

CURRICULUM VITAE

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CONTACT INFORMATION

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EDUCATION

Postdoctoral Research Fellow Addictive Behaviors Research Center University of Washington, Seattle, WA	2004-present
Doctor of Philosophy in Psychology Concentration: Clinical Psychology Boston University, Boston, MA Dissertation: Affective learning and alcohol consumption: Correlates of risk and causes of change Advisor: Tibor P. Palfai	2004
Master of Arts, Psychology Boston University, Boston MA	1998
Master of Theological Studies Concentration: Comparative religion Harvard University, Cambridge, MA	1996
Bachelor of Arts, Religious Studies University of North Dakota, Grand Forks, ND	1992

RESEARCH INTERESTS

The role of automatic cognitive and affective processes in addiction and the utility of mindfulness meditation as an intervention for addictive behaviors.

GRANTS

National Institute on Alcohol Abuse and Alcoholism (1 F32 AA15228-01) Title: Automatic alcohol motivation in at-risk drinking	08/2004-08/2006 Total award: \$97,600
Alcohol and Drug Abuse Institute (University of Washington) Title: Automatic alcohol motivation in at-risk drinking	01/2005-08/2006 Total award: \$19,127

PUBLICATIONS

- Bowen, S.W., Witkiewitz, K., Dillworth, T.M., Chawla, N., Simpson, T., Ostafin, B.D., Larimer, M., Blume, A., Parks, G.A., & Marlatt, G.A. (in press). Mindfulness meditation and substance use in an incarcerated population. *Psychology of Addictive Behaviors*.
- Dunn, C., & Ostafin, B.D. (in press). Brief interventions for hospitalized trauma patients. *Journal of Trauma*.
- Marlatt, G.A., & Ostafin, B.D. (2005). Being mindful of automaticity in addiction: A clinical perspective. In R.W. Wiers & A.W. Stacy (Eds.), *Handbook of implicit cognition and addiction* (pp. 489-493). Thousand Oaks, CA: Sage.
- Ostafin, B.D., Chawla, N., Bowen, S.W., Dillworth, T.M., Witkiewitz, K., & Marlatt, G.A. (in press). Intensive mindfulness training and the reduction of psychological distress: A preliminary study. *Cognitive and Behavioral Practice*.
- Ostafin, B.D., & Palfai, T.P. (in press). Compelled to consume: The Implicit Association Test and automatic alcohol motivation. *Psychology of Addictive Behaviors*.
- Ostafin, B.D., & Palfai, T.P. (2005). Implicit cognition and cross-addictive behaviors. In R.W. Wiers & A.W. Stacy (Eds.), *Handbook of implicit cognition and addiction* (pp. 393-407). Thousand Oaks, CA: Sage.
- Ostafin, B.D., Palfai, T.P., & Wechsler, C.E. (2003). The accessibility of motivational tendencies toward alcohol: Approach, avoidance, and disinhibited drinking. *Experimental and Clinical Psychopharmacology*, *11*, 294-301.
- Palfai, T.P., Monti, P.M., Ostafin, B., & Hutchison, K. (2000). Effects of nicotine deprivation on alcohol-related information processing and drinking behavior. *Journal of Abnormal Psychology*, *109*, 96-105.
- Palfai, T.P., & Ostafin, B.D. (2003). The influence of alcohol on the activation of outcome expectancies: The role of evaluative expectancy activation in drinking behavior. *Journal of Studies on Alcohol*, *64*, 111-119.
- Palfai, T.P., & Ostafin, B.D. (2003). Alcohol-related motivational schema among hazardous drinkers: Assessing implicit response tendencies using the modified-IAT. *Behaviour Research and Therapy*, *49*, 1149-1162.

UNDER REVIEW

- Ostafin, B.D., & Marlatt, G.A. Taming the wild horse: Mindfulness-based acceptance moderates the relation between automatic alcohol motivation and hazardous drinking.

IN PREPARATION

- Ostafin, B.D., & Greenwald, A.G. Improving the correlation between the IAT and alcohol use with Approach-Avoid attribute categories.
- Ostafin, B.D., & Palfai, T.P. Improving the predictive validity of an alcohol affective priming task.

PROFESSIONAL PRESENTATIONS

- Chawla, N., Ostafin, B.D., Marlatt, G.A., Bowen, S.W., Dillworth, T.M., Wietkiewitz, K., & Parks, G.A. (2005). Vipassana meditation and psychological well-being. Symposium given at the Addiction and Spirituality conference, Terre Haute, IN.
- Dalton, K.D., Ostafin, B.D., & Davidson, R.J. (1998). Cardiovascular reactivity during relived emotions as a function of individual differences in anger-expression tendency. Poster presented at the annual meeting of the Society for Psychophysiological Research, North Falmouth, MA.
- Ostafin, B.D. (2005). Independent research fellowships: The road less traveled. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, D.C.
- Ostafin, B.D., Greenwald, A.G., Stabbert, J.P., & Geurts, A. (2006). Improving the correlation between the IAT and alcohol use with Approach-Avoid attribute categories. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Ostafin, B.D., Macdonald, A., Palfai, T.P., Dibert, F.D., & Adler, T.L. (2004). The problem of problem recognition: Self-deception and hazardous drinking. Poster presented at the annual meeting of the Research Society on Alcoholism, Vancouver, British Columbia, Canada.
- Ostafin, B.D., Marlatt, G.A., Chawla, N., Geurts, A., & Stabbert, J. (2005). Mindfulness-based acceptance as a moderator of the relation between automatic appetitive responses and at-risk drinking. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, D.C.
- Ostafin, B.D., & Palfai, T.P. (2002). Alcohol motivation: A measure of automatic behavioral tendencies towards alcohol. Poster presented at the annual Nebraska Symposium on Motivation, Lincoln, NE.
- Ostafin, B.D., & Palfai, T.P. (2003). Hazardous drinking and the automatic activation of alcohol motives. Poster presented at the annual meeting of the Research Society on Alcoholism, Fort Lauderdale, FL.
- Ostafin, B.D., & Palfai, T.P. (2004). Volition: Translating intervention into effective action. Poster presented at the annual meeting of the Research Society on Alcoholism, Vancouver, British Columbia, Canada.
- Ostafin, B.D., & Palfai, T.P. (2004). Assessing alcohol motivation with the Implicit Association Test. Poster presented at the annual meeting of the Research Society on Alcoholism, Vancouver, British Columbia, Canada.
- Ostafin, B.D., & Palfai, T.P. (2005). Improving predictive validity in the assessment of automatic alcohol motivation. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, D.C.
- Ostafin, B.D., Palfai, T.P., & McNally, A.M. (2001). An implicit measure of the effects of alcohol on positive affect. Poster presented at the annual meeting of the Research Society on Alcoholism, Montreal, Quebec, Canada.
- Ostafin, B.D., Tzilos, G., & Palfai, T.P. (2001). Affective salience of outcome expectancies for smoking: An implicit measure of motivation to change. Poster presented at the annual meeting of the

Association for the Advancement of Behavior Therapy, Philadelphia, PA.

Palfai, T.P., McNally, A.M., & Ostafin, B. (2000). The role of expectancy accessibility in substance use: What do accessibility measures tell us that questionnaires don't. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Palfai, T.P., & Ostafin, B.D. (2005). Developing strategies to change contextually activated responses to alcohol cues. Paper presented at then annual meeting of the Research Society on Alcoholism, Santa Barbara, CA.

CLINICAL EXPERIENCE

Psychology Intern 2003-2004

Department of Psychiatry and Behavioral Sciences
University of Washington, Seattle, WA

Substance Abuse Counselor 2002-2003

Project ASAP, Department of Addictions
Boston University Medical Center, Boston, MA

Alcohol Interventionist 2002

Addictive Behaviors Research Program
Boston University, Boston, MA

Clinical Psychology Extern 2002

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

Clinical Psychology Practicum Fellow 2001-2002

Danielsen Institute
Boston University, Boston, MA

Smoking Interventionist 1999-2000

Addictive Behaviors Research Program
Boston University, Boston, MA

Clinical Psychology Practicum Fellow 1999-2000

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

EDITORIAL SERVICE

Ad-Hoc Reviewer

Addiction

Clinical Psychology: Science and Practice

Psychological Science

PROFESSIONAL AFFILIATIONS

American Psychological Association
 Division 12 (Clinical Psychology)

American Psychological Society

Association for Advancement of Behavior Therapy

Society for Personality and Social Psychology

AWARDS AND SCHOLARSHIPS

Annual Wisconsin Symposium on Emotion Fellowship Award	1999-2002
Boston University Teaching Fellow Award Finalist	Spring 1998
National Merit Special Scholarship, University of North Dakota	1988-1992
Glenn Lee Scholarship, University of North Dakota	1988-1991
Freshman Honor Scholarship, University of North Dakota	1988-1989

TEACHING EXPERIENCE

Teaching Fellow, Department of Psychology, Boston University, Boston MA

<u>Course:</u> Social Psychology	Spring 1998, Spring 1999
<u>Course:</u> Introduction to Psychology	Fall 1997, Fall 1998

GUEST LECTURES

“Motivating behavioral change in health care settings” Presented to Diagnosis and Management nursing course at Seattle Pacific University	Spring 2004
“Implicit methods in assessing affective response to substance cues” Presented to Scientist Practitioner course at Boston University	Fall 2002
“Emotion: Evolution and function” Presented to Introduction to Psychology course at Boston University	Fall 1998
“Fear of mortality and the Other: An existential approach to social motivation” Presented to Social Psychology course at Boston University	Spring 1998

UNIVERSITY AND COMMUNITY SERVICE

Member of Steering Committee, University of Washington Clinical Psychology Internship Program, Seattle, WA	2004
Member of Diversity Advancement Committee, University of Washington Clinical Psychology Internship Program, Seattle, WA	2003-2004
Crisis hotline volunteer for a domestic violence organization, Pullman, WA	1998-1999
Member of Colloquium Planning Committee, Boston University Clinical Psychology Program. Boston, MA	1997-1998
President, Religion and Medicine Discussion Group, Harvard University Cambridge, MA	1995-1996