

CURRICULUM VITAE

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EDUCATION, CAREER AND PROFESSIONAL STATUS

I was born in Newbury, Berkshire, England on 13th October 1943. I married in 1967, and have three children born in 1972 (twins) and 1976. I was divorced in 1989 and remarried in 2000. I am a British Citizen and also a naturalised South African citizen. I attended Carn Brae Preparatory School, Bromley, Kent, UK, from where I won a scholarship to St. John's School, Leatherhead, UK. I started there in 1956. In 1959, I passed 'O' Levels in Latin, Greek, French, History, Maths, Additional Maths, English. In 1961, I passed 'A' levels: Latin (distinction), Greek, Ancient History. I won a Scholarship to Brasenose College, Oxford which I entered in 1962. In 1964 I completed Honour Moderations in Greek & Latin Literature and, in 1966, obtained a BA(Hons) in Psychology and Philosophy. From September 1966 to August 1967 I was a Secondary School Teacher for Kent County Council. From September 1967 to May 1970 I worked as a Secondary School Teacher for the Government of Zambia, at Chalimbana, near Lusaka.

I moved to Grahamstown, South Africa and in 1971 enrolled for a Master's degree in the Department of Psychology, Rhodes University. In 1971, I was a Graduate Assistant, in 1972, a Lecturer(Temporary). In 1973 I completed my Master's in Psychology with a thesis entitled: 'An investigation of the determinants of the spatial characteristics of figure placements'. In 1975, I was appointed Lecturer and in 1978 completed my Ph.D. in Psychology with a thesis entitled, 'A cross-cultural study of interpersonal distance and orientation schemata'. From January to December, I was an intern Clinical Psychologist at St. Francis Hospital, Haywards Heath, in a program run by the University of Surrey, UK. In 1981 I became Senior Lecturer. From July 1984 to June 1985 I was a post-doctoral fellow at the Centre for Cognitive Therapy in the Department of Psychiatry of the University of Pennsylvania, USA. In 1985 I was made a full professor at Rhodes and was Head of Department from 1986-1993. Since 2010 I have been Professor on a part time contract. I have had a small private practice as a clinical psychologist since 1980 and currently have a larger private practice and provide training and supervision in schema therapy, in which I have certification as a therapist and trainer with the International Society of Schema Therapy.

Professional accreditations

Professional Board for Psychology of Health Professions Council of South Africa (Formerly The South African Medical and Dental Council: 1978: Registered in the category 'Research Psychologist'; 1979: Registered in the category 'Clinical Psychologist'.

British Psychological Society: Associate Fellow. Chartered Clinical Psychologist (Statement of equivalence in Clinical Psychology issued December 20,1999).

Academy of Cognitive Therapy (USA): Diplomat and Founding Fellow (since 1999).

International Society for Schema Therapy: Certified as a schema therapist and trainer (since 2009) and as a therapist and trainer in Schema Therapy for Couples (2016). Served two terms of two years each as President of the ISST (September 2016 - September 2020). Currently member of the Case Conceptualization Committee.

UNIVERSITY ADMINISTRATIVE AND TEACHING EXPERIENCE

Administration I was heavily involved in administrative aspects of the Psychology Department at Rhodes throughout my career until my retirement at the end of 2009. This included replanning and reorganising of the first year course, which I co-ordinated from 1973 to 1982 and in computerisation of administration. In 1983 I headed a committee which investigated the second and third year practical programs. For some years, I was responsible for the overall format of the Honours course, and, in 1987, I redesigned and co-ordinated the Honours practical program. I was Head of Department from January 1986 to December 1993 and Director of Clinical Psychology Training in 2004-2005. I served on several university

committees including: Faculty of Humanities (formerly Arts) 1976-2009. Higher Degrees Committee: 1986-1993; Academic Skills Advisory Committee: 1986-1992; Ethical Standards Committee: 1987-1990; Board for the Institute of Social and Economic Research: 1987-1991; Library Committee: 1986, 1991, 1992, 1999, 2002-3; Plagiarism committee: 2004-2009.

Undergraduate and Honours teaching I gave undergraduate lecture courses in a wide variety of areas: sensory processes, psychobiology, perception, memory, thinking, creativity, cognition, decision theory, approaches to personality, environmental psychology, cognitive and behavioural approaches to personal change, transpersonal psychology and parapsychology. I implemented practicals on statistics and experimental design, behavioural correlates of personality, experimental social psychology, attention and perception, interpersonal skills and assertiveness analysis and training, meditation as an attention skill, and co-counselling (which is a structured self-awareness and personal growth program). At Honours level, I gave seminar courses on cross-cultural psychology, intelligence, memory, humanistic psychology, transpersonal psychology. I co-ordinated the course on research methodology and taught the section on case study research method. In addition I have taught and co-ordinated the course on the preparation of research proposals. I designed and implemented practical courses on computer programming, experimental design, the use of computer software packages (SPSS and BMDP), case study research, psychotherapy, co-counselling (an intensive structured self-awareness and personal growth program).

Masters teaching **Clinical/counselling Psychology:** From 1980-2009, I taught a basic course in cognitive-behaviour therapy and provided weekly group supervision of students' cognitive therapy cases as well as some individual supervision. I also taught group therapy from 1997-2002. **Research Psychology:** I planned and developed this Master's program in 1987 and ran it until 1990. It includes a year of coursework and a year's internship. I offered lectures and seminars on psychometric research methodology and weekly seminars on community psychology. In the practical program I offered a course on item analysis and validation of personality and attitude scales, and on case study research methodology. I offered supervision in the internship program. **Transpersonal Psychology/Counselling Psychology:** I introduced this Master's program in 1996. It ran successfully but was dropped due to lack of teaching resources for an additional coursework Master's degree. I taught a basic course in counselling skills, one on shamanism and its relationship to western psychology and psychotherapy, and supervised counselling and psychotherapy practical experience.

Leadership in the teaching of research I provided direction in the teaching of research method and the processes involved in guiding the preparation and review of research proposals in three ways.

- From 1997 to 2000, for the Honours course, I co-ordinated the teaching of research methodology and the process of writing research proposals.
- In 1999 I received the Vice-Chancellor's Distinguished Teaching Award, in recognition of the breadth and comprehensiveness of my teaching portfolio and the quality of my teaching at all levels from Undergraduate to Postgraduate seminars and clinical and research supervision.
- From 2000-2008 I was Chair of the Department's Research Projects Review Committee providing firm leadership with respect to standards for research proposals, means of reaching appropriate consensus among committee members of different ideological persuasions, and, constructive communication of the committee's findings to students.
- The booklet I wrote in 1997 entitled *Guidelines for writing a research proposal* was used by all students writing proposals from Honours level upwards, and provides a basis for common criteria in the evaluation of proposals by staff. I wrote a revised and extended second edition in 2004.

External Examiner Each year between 1985 and 1996 I was external examiner for end of year exams at various universities. This included undergraduate and Honours level exams at University of Cape Town, Durban and Pietermaritzburg campuses of the University of Natal, University of the Witwatersrand and University of Transkei. I was also external examiner for Master's in Clinical Psychology courses at University of Durban Westville, University of Cape Town, University of Port Elizabeth, University of Natal, Pietermaritzburg and University of Stellenbosch. I have been external examiner for 23 Master's and Doctoral theses (See Appendix B).

RESEARCH

The range and history of my research can be seen from the list of my research grants, theses supervised, conference presentations and publications.

Research grants

Human Sciences Research Council:

- 1972, for Master's research on the determinants of the spatial characteristics of figure placements.
- 1976, for PhD research on 'A cross-cultural study of interpersonal schemata'.
- 1983, for an investigation into intergroup relations: 'Black identity in Grahamstown and Ciskei'.
- 1989-1993, for the development of Case study research method for application in South Africa. This has led to an ongoing focus that has given rise to a series of published methodological articles and book chapters as well as to a series of systematic case studies of psychotherapy including several carried by students under my supervision. I am currently one of the editors of a book on systematic cases studies of cases from clinical trials.

National Research Foundation:

- 2005-2009 'The development of contextually appropriate evidence-based practice for the treatment of post-traumatic stress disorder and other sequelae of severely traumatic events.' To initiate this, I edited a special issue of the *Journal of Psychology in Africa* in 2005 on post-traumatic stress disorder and its treatment in the South African context which included several papers authored or co-authored by me. Subsequently with a series of students, 19 case studies of treatment of PTSD in South Africa have been written in Master's or PhD theses. Some of these have been published or served as the basis for other publications.
- 2010-2019: I received incentive funding as a C-rated scientist.

I also received research grants from Rhodes University in 1981 and 1982, and continuously from 1993 to 2018 towards a series of projects, reflected in my list of publications.

Journal Editorial Board Memberships and Referee Invitations

- For several years I was on the editorial board of *The Journal of Psychology in Africa* which publishes psychological research on the life of people in Africa, especially Africa South of the Sahara, and of dispersed African populations such as Afro-Americans and Afro-Caribbeans.
- I am on the editorial board of *Pragmatic Case Studies in Psychotherapy: An online journal* founded in 2005 and based at Rutgers University in New Jersey, U. S. A. It aims to provide an archival database of rigorously written case studies in psychotherapy based on the kinds of research models which I have been using and writing about for several years. The journal was recently rehoused at the National Register: <https://pcsp.nationalregister.org/index.php/pcsp>
- During the course of my career I have acted as referee nearly 100 journal articles from a range of journals. For a full list see Appendix C.

Theses supervised

Starting in 1981, I have supervised 7 full Master's theses, 5 Master's theses that were part of a Research Coursework degree, 27 Master's theses that were part of a Master's degree in Clinical or Counselling Psychology, and 8 PhD theses. For a full list, see Appendix A.

Publications

- Edwards, D. J. A. (2022). Kelly's circle of safety and healing: An extended schema therapy narrative and interpretative investigation. *Pragmatic Case Studies in Psychotherapy*, 18 (3), Article 1, pp. 210-261. <https://pcsp.nationalregister.org/index.php/pcsp/issue/view/317>
- Edwards, D. J. A. (2022). Parts of the self, schema modes, alters, and narrative and pre-narrative selves: Understanding and working with multiplicity. *Pragmatic Case Studies in Psychotherapy*, 18 (3), Article 4, pp. 297-309. <https://pcsp.nationalregister.org/index.php/pcsp/issue/view/317>
- Edwards, D. J. A. (2022). Using Schema Modes for Case Conceptualization in Schema Therapy: An Applied Clinical Approach. *Frontiers in Psychology*, 12 online: <https://doi.org/10.3389/fpsyg.2021.763670>
- Edwards, D. J. A. (2019). From surface structure to deep structure in working experientially with schema modes. *Schema Therapy Bulletin*, 15, 9-14.
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- Edwards, D. J. A. (2019). Systematic case study research in clinical and counselling psychology. In S. Laher, A. Fynn & S. Kramer (Eds.), *Transforming research methods in the social sciences: Case studies from South Africa* (Chapter 10). Johannesburg: Witspress. Open access available at <http://oopen.org/search?identifier=1004359>
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- Draper-Clarke, L. J., & Edwards, D. J. A. (2016). Stress and coping among student teachers at a South African University: An exploratory study. *Journal of Psychology in Africa*, 26, 491-499.
- Padmanabhanunni, A., & Edwards, D. J. A. (2016). Derailed by a sugar daddy: An investigation of the failed treatment of an adolescent township rape survivor with PTSD. *Child Abuse Research in South Africa*, 17

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Other publications

- Edwards, D. J. A. (1995, August, 5). Working with dreams, mandala and claywork. *The inner door*.
- Edwards, D. J. A. (1994). Ambitious visions and lean resources: The challenge to university psychology education. *Comment*, 14, 41-48.
- Edwards, D. J. A. (1994, November, 14-16). Professional development and training. *Clinical Psychology Forum*.
- Edwards, D. J. A. (1993, September, 1-3) Keeping clinical psychology afloat in changing times. *Clinical Psychology Forum*.
- Edwards, D. J. A. (1993, September, 4-5) Contracts with psychotherapy clients: A professional responsibility. *Clinical Psychology Forum*.
- Edwards, D. J. A. (1993). The return of the repressed feminine. *The Phoenix: Magazine of the Albany Museum*, 6(3), 4-7.
- Edwards, D. J. A. (1991, February/March) Holotropic breathwork: A powerful experiential tool for self discovery and personal transformation. *Odyssey*, pp. 34-37.
- Edwards, D. J. A. (1991, July, 6) The ethics of touch in psychotherapy: A perspective. *Psi Monitor*.
- Edwards, D. J. A. (1991, November, 2-3) The future identity of clinical psychologists in South Africa. *Clinical Psychology Forum*.
- Edwards, D. J. A. (1972, October 13). Does smoking relieve anxiety? *Daily Dispatch*.

Conference Presentations and workshops

- Edwards, D. J. A. (2022, June). *The power of limited reparenting - and some complexities and challenges*. Keynote address to the INSPIRE conference of the International Society of Schema Therapy, Copenhagen. presented online.
- Edwards, D. J. A. (2022, June). *The ISST's proposed new case conceptualization form*. Member of a panel at the INSPIRE conference of the International Society of Schema Therapy, Copenhagen. Presented online.
- Edwards, D. J. A. & Nulty, M. T. (2022, June). *"I don't want to be born!" Rescripting a birth to heal an early dissociation*. Contribution to a workshop entitled: *From Vulnerable Child to Vulnerable Infant*. INSPIRE conference of the International Society of Schema Therapy, Copenhagen. Presented online.
- Edwards, D. J. A. (2022, June). *Reparenting and the therapeutic relationship - Layers within layers*. Workshop at the INSPIRE conference of the International Society of Schema Therapy, Copenhagen. Presented online.
- Edwards, D. J. A. (2021, August). *Limited reparenting in schema therapy - Historical background and current status*. Online presentation to the Conference of the Brazilian Society of Schema Therapy, São Paulo.
- Edwards, D. J. A. (2021, June). *Attacking and self-attacking – Challenges for schema mode conceptualization*. Keynote address to the Virtual Summit of the International Society of Schema Therapy, online.
- Edwards, D. J. A. (2020, May). *Schema Therapy in a time of Crisis*. Keynote address to the Virtual Summit of the International Society of Schema Therapy, online.

- Edwards, D. J. A. (2020, May). *The reparenting relationship with the client: Understanding and addressing the problem of dissociated Child parts*. Presentation to the Virtual Summit of the International Society of Schema Therapy, online.
- Edwards, D. J. A. (April 2019). *Experiential work with the deep structure of schema modes*. 2 day workshop for PsyLife, Cluj-Napoca, Romania.
- Edwards, D. J. A. (2019, May). *Working with the deep structure of schema modes*. Workshop presented at ENLIGHT meeting of the International Society of Schema Therapy, Edinburgh, Scotland.
- Edwards, D. J. A. (2018, November). *Identity, memory and imagination: Guided imagery and imagery rescripting and the new science of autobiographical memory*. Workshop presented at the Teile Therapie Tagung (Parts of the Self Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2018, November). *How schema therapists work with parts of the self to bring about corrective experiences in the deep structure of personality*. Keynote address at the Teile Therapie Tagung (Parts of the Self Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2018, April). *Advanced Methods of Promoting Corrective Experiences in Schema Therapy*. 2 days. Perth, Australia.
- Edwards, D. J. A. (2018, April). *Advanced Methods of Promoting Corrective Experiences in Schema Therapy*. 2 days. Melbourne, Australia.
- Stevens, B., and Edwards, D. J. A. (2018, April). *Schema therapy for difficult couple issues*. Workshop presented at the Clinical Conference of the Australian Psychological Association, Adelaide, South Australia.
- Edwards, D. J. A. (2018, April). *Schema therapy 2018 — The state of the science and the state of the art*. Keynote address at the Clinical Conference of the Australian Psychological Association, Adelaide, South Australia.
- Edwards, D. J. A. (2018, April). *From technique to craft in schema therapy: Integrating conceptualization and therapy skills within the unfolding process*. Workshop presented at the Clinical Conference of the Australian Psychological Association, Adelaide, South Australia.
- Edwards, D. J. A. (2017, June). *Advanced work with schema modes: Theory and practice*. Workshop presented at the Summer School of the International Society of Schema Therapy, Barcelona, Spain.
- Edwards, D. J. A. (2016, July). *When is a parent mode not a parent mode? When it's an overcontroller - Differentiating punitive, dismissive and demanding voices and the modes they can be located in*. Presentation at the Conference of the International society for Schema Therapy, Vienna, Austria.
- Edwards, D. J. A. (2017, September). *Using imagery to effect psychological change in clients with chronic, complex problems, with special reference to Schema Therapy*. 1 day workshop for the British Psychological Society. Stranmillis University College, Belfast, Northern Ireland.
- Edwards, D. J. A. (2017, September). *Imagination and autobiographical memory: Advanced imagery rescripting in schema therapy*. 1 day workshop for Institut für Schematherapie Köln, Cologne, Germany.
- Edwards, D. J. A. (2017, September). *Identity, memory and imagination: Guided imagery and imagery rescripting and the new science of autobiographical memory*. 1½ day workshop for Institut für Schematherapie Ostschweiz, Wil, Zurich, Switzerland.
- Edwards, D. J. A. (2015, November). *Creative trajectories of healing in schema therapy: The cases of Kelly and Nina*. Presentation at the Teile Therapie Tagung (Parts of the Self Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2014, June). *Exploring the interface between personal healing and spiritual development: An interpretive examination of the rescripting of personal and symbolic imagery in the case of Nina*. Presentation at the Conference of the International society for Schema Therapy, Istanbul, Turkey.
- Edwards, D. J. A. (2014, April). *When trauma-focused therapy fails - the schema therapy approach to complex*

- trauma*. 3 hour workshop at the 2nd MEISA Trauma Congress, Protea Hotel, Stellenbosch
- Edwards, D. J. A. (2013, July). Convened panel entitled: *Modifying early schemas in schema therapy and emotion-focused therapy. Case-based investigations of change processes* and contributed paper entitled: *Building a circle of safety and healing: Imagery rescripting and the transformation process in a case of complex trauma*. Annual conference of the Society for Psychotherapy Research, Brisbane, Australia.
- Edwards, D. J. A. (2013, July). *Schema therapy, attachment theory and the use of reparenting and imagery to heal the vulnerable child*. 1 day workshop for Australian Psychological Society., Brisbane, Australia.
- Edwards, D. J. A. (2013, July). *Schema therapy, attachment theory and the use of reparenting and imagery to heal the vulnerable child*. 2 day workshop for Australian Psychological Society. Melbourne, Australia.
- Edwards, D. J. A. (2012, July). *Strategic decision making in treating posttraumatic stress disorder: Qualitative investigations of therapist responsiveness in a South African case series*. Symposium presentation at the International Congress of Psychology, International Convention Centre, Cape Town.
- Edwards, D. J. A. (2012, May). *Overcoming obstacles to reparenting the inner child*. Presentation at the Conference of the International Society for Schema Therapy, World Trade Centre, New York.
- Edwards, D. J. A. (2011, November). *Parts of the self in schema therapy: The strategic use of schema modes in working with personality disorders*. Invited keynote address at the Teile Therapie Tagung (Parts Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2011, November). *Schema therapy for complex cases*. Workshop presented at the Teile Therapie Tagung (Parts Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2011, October). *Responsive treatment of PTSD in South Africa: A contextual evidence-based model for case formulation and treatment planning*. Symposium presentation at the World Mental Health Congress, International Convention Centre, Cape Town.
- Edwards, D. J. A. (2011, July). *Rescripting an adolescent rite of passage: An African experience* as part of a panel I convened entitled *Case studies in case formulation and strategic intervention in schema therapy*. Presented at the Conference of the Society for Psychotherapy Research, University of Bern, Switzerland.
- Edwards, D. J. A. (2011, March). *Working with hotspots, imagery rescripting and schema modes in the treatment of simple and complex PTSD*. Presentation at the Hope after trauma conference, Protea Hotel, Stellenbosch.
- Edwards, D. J. A. (2010, February). *Guided imagery and imagery rescripting in psychotherapy: Historical overview, conceptual framework and principles of practice*. Invited Keynote Address at a conference on "The changing faces of psychotherapy" at the Protea Hotel Stellenbosch. Milton Erickson Institute of South Africa.
- Edwards, D. J. A. (2010, July). *Experiential work with imagery and dialogue methods in psychotherapy: Historical development, current practice and significance within schema therapy*. Invited Keynote Address. Conference of the International Society of Schema Therapy (ISST), Berlin, Germany.
- Edwards, D. J. A. (2010, June). *Schema Therapy*. 3 day workshop in Stockholm Sweden.
- Edwards, D. J. A. (2010, February). *Guided imagery and imagery rescripting in psychotherapy: Historical overview, conceptual framework and principles of practice*. Invited Keynote Address at a conference on "The changing faces of psychotherapy" at the Protea Hotel, Stellenbosch. Milton Erickson Institute of South Africa.
- Edwards, D. J. A. (2009, December). "*Jabulani's children*." Presentation to invited workshop at the Conference on "Beyond Reconciliation: Dealing with the Aftermath of Mass Trauma and Political Violence," University of Cape Town.
- Edwards, D. J. A. (2009, July). 37th Conference of the British Association for Behavioural and Cognitive Psychotherapy, Exeter, United Kingdom. Convened a clinical symposium entitled, *Using imagery and chair dialogue to rescript early maladaptive cognitive patterns: Case studies in posttraumatic stress and schema*

- therapy. Presented an introduction entitled, *Introduction: Imagery and chair dialogue in psychotherapy, rationale and role*, and a case study entitled, *Fighting the Overcontroller: Working with schema modes in a young woman with an eating disorder and diabetes mellitus*.
- Edwards, D. J. A. (2009, July). 37th Conference of the British Association for Behavioural and Cognitive Psychotherapy, Exeter, United Kingdom. Convened a clinical symposium entitled, *Using imagery and chair dialogue to rescript early maladaptive cognitive patterns: Case studies in posttraumatic stress and schema therapy*. Presented an introduction entitled, *Introduction: Imagery and chair dialogue in psychotherapy, rationale and role*, and a case study entitled, *Fighting the Overcontroller: Working with schema modes in a young woman with an eating disorder and diabetes mellitus*.
- Edwards, D. J. A. (2008, March). *Using imagery techniques and behavioural experiments to integrate fragmented or dissociated trauma memories into autobiographical memory*. Workshop at the Conference on Trauma: Contemporary Psychotherapeutic Approaches: A South African Congress, at George, Western Cape.
- Edwards, D. J. A. (2008, June). *The role of case formulation in guiding differential strategic decisions in the conduct of cognitive-behavioral treatment with PTSD clients* on a panel entitled *Finding gold in the psychotherapy case study: using "pragmatic case studies" to explore the quality, process, and effectiveness of case formulation in therapy*. Paper presented at the Conference of the Society for Psychotherapy Research, Barcelona, Spain.
- Edwards, D. J. A. (2007, July). World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain. (1) Organized and chaired a symposium entitled "The role of case studies in the refinement of evidence-based practice in the treatment of posttraumatic stress disorder." This included an introductory paper entitled *The role of case studies in the development and refinement of evidence-based practice* and a paper by Davidow, A., & Edwards, D. J. A. entitled *Treatment of PTSD and depression in a black South African rape survivor: A case based evaluation of Ehlers and Clark's clinical model*. (2) Presented a paper entitled *Mindfulness meditation and transpersonal psychology* at a symposium entitled "Mindfulness and Meditation in various religious traditions to promote positive mental health." (3) Presented a paper entitled *Gabriel: A cognitive therapy case formulation and approach to treatment* at a symposium entitled "Therapeutic convergences and divergences of cognitive models: Implications for training."
- Payne, C., & Edwards, D. J. A. (2007, May). *Breaking the silence of child rape*. Paper presented at the 8th Annual National Conference of the South African Professional Society on the Abuse of Children, Pretoria.
- Edwards, D. J. A. (2006, November). *The lasting legacy of trauma: Understanding obstacles to forgiveness and to the resolution of negative post-traumatic experiences*. Presented at the Conference on Memory, narrative & forgiveness: Reflecting on Ten Years of South Africa's Truth and Reconciliation Commission. University of Cape Town.
- Edwards, D. J. A. (2006, June). *The role of systematic case studies in the development of evidence-based practice*, part of a panel entitled, *A Marriage Made in Heaven: Systematic Case Studies and Psychotherapy Research*. Presented at the Conference of the Society for Psychotherapy Research, Edinburgh, Scotland.
- Edwards, D. J. A. (2005, June). International Congress of Cognitive Psychotherapy, Gothenborg, Sweden. Symposium presentation: *Guided imagery and the transformation of implicational meaning in psychotherapy*.
- Edwards, D. J. A. & Karpelowsky, B. J. (2005, June). *Challenges and dilemmas for therapists working with imagery in the treatment of PTSD: A case study*. Paper presented at the International Congress of Cognitive Psychotherapy, Gothenborg, Sweden.
- Edwards, D. J. A. (2004, August). *A research model for developing evidence-based practice in the treatment of PTSD in South African contexts*. Paper presented at Critical Methods 9: Trauma in context. National Conference on Victim Empowerment, International Conference Centre, Durban.
- Edwards, D. J. A. (2003, June). Second South African Conference for Psychotherapy organized by the South

- African Association for Psychotherapy, at Rhodes University, Grahamstown: (1) Presented paper: *Mythic and theoretic aspects of the concept of 'the unconscious' in popular and psychological discourse.* (2) Chaired symposium entitled *Trauma and posttraumatic stress: clinical dilemmas for those offering of support, management and treatment*, which included a paper entitled *Understanding the psychological effects of trauma: Implications for supportive counselling, debriefing and psychotherapy.*
- Edwards, D. J. A., Kannan, S. & Henwood, J. (2002, July). *A case-based evaluation of a group treatment for social phobia based on the model of Clark and Wells.* Paper presented at the Conference of the British Association for Behavioural and Cognitive Psychotherapy, University of Warwick, UK.
- Edwards, D. J. A. (2001, June). *Implicational knowing and the inner child — Restructuring meaning through guided imagery in schema focussed cognitive therapy.* Paper presented at the First South African Conference for Psychotherapy organized by the South African Association for Psychotherapy, at Rhodes University, Grahamstown.
- Edwards, D. J. A. (2000, June). Chairperson of a symposium entitled, *South African CBT research and practice at the millennium.* World Congress of Cognitive Therapy, International Association for Cognitive Psychotherapy, Catania, Italy. The symposium included: Edwards, D. J. A., & Wohlman, M. A., *Testing a cognitive-behavioural treatment model for chronic pain: Three case studies.*
- Edwards, D. J. A. (1999, August). *Validity in case study research.* Contribution to a symposium on Case Study Research Methodology. American Psychological Association National Convention, Boston MA.
- Steele, G., & Edwards, D. J. A. (1997, September). *The feasibility of translating the Beck Depression Inventory and the Beck Anxiety Inventory into Xhosa.* Paper presented at the 3rd Annual conference of the Psychological Association of South Africa, Durban. (Attended and presented by Gary Steele).
- Edwards, D. J. A. (1997, July). *Designing a cognitive-behavioural programme for the treatment of hypertension within the South African primary health care setting.* Paper presented at the 25th Anniversary conference of the British Association for Behavioural and Cognitive Psychotherapy. Canterbury, UK.
- Edwards, D. J. A. (1995, June). *Spiritual transformation through intensive altered states psychotherapy: Marian's story.* Video documentary presented at the Fourteenth Conference of the International Transpersonal Association, Santa Clara, California.
- Edwards, D. J. A. (1995, March). *Integrating inner child work into cognitive therapy for panic: A case study.* First conference of the Psychological Society of South Africa, University of Pietermaritzburg .
- Edwards, D. J. A. (1995, March). *Education and credentialling in psychology: What does the new South Africa need?* First conference of the Psychological Society of South Africa, University of Pietermaritzburg.
- Edwards, D. J. A. (1994, August). *Purification, empowerment and initiation in intensive altered states psychotherapy: Part 1 - Undoing the legacy of patriarchy: Purification and empowerment in the restoration of feminine power.* Video presentation and workshop presented at the Third European Transpersonal Conference, Regent's College, London.
- Edwards, D. J. A. (1994, August). *Purification, empowerment and initiation in intensive altered states psychotherapy: Part 2 - Images of empowerment and initiation.* Video presentation and workshop presented at the Third European Transpersonal Conference, Regent's College, London.
- Edwards, D. J. A. (1994, January). *Is the diagnosis and treatment of spirit possession a proper professional activity for a clinical psychologist?* Psychology and Societal Transformation Conference. University of the Western Cape.
- Edwards, D. J. A. (1994, January). *The process of developing guidelines for professional training in psychology.* Contribution to a symposium on training in psychology. Psychology and Societal Transformation Conference. University of the Western Cape.
- Edwards, D. J. A. (1994, January). *How to contribute towards the the future of clinical psychology.* State of the art lecture on clinical psychology, Psychology and Societal Transformation Conference. University of

- the Western Cape.
- Edwards, D. J. A. (1994, January). *Case conceptualisation in cognitive therapy*. 1 day workshop at the Psychology and Societal Transformation Conference. University of the Western Cape.
- Edwards, D. J. A. (1993, September). *Professional training in clinical psychology*. Professional Board for Psychology Forum on The role and function of psychology in a new South Africa. Holiday Inn Garden Court Hotel, Johannesburg.
- Edwards, D. J. A. (1993, September). *Symposium on training in clinical psychology: Psychological assessment*. Convenor and chairperson. The annual congress of the Psychological Association of South Africa, Elangeni Hotel, Durban.
- Edwards, D. J. A. (1993, September). *Symposium on training in clinical psychology: Psychotherapy*. Convenor and chairperson. The annual congress of the Psychological Association of South Africa, Elangeni Hotel, Durban.
- Edwards, D. J. A. (1993, September). *Case conceptualisation in cognitive therapy*. 1 day workshop at the Annual Conference of the Psychological Association of S. A., Elangeni Hotel, Durban
- Edwards, D. J. A. (1992, October). *Priorities for determining the content and quality of professional training in clinical psychology*. South African Society for Clinical Psychology: Conference on Training, University of Stellenbosch.
- Edwards, D. J. A. (1992, August). *The transference drama: A karmic perspective*. Association for Transpersonal Psychology Annual Conference: Monterey, California.
- Edwards, D. J. A. (1992, June). *Working with spiritual emergence* (Video documentary). International Transpersonal Association Conference, Prague, Czechoslovakia.
- Edwards, D. J. A. (1992, September). *Working with clay sculpture*. 1 day workshop at the Annual Conference of the Psychological Association of S. A., University of Stellenbosch.
- Edwards, D. J. A., Leger, P. & Riordan, S. (1991, October). *Psychometric properties of Rosenbaum's self-control schedule and Altemeyer's Right-wing authoritarianism scale in black and white South African students: More bad news for users of instruments developed in the first world*. Annual congress of the Psychological Association of South Africa, University of Pretoria.
- Edwards, D. J. A. & Losinsky, R. (1991, October). *The cognitive-behavioural treatment of essential hypertension: A case study*. Annual congress of the Psychological Association of South Africa, University of Pretoria.
- Edwards, D. J. A. (1991, October). *The future identity of clinical psychology in South Africa*. Presentation to a panel discussion: Annual congress of the Psychological Association of South Africa, Univ. of Pretoria.
- Edwards, D. J. A. (1991, September). *Transpersonal psychology: Understanding and working with spiritual emergence*. International Forum for Religion and Culture. Pretoria: University of South Africa.
- Edwards, D. J. A. (1991, July). *Lifestyle, stress and hypertension. Can behavioural change help?* Lessons from individual case studies. Annual Conference of the Association for Sociology in Southern Africa, University of Cape Town.
- Edwards, D. J. A. (1991, June). *The old gods are awakening: A phenomenological case study of spiritual emergence*. The Second symposium on phenomenology and qualitative research in psychology. Rhodes University, Grahamstown.
- Edwards, D. J. A. (1990, October). *Application of psychoeducational and biobehavioural approaches to hypertension in a deprived black community: A conceptual analysis and some preliminary case studies*. Annual congress of the Psychological Association of South Africa, University of Port Elizabeth.
- Edwards, D. J. A. (1989, September). *Case study research method: The hidden cornerstone of theory and practice in cognitive therapy*. Annual congress of the Psychological Association of South Africa, Durban.
- Edwards, D. J. A. (1989, June). *Case study research method: The hidden cornerstone of theory and practice in*

- cognitive therapy*. World Congress of Cognitive Therapy. Oxford, England (June).
- Edwards, D. J. A. (1989, June). *Duquesne phenomenological research method as a special class of case study research method*. Presented at a symposium on phenomenology and qualitative research in psychology. Montana Park, Pretoria.
- Edwards, D. J. A. (1989, January). *Research and reality: How clinical theory and practice are actually developed - Case study method in cognitive behaviour therapy*. Conference on knowledge and method, Centre for Research Methodology, Human Sciences Research Council, Pretoria.
- Edwards, D. J. A. (1988, September). *Treatment of multiple behavioural problems in a retarded child in a South African Township* (with Geraldine Bailey). Behaviour Therapy World Congress, Edinburgh, Scotland.
- Edwards, D. J. A. (1988, September). *Differences in self-control strategies in black and white South African university students: Implications for counselling and therapy*. (With Susan Riordan). Behaviour Therapy World Congress, Edinburgh, Scotland.
- Edwards, D. J. A. (1987, October). *Fundamentals of Cognitive Therapy*. 1 day workshop at the Department of Psychology, University of Port Elizabeth.
- Edwards, D. J. A. (1987). *Cognitive-behavioural and existential-phenomenological approaches to therapy: Complementary or conflicting paradigms?* Annual Congress of the Psychological Association of South Africa, University of Cape Town.
- Edwards, D. J. A. (1986). *Restructuring early memories through guided imagery: A cognitive analysis*. Annual Congress of the Psychological Association of South Africa, Rand Afrikaans University.
- Edwards, D. J. A. (1986). *The wilderness experience and the transformation of consciousness*. Wilderness Psychology conference, Umfolozi Game Reserve, Natal.
- Edwards, D. J. A. (1986, May). *Fundamentals of Cognitive Therapy*. 1 day workshop at the Department of Psychology, University of Natal. Repeated in Durban and Pietermaritzburg.
- Edwards, D. J. A. (1984). *Authoritarianism in South Africa: A conceptual challenge for Social Science*. International conference on Authoritarianism and Dogmatism. State University of New York, Potsdam, New York.
- Edwards, D. J. A. (1982). *Perception of personality and social behaviour in different racial groups by black and white university students*. National Psychology Congress, University of the Orange Free State.
- Edwards, D. J. A. (1979). *Touching in psychotherapy : ethical and professional issues*. Joint Psychology Congress: University of Potchefstroom.
- Edwards, D. J. A. (1979). *Perception of crowding and tolerance of interpersonal proximity and separation of black and white high school children*. Joint Psychology Congress: University of Potchefstroom.
- Edwards, D. J. A. (1979). *An analysis of the relationship between nutrition and psychological health*. Colloquium on malnutrition in Southern Africa. Institute for Behavioural Sciences, UNISA.
- Edwards, D. J. A. (1977). *Nutrition and psychological health : implications for therapy*. Annual Congress of the South African Psychological Association: University of Port Elizabeth.
- Edwards, D. J. A. (1977). *Relations between the generations and cultural transition : A study of interpersonal distance and orientation schemata*. Annual Congress of the South African Psychological Association: University of Port Elizabeth.
- Edwards, D. J. A. (1975). *The use of field experiments in university teaching*. Annual Congress of the South African Psychological Association: Skukuza.
- Edwards, D. J. A. (1973). *A cross-cultural study of social orientation and distance schemata by the method of doll placement*. Annual Congress of the South African Psychological Association: University of Pietermaritzburg.
- Edwards, D. J. A. (1971). *An investigation of the value of the doll placement experiment as a tool for cross-cultural research in social perception*. Annual Congress of the South African Psychological

Association: Rhodes University, Grahamstown.

Other Conferences Attended

- 1988: International Transpersonal Association Congress, Santa Rosa, California (5 days: October)
- 1989: Conference on Training. Psychological Association of South Africa, Durban. Invited to chair a symposium (2 days: September).
- 1990: Conference on the future of the Psychological Association of South Africa ('The Wits Indaba'). University of the Witwatersrand, Johannesburg. (2 days: January).
- 1990: European Health Psychology Society, 4th annual conference. Oxford University (3 days, July).
- 1992: 25th International Congress of Psychology. Brussels (5 days, July)
- 1992: Annual Conference of the Psychological Association of South Africa, Stellenbosch (3 days).
- 1999: Conference of the International Neuropsychological Society, Durban (4 days, July).
- 2006: Two day conference and workshops on Imagery in Psychotherapy, British Association of Behavioural and Cognitive Psychotherapy, London.
- 2008: Two day conference and workshops on schema therapy, British Association of Behavioural and Cognitive Psychotherapy, London.
- 2013: One day workshop on "Violence and safety" with Professor Arlene Vetere, London, British Psychological Society.

OTHER WORKSHOPS

Professional training workshops		
May 1988	2 days	'Fundamentals of Cognitive Therapy: A workshop'. Weekend workshop for psychologists and psychiatrists, East London
Nov. 1999	1 day	Working with clay sculpture. Presented to the South African Institute of Psychotherapy, Cape Town Branch.
October 2001	1 day	<i>Using guided imagery in schema-focussed cognitive therapy</i> . Presented to the South African Institute of Psychotherapy, Cape Town Branch.
Nov. 2003	1 day	<i>Transpersonal psychotherapy</i> . Presented to the South African Institute of Psychotherapy, Port Elizabeth Branch.
March to Oct. 2009	16 x 2 hours	<i>Schema therapy training series</i> of workshops with theory, DVD materials and case presentations. Rhodes University, Grahamstown
Mar. 2009	2 hrs	<i>Schema therapy</i> . CPDwell programme, University of Stellenbosch.
Feb 2010	3 hours	<i>Schema therapy</i> . Workshop at a conference on "The changing faces of psychotherapy. Protea Hotel Stellenbosch. Milton Erickson Institute of SA.
April 2010	2x2 hrs	<i>Working with bereavement and grief</i> . Child Welfare, Grahamstown
May 2010	7 hours	<i>Schema therapy</i> . Professional Development, Port Elizabeth.
Sept. 2010	2 hours	<i>Current approaches to the treatment of posttraumatic stress disorder</i> . Professional Development, Port Elizabeth.

Sept. 2010	2 hours	<i>Imagery rescripting and chair dialogue work for complex trauma: Practical applications of schema therapy.</i> Professional Development, Port Elizabeth.
March to Nov. 2010	16 x 2 hours	<i>Schema therapy training series</i> of workshops with theory, DVD materials and case presentations.
February 2011	6 hours	<i>Schema therapy for eating disorders and personality disorders.</i> Professional Development, Port Elizabeth.
March to Oct. 2011	16 x 1½ hours	<i>Schema therapy training series</i> of workshops with theory, DVD materials and case presentations. Rhodes University, Grahamstown.
May 2012	12 hours	<i>Schema therapy: introduction and application to eating disorders and addictions.</i> Kingsbury Hospital Cape Town.
Feb. to June 2012	8 x 1½ hours	<i>Group schema therapy.</i> Series of workshops with DVD illustrations, Rhodes University, Grahamstown
Dec. 2012	12 hours	<i>Chairwork and imagery dialogues in schema therapy – Theory and practice.</i> Kingsbury Hospital Cape Town.
Aug. 2013	6 hours	<i>Schema therapy - The basics.</i> Crescent Clinic Cape Town.
Aug. 2013	12 hours	<i>Schema therapy - Learning by experience.</i> Crescent Clinic Cape Town.
Nov. 2014	12 hours	<i>Schema therapy for personality disorders.</i> Southern Sun Hotel Cape Town.
March 2015	3 days	Schema therapy training course Part 1 (Days 1 – 3) – Southern Sun Hotel, Newlands, Cape Town.
Oct. 2015	1½ hours	Schema therapy: an integrative approach to personality disorders, and other complex cases. Department of Psychology, University of Stellenbosch, CPDWell programme.
March 2016	3 days	Schema therapy training course Part 2 (Days 4 – 6) – Southern Sun Hotel, Newlands, Cape Town.
March 2017	3 days	Schema therapy training course Part 1 (Days 1 – 3) – Constantia, Cape Town.
August 2017	1½ days	Introduction to Schema Therapy. University of Stellenbosch. Masters in Clinical Psychology.
Feb 2018	3 days	Schema therapy training course Part 2 (Days 4 – 6) - Constantia, Cape Town.
May 2018	3 days	Schema therapy training course Part 1 (Days 1 – 3). Cluj-Napoca, Romania.
Nov 2018	3 days	Schema therapy training course Part 1 (Days 4 – 6). Cluj-Napoca, Romania.
March 2019	3 days	Schema therapy training course Part 1 (Days 1 – 3) – Constantia, Cape Town.
May 2019	3 days	Schema therapy training course Part 1 (Days 1 – 3). Cluj-Napoca, Romania.
Nov 2019	3 days	Schema therapy training course Part 2 (Days 4 – 6). Cluj-Napoca, Romania.

March 2020	3 days	Schema therapy training course Part 1 (Days 4 – 6) – Constantia, Cape Town.
Sept. 2020	3 days	Schema therapy training course Part 1 (Days 1 – 3). Romania/Online.
October 2020	3 days	Schema therapy training course Part 1 (Days 1 – 3) – Online.
March 2021	3 days	Schema therapy training course Part 1 (Days 1 – 3) – Online.
July 2021	3 days	Schema therapy training course Part 2 (Days 4 – 6) – Online.
October 2021	3 days	Schema therapy training course Part 1 (Days 1 – 3) – Online/Romania.
March 2022	3 days	Schema therapy training course Part 1 (Days 1 – 3) – Online.

Experiential learning workshops for students

Fundamentals of co-counselling: A 36 hour workshop for 8-16 people, based on University of Surrey model. Includes training in self awareness, exploration of feelings, use of role play and expressive arts

1979 & 1980	Three workshops each year for Psychology 3 and Psychology Honours students.
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1981/2	Two workshops each year for Psychology 3 students.
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1983	One workshop for Psychology 3 students.
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1987 -1995	One workshop each year for Psychology Honours students.
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1996	One workshop for Psychology Honours and Masters students.
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Transpersonal psychology intensive for Psychology honours students: This workshop was part of an honours course in transpersonal psychology and Included expressive work with clay, drawing, music and movement, meditation, group process, and individual work)

1981 (4 days) at Hogsback, with Greg Lourens co-leader.

1982-1983, 1986-1989 (4 days) at Nieu Bethesda.

1990 - 1994 (5 days) at Heidehof, Natures Valley, with Lisl Foss co-leader (1990-1991), with Dr Pam Roux co-leader (1992-1993), with Jenny Lawrence co-leader (1994).

1995 & 1996 (2 x 2 days) at Kasoega.

1998-2001 & 2003 (5 days) at Kenton-on-Sea (1998), at the 1820 Monument Grahamstown (from 1999).
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Other experiential learning workshops

1991-1992	12 x 3 hours	‘Self exploration through art and movement,’ Sessions included expressive work with clay, drawing, music and movement, meditation, group process, and individual work.
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Oct. 1995	2 days	'Holotropic breathwork'. Presented in East London.
Nov. 1995	2 days	'Holotropic breathwork'. Presented in Grahamstown
Nov.1995 & Jan 1996	2 x 3 days	Human Resources Division of a bank with Bruce Copley of AHAA! Learning, in Gauteng. Included methods from co-counselling, dance therapy, breathwork, and group work.
Jan. 1996	One day	Human Resources Division of a bank with Bruce Copley of AHAA! Learning, in Gauteng. Facilitated one day of a two day personal growth workshop including dance therapy, clay sculpture and breathwork.
Apr. 1996	Four days	Human Resources Division of a bank with Bruce Copley of AHAA! Learning, in Cape Town. Co-counselling, dance therapy, group process and breathwork.

Other Lectures and Talks

- 1979 (October) 'The Psychology of Meditation'. Two lectures presented on SABC 'University of the Air'.
- 1985 (October) 'Cognition in psychotherapy: Undoing the systematic denial of the obvious'. Address to the border branch of the Psychological Association of South Africa.
- 1987 (March) 'Handling crying and tantrums'. Talk to Parenting Support Group, Grahamstown.
- 1987 (October) 'The play of surface and depth in the art of psychotherapy for anxiety and depression'. Inaugural lecture, Rhodes University.
- 1987 (October) 'Understanding and overcoming anorexia nervosa and bulimia'. Public lecture sponsored by the Eating Disorders Resources Committee.
- 1988 (May) 'Understanding and overcoming anorexia nervosa and bulimia'. Symposium on mental health, Port Alfred.
- 1988 (September) 'Contemporary cognitive therapy'. Workshop presentation to Psychiatry residents, Columbia University, New York.
- 1988 (September) 'Cognitive-behavioural and existential-phenomenological approaches to therapy: Complementary or conflicting paradigms?' Lecture to postgraduates and Faculty at the Department of Psychology, Duquesne University, Pittsburgh.
- 1988 (September) 'Cognitive therapy and its relationship to personal growth'. Lecture to students in the Department of Psychology, Sonoma State University, Roehnert Park, California.
- 1989 (February) 'To discipline or not to discipline'. Talk to Parenting support Group, Grahamstown.
- 1989 (May) 'Eating disorders: What they are and how to get help'. Lecture to scholars at Kingswood College, Grahamstown.
- 1989 (August) 'Eating disorders: What they are and how to get help'. Campus lecture sponsored by the Eating Disorders Resources Committee, Rhodes University.
- 1989 (September) 'Transpersonal psychology, self-discovery and the journey into inner space'. Lunch-time lecture. Rhodes University, East London.
- 1989 (October) 'The management and treatment of anorexia nervosa and bulimia: Psychological perspectives'. Contribution to a forum organised by the local branch of the Medical Association of South Africa and the Family Practice group, Settler's Hospital, Grahamstown.
- 1990 (February) 'Techniques for reducing examination anxiety'. Contribution to a panel presentation to Academic Skills tutors, Rhodes University.
- 1990 (February) Chairperson of a debate: 'Maintaining first world standards in a third world situation'. Part

- of New Lecturers Orientation Course, Rhodes University.
- 1990 (March) 'Current developments regarding the future of PASA'. Presentation to the Border Branch of the Psychological Association of South Africa (With Dr. Andy Gilbert).
- 1990 (April) 'Learning to learn: Memory'. Presentation for the Rhodes Academic Skills Programme.
- 1990 (April) 'PASA - Time for change? Briefing on the deliberations of the PASA task force'. Presentation to the Eastern Cape Branch of the Psychological Association of South Africa.
- 1990 (May) 'PASA - Time for change? Briefing on the deliberations of the PASA task force'. Presentation to the Talk to members of the Psychological Association of South Africa, East London.
- 1990 (May) 'Cognitive and behavioural approaches to the treatment of anorexia nervosa and bulimia'. Open lecture at the East London campus of Rhodes University.
- 1990 (May) 'The hidden meaning of striving to be thin'. Contribution to a presentation on eating disorders for school teachers and counsellors. St. Andrews College, Grahamstown.
- 1990 (August) 'How to get your memory to work for you'. Lecture to the Ikhonco program for senior high school learners.
- 1991 (April) 'Techniques for psychospiritual discovery and their implications for our understanding of consciousness and identity'. Talk to a colloquium in the Department of Physics and Electronics, Rhodes University.
- 1991 (May) 'Hypertension: The challenge for South African Health Psychology'. Institute of Social and Economic Research Seminar, Rhodes University.
- 1991 (May) 'Cognitive-behavioural treatment programs for sexual offenders'. Lecture organised by the Law Students' Council, Rhodes University.
- 1991 (October) 'How to get your memory to work for you'. Lecture for Grahamstown Tertiary Education Bridging project.
- 1992 (August) 'Healing mechanisms in past life therapy'. Seminar for psychiatry residents, University of Columbia, New York.
- 1992 (October) 'Working with clay sculpture'. One day workshop presented at the Annual Conference of the Psychological Association of South Africa, University of Stellenbosch.
- 1992 (November) 'Healing mechanisms in past life therapy'. Presentation to the Border branch of the South African Society for Clinical Psychologists, Grahamstown.
- 1993 (April) 'Cognitive therapy for depression'. Presentation at a Psychiatric Update sponsored by Fort England Hospital and Rhodes University Psychology Department, Grahamstown.
- 1993 (July) 'Past life therapy'. Presentation at Rhodesfest: A series of lectures sponsored by the University at the Grahamstown Festival.
- 1993 (August) 'Diet, vegetarianism and psychological health'. Lecture to fourth year Pharmacy students.
- 1993 (August) 'The return of the repressed feminine'. Talk at the opening of art exhibition: The search for the feminine face of God. 1820 Settlers Museum, Grahamstown.
- 1993 (August) 'Working with spiritual emergence'. Presentation and discussion of video documentary: South African Society of Clinical Hypnosis, Pretoria.
- 1993 (October) 'The assimilation model in psychotherapy'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 1994 (March) 'Ruptures in the therapeutic alliance: Four papers by Jeremy Safran'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 1994 (September) 'Purification empowerment and initiation in intensive altered states psychotherapy. Presentation to the PhD in Psychology program at the California Institute of Integral Studies, San Francisco, California.

- 1995 (April) 'Spirit and psyche and the nature of psychotherapy. New perspectives on spirit possession, dissociation and the nature of the complex. Presentation to the Border branch of the South African Society for Clinical Psychologists, Grahamstown.
- 1995 (August) 'Ecology and recycling'. Interview on a Rhodes Music Radio Talk show.
- 1995 (November) 'The multistate paradigm and past-life therapy'. Medical Hypnoanalysis study group. Pretoria.
- 1995 (November) 'Transpersonal psychology and mental health in South Africa'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 1995 (November) 'Dying as an altered state of consciousness'. Hospice Association, Grahamstown.
- 1995 (November) 'Transpersonal psychology and mental health in South Africa'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 1996 (May) 'Eating disorders'. Interview on a Rhodes Music Radio Talk show.
- 1997 (August) 'Cognitive therapy for panic, eating disorders and chronic fatigue: Report back from the BABCP conference'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 1997 (September) 'Alcoholism'. Contribution to 'Body Basics' on a Rhodes Music Radio Talk show.
- 1998 (March) 'Stress' contribution to a panel presentation for the Grahamstown Mental Health Society.
- 1999 (August) 'Working with imagery in cognitive therapy'. Seminar presented at the Beck Institute, Philadelphia.
- 2000 (March) 'A cognitive group therapy programme for paranoid schizophrenia: Two articles by Levine and colleagues'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 2000 (August) 'Appearance and reality: Reflections on the psychology of the unconscious.' Vice-Chancellor's Distinguished Teaching Award lecture.
- 2000 (November) ' "... with Etna smoking": Report back from the conference of the International Association for Cognitive Psychotherapy in Catania, Sicily'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 2004 'Developing evidence-based practice: The role of case-based research.' Research Seminar, Department of Psychology, Rhodes University.
- 2006 (April). 'Trauma and its psychological sequelae: Implications for crisis support, counselling, and psychotherapy.' Seminar to certificate course in Forensic Psychology, Rhodes University.
- 2007 (March). 'Collaborative versus adversarial stances in scientific discourse: Implications for the role of systematic case studies in the development of evidence-based practice in psychotherapy.' Research seminar, Department of Psychology.
- 2007 (April). 'Collaborative versus adversarial stances in scientific discourse: Implications for the role of systematic case studies in the development of evidence-based practice in psychotherapy.' Seminar to the staff at the Counselling Centre, Rhodes University.
- 2007 (July) 'A methodological framework for establishing evidence-based practice in psychotherapy: Challenging ideological obstacles from the medical research paradigm.' Dean of Humanities seminar, Rhodes University.
- 2007 (July) 'Managing stress.' Presentation to a conference of Grahamstown Hospice.
- 2011 (March) 'History of experiential techniques and their integration into schema therapy.' Department of Psychology, Rhodes University.
- 2011 (July) 'Imagery interventions in schema therapy.' Presentation to Lakeside Mental Health Unit, West Middlesex Hospital, Brentford, UK.
- 2014 (April) 'Schema therapy: an efficacious integrative approach to personality disorders, eating disorders and chronic depression.' Lecture to CPD program at Valkenberg Hospital, Cape Town.

2016 (May) When trauma is hidden or when trauma-focused therapy fails – the schema therapy approach to complex trauma. Presentation to Traumaclinic, Kenilworth, Cape Town.

Appendix A: Theses supervised to completion

- Dec. 1980. J. R. Fieldsend: Masters thesis. The inter-relationship of physical fitness, somatotype, body cathexis and personality in white schoolboys.
- Feb 1981. A. E. Dares. Master's in Clinical Psychology. Validity study of the Rathus assertiveness schedule with South African university students.
- Jan 1982. Mark Thorpe. Master's in Clinical Psychology. Psychodiagnostics in a Xhosa Zionist church.
- Jan. 1983. G. K. Norton: Masters thesis. Behavioural methods for the control of exam anxiety.
- June 1986. P.D.R. Shaw: Masters thesis. A study of alienation and personality traits conducted among "coloured" and white males in South Africa.
- Feb. 1988. Reuven Bar-On. PhD. Development of an assessment instrument for psychological well-being.
- Jan 1989. K. T. V. Gule. Master's in Clinical Psychology. Attitudes and experiences of black students at Rhodes University.
- Feb. 1989. Brian Morrow. Master's in Clinical Psychology. Self-concept in black high-school children.
- Dec. 1989. Ernest Kaplan: Masters thesis. The empty nest stage of life: A comparative study of women and men facing transition.
- Jan. 1990 K. A. Robinson: Masters half-thesis. Gender stereotypes of English and Xhosa undergraduate students.
- Feb. 1990. J. S. Riordan: Masters half-thesis. An exploration of high self control scores among South African university students.
- Jan. 1991. B. Miller: Masters thesis. Interrelationship between group commitment, religiosity, marital adjustment and attitude to divorce.
- Jan. 1991. Gary Koen. Master's in Clinical Psychology. Combat-related PTSD: A soldier's story.
- Jan. 1991. M. L. Crowley: Masters thesis. The meaning of stress: A qualitative approach.
- Jan. 1991. Rory Losinsky. Master's half thesis. Cognitive-behavioural treatment of essential hypertension in an urban Xhosa woman - a case study.
- March 1991. Paul Leger. Master's half thesis. An assessment of a new personality measure of authoritarianism in the South African context.
- Nov. 1996. S. Oberholzer. PhD. A case study of transpersonal themes in psychotherapy.
- Apr. 1997. Zelda Knight. A transpersonal feminist perspective on a case of regression therapy.
- Apr. 1998. E. Besseling. Master's in Clinical Psychology. Stress response moderators in coping with stressors related to industrial action.
- Jan. 1999. Ula Horwitz. Master's in Counselling Psychology. A school reintegration program for burned children.
- Apr 1999. Belinda Diers. Master's in Counselling Psychology. Claywork within the holographic paradigm.
- Jan. 2000. Michael Wohlman. Master's in Counselling Psychology. CBT treatment of chronic pain: Three case studies.
- Jan. 2000. Gerard Finnemore. Master's in Clinical Psychology. Investigation of the diagnosis of brain fog syndrome.
- Jan 2000. David Fair. Master's in Counselling Psychology. Cultural understanding of dementia.
- Mar. 2000. Mary Rusch. Master's in Clinical Psychology. CBT treatment of chronic fatigue syndrome.
- Feb. 2002. Swetha Kannan. Master's thesis. Evaluation of a group cognitive therapy programme for social phobia.

- Mar. 2002. Gary Steele. Master's thesis. Development and validation of the Xhosa versions of the BDI, BAI and BHS.
- Jul. 2002. Matthew Watkin. Master's in Clinical Psychology. Experience of participants in a stress-reduction programme based on mindfulness meditation.
- May. 2003. Maria Nulty. Master's in Clinical Psychology. Training and needs of nurses doing HIV counselling.
- May 2003. Simona Castelletto. Master's in Clinical Psychology. Experiences of children with an HIV+ mother
- June 2004. Belinda Karpelowsky. Master's in Clinical Psychology. Case study of the treatment of acute stress disorder.
- Jun. 2004. Beauty Boo. Master's in Clinical Psychology. Case study of the process of becoming a Xhosa healer
- Jun. 2004. Eugenia Mashalaba. Master's in Clinical Psychology. Treatment of conduct disorder at Amasango school.
- Mar. 2005. Carin-Lee. Masters. Master's in Clinical Psychology. Use of clay sculpture in case formulation.
- Oct. 2005. Sharon Frewen. PhD in psychotherapy. Group therapy for post heart attack patients.
- Mar. 2006. Amy Davidow. Master's in Clinical Psychology. Case study of treatment of PTSD in a rape survivor.
- Dec. 2006. Tracy-Ann Smith. Master's in Clinical Psychology. Treating PTSD: A case study.
- Dec. 2006. Charmaine Payne. Master's in Clinical Psychology. Treating PTSD: A case study.
- Dec. 2007. Francois van der Linde. Master's in Clinical Psychology. Treating PTSD: A case study.
- Dec. 2007. Kerry Swartz. Master's in Clinical Psychology. Problems of transportability of PTSD treatments.
- Dec. 2008. Sarah Laas. Master's in Clinical Psychology. Treating PTSD: A case study.
- Oct. 2009. Cath Coetzee. PhD in Psychotherapy. Evaluation of a program for raising awareness of lesbian and gay issues among clinical psychology trainees.
- Dec. 2010. Neliswa Sokutu. Master's in Clinical Psychology. Treating PTSD: A case study.
- Dec. 2010. Samantha Fox. Master's in Clinical Psychology. Treating PTSD: A case study
- Dec. 2010. Anita Padmanabhanunni. PhD. A series of systematic case studies on the treatment of rape-related PTSD in the South African context: implications for practice and policy.
- June 2014: Lucy Draper-Clarke. PhD (Wits). From student to teacher: Finding mindful ways to grow in the face of stress.
- Dec. 2020. Graham Alexander. PhD. Schema therapy for anorexia nervosa: An intensive systematic individual case study.
- March 2021: Chantal Bowker. PhD. Schema Modes in Eating Disorders: An Interpretative Phenomenological Analysis.

Appendix B: External examiner for Masters and PhD theses

- 1988 University of Natal, Durban, Masters in Social Science. Title: Beliefs about rape in Newlands East: An interaction of the patriarchal ideology of rape, gender and sexuality.
- 1991 University of the Western Cape, Masters in Clinical Psychology. Title: Five key features of short term psychodynamic psychotherapy: A case study.
- 1992 University of the Witwatersrand, Masters in Clinical Psychology. Title: Political violence of the unenfranchised: For societal or personal liberation. Resubmitted in 1995.
- 1996 University of Stellenbosch, Masters in Clinical Psychology. The assessment of interpersonal schemas: An evaluation of the interpersonal schema questionnaire.
- 1998 Rand Afrikaans University, D. Lit et Phil. Health beliefs and compliance to medical regimen in black patients.
- 1998 Rand Afrikaans University, D. Lit et Phil. Title: The effect of critical incident stress debriefing on the development of post-traumatic stress.

- 2003 University of the North, Masters in Clinical Psychology. Title: The meaning of hypertension among outpatients in a hypertension clinic in the Limpopo Province.
- 2003 University of the North, Masters in Clinical Psychology. Title: Violence against women and its mental health consequences in Namibia.
- 2003 University of Natal, Pietermaritzburg, Masters in Clinical Psychology. Title: A current profile of schemas in OCD and trichotillomania.
- 2004 University of the North, Master's. Title: Credibility of HIV / AIDS sources of information among youth in Limpopo Province.
- 2004 University of Natal, Pietermaritzburg, Masters in Clinical Psychology. Title: Towards the cross-cultural validation of the Eating Disorders Inventory: A pilot study.
- 2005 University of Limpopo Master's. Adolescent spirituality and voluntary sexual activity in Limpopo.
- 2005 University of Limpopo Master's. Credibility of HIV/AIDS sources of information among youth in the Limpopo Province.
- 2005 University of Cape Town Master's in Psychological Research. In every given moment: Affective, cognitive and physiological concomitants of mindfulness.
- 2006: University of Cape Town Master's in Psychological Research. An analysis of the manifestations or trauma following psychological abuse, and an examination of the process of recovery.
- 2008: University of Cape Town Master's in Clinical Psychology. Title: Emergency service workers' coping in response to traumatic events: Associations with psychiatric symptoms
- 2008: University of Cape Town Master's in Clinical Psychology. The holding environment: Challenges in the containment of a client with borderline personality disorder.
- 2009: University of the Western Cape Master's in Clinical Psychology. The relationship between the number and type of traumatic experiences and posttraumatic stress disorder (PTSD) in HIV-positive adults in HIV care and treatment centres in Cape Town.
- 2009: University of the Western Cape Master's in Clinical Psychology. The psychometric properties of the Child PTSD Checklist.
- 2009: University of the Witwatersrand Master's in Clinical Psychology Title: A multiple case study exploration of the implementation of the WITS integrative trauma counselling model.
- 2010: University of Cape Town Master's in Social Science. *DUC IN ALTUM*: The construction of social meaning among deviant youth in Durban.
- 2013: University of Cape Town Master's in Clinical Psychology. Counselling survivors of crime: the psychological impact on volunteers.
- 2013: University of Cape Town Master's in Clinical Psychology. Assessors report on conflicting examiners reports on a thesis entitled, Adolescents' perspectives on their treatment as inpatients, by Amy Benjamin.
- 2013: Macquarie University, Melbourne, Australia, PhD. Cognitive-affective processing using integrated focusing: Pursuing the therapeutic implications of the ICS model, by Bridget Davis.
- 2015: University of the Western Cape, Masters in Research Psychology. The experience of vicarious trauma and its related coping strategies among a group of South African psychologists: A phenomenological study.
- 2017: Murdoch University, Western Australia, D Psych. Group Schema Therapy for Borderline Personality Disorder: the Effects of Therapy Specific Factors Versus Nonspecific Factors on Outcome by Emily Bastick.
- 2020: University of the Witwatersrand PhD. Conceptualising a contextually relevant torture rehabilitation framework for Sub-Saharan Africa, by Craig Higson-Smith.

Appendix C: Invitations to Act as Referee for Journal Articles or book chapters

1974. *South African Journal of Psychology*. Risk-taking in betters on horse races.
1981. *Perceptual and Motor Skills*. Projective techniques for assessing personal space.
1982. *South African Journal of Psychology*. Cultural differences in perception of stigma and disability.
1982. *South African Journal of Psychology*. Models of clinical diagnosis.
1982. *South African Journal of Psychology*. Traditional Zulu and Western psychiatric clinical diagnostic categories.
1982. *South African Journal of Psychology*. Psychometric properties of life-satisfaction scales.
1983. *South African Journal of Psychology*. Relationship between study of psychology and concepts of mental illness.
1984. *South African Journal of Psychology*. Current practice in S. A. clinical psychology.
1986. *South African Journal of Psychology*. The conceptualisation of personality disorders.
1988. *South African Journal of Psychology*. Preventive interventions in third world communities.
1989. *South African Journal of Psychology*. Manifestation of guilt in African depressives.
1989. *South African Journal of Psychology*. Therapeutic approaches to cognitive deficit.
1990. *South African Journal of Psychology*. Failure of Clinical training models in SA to address therapist's countertransference.
1991. *Cognitive therapy and research*. Incorporating existential principles in conceptualisation of cognitive psychotherapy.
1992. *South African Journal of Psychology*. Conversation and discourse analysis.
1993. *South African Journal of Psychology*. Changing role of the psychologist in S. Africa.
1993. *South African Journal of Psychology*. Reliability and factorial validity of a measure of psychological distress.
1995. *South African Journal of Psychology*. Suicide in black adolescents.
1996. *South African Journal of Psychology*. The concept of altruism.
1996. *South African Journal of Psychology*. Study of a S. African culture bound syndrome.
1997. *South African Journal of Psychology*. Correlates of purpose in life.
1997. *South African Journal of Psychology*. Study of a S. African culture bound syndrome (resubmission).
1998. *South African Journal of Psychology*. Transpersonal perspectives on conflict resolution.
1999. *Acta Academica*. Psychobiography.
1999. *Acta Academica*. Exposure to violence and posttraumatic stress.
2001. *South African Journal of Psychology*. Health beliefs and prescription medication compliance among hypertension clinic attenders.
2003. *Indo-Pacific Journal of Phenomenology*. Tracing tacit phenomenological influences on Cognitive Behaviour Therapy.
2004. *South African Journal of Child and Adolescent Mental Health*. Group play therapy in the treatment of shyness in children
2004. *South African Journal of Psychology*. Exploration of indigenous worldviews and approaches to health and well-being
2005. *Journal of Psychology in Africa*. Temperament styles of Nigerian students
2005. *Journal of Psychology in Africa*. Teaching community psychology ... in South Africa

2006. *International Journal of Disability and Rehabilitation*. Trauma counselling in Sri Lanka after the Tsunami.
2006. *South African Journal of Child and Adolescent Mental Health*. Survey of anxiety and depressive symptoms in Kenyan High Schools.
2007. *Indo-Pacific Journal of Phenomenology*. Taking intentionality seriously in psychotherapy
2007. *Journal of Psychology in Africa*. Psychological well-being and the metabolic syndrome in African and Caucasian women.
2007. *South African Journal of Psychology*. Ubuntu therapy
2007. *Indo-Pacific Journal of Phenomenology*. A phenomenology of energy healing: The *Johrei* experience
2008. For Book: *Memory, narrative and forgiveness: Perspectives on the unfinished journeys of the past*. Cambridge Scholars Press. Evaluated a chapter entitled: Integrating Atrocity whilst Living the Aftermath: Testimony, Response and the Labour of Repair. Editors P. Gobodo-Madikizela and C. Van der Merwe.
2008. *Pragmatic Case Studies in Psychotherapy*. Group therapy format for treating social phobia in a training clinic.
2008. *History of Psychology*. Use of Physical Touch in the "Talking Cure" - A Journey to the Outskirts of Psychotherapy.
2008. *Journal of Psychology in Africa*. An exploration of the facilitation of transition meanings amongst a group of learners in the African context: Applying the Mmogo™-method case study
2008. *South African Journal of Psychology*. The flying shrinks: high flying clinical psychologists or an approach to rural mental health care?
2009. *South African Journal of Psychology*. Emotional Intelligence: An Integral Part of Positive Psychology
2009. *The Open Public Health Journal*. Nurse practitioner's perspectives on tuberculosis patient's adherence and non-adherence to treatment short-course
2009. *Indo-Pacific Journal of Phenomenology*. The Experience of Feelings of Competence and Incompetence in the Process of Becoming a Professor.
2009. *Journal of Psychology in Africa*. Management of PTSD in the South African National Defence Force: A proposed model for discussion.
2009. *South African Journal of Psychology*. Religio-cultural beliefs, gender and socioeconomic aspects of violence against 'witches' in South Africa.
2010. *Journal of Psychology in Africa*. Psychological well-being: contrasting samples doing hazardous and less hazardous work.
2010. *European Journal of Psychological Assessment*. Therapeutical working models of psychotherapists
2010. *Behavioural and Cognitive Psychotherapy*. Imagery and pain: A study of the prevalence, characteristics and potency of imagery associated with pain.
2010. *Journal of Child and Adolescent Mental Health*. Gender and school climate as determinants of psychological hardiness among Indian adolescents.
2010. *Psychology and Psychotherapy: Theory, Research and Practice*. Taming the green-eyed monster: Cognitive behavioural and cognitive analytic therapy for morbid jealousy
2010. *Evaluation and Program Planning*. Development of a tool for appraising methodological quality in mixed methods studies ...
2011. *South African Journal of Psychology*. The construction and standardization of the Gender Attitudes and Beliefs Scale

2011. *Behavioural and Cognitive Psychotherapy*. Imagery and pain: A study of the prevalence, characteristics and potency of imagery associated with pain (resubmission)
2011. *South African Journal of Psychology*. Dynamic assessment: reducing cultural barriers in emotional assessment.
2011. *Journal of Traumatic Stress*. The Childhood Trauma Questionnaire (CTQ) in a School Sample of Adolescents: Reliability and validity
2011. *Journal of Traumatic Stress*. Revision of above
2011. *Psychotherapy Research*. Qualitative research on cognitive-behavioural therapy: a meta-synthesis
2012. *African Journal of AIDS Research*. Impact of cognitive restructuring therapy on attitude towards HIV counselling and testing in Nigeria.
2012. *Clinical Psychology: Science and Practice*. Treatment for chronic depression using schema focused therapy.
2012. *Journal of Psychology in Africa*. Gender differences in the relationship between PTSD diagnostic criteria and suicidal ideation (SA police).
2012. *Journal of Psychology in Africa*. Ukuphepha: A Multi-Level Community Engagement Model for the Promotion of Safety, Peace and Health
2012. *South African Journal of Psychology*. Suicide risk assessment of HIV-infected persons in the immediate post-diagnosis period
2012. *Journal of Psychotherapy Integration*. Core Beliefs Psychotherapy: Theory and preliminary research
2012. *Occupational Health Southern Africa*. Outcomes of Posttraumatic Stress Disorder claims in the South African mining sector.
2012. *Peace and Conflict: Journal of Peace Psychology*. Distinguishing PTSD from Ongoing Traumatic Stress Response (OTSR): Theoretical Considerations.
2013. *Psychotherapy Research*. Innovative moments in constructivist grief therapy
2013. *Journal of Psychotherapy Integration*. Integrating psychodynamic, hypnotherapeutic and cognitive/behavioral Interventions to Treat PTSD
2014. *Comprehensive Psychiatry*. Psychometric characteristics of the Yoruba version of the Beck Hopelessness Scale (BHS-Y).
2016. *Clinical Psychology and Psychotherapy*. Group psychotherapeutic factors and perceived social support among veterans with PTSD symptoms.
2016. *Journal of Psychotherapy Integration*. Effectiveness of integrative imagination- and trance-based psychodynamic therapies: Guided Imagery Psychotherapy & Hypnotherapy.
2017. *Handbook of ethics in critical research: stories from the field* (book title). Chapter title: To be or not to be? ... Revealing questions of anonymity and confidentiality.
2017. *Journal of Clinical Psychology*. Factorial structure and psychometric properties of the Schema Mode Inventory in a population with disordered eating behaviours.
2017. *Journal of Clinical Psychology*. Psychotherapy-Based Interventions for Complicated Grief: A Systematic Review.
2017. *Journal of Clinical Psychology*. A schema mode model of generalized anxiety disorder.
2017. *Plos-One*. Depression and Post Traumatic Stress amongst female sex workers in Soweto, South Africa: a cross sectional, respondent driven sample.
2018. *Journal of Aggression, Maltreatment and Trauma*. Trauma-informed transformation in a social model detoxification program: Addressing trauma as a public health problem.

2018. *Sexual and Relationship Therapy*. A Clinical Experiment comparing the Effects of Imagery Rescripting and Cognitive Interventions in brief Schema Couples Therapy.
2018. *Journal of Clinical Psychology*. A trait emotional intelligence perspective on schema modes.
2019. *Psychological Services*. Experiences of trauma counsellors working in a resource-constrained context.
2019. *Behavioural and Cognitive Psychotherapy*. Why do patients with psychosis listen and believe derogatory and threatening voices? 21 reasons given by patients.
2019. *Journal of Clinical Psychology*. Cognitive Evolutionary Therapy versus standard Cognitive Therapy for Depression: A Single-Blinded Randomized Clinical Trial.
2020. *Frontiers in Psychology*. Experiences of patients with Borderline Personality Disorder with Imagery Rescripting in the context of schema therapy - a qualitative study.
2021. *Psicologia: Reflexão e Crítica*. Appraising Psychotherapy Case Studies in Practice-Based Evidence: Introducing Case Study Evaluation-tool (CaSE).
2021. *Journal of Clinical Psychology*. A longitudinal investigation of the meaning-making model in midlife adults who have experienced trauma.
2021. *European Journal of Psychotraumatology*. A historical search into post-traumatic psychopathology: Unity or anarchy?
2021. *Journal of Clinical Psychology*. Schema Modes in Social Anxiety Disorder: Empirical findings and case conceptualisation.
2021. *Journal of Psychotherapy Integration*. Introducing dialectical core schemas theory through mediation models.
2021. *Clinical Psychology & Psychotherapy*. Adolescent maladaptive schemas and childhood abuse and neglect: a systematic review and meta-analysis.
2021. *Journal of Clinical Psychology*. Schema therapy in patients with treatment-resistant anxiety disorders and obsessive-compulsive disorder.
2022. *Frontiers in Psychiatry*. Group imagery rescripting on childhood memories delivered via telehealth: a preliminary study.
2022. *Journal of Clinical Psychology*. Changes in schema modes over the course of imagery rescripting treatment for depression.
2022. *Frontiers in Psychiatry*. What is preventing psychotherapy case studies from having a greater impact on evidence-based practice, and how to address the challenges.
2022. Chapter submitted for *Handbook of Case Study Research in the social sciences*. Case study research in social work.
2023. *Journal of Clinical Psychology*. Observing the embodiment of self-states through nonverbal behavior