

Thane M. Erickson, Ph.D.

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Department of Psychology
Seattle Pacific University
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PRESENT APPOINTMENT

2008-present Assistant Professor, **Seattle Pacific University** (SPU), Seattle, WA

EDUCATION & TRAINING

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., *Summa Cum Laude*
Point Loma Nazarene University (PLNU), San Diego, CA
Major: Therapeutic and Community Psychology
Minor: 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
(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.
- Social cognition as a modulator of stress hormones (e.g., cortisol).
- Anxiety disorders (generalized anxiety disorder in particular), depression, and interpersonal problems, as well as integrative psychotherapies for these conditions (e.g., mindfulness-based approaches).
- Positive psychology and integrative approaches to understanding moral virtues as potential buffers against psychopathology.

PROFESSIONAL SERVICE

Ad hoc reviewer: *Psychotherapy Research*
 Ad hoc reviewer: *Personality and Mental Health*
 Ad hoc reviewer: *Emotion*
 Ad hoc reviewer: *Depression and Anxiety*

PROFESSIONAL AFFILIATIONS

American Psychological Association
 Association for Behavioral and Cognitive Therapies
 UM Comprehensive Depression Center

CLINICAL EXPERIENCE

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

- Erickson, T. M.**, Newman, M. G., & Pincus, A. L. (in press). Predicting unpredictability: Do measures of interpersonal rigidity/flexibility and distress predict intraindividual variability in social perceptions and behavior? *Journal of Personality and Social Psychology*.
- Newman, M. G., & **Erickson, T. M.** (in press). Generalized anxiety disorder. In J. Gayle Beck (Ed.), *Interpersonal processes in the anxiety disorders: Implications for understanding psychopathology and treatment*. Washington, D. C.: American Psychological Association.
- 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.** (2009). *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.** (2009). *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. (2009). *A pilot study of a mindfulness-based group therapy for veterans with posttraumatic stress disorder*. Manuscript in preparation.

PRESENTATIONS

- 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

- 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.)