

CURRICULUM VITAE
James Franklin Boswell, Ph.D.

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RESEARCH INTERESTS

Psychotherapy process and outcome; mechanisms of change; psychotherapy effectiveness and measurement-based care; psychotherapy implementation and training; anxiety and mood disorders; psychotherapy integration.

CURRENT POSITIONS

Assistant Professor of Psychology, August 2013 – present
Department of Psychology
University at Albany, State University of New York

Evidence-Based Practice Implementation and Training Consultant, January 2014 – present
The Renfrew Center, Philadelphia, PA

PREVIOUS POSITIONS

Research Assistant Professor, August 2012 – July 2013
Center for Anxiety and Related Disorders
Department of Psychological and Brain Sciences
Boston University

Director of Unified Protocol Education and Training, January 2012 – June 2014
Center for Anxiety and Related Disorders
Department of Psychological and Brain Sciences
Boston University

EDUCATION AND TRAINING

Postdoctoral Clinical-Research Fellowship, July 2011 – July 2012
Center for Anxiety and Related Disorders
Department of Psychological and Brain Sciences
Boston University (Advisor: David H. Barlow, Ph.D.)

Predoctoral Clinical Psychology Residency, July 2010 – June 2011
Department of Psychiatry and Human Behavior
Alpert Medical School of Brown University
APA-Accredited Clinical Internship (Advisor: Mark Zimmerman, M.D.)

Ph.D. in Clinical Psychology, August 2011
M.S. in Clinical Psychology, August 2006
The Pennsylvania State University
Department of Psychology
Faculty Advisor/Chair: Louis G. Castonguay, Ph.D.

B.A. *Summa Cum Laude*, May 2003
Simpson College, Indianola, IA
Majors: Psychology (with Honors) and Philosophy (with Honors)

RESEARCH SUPPORT

Current

"Are Psychotherapists Good, Bad, or Both at Predicting Their Effectiveness?"
American Psychological Association (APA) Division 29 (Society for the Advancement of
Psychotherapy) Norine Johnson Psychotherapy Research Grant (Role: PI)

"Mechanisms of Change in Innovative Cognitive-Behavioral Therapies."
National Institute of Health (NIH) Clinical Research Loan Repayment Program Grant (Role: PI)

Completed

*"Use-Oriented Basic Research: Change Mechanisms of Behavioral Social Interventions: A
Unified Transdiagnostic Treatment for Anxiety Disorders."* (PI: David Barlow)
National Institute of Mental Health (NIMH) R01 Supplement (Role: Co-Investigator)

*"An Idiographic Approach to Examining Mechanisms of Change in Transdiagnostic Cognitive-
Behavioral Therapy."*
Private Foundation. (Role: PI)

"Online Panic Control Training for Clinicians." (PI: David Barlow)
National Institute of Mental Health (NIMH) (Role: Co-Investigator)

*"Client Emotional Arousal in Cognitive-Behavioral and Interpersonal-Emotional Processing
Therapy for Generalized Anxiety Disorder."*
Penn State University College of Liberal Arts Dissertation Grant (Role: PI)

"Therapist Characteristics and Technique Use in Naturalistic Treatment."
Penn State University Department of Psychology Master's Thesis Support (Role: PI)

PUBLICATIONS

Peer Reviewed Journals (* designates graduate student co-author)

- Boswell, J.F.**, *Anderson, L.M., & Anderson, D. (in press). Integration of interoceptive exposure in eating disorder treatment. *Clinical Psychology: Science and Practice*.
- Zack, S.E., Castonguay, L.G., **Boswell, J.F.**, McAleavey, A.A., Adelman, R., Kraus, D.R., & Pate, G.A. (2015). Attachment history as a moderator of the alliance-outcome relationship in adolescents. *Psychotherapy*. <http://dx.doi.org/10.1037/a0037727>
- Boswell, J.F.**, Constantino, M.J., Kraus, D.R., *Bugatti, M., & *Oswald, J. (2015). The expanding relevance of routinely collected outcome data for mental health care decision making. *Administration and Policy in Mental Health and Mental Health Services Research*. DOI 10.1007/s10488-015-0649-6
- Boswell, J.F.** (2015). Psychotherapy: Process, mechanisms, and science-practice integration. *Psychotherapy*, 52, 38-44.
- Boswell, J.F.**, Kraus, D.R., Miller, S., & Lambert, M.J. (2015). Implementing routine outcome assessment in clinical practice: Benefits, challenges, and solutions. *Psychotherapy Research*, 25, 6-19. <http://dx.doi.org/10.1080/10503307.2013.817696>
- Boswell, J.F.**, *Anderson, L.M., & Barlow, D.H. (2014). An idiographic analysis of change processes in the unified transdiagnostic treatment of depression. *Journal of Consulting and Clinical Psychology*, 82, 1060-1071.
- Nordberg, S.S., Castonguay, L.G., Fisher, A.J., **Boswell, J.F.**, & Kraus, D. (2014). Validating the rapid responder construct within a practice research network. *Journal of Clinical Psychology*, 70, 886-903. DOI: 10.1002/jclp.22077
- *Thompson-Hollands, J., *Bentley, K.H., Gallagher, M.W., **Boswell, J.F.**, & Barlow, D.H. (2014). Credibility and outcome expectancy in the Unified Protocol for transdiagnostic treatment of emotional disorders. *Journal of Experimental Psychopathology*, 5, 72-82. DOI:10.5127/jep.033712
- Lutz, W., Hofmann, S.G., Rubel, J., **Boswell, J.F.**, Shear, M.K., Gorman, J.M., Woods, S.W., & Barlow, D.H. (2014). Patterns of early change and their relationship to outcome and early treatment termination in patients with panic disorder. *Journal of Consulting and Clinical Psychology*. 82, 287-297. DOI: 10.1057/a0035535.
- Boswell, J.F.**, Farchione, T.J., Sauer-Zavala, S.E., Murray, H., Fortune, M., & Barlow, D.H. (2013). Anxiety sensitivity and interoceptive exposure: A transdiagnostic construct and change strategy. *Behavior Therapy*, 44, 417-431. <http://dx.doi.org/10.1016/j.beth.2013.03.006>
- Boswell, J.F.** (2013). Intervention strategies and clinical process in transdiagnostic cognitive-behavioral therapy. *Psychotherapy*, 50, 381-386. DOI: 10.1037/a0032157

- Constantino, M.J., Morrison, N.R., MacEwan, G.B., & **Boswell, J.F.** (2013). The therapeutic alliance: Expert and trainee perspectives on current and ideal training practices. *Journal of Psychotherapy Integration, 23*, 284-289. DOI: 10.1037/a0032357
- Constantino, M. J., **Boswell, J. F.**, Bernecker, S. L., & Castonguay, L. G. (2013). Context-responsive integration as a framework for unified psychotherapy and clinical science: Conceptual and empirical considerations. *Journal of Unified Psychotherapy and Clinical Science, 2*, 1-20.
- *Bentley, K. H., Gallagher, M. W., **Boswell, J. F.**, Gorman, J. M., Shear, M. K., Woods, S. W., & Barlow, D. H. (2013). The interactive contributions of perceived control and anxiety sensitivity in panic disorder: A triple vulnerabilities perspective. *Journal of Psychopathology and Behavioral Assessment, 35*, 57-64.
- Boswell, J.F.**, *Thompson-Hollands, J., Farchione, T.J., & Barlow, D.H. (2013). Intolerance of uncertainty: A common factor in the treatment of emotional disorders. *Journal of Clinical Psychology, 69*, 630-645. DOI: 10.1002/jclp.21965
- Boswell, J.F.**, Gallagher, M.W., Sauer-Zavala, S.E., *Bullis, J., Gorman, J.M., Shear, M.K., Woods, S.W., & Barlow, D.H. (2013). Patient characteristics and variability in adherence and competence in cognitive-behavioral therapy for panic disorder. *Journal of Consulting and Clinical Psychology, 81*, 443-454. DOI: 10.1037/a0031437
- Barlow, D.H., **Boswell, J.F.**, *Thompson-Hollands, J. (2013). Eysenck, Strupp and 50 years of psychotherapy research: A personal perspective. *Psychotherapy, 50*, 77-87.
- Gallagher, M.W., Sauer-Zavala, S.E., **Boswell, J.F.**, *Carl, J.R., Farchione, T.J., & Barlow, D.H. (2013). The impact of the Unified Protocol for Emotional Disorders on quality of life. *International Journal of Cognitive Therapy, 6*, 57-72.
- Sauer-Zavala, S.E., **Boswell, J.F.**, Gallagher, M.W., *Bentley, K.H., Ametaj, A., & Barlow, D.H. (2012). The role of negative affectivity and negative reactivity to emotions in predicting outcomes in the Unified Protocol for transdiagnostic treatment of emotional disorders. *Behaviour Research and Therapy, 50*, 551-557.
- Boswell, J.F.**, Sauer-Zavala, S.E, Gallagher, M.W., Delgado, N.K., & Barlow, D.H. (2012). Readiness to change as a moderator of outcome in transdiagnostic treatment. *Psychotherapy Research, 22*, 570-578.
- Boswell, J.F.**, McAleavey, A.A., Castonguay, L.G., Hayes, J.A., & Locke, B.D. (2012). The effects of previous mental health service utilization on changes in clients' depressive symptoms. *Journal of Counseling Psychology, 59*, 368-378.
- Kraus, D.R., Castonguay, L.G., **Boswell, J.F.**, Nordberg, S.S., & Hayes, J.A. (2011). Therapist effectiveness: Implications for accountability and patient care. *Psychotherapy Research, 21*, 267-276.

Boswell, J.F., Llera, S., Newman, M.G., & Castonguay, L.G. (2011). A case of premature termination in a treatment for generalized anxiety disorder. *Cognitive and Behavioral Practice, 18*, 326-337.

Newman, M.G., Castonguay, L.G., Borkovec, T.D., Fisher, A.J., **Boswell, J.F.**, Szkodny, L.E., & Nordberg, S.S. (2011). A randomized controlled trial of cognitive-behavioral therapy for generalized anxiety disorder with integrated techniques from emotion-focused and interpersonal therapies. *Journal of Consulting and Clinical Psychology, 79*, 171-181.

Locke, B.D., Buzolitz, J.S., Lei, P.W., **Boswell, J.F.**, McAleavey, A.A...Hayes, J.A. (2011). Development of the Counseling Center Assessment of Psychological Symptoms (CCAPS). *Journal of Counseling Psychology, 58*, 97-109.

Castonguay, L.G., **Boswell, J.F.**, Zack, S.E., Baker, S., Boutselis, M.A., Chiswick, N.R.,...Grosse Holtforth, M. (2010). Helpful and hindering events in psychotherapy: A practice research network study. *Psychotherapy: Theory, Research, Practice, Training, 47*, 327-344.

Boswell, J.F., Castonguay, L.G., & Wasserman, R.H. (2010). Effects of training and intervention use on session outcome. *Journal of Consulting and Clinical Psychology, 78*, 717-723.

Kraus, D.R., **Boswell, J.F.**, Wright, A.G.C., Castonguay, L.G., Pincus, A.L. (2010). Factor structure of the treatment outcome package for children. *Journal of Clinical Psychology, 66*, 627-640.

Boswell, J.F., Nelson, D.L., Nordberg, S., McAleavey, A.A., & Castonguay, L.G. (2010). Competencies in integrative psychotherapy: Training and supervision. *Psychotherapy: Theory, Research, Practice, Training, 47*, 3-11.

Castonguay, L.G., **Boswell, J.F.**, Constantino, M.J., Goldfried, M.R., & Hill, C.E. (2010). Training implications of harmful effects of psychological treatments. *American Psychologist, 65*, 34-49.

Boswell, J.F. (2009). A young scholar's commentary on Goldfried (1980). *Applied and Preventive Psychology, 13*, 12-13.

Boswell, J.F., Castonguay, L.G., & Pincus, A.L. (2009). Trainee theoretical orientation: Profiles and potential predictors. *Journal of Psychotherapy Integration, 19*, 291-312.

Boswell, J.F., & Castonguay, L.G. (2007). Guest editors' introduction to the special series on psychotherapy training. *Psychotherapy: Theory, Research, Practice, Training, 44*, 363.

Boswell, J.F., & Castonguay, L.G. (2007). Psychotherapy training: Suggestions for core ingredients and future research. *Psychotherapy: Theory, Research, Practice, Training, 44*, 378-383.

Zack, S.E., Castonguay, L.G., & **Boswell, J.F.** (2007). Youth working alliance: A core clinical construct in need of empirical maturity. *Harvard Review of Psychiatry*, *15*, 278-288.

Edited Book Chapters

Boswell, J.F., Constantino, M.J., & *Anderson, L.M. (in press). Potential obstacles to treatment success in adults: Client characteristics and expectancies. In S. Maltzman (Ed.), *The Oxford handbook of treatment processes and outcomes in counseling psychology* (pp. xx-xx). New York: Oxford University Press.

Boswell, J.F., *Bentley, K.H., & Barlow, D.H. (in press). Motivation facilitation in the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. In H. Arkowitz, W. Miller, & S. Rollnick (Eds.), *Motivational interviewing in the treatment of psychological problems* (2nd ed., pp. xx-xx). New York: Guilford Press.

Boswell, J.F., & McHugh, R.K. (in press). Learning from research. In J.C. Norcross, G.R. VandenBos, and D.K. Freedheim's (Eds.), *APA handbook of clinical psychology Volume V: Education and Profession* (pp. xx-xx). Washington D.C.: American Psychological Association Press.

Castonguay, L.G., Nelson, D.B., **Boswell, J.F.**, & Nordberg, S.S., Newman, M.G., & Borkovec, T.D. (2012). Corrective experiences in cognitive behavioral and interpersonal/emotional processing therapies: A qualitative analysis of a single case. In L.G. Castonguay and C.E. Hill's (Eds.) *Transformation in psychotherapy: Corrective experiences across cognitive behavioral, humanistic, and psychodynamic approaches*. Washington, D.C.: American Psychological Press.

Boswell, J.F., Sharpless, B.A., Greenberg, L.S., Heatherington, L., Huppert, J.D., Barber, J.P., Goldfried, M.R., & Castonguay, L.G. (2010). Schools of psychotherapy and the beginnings of a scientific approach. In D.H. Barlow (Ed.), *Oxford handbook of clinical psychology* (pp. 98-127). New York: Oxford University Press.

Boswell, J.F., & Goldfried, M.R. (2010). Psychotherapy integration. In I.B. Weiner, & W.E. Craighead (Eds.), *The Corsini encyclopedia of psychology* (4th ed., pp. 1-3). New York: John Wiley & Sons.

Castonguay, L.G., Constantino, M.J., **Boswell, J.F.**, & Kraus, D. (2010). The therapeutic alliance: Research and theory. In L. Horowitz, & S. Strack (Eds.), *Handbook of interpersonal psychology: Theory, research, assessment, and therapeutic interventions* (pp. 509-518). New York: John Wiley & Sons.

Grosse Holtforth, M., Castonguay, L.G., **Boswell, J.F.**, Wilson, L. A., Kakouros, A.A., & Borkovec, T.D. (2006). Insight in cognitive behavioral therapy. In L.G. Castonguay & C.E. Hill (Eds.), *Insight in psychotherapy* (pp. 57-80). Washington, D.C.: American Psychological Press.

Castonguay, L.G., Grosse Holtforth, M., Coombs, M.M., Beberman, R.A., Kakouros, A.A., **Boswell, J.F.**, Reid, J.J., & Jones, E.E. (2006). Relationship factors in treating dysphoric disorders. In L.G. Castonguay and L.E. Beutler (Eds.), *Principles of therapeutic change that work* (pp. 65 – 81). New York: Oxford University Press.

Other Publications

Boswell, J.F. (2012). The Unified Protocol for transdiagnostic treatment of emotional disorders. *Psychotherapy Bulletin, 47*, 7-11.

Boswell, J.F., Hill, C.E., & Castonguay, L.G. (2008). Insight in psychotherapy: Toward a consensus on definition, process, consequences, and future research directions. *Psychotherapy Bulletin, 43*, 21-27.

Boswell, J.F., & Castonguay, L.G. (2007). *Evidence-based treatment guide for 11 domains of the adolescent Treatment Outcome Package (TOP) and significant problem areas: Manual for practitioners*. Marlborough, MA: Behavioral Health Laboratories.

Boswell, J.F., & Castonguay, L.G. (2006). Research on theoretical orientation: What do we know and what are the implications for training? *Psychotherapy Bulletin, 41*, 17-18.

Manuscripts Under Review

Brake, C.A., Sauer-Zavala, S., **Boswell, J.F.**, Gallagher, M.W., Farchione, T.J., & Barlow, D.H. (under review). Mindfulness based distress reduction in the Unified Protocol for Emotional Disorders: An exploratory alternating treatment comparison.

Fisher, A.J., **Boswell, J.F.**, & Erickson, K., Bosley, H., Weise, S., & Roth, W. (under review). A test of the emotional avoidance theory of worry: Person-specific dynamic modeling of worry and negative emotions.

*Ritzert, T.R., Forsyth, J.P., Sheppard, S.C., **Boswell, J.F.**, & Berghoff, C.R., & Eifert, G.H. (under review). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial.

Manuscripts in Preparation

Boswell, J.F., *Bugatti, M., *Oswald, J., & Doucette, A. (in preparation). Pay-for-performance in clinical psychology.

Boswell, J.F., Conklin, L., Bugatti, M., & Oswald, J. (in preparation). Major depressive disorder. To be published in D.H. Barlow & T.J., Farchione (Eds.), *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. New York: Oxford University Press.

Boswell, J.F., Castonguay, L.G., Kraus, D.R., & *Youn, S. (in preparation). The Treatment Outcome Package: A tool for measuring routine progress and outcome.

Boswell, J.F., Carl, J.R., *Oswald, J., *Bugatti, M., Ametaj, A., & Barlow, D.H. (in preparation). Trajectories of change across anxiety disorders during transdiagnostic cognitive-behavioral treatment.

Castonguay, L.G., Nordberg, S.S., **Boswell, J.F.**, *Ernestus, S.M., Wilson, L.S., & Kraus, D.R. (in preparation). The relationship between socio-economic status and treatment outcome in naturalistic settings.

Castonguay, L.G., Constantino, M.J., Newman, M.G., **Boswell, J.F.**, & Borkovec, T.D. (in preparation). Alliance, therapist adherence and competence, and client receptivity: Change processes in cognitive-behavioral therapy for generalized anxiety disorder.

CONFERENCE PRESENTATIONS

Papers

Boswell, J.F., Kraus, D.K., Miller, S., & Lambert, M.J. (2015, June). *Implementing routine outcome monitoring in clinical practice: Benefits, challenges, and solutions*. Paper to be presented at the Society for Psychotherapy Research Conference, Philadelphia, PA.

Castonguay, L.G., *Youn, S., McAleavey, A. A., **Boswell, J.F.**, Boutselis, M., Braver, M.,...O'Leary Wiley, M. (2015, June). *The use of empirically supported techniques: Did I do what I thought I would do and/or what I thought I did?* Paper to be presented at the Society for Psychotherapy Research Conference, Philadelphia, PA.

Boswell, J.F., & Gallagher, M.W. (2014, June). *Patient characteristics and variability in adherence and competence in cognitive-behavioral therapy for panic disorder*. Paper presented at the Society for Psychotherapy Research Conference, Copenhagen, Denmark.

Castonguay, L.G., Youn, S.J., McAleavey, A.A., **Boswell, J.F.**, Boutselis, M., Braver, M.,...O'Leary Wiley, M. (2014, June). *The use of empirically based techniques in day-to-day practice: Does it matter, and if so, for whom?* Paper presented at the Society for Psychotherapy Research Conference, Copenhagen, Denmark.

Boswell, J.F., & *Anderson, L.M. (2014, April). *An idiographic analysis of change processes in the unified transdiagnostic treatment of depression*. Paper presented at the Society for the Exploration of Psychotherapy Integration Conference, Montreal, Canada.

Boswell, J.F., Constantino, M.J., & Kraus, D.R. (2014, April). *Promoting context-responsiveness with outcomes monitoring*. Paper presented at the Society for the Exploration of Psychotherapy Integration Conference, Montreal, Canada.

- Constantino, M.J., **Boswell, J.F.**, Bernecker, S.L., & Castonguay, L.G. (2014, April). *Context-responsive psychotherapy integration as a framework for a Unified Clinical Science: Conceptual and empirical considerations*. Paper presented at the Society for the Exploration of Psychotherapy Integration Conference, Montreal, Canada.
- Gallagher, M.W., **Boswell, J.F.**, & Barlow, D.H. (2013, November). *Idiographic approaches to identifying and testing mechanisms of change*. Paper presented at the Association for Behavioral and Cognitive Therapies (ABCT) annual convention, Nashville, TN.
- Boswell, J.F.**, Sauer-Zavala, S.E., Gallagher, M.W., & Barlow, D.H. (2013, October). *The role of negative affectivity and negative reactivity to emotions in predicting outcomes in the Unified Protocol*. Paper presented at the North American Society for Psychotherapy Research Conference (NASPR), Memphis, TN.
- Boswell, J.F.**, Farchione, T.J., Ellard, K.K., & Barlow, D.H. (2012, November). *Treatment of depression with the Unified Protocol: Preliminary findings, clinical implications, and future directions*. Paper presented at the Association for Behavioral and Cognitive Therapies (ABCT) annual convention, National Harbor, MD.
- Boswell, J.F.**, Thompson-Hollands, J., & Barlow, D.H. (2012, June). *Intolerance of uncertainty: A transdiagnostic construct predictive of treatment outcome*. Paper presented at the Society for Psychotherapy Research Conference, Virginia Beach, VA.
- Castonguay, L.G., Nelson, D.L., **Boswell, J.F.**, Nordberg, S.S., McAleavey, A.A., Newman, M.G., & Borkovec, T.D. (2012, June). *Corrective experiences in cognitive-behavioral therapy*. Paper presented at the Society for Psychotherapy Research Conference, Virginia Beach, VA.
- Zack, S.E., Adelman, R., McAleavey, A.A., Youn, S.J., **Boswell, J.F.**, Castonguay, L.G., & Kraus, D. (2012, June). *Parental attachment as a common factor predicting youth alliance formation*. Paper presented at the Society for Psychotherapy Research Conference, Virginia Beach, VA.
- Boswell, J.F.**, McAleavey, A.A., Locke, B., Hayes, J., & Castonguay, L.G. (2011, September). *The effects of previous mental health service utilization on changes in college counseling clients' mood symptoms*. Paper presented at the North American Society for Psychotherapy Research Conference, Banff, Alberta, Canada.
- Boswell, J.F.** (2011, May). *Client emotional arousal and session outcome in the treatment of generalized anxiety disorder*. Paper presented at the Society for the Exploration of Psychotherapy Integration Conference, Washington, D.C.
- Boswell, J.F.** (2010, June). *Client emotional arousal in the treatment of generalized anxiety disorder*. Paper presented at the Society for Psychotherapy Research Conference, Asilomar, CA.

- Castonguay, L.G., **Boswell, J.F.**, Constantino, M.J., Goldfried, M.R., & Hill, C.E. (2010, June). *Training guidelines to reduce harmful effects in psychotherapy: Is research necessary or sufficient?* Paper presented at the annual meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Kraus, D.R., Castonguay, L.G., Nordberg, S.S., & **Boswell, J.F.** (2010, June). *Therapist competencies and implications for patient care.* Paper presented at the Society for Psychotherapy Research Conference, Asilomar, CA.
- McAleavey, A.A., Nordberg, S.S., **Boswell, J.F.**, Kraus, D.R., & Castonguay, L.G. (2010, June). *Discriminant function analyses of the Treatment Outcome Package's ability to predict diagnoses of major depressive disorder.* Paper presented at the Society for Psychotherapy Research Conference, Asilomar, CA.
- Nordberg, S.S., **Boswell, J.F.**, Kraus, D.R., Castonguay, L.G., Hayes, J., & Wampold, B. (2010, June). *Therapist effectiveness treating depression with and without co-morbid substance abuse.* Paper presented at the Society for Psychotherapy Research Conference, Asilomar, CA.
- McAleavey, A.A., **Boswell, J.F.**, Locke, B., Hayes, J., & Castonguay, L.G. (2009, November). *Institutional differences within the CSCMH: Statistical vs. clinical significance.* Paper presented at the Mid-Atlantic Society for Psychotherapy Research conference, Philadelphia, PA.
- Boswell, J.F.** (2009, April). *Change in mood symptoms and suicidality in the CSCMH pilot study.* Paper presented at the Center for the Study of Collegiate Mental Health Conference, University Park, PA.
- Boswell, J.F.**, Castonguay, L.G., & Wasserman, R.H. (2008, September). *Relationships between techniques and session impact: A study of therapists in-training.* Paper presented at the North American Society for Psychotherapy Research Conference, New Haven, CT.
- Castonguay, L.G., **Boswell, J.F.**, Zack, S.E., Montellese, J., Baker, S., Boutselis, et al. (2008, September). *Helpful and hindering events in child psychotherapy: A preliminary investigation in a naturalistic setting.* Paper presented at the North American Society for Psychotherapy Research conference. New Haven, CT.
- Castonguay, L.G., Constantino, M.J., **Boswell, J.F.**, Przeworski, A., Newman, M.G., & Borkovec, T.D. (2008, June). *Alliance, therapist adherence, therapist competence, and client receptivity: New analyses on change processes in CBT for generalized anxiety disorder.* Paper presented at the annual meeting of the Society for Psychotherapy Research, Barcelona, Spain.
- Nordberg, S.S., **Boswell, J.F.**, Castonguay, L.G., & Kraus, D., (2008, June). *Measuring the shape of change: Results from three years of repeated assessment in a university clinic.*

Paper presented at the annual meeting of the Society for Psychotherapy Research, Barcelona, Spain.

Boswell, J.F., Castonguay, L.G., & Hill, C.E. (2008, May). *Insight in psychotherapy: Where are we and where should we go?* Paper presented at The Society for the Exploration of Psychotherapy Integration, Boston, MA.

Boswell, J.F., & Castonguay, L.G. (2007, June). *Theoretical orientation and technique use in a training setting.* Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, WI.

Castonguay, L.G., **Boswell, J.F.**, Zack, S., Montellese, J., Baker, S., Boutselis, et al. (2007, June). *Helpful and hindering events in psychotherapy: A practice research network study.* Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, WI.

Boswell, J.F., & Castonguay, L.G., (co-chairs) (2006, October). *Future directions in psychotherapy training: A cognitive-behavioral assimilative perspective.* Paper presented at the North American Society for Psychotherapy Research Conference, Burr Oak, OH.

Boswell, J.F., Castonguay, L.G., & Pincus, A.L. (2006, June). *Personality and theoretical orientation: An investigation of therapists in-training.* Paper presented at the annual meeting of the Society for Psychotherapy Research, Edinburgh, Scotland.

Castonguay, L. G., Newman, M. G., Borkovec, T. D., Grosse Holtforth, M., **Boswell, J. F.**, Angtuaco, L. A., et al. (2006, June). *Clients' emotional experience in cognitive-behavioral and interpersonal/emotional processing treatments: An attempt to replicate previous findings.* Paper presented at the annual meeting of the Society for Psychotherapy Research, Edinburgh, Scotland.

Boswell, J.F., & Castonguay, L.G., (2006, May). *Theoretical orientation: Research, clinical, and training issues.* Paper presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Los Angeles, CA.

Grosse Holtforth, M., Castonguay, L.G., **Boswell, J.F.**, Angtuaco, L. A., Kakouros, A.A., & Borkovec, T.D. (2005, September). *Insight in cognitive behavioral therapy.* Paper presented at the 35th Annual Congress of The European Association for Behavioural and Cognitive Therapies. Thessaloniki, Greece.

Castonguay, L. G., Newman, M. G., Borkovec, T. D., Grosse Holtforth, M., Angtuaco, L. A., **Boswell, J. F.**, et al. (2005, June). *Testing the reliability of therapeutic relationship findings in cognitive-behavioral and interpersonal/emotional processing treatments.* Paper presented at the annual meeting of the Society for Psychotherapy Research, Montreal, Canada.

Grosse Holtforth, M., Castonguay, L. G., Newman, M. G., Borkovec, T. D., **Boswell, J. F.**, Angtuaco, L. A., & Kakouros, A. (2005, June). *Fear of vulnerability as a predictor of alliance and session experiences*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Montreal, Canada.

Maramba, G. J., Castonguay, L. G., Newman, M. G., & Borkovec, T. D., **Boswell, J.F.**, Erickson, T.M., et al. (2005, June). *The early alliance as a predictor of outcome*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Montreal, Canada.

Posters

Boswell, J.F., Thompson-Brenner, H., *Oswald, J., Lehman, S., & Lowe, M. (2015, June). *Are you ready to integrate?: Clinician variables and the implementation of new practices*. Poster to be presented at the Society for the Exploration of Psychotherapy Integration Conference, Baltimore, MD.

*Bentley, K.H., Gallagher, M.W., **Boswell, J.F.**, & Barlow, D.H. (2012, June). *Outcome expectancy in the Unified Protocol for the transdiagnostic treatment of emotional disorders*. Poster presented at the Society for Psychotherapy Research Conference, Virginia Beach, VA.

Boswell, J.F., Castonguay, L.G., Newman, M.G., & Borkovec, T.D. (2010, March). *Client emotional processing in cognitive-behavioral and interpersonal-emotional processing therapy for generalized anxiety disorder*. Poster presented at the Penn State University Graduate Student Research Exhibition, University Park, PA.

Boswell, J.F., Kraus, D.R., Nordberg, S., & Castonguay, L.G., (2009, June). *The Treatment Outcome Package (TOP): An investigation of its validity*. Poster presented at the Society for Psychotherapy Research Conference, Santiago, Chile.

Boswell, J.F. (2009, April). *Change in mood symptoms: Trends and the effect of previous mental health service utilization*. Poster presented at the Center for the Study of Collegiate Mental Health conference, University Park, PA.

Maramba, G.G., Castonguay, L.G., **Boswell, J.F.**, Newman, M.G., & Borkovec, T.D. (2005). Early alliance in cognitive-behavioral and interpersonal-emotional processing therapy for generalized anxiety disorder. Poster presented at the Penn State University Graduate Student Research Exhibition, University Park, PA.

Boswell, J.F. (2003, May). *The effect of direct-to-consumer pharmaceutical advertising on beliefs about viable treatment options for mental disorders*. Poster presented at annual meeting of Midwest Psychological Association, Chicago, IL.

Structured and Open Discussions

Boswell, J.F., Caspar, F., Eubanks, C.F., Fernandez-Alvarez, H., Gomez, B., & Holmqvist, R. (2015, June). *Working together: Lessons from therapists' and researchers' partnerships in conducting clinically relevant studies*. Structured Discussion group conducted at the Society for the Exploration of Psychotherapy Integration Conference, Baltimore, MD.

Caspar, F., Castonguay, L.G., Gomez, B., Fernandez-Alvarez, H., Holmqvist, R., & **Boswell, J.F.** (2015, June). *Working together: Practice-oriented research from the clinician's perspective*. Structured Discussion group conducted at the Society for the Exploration of Psychotherapy Integration Conference, Baltimore, MD.

Berkeljon, A., **Boswell, J.F.**, Constantino, M.J., Guajardo, V.B., Mergenthaler, E., Roussos, A., & Silberschatz, G. (chair) (2012, June). *Building the SPR psychotherapy databank*. Discussion group conducted at the annual meeting of the Society for Psychotherapy Research, Virginia Beach, VA.

Boswell, J.F., Castonguay, L.G., Fauth, J., Geller, J. (co-chair), Hill, C.E. (co-chair), Jackson, J., Marmarosh, C., Palma-Orellana, B., Spangler, P., & Thompson, B. (2011, September). *Clinical and Research Issues Involved in Therapists-in-Training Transferring Clients and Seeing Transferred Clients*. Discussion group conducted at the North American Society for Psychotherapy Research Conference, Banff, Alberta, Canada.

Castonguay, L.G., (chair), **Boswell, J.F.**, Dagnino, P., de Jong, K., Elkin, I., Kaechele, H., & Orlinky, D. (2010, June). *Hallmarks of psychotherapy research, take 2: A renewed dialogue between two generations of researchers*. Moderated discussion group conducted at the annual meeting of the Society for Psychotherapy Research, Asilomar, CA.

Constantino, M.J., **Boswell, J.F.**, & MacEwan, G.B. (co-chairs), DeGeorge, J., Eubanks-Carter, C., Friedlander, M.L., Muran, J.C., Safran, J. (2008, September). *The therapeutic alliance: Expert and student perspectives on current and ideal training practices*. Moderated discussion group conducted at the annual meeting of the North American Society for Psychotherapy Research, New Haven, CT.

Adelman, R., **Boswell, J.F.**, Castonguay, L.G. (Chair), Chiswick, N. Goldfried, M.R., & David Kraus, D. (2008, May). *Practice research networks: Exploring a new strategy for the actualization of psychotherapy integration*. Open discussion conducted at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Boston, MA.

Constantino, M.J., MacEwan, G.B., & **Boswell, J.F.** (co-chairs), Castonguay, L.G., Goldfried, M.R., Messer, S.B., Dadlani, M., & Wasserman, R.H. (2008, May). *The therapeutic alliance: Expert and student perspectives on current and ideal training practices*. Moderated discussion group conducted at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Boston, MA.

Adelman, R., **Boswell, J.F.**, Castonguay, L.G. (chair), Garland, A., Hemmelstein, N., Hill, B., Kraus, D.R., Smart, D.W., Stelk, W., Wolfe, A. (2007, June). *Clinicians conducting research: What can we learn from them?* Open Discussion conducted at the annual meeting of the Society for Psychotherapy Research, Madison, WI.

Chaired Symposia

Future directions in psychotherapy training. North American Society for Psychotherapy Research Conference (2006, October), Burr Oak, OH.

Workshops, Trainings, and Invited Talks

Gallagher, M.W., Sauer-Zavala, S., & **Boswell, J.F.**, & Farchione, T. (2014, November). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders.* Workshop conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.

Boswell, J.F. (2014, September). *Transdiagnostic CBT: Developments, processes, and outcomes.* Invited Colloquium. University of California, Berkeley Clinical Science Colloquium Series. Berkeley, California.

Boswell, J.F. (2014, June). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders.* Invited workshop conducted at Verksam Psykologi, Gothenburg, Sweden.

Boswell, J.F., & Thompson-Brenner, H. (2014, May). *Integration of Unified Protocol principles and strategies in the Renfrew Center treatment program.* Invited training conducted at the Renfrew Center of Florida, Coconut Creek, FL.

Boswell, J.F., Sauer-Zavala, S.E., Farchione, T.J., Gallagher, M.W., & Barlow, D.H. (2013, November). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders.* Clinical Institute conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Nashville, TN.

Boswell, J.F. (2013, November). It's complicated: Process variable interactions and psychotherapy outcome. Invited talk for the Albany Medical Center Department of Psychiatry Grand Rounds, Albany, NY.

Boswell, J.F. (2013, August). The relationships between technical and participant factors in psychotherapy. Invited talk for the University at Albany Division of Counseling Psychology Semester Research Colloquium, Albany, NY.

Boswell, J.F., & Thompson-Brenner, H. (2013, July). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in an eating disorder population.* Invited training at the Renfrew Center of Philadelphia, Philadelphia, PA.

Barlow, D.H., & **Boswell, J.F.**, Sauer-Zavala, S., & Farchione, T.J. (2013, July). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. Invited workshop conducted at the American Board of Professional Psychology (ABPP) Summer Workshop Series, Boston, MA.

Boswell, J.F., Sauer-Zavala, S.E., Thompson-Hollands, J., & Bentley, K. (2013, April). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. Workshop conducted at the Anxiety and Depression Association of America Conference, La Jolla, CA.

Boswell, J.F., Sauer-Zavala, S., Thompson-Hollands, J., Carl, J., & Barlow, D.H. (2012, November). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. Workshop conducted at the Center for Anxiety and Related Disorders, Boston, MA.

Boswell, J.F. (2010, May). *The Treatment Outcome Package: Monitoring outcomes and interpretation*. Invited presentation and training at The Penn State University Psychological Clinic, University Park, PA.

Boswell, J.F. (2006, September). *The Psychological Clinic as a Practice Research Network (PRN): An example of clinic based effectiveness research*. Invited talk for the Penn State University Clinical Practice and Research Grand Rounds, University Park, PA.

Wolff, M., & **Boswell, J.F.** (2006, July). *Group dynamics and processes: Interactions that impact behaviors*. Invited training for Central Pennsylvania MH/MR. Williamsport, PA.

AWARDS AND HONORS

New Investigator Award, Society for the Exploration of Psychotherapy Integration (SEPI)	2015
Distinguished Editorial Review Board Member, <i>Behavior Therapy</i>	2014
American Psychological Foundation (APF)/American Psychological Association (APA) Division 29 (Psychotherapy) Early Career Award	2013
APA Division 29 (Psychotherapy) Distinguished Research Publication Award (Co-author)	2011
Society for Psychotherapy Research Travel Award	2010
Society for the Exploration of Psychotherapy Integration (SEPI) Dissertation Award	2009
APA Division 29 Mathilda B. Canter Education and Training Award	2006
Society for the Exploration of Psychotherapy Integration Travel Award	2006

TEACHING EXPERIENCE

Assistant Professor, Department of Psychology, University at Albany, SUNY

Fall 2015: APSY 676A “Practicum Assessment and Intervention,” APSY 450 “Introduction to Clinical Methods”

Spring 2015: APSY 613 “Multivariate Analysis,” APSY 338 “Abnormal Psychology”

Fall 2014: APSY 676A “Practicum Assessment and Intervention,” APSY 450 “Introduction to Clinical Methods”

Spring 2014: APSY 676B “Practicum Assessment and Intervention,” APSY 613 “Multivariate Analysis”

Fall 2013: APSY 450 “Approaches to Psychotherapy: Theories and Methods”

Research Assistant Professor, Department of Psychological and Brain Sciences, Boston University

Summer 2012 – Spring 2013: “Psychopathology: The Anxiety Disorders” (revolving lecture series, Boston University Medical School)

Summer 2012 – Fall 2012: “Abnormal Psychology” (guest lecturer)

Department of Psychology, Penn State University

Spring 2010: Instructor, “Abnormal Psychology”

Fall 2009: Instructor, “Introduction to Well-Being and Positive Psychology”

Spring 2009, Instructor, “Adjustment and Social Relationships”

Fall 2009-Spring 2010: Co-Supervisor, “Cognitive Behavioral Therapy Practicum”

Teaching Assistant: “Abnormal Psychology” (Fall 2004); “Personality and Social Development” (Spring 2005)

CLINICAL EXPERIENCE

Licensed Psychologist: Massachusetts (#9644); New York (#020152-1)

Clinical Research and Training Certification: *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders; Cognitive Behavioral Therapy for Generalized Anxiety Disorder; Mastery of Your Anxiety and Worry; Mastery of Your Anxiety and Panic; Managing Social Anxiety; Exposure and Response Prevention for Obsessive-Compulsive Disorder.*

Boston University Center for Anxiety and Related Disorders, Boston, MA

2011-2013: Protocol and staff psychotherapist, clinical assessor, co-supervisor (outpatient)

Brown University Clinical Psychology Training Consortium, Providence, RI

Rhode Island Hospital

2010-2011: Clinical assessor, psychotherapist (group and individual; outpatient and partial hospital program)

Bradley Hospital

2011: Psychotherapist (group and individual; adolescent inpatient unit)

Penn State University Psychological Clinic, University Park, PA

2006 – 2010: Clinical assessor, psychotherapist (group and individual; outpatient CMHC)

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA)	2003 – present
Division 29: Psychotherapy	2005 – present
Representative	2007 – 2009
Division 12: Clinical Psychology	2006 – present
Division 5: Evaluation, Measurement, and Statistics	2010 – present
Society for Psychotherapy Research (SPR)	2004 – present
Society for the Exploration of Psychotherapy Integration (SEPI)	2005 – present
Association for Behavioral and Cognitive Therapies (ABCT)	2008 – present
Association for Psychological Science (APS)	2014 – present

PROFESSIONAL & DEPARTMENTAL SERVICE

Editorial & Reviewing

Editorial Board Member: *Behavior Therapy, Journal of Clinical Psychology, Psychotherapy*

Ad-hoc Reviewer: *Journal of Consulting and Clinical Psychology; Psychological Assessment; Psychotherapy Research; Journal of Abnormal Psychology; Behaviour Research and Therapy; Journal of Counseling Psychology; Journal of Psychotherapy Integration; Journal of Nervous and Mental Disease; Journal of Individual Differences; Journal of Counselling and Psychotherapy; Clinical Psychology and Psychotherapy; Journal of Behavior Therapy and Experimental Psychology.*

Guest Editor: *Psychotherapy: Theory, Research, Practice, and Training*. Series on Psychotherapy Training: Effective elements and directions for future research. Volume 44, No 4 (December 2007).

Invited Peer Reviewer: *Oxford University Press*

Other Professional Service

Technical Expert Panelist: *Strategies for Measuring the Quality of Psychotherapy*. Report prepared for the U.S. Department of Health and Human Service, the Office of the Assistant Secretary for Planning and Evaluation (ASPE), and the Office of Disability, Aging and Long-Term Care Policy. <http://aspe.hhs.gov/daltcp/reports/2014/QualPsy.cfm>

Member, Board of Directors: Institute for Child Outcomes (ICO; Non-Profit)

APA Division 12 (Clinical Psychology)

- Education and Training Committee Member 2010 – 2012

APA Division 29 (Advancement of Psychotherapy)

- Research Committee Member 2015 – present

Society for Psychotherapy Research (SPR)

- Scientific Program Committee (SPR and NASPR) 2011 – present
- Member, Special Interest Section on Psychotherapist Training 2011 – present

Society for the Exploration of Psychotherapy Integration (SEPI)

- Research Committee Member 2009 – 2012
- (Chair-Elect) 2015 – present

Association for Behavioral and Cognitive Therapies (ABCT)

- Conference Program Committee Member 2013 – 2014
- Continuing Education Committee Member 2014 – present

Departmental, College, and University Service, University at Albany

Fall 2014 – present: Committee on Academic Standing

Spring 2014 & 2015: Judge, 29th Upstate New York Junior Science and Humanities Symposium

Fall 2013 – present: Psychology Department Assessment Committee

Spring 2013 – present: Faculty Committee for Community Engaged Research