

Thane M. Erickson, Ph.D.

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Department of Psychology
 Seattle Pacific University
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PROFESSIONAL POSITIONS, TRAINING, & EDUCATION

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|----------------|---|
| 2010 – present | Licensed Clinical Psychologist in state of Washington |
| 2008-present | Assistant Professor, Seattle Pacific University (SPU), Seattle, WA |
| 2006 – 2008 | Psychology Postdoctoral Fellowship (APA accredited)
University of Michigan (UM), Dept. of Psychiatry, Ann Arbor, MI |
| 2005 – 2006 | Psychology Internship (APA accredited)
V.A. Puget Sound Health Care System (American Lake) , Tacoma, WA |
| 2000 – 2006 | Ph.D. in Psychology (Adult Clinical specialty track; APA accredited)
The Pennsylvania State University (PSU), State College, PA
M.S. degree conferred: May, 2003 |
| 1995 – 1999 | B.A., <i>Summa Cum Laude</i>
Point Loma Nazarene University (PLNU), San Diego, CA
<i>Major:</i> Therapeutic and Community Psychology
<i>Minor:</i> Philosophy |

COURSES TAUGHT (SPU)

- | | |
|------------|---|
| (PSY 2422) | Psychology of Personal Growth |
| (PSY 3442) | Psychology of Personality |
| (PSY 4460) | Abnormal Psychology |
| (PSY 4470) | Counseling Theory and Practice |
| (PSY 2470) | Lifespan Developmental Psychology |
| (CPY 7020) | Introduction to Statistics (doctoral level) |

HONORS & AWARDS

2007	Rachel Upjohn Clinical Scholars Award, UM
2005-2006	Research and Graduate Student Org. Dissertation Support Award, PSU
2004-2005	Weiss Graduate Scholar (Fellowship), PSU
2003	Departmental Travel Award, PSU
2003	Research and Graduate Student Org., Travel Award, PSU
2002	American Psychological Association Student Travel Award
2000-2001	Weiss Graduate Scholar (Fellowship), PSU
1999	Graduated "With Distinction," PLNU
1998-1999	John Allen Memorial Psychology Award, PLNU
1995-1999	Phi Delta Lambda, PLNU
1995-2000	Sigma Chi Mu, PLNU

GRANT SUPPORT

2009-2010	SPU, School of Psychology, Family, & Community: Faculty Research Grant. "Activating Moral Emotions to Influence Interpersonal and Psychological Well-Being." (\$2,280)
2008-2009	SPU, School of Psychology, Family, & Community: Research Development Grant. (\$2,000)
2007-2008	Depression Center Rachel Upjohn Clinical Scholars Grant, University of Michigan. Project title: "Pilot Studies of the Relation of Ego/Ecosystem Goals to Negative Affective States and Cortisol Response." (\$11,000)
2005-2006	Research and Graduate Student Organization, Penn State University (Dissertation Support Grant). Project title: "Multimethod Investigation of Interpersonal Rigidity and Oscillation." (\$1,250)

RESEARCH INTERESTS

- Interpersonal aspects of psychopathology and well-being, with emphasis on how social cognition, goals, and behavior influence emotions. Current work centers on prosocial goals versus the goal of protecting one's self-image.
- Anxiety disorders (generalized anxiety disorder in particular), depression, and interpersonal problems, as well as integrative psychotherapies for these conditions (e.g., mindfulness-based approaches).
- Social cognition as a modulator of stress hormones (e.g., cortisol).
- Positive psychology and integrative approaches to understanding moral virtues as potential buffers against psychopathology.

PROFESSIONAL SERVICE

Ad hoc reviewer: *Behavior Therapy*
Depression and Anxiety
Emotion
Journal of Behavior Therapy and Experimental Psychiatry
Journal of Nervous and Mental Disease
Personality and Mental Health
Psychological Assessment
Psychotherapy Research
 Pearson Higher Education publisher

PROFESSIONAL AFFILIATIONS

Association for Behavioral and Cognitive Therapies
 American Psychological Association
 Society for Interpersonal Theory and Research
 UM Comprehensive Depression Center

CLINICAL EXPERIENCE

2010-present	Licensed Clinical Psychologist in private practice, Seattle, WA
2007-2008	Clinical Co-Supervisor. <i>University of Michigan, Dept. of Psychiatry</i>
2007-2008	Protocol Therapist. <i>V.A. Ann Arbor Health Care System, Ann Arbor, MI</i>
2006-2008	Postdoc. Clinical Fellow. <i>University of Michigan, Dept. of Psychiatry</i>
2005-2006	Psychology Intern. <i>V.A. Puget Sound Health Care System</i>
2001-2005	Psychotherapy Practica. <i>Penn State University Psychological Clinic</i>
2003-2005	Assessment Practicum. <i>Penn State University Psychological Clinic</i>
2001	Assessor. <i>FAST (Families and Schools Together) Track Project, PSU</i>
1999-2000	Child Development Counselor. <i>New Alternatives, Inc., Chula Vista, CA</i>
1999	Case Aide/Intern. <i>County Probation (Midcity Unit), San Diego, CA</i>

PUBLICATIONS

Newman, M. G., & Erickson, T. M. (2010). Generalized anxiety disorder. In J. Gayle Beck (Ed.), *Interpersonal processes in the anxiety disorders: Implications for understanding psychopathology and treatment* (235-259). Washington, D. C.: American Psychological Association.

Erickson, T. M., Newman, M. G., & Pincus, A. L. (2009). Predicting unpredictability: Do measures of interpersonal rigidity/flexibility and distress predict intraindividual

- variability in social perceptions and behavior? *Journal of Personality and Social Psychology*, 97, 893-912.
- Abelson, J. L., Khan, S., Liberzon, I., **Erickson, T. M.**, & Young, E. A. (2008). Effects of perceived control and cognitive coping on endocrine stress responses to pharmacological activation. *Biological Psychiatry*, 64, 701-707.
- Erickson, T. M.**, Newman, M. G., & Pincus, A. L. (2008). Predicting interpersonal rigidity and oscillation: Flux and spin as tests of construct validity. *Society for Interpersonal Theory and Research Newsletter*, 8 (2), 2-3.
- Erickson, T. M.**, & Newman, M. G. (2007). Interpersonal and emotional processes in GAD analogues during social interaction tasks. *Behavior Therapy*, 38, 364-377.
- Startup, H. M., & **Erickson, T. M.** (2006). The Penn State Worry Questionnaire: Psychometric properties and associated characteristics. In G. C. L. Davey & A. Wells (Eds.), *Worry and psychological disorders: Theory, assessment, and treatment*. Chichester, UK: Wiley.
- Newman, M. G., Crits-Cristoph, P., Connolly Gibbons, M. B., & **Erickson, T. M.** (2006). Participant factors in treating anxiety disorders. In L. G. Castonguay & L. E. Beutler (Eds.), *Principles of therapeutic change that work* (pp. 121-153). New York: Oxford University Press.
- Erickson, T. M.**, & Pincus, A. L. (2005). Using Structural Analysis of Social Behavior (SASB) measures of social perception to give interpersonal meaning to symptoms: Anxiety as an exemplar. *Assessment*, 12, 243-254.
- Erickson, T. M.**, & Newman, M. G. (2005). Cognitive-behavioral psychotherapy for generalized anxiety disorder: A primer. *Expert Review of Neurotherapeutics*, 5, 247-257.
- Newman, M. G., **Erickson, T. M.**, Przeworski, A., & Dzus, E. (2003). Self-help and minimal contact therapies for anxiety disorders: Is human contact necessary for therapeutic efficacy? *Journal of Clinical Psychology*, 59, 251-274.
- Newman, M. G., Zuellig, A. R., Kachin, K. E., Constantino, M. J., Przeworski, A., **Erickson, T.**, & Cashman-McGrath, L. (2002). Preliminary reliability and validity of the GADQ-IV: A revised self-report diagnostic measure of generalized anxiety disorder. *Behavior Therapy*, 33, 215-233.

MANUSCRIPTS IN PREPARATION

- Erickson, T. M.**, & Abelson, J. L. (2010). *Uplifted Rather than Downtrodden: Moral Elevation in the Daily Life of Clinically Depressed and Anxious Adults*. Manuscript in preparation.

Erickson, T. M., Granillo, T., Crocker, J., & Abelson, J. L. (2010). *Effects of Compassionate and Self-Image Goals in a Mixed Depressed-Anxious Clinical Sample*. Manuscript in preparation.

King, A. , **Erickson, T.,** Robinson, E., Kulkarni, M., Giardino, N., Martis, B., Rauch, S., & Liberzon, I. (2010). *A pilot study of a mindfulness-based group therapy for veterans with posttraumatic stress disorder*. Manuscript in preparation.

PRESENTATIONS

Erickson, T. M., Granillo, T., Crocker, J., & Abelson, J. L. (2010, June). *Not all goals are equal: Compassionate goals and self-image goals differentially predict changes in clinical anxiety and depression*. Poster session presented at the annual conference of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Erickson, T., M., Rickards, K., & Malchodi, S. (2010, May). *You are what you watch: Viewing daily uplifting videos increases prosocial goals*. Poster session presented at the annual Seattle Pacific University Undergraduate Research Conference, Seattle, WA.

Erickson, T., M., Muresan, T. J., R. S. Cheung (2010, May). *Glimpsing moral beauty: Individual differences in the moral emotion of elevation*. Poster session presented at the annual Seattle Pacific University Undergraduate Research Conference, Seattle, WA.

Erickson, T., M., Abelson, J. L., & Shook, B. (2010). *Moral elevation predicts increased prosocial motivation and low dysphoria*. Poster session presented at the annual conference of the Western Psychological Association, Cancun, Mexico.

Granillo, M. T., Crocker, J., **Erickson, T.,** & Delva, J. (January, 2010). *Less about me, more about others. The effects of self-image and compassionate goals on eating disorder symptoms*. Poster session presented at the annual conference of the Society for Social Work Research, San Francisco, CA.

Erickson, T. M., & Abelson, J. L. (2009, November). *Inspired and rewired: Examining the moral emotion of elevation in a clinical sample*. Poster session presented at the annual conference of the Association for Behavioral and Cognitive Therapies, New York City, NY.

Erickson, T. M., Granillo, T., Crocker, J., & Abelson, J. L. (2009, November). *Helping you helps me: Compassionate goals vs. self-image goals in a mixed anxious-depressive clinical sample*. Poster session presented at the annual conference of the Association for Behavioral and Cognitive Therapies, New York City, NY.

King, A., **Erickson, T.,** Giardino, N., Kulkani, M., Perkins, S., Robinson, E., & Liberzon, I. (2009, March). *Pilot study of acceptability of an eight-week mindfulness-based group therapy for combat posttraumatic stress disorder (PTSD), and effects on neuroendocrine*

and autonomic function. Paper presented at the annual conference of the Anxiety Disorders Association of America, Albuquerque, NM.

Erickson, T. M., Granillo, T., Crocker, J., & Abelson, J. L. (2009, March). *The effects of compassionate goals vs. self-image goals in a mixed anxious-depressive clinical sample.* Poster session presented at the annual conference of the Anxiety Disorders Association of America, Albuquerque, NM.

Erickson, T. M. (2009, January). *Pilot study of daily "moral elevation" in a clinical sample.* Paper presented at the annual meeting of the Institute for Research in Psychology and Spirituality, Rosemead School of Psychology, La Mirada, CA.

Erickson, T. M., & Newman, M.G. (2008, June). *Testing an interpersonal process model of social anxiety.* Poster presented at the annual Abert J. Silverman Research Conference, University of Michigan, Ann Arbor, MI.

King, A., **Erickson, T.,** Giardino, N., Kulkani, M., Perkins, S., Robinson, E., & Liberzon, I. (2008, May). *A pilot study of a mind-body group therapy for combat veterans with posttraumatic stress disorder in a VA outpatient PTSD clinic.* Panel session at the annual conference of the Society of Biological Psychiatry, Washington, D.C.

King, A., Robinson, E., & **Erickson, T.** (2008, April). *A pilot study of a mindfulness-based group therapy for combat veterans with posttraumatic stress disorder.* Panel session at the 6th annual Conference for Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, Worcester, MA.

King, A., **Erickson, T.,** Giardino, N., Robinson, E., & Liberzon, I. (2008, March). *A pilot study of a mind-body group therapy for combat veterans with posttraumatic stress disorder.* Paper presented at the annual conference of the American Psychosomatic Society, Baltimore, MD.

Erickson, T. M., & Newman, M.G. (2007, November). *Cold and submissive, but not consistently: Testing an interpersonal process model of social anxiety.* Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

King, A. P., Giardino, N., **Erickson, T.,** Rauch, S., Martis, B., & Liberzon, I. (2007, June). *Pilot study of mindfulness-based group therapy for combat-related posttraumatic stress disorder.* Poster session presented at the Mind and Life Summer Research Institute, Garrison, NY.

Erickson, T. M., Newman, M.G., & Pincus, A. L. (2007, June). *Predictors of unpredictability and covariates of invariability: Multimethod examination of interpersonal rigidity and oscillation.* Paper presented at the annual meeting of the Society for Interpersonal Theory and Research, Madison, WI.

- Erickson, T. M., Khan, S., Liberzon, I., Lyubkin, M., & Abelson, J. L.** (2007, June). *What's so stressful about stress?: Examination of potential cognitive mediators of HPA response to pharmacological activation*. Poster session presented at the annual Abert J. Silverman Research Conference, University of Michigan, Ann Arbor, MI.
- Erickson, T. M.** (2007, May). *Treatment of generalized anxiety disorder: Implications of comorbid personality disorder*. Paper presented at Evidence-Based Medicine series at University of Michigan Medical School, Ann Arbor, MI.
- Erickson, T. M. & Newman, M.G.** (2007, March). *Predicting cross-situational dysregulation of social behavior: The differential effects of worry, social anxiety, and depressive symptoms*. Poster session presented at the annual meeting of the Anxiety Disorders Association of America, St. Louis, MO.
- Erickson, T. M., Khan, S., Liberzon, I., Lyubkin, M., & Abelson, J. L.** (2007, March). *What's so stressful about stress?: Examination of potential cognitive mediators of HPA response to pharmacological activation*. Poster session presented at the annual meeting of the Anxiety Disorders Association of America, St. Louis, MO.
- Erickson, T. M.** (2006, October). *Using interpersonal circumplex concepts and measures to inform interpersonal psychotherapy: A primer*. Invited presentation given to Interpersonal Psychotherapy mentorship for psychiatry residents at University of Michigan medical school.
- Erickson, T. M., Olsen, E. L., & Newman, M. G.** (2006, March). *A multimethod investigation of "interpersonal rigidity": What predicts fluctuation in behavior?* Poster session presented at the annual graduate research exhibition of the Pennsylvania State University, State College, PA.
- Maramba, G. J., Castonguay, L. G., Newman, M. G., & Borkovec, T. D., Boswell, J. F., **Erickson, T. M.**, Pimentel, C. A., Ried, J. J., & Sharpless, B. A. (2005, June). *The early alliance as a predictor of outcome*. Paper presented at the 36th annual meeting of the Society for Psychotherapy Research, Montreal, Canada.
- Erickson, T. M.** (2003, November). *Interpersonal differences among generally anxious, socially phobic, and panic disordered analogues*. Poster session presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Erickson, T. M., & Newman, M. G.** (2002, November). *Emotional expression in GAD analogues based on an emotional disclosure task*. Paper presented at the annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.

Erickson, T. M., & Newman, M. G. (2002, August). *Interpersonal impact of generalized anxiety disorder analogues*. Paper presented at the American Psychological Association convention, Chicago, IL.

Erickson, T. M. (1999, April). *Text analysis of college freshmen's written disclosure: Examining the relationship between language use and psychosocial distress*. Poster session presented at the Western Psychology Conference for Undergraduate Research, Santa Clara, CA.

Erickson, T. M., Fish, S., Baas, D., Moore, R., Ricks, R., Sheridan, R., & Strawn, B. D. (1998, April). *Facilitating health and college transition using the disclosure paradigm*. Poster session presented at the Joint Western Psychological Association/Rocky Mountain Psychological Association convention, Albuquerque, NM.

DEPARTMENTAL/ORGANIZATIONAL SERVICE

- 2010-present Faculty Lectio group facilitator
- 2009-present Diversity Committee member, SPU
- 2009-present Dissertation committee member for doctoral candidate (clinical psychology), SPU
- 2008-present Faculty advisor (Psychology Department)
- 2008-present Miscellaneous (guest lectures, new student advising days, SPU Fridays, etc.)