

Jay Robert Skidmore, PhD

Professor of Clinical Psychology 2001----
Department Chairman, 2003-present
Director of Clinical Training, 2001-04
Clinical Psychology Doctoral Program (APA Approved)
Seattle Pacific University
3307 Third Avenue West via e-mail: skidmore@spu.edu
Seattle, Washington 98119 Office Phone: (206) 281-2916

Clinical Health Psychologist
Pain Management & Behavioral Medicine Pager/cell: (206) 200-4357
Consulting Office at SPU Campus, Seattle

PRIOR PROFESSIONAL POSITIONS

Clinical Director, Pain Management & Rehabilitation 2000-01
PRA Multidisciplinary Treatment Center (CARF Approved)
Progressive Rehabilitation Associates
Portland, Oregon, USA

Consultant Clinical Psychologist & Programme Director 1995-99
Multidisciplinary Pain Management Centres (British NHS)
Departments of Psychology, Anaesthesiology & Rehabilitation Medicine
Princess Royal Hospital & Mid-Sussex National Health Service
King Edward VII Hospital & Charitable Trust
Unsted Park Rehabilitation Hospital
Sussex & Surrey, ENGLAND

Associate Professor 1993-95
Director, Health Psychology
Internship & Post-Doctoral Programs (APA Approved)
Department of Psychiatry and Behavioral Sciences
University of Oklahoma Health Sciences Center
Oklahoma City, Oklahoma, USA

Assistant Professor 1988-93
Clinical Training Coordinator
Director, Psychophysiology Laboratory
Combined Professional-Scientific Psychology Program (APA Approved)
Department of Psychology
Utah State University
Logan, Utah, USA

Faculty Consultant & Program Leader, Organizational Leadership Training Courses
(USAF, Federal Express, Texas Instruments, Park City Corporation, and others)
Management Institute, College of Business, Utah State University

Program Director, Youth Guidance 1979-82
YFC, Sacramento, California, USA

FORMAL EDUCATION

Internship	<u>Clinical Psychology</u> - APA Approved Program Department of Behavioral Medicine & Psychiatry West Virginia University Medical Center Morgantown, West Virginia	1987-88
Ph.D. 1988	<u>Clinical Psychology</u> - APA Approved Program Department of Psychology; Clinical/Health Specialty Virginia Polytechnic Institute & State University Blacksburg, Virginia	1983-87
M.A. 1981	<u>Psychology</u> Department of Psychology California State University Sacramento, California	1977-79
B.A. 1976	<u>Psychology</u> Department of Psychology Azusa Pacific University Azusa, California	1973-76

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
 British Psychological Society, Clinical Division (BPS)
 Association for Behavioral & Cognitive Therapies (ABCT)
 International Association for the Study of Pain (IASP)
 Society for Clinical & Experimental Hypnosis (SCEH)
 Society of Behavioral Medicine (SBM)

PROFESSIONAL CREDENTIALS

Licensed Clinical Psychologist: Washington State Board	# 2488	2001----
Licensed Clinical Psychologist: Idaho State Board	# 0417	2001----
Licensed Clinical Psychologist: Utah State Board	# 2501	1991----
Chartered Clinical Psychologist: British Psychological Society	# 89773	1997----
Qualified Psychologist, National Register of Health Service Providers in Psychology		1991----
Credentialed Counselor, Supervisor & Instructor, California Community Colleges		1981----

PUBLISHED JOURNAL ARTICLES, SELECTED ABSTRACTS, & BOOK CHAPTERS

- Wallace, D.P., & Skidmore, J.R. (2009). Pain Self-Efficacy, coping behavior, somatic symptoms, and disability in young adults with headaches: A path analysis [abstract]. *Annals of Behavioral Medicine*, 37 (S1), S29.
- Skidmore, J.R. (2004). Psychological interventions for medical patients in pain (chapter 32). In S.J. Dolin and N.L. Padfield (Eds.), *Pain Medicine Manual (2nd Edition)*, Edinburgh, London, New York: Elsevier Science: Butterworth-Heinemann Publishers.
- Skidmore, J.R., McKee, K. & Pither, C. (2004). Treatment outcomes and gender in chronic low back pain: Results of a multidisciplinary pain management program [abstract]. *The Journal of Pain: Official Journal of the American Pain Society*, 5 (3), Supplement 1, 90.
- Diddams, M., MacDonald, D., & Skidmore, J.R. (2004). Advancing the research culture at Seattle Pacific University: Training local clinical scientists. *Journal of Psychology and Christianity: Official Publication of the Christian Association for Psychological Studies (CAPS)*, 23 (4), 345-350.
- Skidmore, J.R. (1999). A British-American psychologist on core assumptions of managed healthcare and suggestions for clinical program development. *The Health Psychologist*, 21 (2), 7 & 24-25.
- Skidmore, J.R. (1997). Headache revisited: More holistic treatment of mind and body. *Journal of Bodywork and Movement Therapies*, 1 (4), 196-197.
- Skidmore, J.R. (1996). Hypnotic analgesia in the cognitive-behavioural treatment of complex chronic pain syndromes [abstract]. *Contemporary Hypnosis*, 13 (3), 223-224.
- Anderson, K.W. & Skidmore, J.R. (1995). Empirical analysis of factors in depressive cognition: The Cognitive Triad Inventory. *Journal of Clinical Psychology*, 51 (5), 603-609.
- Skidmore, J.R. (1995). Anxiety and stress reactions in the wilderness (chapter 21). In W. Forgey (Ed.), *Wilderness Medical Society Practice Guidelines*. Merrillville, Indiana: ICS Books.
- Anderson, K.W. & Skidmore, J.R. (1994). The scientist-practitioner dilemma. *the Behavior Therapist*, 17 (4), 97-98.
- Skidmore, J.R., Nielsen, E.C. & Stein, D.M. (1993). Combined professional-scientific psychology: Doctoral training at Utah State University. *the Behavior Therapist*, 16 (3), 83-85.
- Skidmore, J.R. (1992). Integrating science and practice in psychology: Doctoral training at Utah State University. *The Utah Psychologist*, 4 (2), 8-9.
- Skidmore, J.R. & Roberts, R.N. (1991). Rural Navajo early intervention health promotion: Community principles and behavioral applications. *the Behavior Therapist*, 14 (2), 29-30.
- Southard, D.R., Eisler, R.M. & Skidmore, J.R. (1988). Covariation of blood pressure and mood during daily activities. *Journal of Behavioral Medicine*, 11 (6), 537-551.
- Eisler, R.M., Skidmore, J.R. & Ward, C.H. (1988). Masculine gender role stress: Predictor of anger, anxiety, and health risk behaviors. *Journal of Personality Assessment*, 52 (1), 133-141.

PUBLISHED JOURNAL ARTICLES & SELECTED ABSTRACTS (continued)

- Skidmore, J.R. (1988). Cardiovascular reactivity in men as a function of masculine gender role stress, type-A behavior and hostility. *Dissertation Abstracts International*, 49 (4b), 1401.
- Eisler, R.M. & Skidmore, J.R. (1987). Masculine gender role stress: Scale development and component factors in the appraisal of stressful situations. *Behavior Modification*, 11 (2), 123-136.

PSYCHOMETRIC MEASURES, PUBLISHED BOOK REVIEWS & REPORTS

- Skidmore, J.R. (2008; 1998). Masculine Gender Role Stress (MGRS) Rating Scale: Reprint of Measure, Scoring Instructions, and Conditions of Use. Seattle Pacific University, Department of Clinical Psychology (available directly from the author).
- Gillespie-Lash, B., Eisler, R.M., & Skidmore, J.R. (2008; 1992). Feminine Gender Role Stress (FGRS) Rating Scale: Reprint of Measure, Scoring Instructions, and Conditions of Use. Seattle Pacific University, Department of Clinical Psychology (available directly from the authors).
- Skidmore, J.R. (1997). Book Review: Pain treatment centers at a crossroads (Cohen & Campbell, 1996, Seattle: IASP Press). *Cephalalgia: An International Journal of Headache*, 17 (1), 56.
- Skidmore, J.R. (1990). Health psychology trends among behavior therapists: A report on the 1990 AABT Conference. *The Health Psychologist*, 12 (3), 4.

EDITORIAL & SCIENTIFIC REVIEW EXPERIENCE

- | | |
|---|---------|
| Invited Reviewer, Graduate Student Research Scholarships, APA Science Directorate | 2007-08 |
| Book Proposal Reviewer, <u>Handbook of Research Methods in Health Psychology</u> : Sage | 2004-05 |
| Ad-hoc Journal Reviewer, <u>Journal of the American Scientific Affiliation: PSCF</u> | 2004-05 |
| Ad-hoc Journal Reviewer, <u>International Journal of Men's Health</u> | 2003-04 |
| Ad-hoc Journal Reviewer, <u>British Journal of Medical Psychology</u> | 1999-00 |
| Ad-hoc Journal Reviewer, <u>British Journal of General Medical Practice</u> | 1998-00 |
| Ad-hoc Journal Reviewer, <u>Journal of Clinical Psychology in Medical Settings</u> | 1994-95 |
| Faculty Grant Reviewer, Research Council, University of Oklahoma College of Medicine | 1993-95 |
| Consultant Book Reviewer, <u>Abnormal Psychology</u> by Ronald J. Comer (W.H. Freeman) | 1991-92 |
| Faculty Grant Reviewer, Research Council, College of Education, Utah State University | 1988-93 |

TEACHING EXPERIENCE: American University Courses

Seattle Pacific University, 2001-09

Graduate Clinical Psychology, Professor

Hypnosis, Biofeedback & Mindfulness Therapies	7 quarters
Clinical Foundations and Clinical Pre-Practicum	7 quarters
Health Psychology and Behavioral Medicine	7 quarters
Psychopharmacology (for PhD program)	5 quarters
Behavioral Health and Epidemiology	3 quarters
Neuroscience & Psychophysiology	2 quarters
Personality Theory and Research	1 quarter

Undergraduate Psychology (ind. studies)

Men and Masculinity	2 quarters
Health Psychology	2 quarters

University of Oklahoma Health Sciences Center, 1993-95

Psychiatry & Behavioral Sciences, Associate Professor

Clinical Hypnosis Seminar & Practicum	2 semesters
Group Psychotherapy Seminar & Practicum	2 semesters
Behavioral Medicine Seminar, Human Behavior	2 semesters
Psychology in Dental Practice: Anxiety and Pain	2 semesters

Utah State University, 1988-93

Graduate Psychology, Assistant Professor

Practicum in Clinical Psychotherapy	14 quarters
Theories of Personality & Psychotherapy	6 quarters
Psychological Consultation	6 quarters
Health Psychology	2 quarters

Undergraduate Psychology

Abnormal Psychology/ Psychopathology	8 quarters
Honors Seminar in Abnormal Psychology	3 quarters

Virginia Polytechnic Institute, 1983-87

Undergraduate Psychology, Graduate Teaching Assistant

Abnormal Psychology: Psychopathology	4 quarters
Personality Theory & Research	2 quarters
Behavior Modification	1 quarter
Child Psychopathology	1 quarter
Black Psychology	1 quarter

California State University, 1977-79

Undergraduate Psychology, Graduate Teaching Assistant,

Psychology & Judaeo-Christian Theology	1 semester
General Introductory Psychology	1 semester
Test-Taking Skills Seminar	1 semester
Study Skills Seminar	1 semester

Azusa Pacific University, 1975-76

Undergraduate Psychology, Teaching Assistant,

Introduction to Counseling	1 semester
General Psychology	1 semester

TEACHING EXPERIENCE: British Post Graduate Medical Seminars

J.R. Skidmore

Cognitive-behavioural therapies in general medical practice:
Applications for chronic pain and recurrent somatic symptoms
Princess Royal Hospital, Haywards Heath, England, August 1999.

J.R. Skidmore

The diagnosis and treatment of chronic pain syndromes
Royal Surrey Hospital, Guildford, England, July 1999.

J.R. Skidmore

Pain and athletic performance: Sports medicine and sports psychology
St Richard's Hospital, Chichester, England, March 1999.

J.R. Skidmore

The importance of psychological factors for understanding chronic pain
Eastbourne Hospital, East Sussex, England, November 1998.

C. Pither & J.R. Skidmore

A behavioural medicine approach for incurable patients with intractable pain
King Edward VII Hospital, Guernsey, Channel Islands, October 1997.

C. Pither & J.R. Skidmore

Managing chronic pain and recurrent somatic symptoms
Ticehurst House Hospital, Wadhurst, England, June 1997.

J.R. Skidmore

A logical continuum of specific treatments for chronic back pain
CME for Regional Meeting of North Downs & Weald Anaesthetists
East Surrey Hospital, Redhill, England, May 1997.

J.R. Skidmore

Cognition, behaviour, and the psychophysiology of chronic pain
King Edward VII Hospital, Midhurst, England, May 1997.

A. Dowson & J.R. Skidmore

Getting ahead in migraine: Medical and psychological treatments
Unsted Park Rehabilitation Hospital, Godalming, Surrey, England, June 1996.

J.R. Skidmore

Psychological control of pain: Cognitive therapies and hypnotic analgesia
Royal National Orthopaedic Hospital, Stanmore, Middlesex, England, December 1995.

Note: In the British National Health Service (NHS), post-graduate medical seminars are an integral part of the training of medical students in teaching hospitals, as well as a key source of continuing medical education for practicing physicians.

GRANTS & FUNDING AWARDS

J.R. Skidmore, Consultant Psychologist (with B. Marion & J.A. Hicklin, Principles) <u>Endowment for Health Psychology, Pain Management & Rehabilitation Medicine</u> King Edward VII Hospital & Charitable Trust: Estimated £250,000.00	1998-99
J.R. Skidmore, Sub-Investigator (with Phebe Tucker, MD, Principle Investigator) <u>A Double-Blind, Placebo-Controlled Study of Sertindole in Schizophrenic Patients</u> Abbott Laboratories: \$781,944.00	1994
J.R. Skidmore, Supervising Psychologist (with Phebe Tucker, Principle Investigator) <u>Paroxetine Treatment in Panic Disorder: Extension Study of Heart Rate Variability</u> SmithKline Beecham: \$39,798.00	1993
J.R. Skidmore, Principal Investigator <u>University Faculty Research Grant: Cardiovascular reactivity, gender and stress</u> Utah State University, Vice President for Research Office: \$8,800.00	1989
J.R. Skidmore, Research Travel Scholarship Award <u>Cardiovascular reactivity in men as a function of masculine gender role stress</u> Association for Applied Psychophysiology and Biofeedback: \$500.00	1988
COMMITTEE SERVICE: National & State Organizations (selected examples)	
Federal Education Advocacy Coordinators Public Policy Office, American Psychological Association (APA)	2003-05
Professional Continuing Education Committee Washington State Psychological Association (WSPA)	2002-04
Special Committee on Pain Management (advisor) Oregon State Department of Health	2000-01
COMMITTEE SERVICE: Universities & Medical Centers (selected examples)	
Faculty Council Oversight Committee for Faculty Senate Seattle Pacific University	2004-06
Professional Health Sciences Advisory Board Department of Biology [pre-med program] Seattle Pacific University	2003-06
Medical Advisory Committee King Edward VII Hospital & Unsted Park Rehabilitation Hospital Sussex & Surrey Counties, England, Great Britain	1995-99
Psychology Internship Training Committee Department of Psychiatry & Behavioral Sciences University of Oklahoma Health Sciences Center	1993-95

PRESENTATIONS: Scientific & Professional Conferences

- Wallace, D.P. & Skidmore, J.R. (2009, April). Pain Self-Efficacy, coping behavior, somatic symptoms, and disability in young adults with headaches: A path analysis. Paper presented at the annual convention of the **Society of Behavioral Medicine**, Montréal, Canada.
- Skidmore, J.R., Ahmad, Z.S., Perry, K.L., McBrearty, M.K., & Montague, R.A. (2009, April). Back pain rehabilitation: Self-efficacy explains depression, pain and fitness. Poster presented at the annual convention of **Western Psychological Association**, Portland, Oregon.
- Jones, K.C., Romano, E.M., Skidmore, J.R. & Thoburn, J. (2009, April). The feminization of psychology: Where are we now? Poster presented at the annual convention of **Western Psychological Association**, Portland, Oregon.
- Wallace, D.P., & Skidmore, J.R. (2009, February). Independent replication of first- and second-order factors in the CSQ-R. Poster presented at the **Rehabilitation Psychology Annual Conference**, Jacksonville, Florida.
- Skidmore, J.R. & Freeman, E.M. (2008, January). Training psychologists to understand the needs of traditional men. Presented at the Social Responsibility Poster Session, Annual Conference of **National Council of Schools in Professional Psychology**. Austin, Texas.
- Merriwether, M. & Skidmore, J.R. (2007, May). Emotion-focused coping predicts psychologic adjustment to Implantable Cardioverter Defibrillator (ICD). Paper presented at the **Fourth Annual Research Conference of the School of Psychology, Family & Community**; Seattle Pacific University.
- Lavant, R. & Skidmore, J.R. (Discussants), (2005, May). Roundtable on Psychology Hot Topics: Evidence based practice, academic and scientific issues. **Special Tri-State Psychology Conference**, (APA, Idaho, Montana, Washington), Coeur d'Alene.
- Skidmore, J.R. (2005, January). Teaching Kaleidoscope: Role play vignettes for pre-clinical training. Annual Conference of the **National Council of Schools in Professional Psychology**. Coronado, California.
- Skidmore, J.R. (2004, December). Hypnosis in the treatment of medical patients with chronic pain. Professional Seminar for the **Oregon Society of Clinical Hypnosis**, ASCH State Association, School of Dentistry, Oregon Health Sciences University, Portland.
- Skidmore, J.R. (Invited Address). Integrating hypnosis, biofeedback, mindfulness meditation & prayer in psychotherapy. Professional Seminar for **Oregon Society of Clinical Hypnosis**, ASCH State Association, School of Dentistry, Oregon Health Sciences University, Portland, December 2004.
- MacLeod, L.S.B., Skidmore, J.R., Diddams, M. & Sherman, J.J. Approach/Withdrawal Motivation and dysfunction in chronic pain. Annual Meeting of **Washington State Psychological Association**, Seattle, October 2004.

PRESENTATIONS: Scientific & Professional Conferences (continued)

Skidmore, J.R., McKee, K. & Pither, C. Treatment outcomes and gender in chronic low back pain: Results of a multidisciplinary pain management program. Joint Scientific Meeting of the **American Pain Society & Canadian Pain Society**, Vancouver, BC, May 2004.

Skidmore, J.R. (Invited Address). Spiritual and philosophical issues in the assessment and treatment of patients with chronic pain. Annual Conference, **Oregon Pain Society**, Eugene, April 2004.

Costanza, P. & Skidmore, J.R. Conceptual models for understanding phantom limb pain. Annual Meeting of the **Washington State Psychological Association**, Seattle, November 2003.

Diddams, M., Skidmore, J.R. & McKenna, R. (Roundtable Presentation). Scientist practitioner & clinical scientist: From academia to healthcare and business. Annual North American Convention of the **Society for Industrial & Organizational Psychology**, Toronto, April 2002.

Skidmore, J.R. (Invited Address). Key concepts in pain management and behavioral medicine. Annual Conference of the **Oregon Pain Society**, Springfield, Oregon, April 2001.

Skidmore, J.R. (Invited Address). Psychological factors in acute pain. Annual **South Thames Regional Conference on Acute Pain**, Hastings, East Sussex, England, November 1999.

Skidmore, J.R. (Workshop). Cognitive-behavioural interventions for doctors and nurses working with patients in acute pain. Annual **South Thames Regional Conference on Acute Pain**, Hastings, East Sussex, England, November 1999.

Skidmore, J.R. & Lode, Y. (Workshop). Mind-body relaxation techniques for pain relief. 7th Annual **United Kingdom Conference on Pain Management**, University of Surrey, Guildford, England, August 1998.

Skidmore, J.R. (Invited Address). Psychobiological and behavioural factors in chronic pain. Regional Conference of the **British Osteopathic Society**, Hertfordshire, England, June 1998.

Skidmore, J.R. (Invited Address). Psychological factors in chronic pain & litigation. Annual Invitational **Medico-Legal Conference on Litigating Chronic Pain Claims**, London, England, July 1997.

Skidmore, J.R. (Invited Address). Coping with chronic intractable pain. Annual National Conference of the **Dystonia Society**, Leicester University Medical College, England, April 1997.

Skidmore, J.R. Poz, R., Pither, C., Sweet, C., & Kitcatt, S. Replicating outcomes in pain management: From academic medical centres to independent hospitals. Annual Scientific Meeting of the **British Pain Society**, Newcastle-upon-Tyne, England, April 1997.

Pither, C., Skidmore, J.R., & Derbyshire, S. Workshop on the BioPsychoSocial model: Meaningless catchphrase or fundamental cornerstone? Annual Scientific Meeting of the **British Pain Society**, Newcastle-upon-Tyne, England, April 1997.

PRESENTATIONS: Scientific & Professional Conferences (continued)

- Pither, C., Skidmore, J.R., Muncey, H., & Ambler, N. (Workshop). Fundamentals of multidisciplinary pain management programmes. 6th Annual **United Kingdom Conference on Pain Management**, University of Bath, England, January 1997.
- Skidmore, J.R. (Invited Address). Mistakes in the management of chronic pain. Annual meeting of the **Bengal Medical Society**, Brunel University, London, England, August 1996.
- Skidmore, J.R. (Invited Address). Psychological analgesia for acute pain in medical-surgical patients. Annual **Wales Conference on Pain Management**, Swansea, Wales, July 1996.
- Skidmore, J.R. Hypnotic analgesia in the cognitive-behavioural treatment of chronic pain syndromes. Joint Conference of **British Society of Experimental & Clinical Hypnosis** and the **British Society of Medical & Dental Hypnosis**, Warrington Hospital and Medical Centre, Cheshire, England, May 1996.
- Skidmore, J.R. (Invited Address). Advances in BioPsychoSocial treatment of pain: Cognitive-behavioural therapies for chronic headaches. Annual meeting of the **Anglo-Dutch Migraine Association**, Mildenhall, Suffolk, England, May 1996.
- Anderson, K.W. & Skidmore, J.R. Personality research applied to psychopathology: Application of the "big five" taxonomy to clinical depression & anxiety. Annual Meeting of the **Association for Advancement of Behavior Therapy**, San Diego, November 1994.
- Skidmore, J.R. & Craig, D.E. Psychological management of cancer pain. Regional Chapter of the **American Cancer Society**, University Hospital, Oklahoma City, September 1994.
- Skidmore, J.R. Psychosomatic and somatization syndromes: Something old, something new. Annual Meeting of the **Oklahoma Psychological Association**, Tulsa, November 1993.
- Curtis, J.E. & Skidmore, J.R. Efficacy of multidisciplinary treatment programs for chronic low-back pain: Meta-analytic review. Annual Meeting of the **Society of Behavioral Medicine**, San Francisco, March 1993.
- Skidmore, J.R. Cognitive-behavioral treatment of anxiety in medical inpatients. Annual Conference of the **Western Psychological Association**, Portland, Oregon, May 1992.
- Skidmore, J.R. Psychological management of anxiety in hospital patients. Annual Spring Conference of the **Utah Psychological Association**, Salt Lake City, April 1992.
- Christian, D.E. & Skidmore, J.R. Cognitive factors in obesity: Development of the Obesity Cognitions Questionnaire. Annual Meeting of the **Society of Behavioral Medicine**, New York, March 1992.
- Christian, D.E., Skidmore, J.R., & Stein, D.M. Behavioral treatment of childhood obesity: A quantitative review of the literature. Annual Conference of the **Association for Advancement of Behavior Therapy**, New York, November 1991.
- Curtis, S.E. & Skidmore, J.R. Type-A behavior and cardiovascular reactivity in children. Annual Convention of the **American Psychological Association**, San Francisco, August 1991.

PRESENTATIONS: Scientific & Professional Conferences (continued)

- Curtis, S.E. & Skidmore, J.R. Self-management programs for childhood asthma. Annual Conference of the **National Association of School Psychologists**, Dallas, March 1991.
- Skidmore, J.R., Curtis, J.E., Curtis, S.E., & Forbush, D. Cardiovascular reactivity and the Framingham Type-A Scale: But which version? Annual Conference of the **Association for Advancement of Behavior Therapy**, San Francisco, November 1990.
- Eisler, R.M. & Skidmore, J.R. (Symposium Co-Chairs). Masculine gender role stress: Implications for men's health. Annual Conference of the **Association for Advancement of Behavior Therapy**, San Francisco, November 1990.
- Skidmore, J.R. Stress, gender, and men's issues in behavior therapy. Annual Conference of the **Association for Advancement of Behavior Therapy**, San Francisco, November 1990.
- Skidmore, J.R. (Symposium Chair). Systematic reviews and meta-analysis in behavioral medicine. Annual Conference of the **Rocky Mountain Psychological Association**, Tucson, April 1990.
- Curtis, J.E. & Skidmore, J.R. Multidisciplinary treatment of chronic low-back pain: Review of reviews. Annual Conference of the **Rocky Mountain Psychological Association**, Tucson, April 1990.
- Christian, D.E., Skidmore, J.R., & White, K.R. Meta-analysis of the obesity treatment literature: Study trends, quality and implications. Annual Conference of the **Rocky Mountain Psychological Association**, Tucson, April 1990.
- Goetsch, V.L., Wiener, A.L., Skidmore, J.R., Knowlton, G.E., & Ullrich, I.H. Psychophysiological reactivity and thyroid hormones in clinical anxiety. Annual Meeting of the **Association for Advancement of Behavior Therapy**, Washington, D.C., November 1989.
- Skidmore, J.R. Blood pressure reactivity: Physical versus psychosocial stressors. Joint Annual Conference of the **Rocky Mountain Psychological Association** and the **Western Psychological Association**, Reno, April 1989.
- Skidmore, J.R., Eisler, R.M., Blalock, J.A. & Sikkema, K.J. Cardiovascular reactivity in men as a function of masculine gender role stress. Annual Meeting of **Association for Applied Psychophysiology & Biofeedback**, Colorado Springs, March 1988.
- Southard, D.R., Eisler, R.M. & Skidmore, J.R. Covariation of mood and blood pressure in the natural environment. Annual Conference of the **Society of Behavioral Medicine**, Washington, D.C., March 1987.
- Harrison, D.W., Gorelczenko, P.M., Kelly, P.L., & Skidmore, J.R. Validity of assessment methods in self-monitored blood pressure. Annual Scientific Convention of the **South Eastern Psychological Association**, Atlanta, March 1987.
- Skidmore, J.R., Malone, S.W., Riley, A.W. & Frederiksen, L.W. Reducing relapse in smoking cessation: Behavioral brand-fading work-site program. Annual Convention of the **American Psychological Association**, Washington, D.C., August 1986.
- Skidmore, J.R. Psychological intervention in cardiac rehabilitation programs. Exercise Specialist Certification Program, **American College of Sports Medicine**, Blacksburg, Virginia, July 1986.

PRESENTATIONS: Scientific & Professional Conferences (continued)

Malone, S.W., Skidmore, J.R. & Russ, N. The overlooked factor: Side effects of quitting smoking.
Annual Meeting of the **Virginia Academy of Science**, Harrisonburg, Virginia, May 1986.

COMMUNITY PRESENTATIONS: Continuing Education for Health Professionals (examples)

Skidmore, J.R. (2009, March). Understanding Chronic Pain in Body and Brain: Keys to Recovery.
Continuing Education Seminar for Mental Health Professionals, Samaritan Center, Seattle.

Skidmore, J.R. (2005, Oct). Everything doctors need, besides medicine, to help patients with chronic pain.
Workshop at Annual Conference of the Collaborative Family Health Care Association, Seattle.

Skidmore, J.R. (2005, July). Chronic pain in persons with arthritis and fibromyalgia: Understanding the whole person. Annual Symposium of the Arthritis Foundation, Shoreline, Washington.

Skidmore, J.R. (2003, June). Chronic pain and suffering: Body, mind & spirit. Grand Rounds for Medical Residents & Faculty, Department of Psychiatry & Behavioral Sciences, University of Washington School of Medicine, Seattle.

SELECTED HONORS

Who's Who in America	2002
University Distinguished Alumnus (APU)	2002
Who's Who in the World, awarded in Great Britain	1999
Elected to Sigma Xi, The Scientific Research Society	1988
Who's Who Among Students in American Universities	1976
Cum Laude Honors Graduate, Azusa Pacific University	1976