

**A. Solomon Kurz, Ph.D.**

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## Education

May 2013–August 2018	<b>Doctor of Philosophy in Clinical Psychology</b> , University of Mississippi, University, MS, Dissertation: “Mindfulness Meditation in the Lives of College Students Diagnosed with ADHD”
August 2011–May 2013	<b>Master of Arts in Clinical Psychology</b> , University of Mississippi, University, MS, Thesis: “Effects of a Brief Mindfulness Meditation Protocol: A Partial Replication Study”
September 2008–June 2010	<b>Bachelor of Arts in Psychology, Cum Laude</b> , University of Washington, Seattle, WA

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## Postdoctoral Training

October 2018–present	<b>Postdoctoral Fellow</b> , OAA Advanced Fellowship in Mental Illness Research & Treatment, VISN 17 Center of Excellence for Research on Returning War Veterans, Waco, TX <i>Training Director:</i> Richard W. Seim, Ph.D. <i>Advisor:</i> Eric C. Meyer, Ph.D.
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## Awards and Honors

April 2017	<b>2016–2017 Clinical Graduate Student Research Achievement Award</b> , University of Mississippi 4 <sup>th</sup> Annual Conference on Psychological Science, University, MS
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Autumn 2016	<b>Dissertation Fellowship</b> , University of Mississippi, University, MS
October 2015 & October 2016	<b>Final Round Contestant</b> , University of Mississippi Three Minute Thesis Competition, University, MS
April 2015	<b>Best Graduate Presentation</b> , University of Mississippi 2 <sup>nd</sup> Annual Conference on Psychological Science, University, MS
Autumn 2011–Spring 2013	<b>Graduate Fellowship</b> , University of Mississippi, Oxford, MS
Winter 2009, Winter 2010–Spring 2010	<b>Dean’s List</b> , University of Washington, Seattle, WA

## **Research Experience**

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Autumn 2011–May 2017	<b>Research Assistant</b> , University of Mississippi, <i>Mississippi Center for Contextual Psychology</i> , Department of Psychology. Duties: coordinating and scheduling undergraduate research assistants, lab upkeep, preparing research articles and oral presentations, mentoring undergraduate students and junior graduate students. <i>Supervisors</i> : Karen Kate Kellum, Ph.D., and Kelly G. Wilson, Ph.D.
Autumn 2009–Summer 2011	<b>Research Volunteer</b> , University of Washington, <i>Addictive Behaviors Research Center</i> , Department of Psychology. Duties: literature search and review, poster development, article preparation, data analysis, creating a coding system for qualitative data, and questionnaire development. <i>Supervisors</i> : Sarah Bowen, Ph.D., Joel Grow, Ph.D., and Alan Marlatt, Ph.D.

- Winter 2009–Spring 2011      **Research Assistant**, University of Washington, *Center for the Study of Health and Risk Behaviors*, Department of Psychiatry. Duties: Motivational Interviewing coder, article preparation, poster preparation, coding system development for an event-specific intervention, coder meeting facilitation, questionnaire database development, literature search and review, creating a reference database, invitation packet development, mobile technology beta testing, tracking consent information, and administering consent forms and surveys to high school students. *Supervisors*: Sruti Desai, B.A., Tiara M. Dillworth, Ph.D., Irene Markman Geisner, Ph.D., Mary E. Larimer, Ph.D., Clayton Neighbors, Ph.D., Angela Mittmann, M.A., and Andrew P. Paves, Ph.D., and Ursula Whiteside, Ph.D.
- Winter 2009–Spring 2009      **Research Assistant**, University of Washington, *Department of Psychology*. Duties: receiving, running, and debriefing subjects for the Implicit Association Test and office/clerical. *Supervisors*: Ricardo Contreras, M.B.A., M.S. and Anthony Greenwald, Ph.D.

## Articles

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- Jacobson, E. H. K., Wilson, K. G., **Kurz, A. S.** (2018). Examining self-compassion in romantic relationships. *Journal of Contextual Behavioral Science*. doi: 10.1016/j.jcbs.2018.04.003
- Flynn, M. K., **Kurz, A. S.**, & Berkout, O. V. (2018). Psychological inflexibility among Hispanic college students: Introducing the 6-item Acceptance and Action Questionnaire for Weight-related Difficulties. *Journal of Latina/o Psychology*. doi: 10.1037/lat0000110
- Drescher, C. F., Johnson, L. R., **Kurz, A. S.**, Scales, P. C., & Kiliho, R. P. (2016). A development assets approach in East Africa: Can Swahili measures capture adolescent competencies and ecological experiences? *Child & Youth Care Forum*, In press.
- Kurz, A. S.**, Drescher, C. F., Chin, E. G., & Johnson, L. R. (2016). Measuring social desirability across language and gender: A comparison of Marlowe-Crowne Social Desirability Scale factor structures in English and Mandarin Chinese in Malaysia. *PsyCh Journal*, 5, 92–100. doi: 10.1002/pchj.124

- Kurz, A. S.**, Flynn, M. K., & Bordieri, M. J. (2016). How Bayesian estimation might improve CBS measure development: A case study with body-image flexibility in Hispanic students. *Journal of Contextual Behavioral Science*, 5, 146–153. doi: 10.1016/j.jcbs.2016.07.005
- Kurz, A. S.**, Bethay, J. S., & Ladner-Graham, J. M. (2014). Mediating the relation between workplace stressors and distress in ID support staff: Comparison between the roles of psychological inflexibility and coping styles. *Research in Developmental Disabilities*, 35, 2359–2370. doi: 10.1016/j.ridd.2014.06.003
- Bowen, S. & **Kurz, A. S.** (2012). Between-session practice and therapeutic alliance as predictors of mindfulness after mindfulness-based relapse prevention. *Journal of Clinical Psychology*, 68, 236–245. doi: 10.1002/jclp.20855
- Bowen, S. & **Kurz, A. S.** (2011). Smoking, nicotine dependence and motives to quit in Asian-American versus Caucasian college students. *Nicotine & Tobacco Research*, 14, 1235–1240. doi: 10.1093/ntr/ntr281

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### **Manuscripts Submitted for Publication**

- Sandoz, E. K., & **Kurz, A. S.** (2019). Making college matter: A preliminary evaluation of curriculum-based Acceptance and Commitment Training to increase values-based action in college students. Manuscript submitted for publication.
- Kurz, A. S.**, Johnson, Y. L., Kellum, K. K., & Wilson, K. G. (2018). *Mobile technology, intensive longitudinal datasets, and inductive behavioral science: Using good ideas from statistics to merge all three*. Manuscript submitted for publication.

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### **Manuscripts in Preparation**

- Flynn, M. K., Bhambhani, Y., & **Kurz, A. S.** (2016). *Psychological inflexibility with LGBT-related stigmatizing thoughts: Further examination of the Acceptance and Action Questionnaire—Stigma*. Manuscript in preparation.

## **Book Chapter**

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Wilson, K.G., Schnetzer, L., Flynn, M. K., & **Kurz, A. S.** (2012). Treating substance abuse with Acceptance and Commitment Therapy. In S.C. Hayes & M. Levin (Eds.) *Acceptance, mindfulness, values, and addictive behaviors: Counseling with contemporary Cognitive Behavioral Therapies*. Oakland, CA: New Harbinger.

## **Posters and Presentations**

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Meyer, E.C., Kimbrel, N. A., Kittel, J. A., Corcoran, L, DeBeer, B., **Kurz, A. S.**, DeBeer, B., & Morissette, S. D. (2018, October). Prospective Predictors of Post-Deployment Functioning In Iraq/Afghanistan Veterans: A Mediation Model. Presented at the 3rd annual San Antonio Combat PTSD Conference, San Antonio, TX.

**Kurz, A. S.**, Wilson, K. G., & Kellum, K. K. (October, 2017). Meditation and adult ADHD—Taking it day by day. Poster presented at the 2<sup>nd</sup> Annual Southeast Chapter of the Association for Contextual Behavioral Science Conference, Saint Petersburg, FL.

Smith, Katelyn D., **Kurz, A. S.**, Kellum, K. K., & Wilson, K. G. (October, 2017). Slow and steady: There's no race to win. Poster presented at the second Southeastern Chapter for Contextual Behavioral Science Conference in Saint Petersburg, FL.

**Kurz, A. S.**, Knowles, S. K., Kellum, K. K., & Wilson, K. G. (April, 2017). Improving online survey behavior: Take two. Paper presented at the University of Mississippi 4<sup>th</sup> Annual Conference on Psychological Science, Oxford, MS.

**Kurz, A. S.**, Wilson, K. G., & Kellum, K. K. (May, 2016). A simple intervention for a neglected group: Mindfulness meditation in small groups for college students diagnosed with attention deficit/hyperactivity disorder. Paper presented at the 42<sup>nd</sup> Annual Convention for the Association for Behavioral Analysis International, Chicago, IL.

Bhambhani, Y., **Kurz, A. S.**, Wilson, K. G., & Kellum, K. K. (May, 2016). Slow your roll: Using behavioral principles to decrease response speed in survey participants. Paper presented at the 42<sup>nd</sup> Annual Convention for the Association for Behavioral Analysis International, Chicago, IL.

**Kurz, A. S.,** Kellum, K. K., & Wilson, K. G. (May, 2015). Mindfulness meditation: Using statistics to ensure the behaviors of single subjects remain our primary analytic units. Paper presented at the 41<sup>st</sup> Annual Convention for the Association for Behavioral Analysis International, San Antonio, TX.

Jacobson, E., **Kurz, A. S.,** Hebert, E., Kellum, K. K., & Wilson, K. G. (May, 2015). Early bird gets the A: Is GPA related to when in the semester students participate in research studies, and does it matter? Paper presented at the 41<sup>st</sup> Annual Convention for the Association for Behavioral Analysis International, San Antonio, TX.

**Kurz, A. S.,** Kellum, K. K., & Wilson, K. G. (April, 2015). Blurring the lines between single-subject and group analyses: What smartphones and fancy stats can do for you. Paper presented at the University of Mississippi 2<sup>nd</sup> Annual Conference on Psychological Science, Oxford, MS.

Donald, L., **Kurz, A. S.,** Kellum, K. K., & Wilson, K. G. (April, 2015). Worry, sleep quality, and meditation: Studying their day-to-day relations using a smartphone. Poster presented at the University of Mississippi 2<sup>nd</sup> Annual Conference on Psychological Science, Oxford, MS.

Reilly, T. R., Paul, A. D., **Kurz, A. S.,** Kellum, K. K., & Wilson, K. G. (April, 2015). Single-case longitudinal study of the impact of mindfulness meditation on daily worry. Poster presented at the University of Mississippi 2<sup>nd</sup> Annual Conference on Psychological Science, Oxford, MS.

**Kurz, A. S.,** Jacobson, E. H. K., Herbert, E. R., Kellum, K. K., & Wilson, K. G. (March, 2015). Is questionnaire performance related to when in the semester students participate in research studies? Poster presented at the 1<sup>st</sup> Annual Southeast Chapter of the Association for Contextual Behavioral Science Conference, Lafayette, LA.

**Kurz, A. S.** (March, 2015). Self-compassion as a construct: Accounting for sex. Paper presented at the 16th Annual Isom Student Gender Conference, Oxford, MS.

**Kurz, A. S.,** Kellum, K. K., & Wilson, K. G. (June, 2014). Mindfulness meditation: Daily diary methods and the single case. Paper presented at the 12<sup>th</sup> Annual World Conference for the Association for Contextual Behavioral Science, Minneapolis, MN.

- Jacobson, E., Hebert, E., **Kurz, A. S.**, Wilson, K. G., & Kellum, K. K. (June, 2014). Investigating the relation between self-compassion and values-based action in a sample of college students. Paper presented at the 12<sup>th</sup> Annual World Conference for the Association for Contextual Behavioral Science, Minneapolis, MN.
- Kurz, A. S.**, Quittmeyer, L. S., Kellum, K. K., & Wilson, K. G. (May, 2014). Mindfulness meditation and the single case. Paper presented at the 40<sup>th</sup> Annual Convention for the Association for Behavioral Analysis International, Chicago, IL.
- Kurz, A. S.**, Kellum, K. K., & Wilson, K. G. (May, 2014). Complex single case regression models: Why I'm excited about the dynamic-p. Paper presented at the 40<sup>th</sup> Annual Convention for the Association for Behavioral Analysis International, Chicago, IL.
- Kellum, K. K., & **Kurz, A. S.** (May, 2014). Number needed to treat: A tool for communicating the real world relevance of our interventions. Paper presented at the 40<sup>th</sup> Annual Convention for the Association for Behavioral Analysis International, Chicago, IL.
- Dingus, C., Bethley, N., Flynn, M. K., Schnetzer, L. W., **Kurz, A. S.**, Wilson, K. G., & Kellum, K. K. (May, 2014). When college gets hard: Exploring the relationship between coping strategy engagement and severity of stress. Paper presented at the 40<sup>th</sup> Annual Convention for the Association for Behavioral Analysis International, Chicago, IL.
- Williams, M., **Kurz, A. S.**, Kellum, K. K., & Wilson, K. G. (May, 2014). Attention: What can meditation do? Paper presented at the 40<sup>th</sup> annual convention for the Association for Behavioral Analysis International, Chicago, IL.
- Reilly, T. R., **Kurz, A. S.**, Bethay, J. S., Graham-Ladner, J., Kellum, K. K., & Wilson, K. G. (April, 2014). Contributors to psychological symptoms in staff serving clients with intellectual disabilities: Comparing two coping models. Poster presented at the University of Mississippi 1<sup>st</sup> Annual Conference on Psychological Science, Oxford, MS.
- Kurz, A. S.**, Wilson, K. G., & Kellum, K. K. (May, 2013). Dismantling mindfulness meditation: Components of a brief intervention. Paper presented at the 39<sup>th</sup> Annual Convention for the Association for Behavior Analysis International, Minneapolis, MN.

Flynn, M. K., **Kurz, A. S.**, Wilson, K. G., & Kellum, K. K. (July, 2012). The effects of a values and goal setting intervention on academic-related outcomes in college students. Paper presented at the 10<sup>th</sup> Annual World Conference for the Association for Contextual Behavioral Science, Washington D.C.

**Kurz, A. S.**, Flynn, M. K., Wilson, K. G., & Kellum, K. K. (May, 2012). The effects of a values and goal setting intervention on academic-related outcomes in college students. Paper presented at the 38<sup>th</sup> Annual Convention for the Association for Behavior Analysis International, Seattle, WA.

Lucas, N., **Kurz, A. S.**, Flynn, M. K., Schnetzer, L., Slater, R. M., Wilson, K. G., & Kellum, K. K. (May, 2012). Stress in the modern world: An acceptance and commitment therapy-based approach to dealing with college stressors. Paper presented at the 38<sup>th</sup> Annual Convention for the Association for Behavior Analysis International, Seattle, WA.

**Kurz, A. S.** & Bowen, S. (2011). How do we increase mindfulness in mindfulness-based therapies?: The roles of homework compliance and therapeutic alliance. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario M5H 2L2.

**Kurz, A.**, Bowen, S., & Marlatt, G. A. (2010). The relation between therapeutic alliance and mindfulness in Mindfulness-Based Relapse Prevention. Poster presented at the 31st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Seattle, WA.

Neighbors, C., **Kurz, A.**, Roberts, T., Mittmann, A., & Chen, A. (2010). Defining Spring Break from the perspective of college students. Poster presented at the 33<sup>rd</sup> Annual Research Society of Alcoholism Scientific Meeting, San Antonio, TX.

Neighbors, C., Lindgren, K.P., DiBello, A., Jensen, M., & **Kurz, A.** (2010). Sex and confidence as moderators of the associations among one's own approval, perceived peer approval, and alcohol consumption. Poster presented at the 11<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.



## **Workshops/Training Sessions Given**

*Up your data management game with Excel*, University of Mississippi, University, MS, April 2017

*Introduction to applied Bayesian data analysis using R*, University of Mississippi, University, MS, Spring 2017

## **Ad Hoc Reviewer**

*American Journal of Epidemiology* (with John Bentley, Ph.D.)

*Behaviour Research and Therapy* (with Kelly G. Wilson, Ph.D.)

*Headache*

*International Gambling Studies* (with Clayton Neighbors, Ph.D.)

*Journal of Affective Disorders*

*Journal of Contextual Behavioral Science*

*Psychological Assessment* (with Karen Kate Kellum, Ph.D.)

*The Psychological Record*

## **Statistical Software Skills**

In both the *Mplus* and R computing environments, comfortable with contemporary data analysis methods, such as Bayesian estimation, multilevel modeling, structural equation modeling, and applications of the generalized linear model. I am also fluent in Microsoft Excel and have a growing interest in data visualization.

## **Public Outreach**

### **Book-length tutorials.**

**Kurz, A. S.** (2018, July 30). recoding *Introduction to Mediation, Moderation, and Conditional Process Analysis* [Web log post]. Retrieved from <https://bookdown.org/connect/#/apps/1523/access>

**Kurz, A. S.** (2018, September 26). *Statistical Rethinking* with brms, ggplot2, and the tidyverse [Web log post]. Retrieved from <https://bookdown.org/connect/#/apps/1850/access>

### **Services Announcement.**

Batten, N-J. K., & **Kurz, A. S.** (2018, April 25). Evidence-based therapy for MST, PTSD, and SUD in veterans. Poster presented at the 2018 Sexual Assault Awareness Month Event for the Charlie Norwood VA Medical Center, Augusta, GA.

## Teaching Experience

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- Autumn 2014–Spring 2016 & Spring 2017 **Graduate Student Instructor**, University of Mississippi. *General Psychology, Psy 201*. Lecturing, writing and grading tests and quizzes, directing undergraduate teaching assistants.  
*Supervisors*: Karen Kate Kellum, Ph.D. and Kelly G. Wilson, Ph.D.
- Autumn 2014–Winter 2016 **Teaching Assistant**, University of Mississippi. *Individual Based Study for Psy: "Meditation in Daily Life", Psy 405*. Guiding group meditations, scheduling, managing undergraduate teaching assistants, data management, and data analysis.  
*Instructor*: Karen Kate Kellum, Ph.D.
- Autumn 2011–Spring 2012 **Teaching Assistant**, University of Mississippi. *Hometown Science, Undergraduate Seminar, Psy 110*. Assigning and grading essays, taking and entering roll, guest lecturing, leading small group discussions, and making weekly performance graphs.  
*Instructor*: Kelly G. Wilson, Ph.D.

## Clinical Experience

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- Summer 2018–present **Study therapist, ACT-FX**, VISN 17 Center of Excellence for Research on Returning War Veterans, Waco, TX. Duties: individual therapy, peer-supervision.  
*Supervisor*: Eric C. Meyer, Ph.D.
- Summer 2017–Summer 2018 **Clinical Psychology Intern, Trauma Psychology Track**, The Medical College of Georgia at Augusta University/ Charlie Norwood Veteran Affairs Medical Center, Augusta, GA. Duties: individual therapy, group therapy, intakes, peer-supervision, assessment.  
*Supervisors*: Brian Apple, J.D. Psy.D., Nancy-Jane (Kim) Batten, Ph.D., Lorraine Braswell, Ph.D., Kimberly Hardiman, Ph.D., Jason Henle, Psy.D., Alex Mabe, Ph.D., Timothy Perry, Ph.D., Holly Tabernik, Ph.D., Jennifer L. Whitford, Ph.D., and Dustin E. Wright, Ph.D.

- Summer 2012–Spring 2017     **Clinical Psychology Trainee**, Psychological Services Center, University of Mississippi, University, MS. Duties: individual therapy, intakes, peer-supervision, and after-hours crisis phone, primarily serving adults from the university and surrounding area.  
*Supervisors:* Laura J. Dixon, Ph.D., Scott Gustafson, Ph.D., Alan M. Gross, Ph.D., Laura R. Johnson, Ph.D., Todd A. Smitherman, Ph.D., and Kelly G. Wilson, Ph.D.
- July 2013–July 2014     **Therapist Intern**, Communicare, Oxford, MS. Duties: intake interviews and reports, individual therapy, family therapy, group therapy, and annual reports, primarily serving community adults from rural Mississippi.  
*Supervisor:* Dixie Church, M.A., CMHT.
- June 2012–June 2013     **Psychology Intern**, North Mississippi Regional Center, Oxford, MS. Duties: individual therapy, intellectual and behavioral assessments, behavior plans, annual reports, and clinical observations, primarily serving individuals with physical and developmental disabilities.  
*Supervisor:* J. Scott Bethay, Ph.D.
- April 2009–June 2011     **Volunteer Phone Worker and Trainer**, King County Crisis Clinic, Seattle, WA. Duties: using a crisis intervention model to support and deescalate a wide range of callers, finding appropriate resource referrals in Resource House, setting up appointments with mental health professionals, guiding new trainee practice calls, providing them feedback, and evaluating their performance and potential for further training.  
*Supervisors:* Jaime Hoffstetter, M.S.W., Rachel Lordkenaga, M.A., L.M.H.C., A.T.R., and Cliff Mills, M.S.W.

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### **Specialized Clinical Training**

- March 2012, June 2014, & June 2016     **Acceptance and Commitment Therapy**. University of Mississippi. Two-and-a-half-day intensive training.  
*Instructor:* Kelly G. Wilson, Ph.D.

January 2010

**Relapse Prevention.** University of Washington. Two-day intensive training.

*Instructors:* Sharon Hsu, Ph.D., Alan Marlatt, Ph.D., Chris Miller Ph.D., and Katie Witkiewitz, Ph.D.

January 2010

**Mindfulness-Based Relapse Prevention.** University of Washington. Three-day intensive training.

*Instructors:* Sarah Bowen, Ph.D. and Joel Grow, Ph.D.

## **Memberships**

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Association for Contextual Behavioral Science

Society for the Improvement of Psychological Science

## **References**

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available upon request