record
Psychological Science
Psychology and Health
Psychology and Psychotherapy
Psychology of Sport and Exercise
Psychology of Women Quarterly
Qualitative Research in Sport and Exercise
Review of General Psychology
Scandinavian Journal of Psychology
Self and Identity
Sex Roles
Social Behavior and Personality
Social Development
Social and Personality Psychology Compass
Social Psychology and Personality Development
Stress and Health
Women and Health

Publishing Houses

Note: Once again, I review books for such a large number of publishing houses because so many books focusing on self-compassion are sent to me for comment.

Allyn & Bacon
Atria Books
Bantam Books
Cargo
Cleis Press
Conari Press
Constable and Robinson
Corwin Press
DeVorss Publications

Flatiron Books
Guilford Press
Hay House
Hudson Street Press
New York University Press
Oxford University Press
Parallax Press
Penguin
Praeger
New Harbinger
New World Library
New York University Press
Random House
Routledge Press
Simon & Schuster
Sounds True
Wisdom Publications
W. W. Norton & Co.
Yale University Press

Funding Agencies

Economic Social and Research Council – United Kingdom
Israel Science Foundation
John Templeton Foundation
Mardsen Fund – New Zealand
National Science Foundation
Netherlands Association for Scientific Research
Social Sciences and Humanities Research Council of Canada

Community Service

I give talks for a variety of community organizations across the country, such as the TXDot employee wellness program, Palo Alto Veterans Association, the Eugene public library, Autism Speaks, the Austin Region 13 Education Service Center and many others. I also arranged a six-week brief training in self-compassion for teachers in the local Austin Independent School District upon their request.

VI. Evidence of Merit

2018-2019

- Invited to give seven talks/keynote presentations at universities or conferences.
- Named one of the ten most important women in mindfulness in a special issue of Mindfulness Magazine.
- My Ted-X talk has now received over 1.3 million views.

2017-2018

- Awarded a research grant for \$25,456 from Dell Children's Medical Center Foundation
- Invited to give thirteen talks/keynote presentations at universities or conferences.
- Lecture given at Peking University was watched via livestream by 220,000 people and downloaded subsequently by more than half a million people.
- Four separate New York Times articles were published on my work.
- Harvard Business Review article focused on my work.
- My Ted-X talk has now received over one million views.

2016-2017

- Awarded a research grant for \$75,774 from Dell Children's Medical Center Foundation
- Received a Dean's Fellowship award
- Invited to give nine talks/keynote presentations at universities or conferences.
- Invited to guest edit a special issue of *Self and Identity* focused on self-compassion.
- Inducted into the Happiness Hall of Fame.
- HH Dalai Lama recommended self-compassion as the number one way for people to cope with the Trump presidency in a feature on CNN.com
- Stories appeared about my work in the *Scientific American Mind*, *Readers' Digest*, and other major news outlets.

2015-2016

- Invited to give seven talks/keynote presentations at three universities or conferences.
- Was featured on the cover of *Austin Woman* magazine.
- Coverage of my work in high profile news outlets.

2014-2015

- Invited to give three talks/keynote presentations at academic conferences or universities.
- Various media interviews in national outlets.
- Special issue of *Psychotherapy Networker* organized around self-compassion.

2013-2014

- Invited to give eleven talks/keynote presentations at academic conferences or universities.
- Various media interviews in national outlets.

2012-2013

- Invited to give a talk at the Ted-X Women gathering in Atlanta, GA: *The space between self-esteem and self-compassion*.
- Invited to give thirteen talks/keynote presentations at conferences or universities.
- Various media interviews in national outlets.

2011-2012

- Invited to give four talks/keynote presentations at universities or conferences, including a conference focused specifically on self-compassion sponsored by the Charlie Waller Institute at the University of Reading, UK.

- Various articles on my self-compassion research, including the Scientific American and the cover story in Psychology Magazine in Germany.

2010-2011

- Feature New York Times article written on my self-compassion research.
- Various articles on my self-compassion research, including the APA Monitor.
- Invited to give five talks/keynote presentations at conferences or universities.

2009-2010

- Invited to give two talks/keynote presentations at conferences and universities.
- Various articles on my self-compassion research, including Psychology Magazine (Dutch edition).

2008-2009:

- Magazine articles published on my self-compassion work including Marie Claire, Redbook, Psychologies Magazine, and Tribeca.
- An article about my work was featured on the UT Home Page.
- Secured a major book deal with William Morrow to write a trade book titled *Self-Compassion*.

2007-2008:

- Awarded a \$25,000 grant from the International Humanities Center.

2006-2007:

- Invited to give a lecture at Eastern Kentucky University.

2004-2005:

- Elected to the Board of Directors of the Jean Piaget Society.
- Invited presentation at the “Quiet Ego Conference” organized by Northern Arizona University. Travel and lodging funded by the American Psychological Association.

2003-2004:

- Invited speaker at the 12th Annual International Conference on Conflict Resolution and also the Ecology for War and Peace Youth Conference in St. Petersburg, Russia.

2002-2003:

- Invited speaker at the International Society for Self and Identity pre-conference of the 4th Annual Meeting of the Society for Personality and Social Psychology, Los Angeles, California.

2001-2002:

- My 2002 Summer Research Assignment proposal was selected by Dean John Dollard as an example of how to write a successful application for the SRA workshop.

1997-1999:

- Awarded a highly competitive two-year Postdoctoral Fellowship from the National Institutes of Health.

1994:

- Invited speaker at the International Conference on Early Childhood Communication. Bhubaneswar, India.
- Awarded a Graduate Division Dissertation Fellowship from the University of California at Berkeley.

1984-1988:

- Awarded a four-year National Merit Scholarship.