

MAVIS TSAI, Ph.D.

CLINICAL PSYCHOLOGIST

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Seattle, Washington 98102
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VITA 2014

Education

University of Washington

Major: Clinical Psychology

Degree: Ph.D., 1982

Awards: APA Minority Fellowship, 1977-1982

APA Division of Psychotherapy Scholarship

University of California, Los Angeles

Major: Psychology

Degree: B.A., magna cum laude, 1976

Honors: Phi Beta Kappa

California State Scholar, 1972-1976

Dean's Honor List, 1973-1976

Licensure

Psychologist, State of Washington License #907

Professional Experience

10/82 – present

Clinical psychologist and consultant, independent practice.

09/05 – present

Director, Functional Analytic Psychology (FAP) Specialty Clinic within Psychological Services and Training Center, University of Washington.

06/89 – present

Clinical faculty, Dept. of Psychology, U. of Washington

02/14 – present

Senior Research Scientist, Dept. of Psychology, U. of Washington

03/10 -- present

Co-Principle Investigator: Brief Interpersonal Mindfulness study, University of Washington.

10/10 -- present

Co-Principle Investigator: Online Functional Analytic Psychotherapy Training. U. of Wisconsin.

07/11 -- present

Co-Principle Investigator: Impact of Functional Analytic Psychotherapy Training,

- U. of Washington.
 01/12-- present
 Co-Principle Investigator: Relationship Improvement Study, U. of Washington.
 11/05 – 6/08
 Co-Principle Investigator: ADAI Grant: Behavioral Treatment of Co-morbid Nicotine Addiction and Depression.
 08/97 – 3/01
 Training Supervisor, NIH Grant on Treatment of Depression Using Enhanced Cognitive Therapy.
 10/82 – 6/88
 Extension lecturer, U. of Washington, Dept. of Continuing Education.
 09/81 - 6/82
 Pre-doctoral instructor, U. Of Washington.
 07/80 - 6/81
 Psychology Fellow at Langley Porter Psychiatric Institute,
 U. of California at San Francisco. One-third time intern at National Asian American Psychology Training Center.

Community Service

- 09/12 – present
 Project Coordinator, Intimacy Now (IN)—a program addressing the public health problem of loneliness.
 08/11 – 07/12
 Associate Editor, Special Issue on Functional Analytic Psychotherapy,
International Journal of Behavioral Consultation and Therapy.
 01/07 – 06/09
 Project Team on Fair Treatment in Prisons, Justice Works.
 11/95 – 6/04
 Board of Directors/Advisory Board, Mothers Against Violence in America
 01/87-- 11/88
 Board of Directors, Women of High Potential Conference, U. of Washington
 01/84 – 12/85
 Board of Directors, Asian Counseling and Referral Service
 01/79 – 12/79
 Student Editor, *American Journal of Community Psychology*.

Publications--Books

- Tsai, M., Kohlenberg, R.J., Kanter, J., Holman, G., Plummer Loudon, M. (2012) *Functional Analytic Therapy distinctive features*. London: Routledge.
 Kanter, J., Tsai, M., & Kohlenberg, R.J. (Eds.) (2010). *The practice of functional analytic psychotherapy*. New York: Springer
 Tsai, M., Kohlenberg, R.J., Kanter, J., Kohlenberg, B., Follette, W., & Callaghan, G. (2009). *A guide to functional analytic psychotherapy: Awareness, courage, love and behaviorism*. New York: Springer.

- Kohlenberg, R. J., & Tsai, M. (2008) FAP. *Psicoterapia Analítica Funcional*. Creación de relaciones terapéuticas intensas y curativas. Traducción de Valero, Luis y Cobos, Sebastián. Universidad de Malaga, Malaga.
- Kohlenberg, R. J., & Tsai, M. (2007). Kinou bunseki shinri ryouhou: Tetteiteki koudou shugi no hate, seishin bunseki to koudou ryouhou no kakehashi (H. Okouchi, Ed. & Trans.). Kōngo, Tokyo.
- Kohlenberg, R. J. & Tsai, M (2001) *Psicoterapia Analytica Funcional*. Editores Asociados (Translator Kerbauy, R.) Santo Andre, Brazil.
- Kohlenberg, R. J. & Tsai, M. (1991). *Functional Analytic Psychotherapy: A guide for creating intense and curative therapeutic relationships*. New York: Plenum.

Publications—Chapters and Articles

- Tsai, M., Helweg-jørgensen, S. & Kohlenberg, R.J. (in press). Functional Analytic Psychotherapy. In E. Neukrug (Ed.) *Encyclopedia of Theory in Counseling and Psychotherapy*. Newbury Park, CA: Sage Publications.
- Tsai, M., Fleming, A., Cruz, R., Hitch, J. & Kohlenberg, R.(in press) Functional Analytic Psychotherapy (FAP): Using Awareness, Courage, Love and Behaviorism to Promote Change. In N. Thoma & D. McKay (Eds.) *Engaging Emotion in Cognitive Behavioral Therapy: Experiential Techniques for Promoting Lasting Change*. New York: Guilford Press.
- Kohlenberg, R. J., Tsai, M., Parker, C., Bolling, M., Kanter, J. (in press) Focusing on the client-therapist interaction. In Sulz, S. (Ed.), *Familie und verhalten: Kognitiv-behaviorale familientherapie*. München: CIP-Medien.
- Sisti, M., Stewart, J. M., Tsai, M., Kohlenberg, B., & Kohlenberg, R. J. (2014). Contextual bridges through the looking glass: Relational psychoanalysis and functional analytic psychotherapy. In J. M. Stewart (Ed.), *Mindfulness and acceptance and the psychodynamic evolution* (pp. 231-248). Oakland CA: Context Press: New Harbinger.
- Nelson, K.M., Yang, J.P., Maliken, A.C., Tsai, M., & Kohlenberg, R.J. (2014). Introduction to using structured evocative activities in Functional Analytic Psychotherapy. *Cognitive & Behavioral Practice*. , doi:10.1016/j.cbpra.2013.12.009
- Tsai, M., Yard, S., & Kohlenberg, R.J. (2014). Functional Analytic Psychotherapy: A Behavioral Relational Approach to Treatment. *Psychotherapy*. doi:10.1037/a0036506
- Tsai, M., Callaghan, G., & Kohlenberg, R.J. (2013). The use of awareness, courage, therapeutic love, and behavioral interpretation in Functional Analytic Psychotherapy. *Psychotherapy*, 50(3), 366-370.
- Kanter, J., Tsai, M., Holman, G., & Koerner, K. (2012). Preliminary Data From a Randomized Pilot Study of Web-Based Functional Analytic Psychotherapy Therapist Training. *Psychotherapy*.

- Bowen, S., Haworth, K., Grow, J., Tsai, M., & Kohlenberg R.J. (2012) Interpersonal Mindfulness Informed by Functional Analytic Psychotherapy: Findings from a Pilot Randomized Trial, *International Journal of Behavioral Consultation and Therapy*, **7(2)**, 125-134.
- Holman, G., Kohlenberg, R.J., & Tsai, M. (2012) Development and Preliminary Evaluation of a FAP Protocol: Brief Relationship Enhancement. *International Journal of Behavioral Consultation and Therapy*, **7(2)** 52-57.
- Holman, G., Kohlenberg, R.J., Tsai, M., Haworth, K., Jacobson, E., Liu, S. (2012). Functional Analytic Psychotherapy is a Framework for Implementing Evidence-Based Practices: The Example of Integrated Smoking Cessation and Treatment. *International Journal of Behavioral Consultation and Therapy*, **7(2)**, 58-62.
- Pedersen, E., Callaghan, G., Prins, A., Nguyen, H. & Tsai, M. (2012) Functional Analytic Psychotherapy as an Adjunct to Cognitive-Behavioral Treatments for Posttraumatic Stress Disorder: Theory and Application in a Single Case Design. *International Journal of Behavioral Consultation and Therapy*, **7(3)**, 125-134.
- Tsai, M. & Reed, R. (2012) Working In-Vivo with Client Sense of Unlovability, *International Journal of Behavioral Consultation and Therapy*, **7(3)**, 147-150.
- Koerner, K., Tsai, M., & Simpson, E. (2011). Treating shame: A functional analytic approach. In R. Dearing & J. Tangney (Eds.) *Shame in the Therapy Hour*. APA Press.
- Hoekstra, R. & Tsai, M. (2010). *FAP for Interpersonal Process Groups*. In J. Kanter, M. Tsai & R. J. Kohlenberg (Eds.) *The practice of functional analytic psychotherapy*. New York: Springer.
- Kohlenberg, R.J., Tsai, M., & Kanter, J. (2010). *La psicoterapia analitico finzionale (FAP)*. In F. Bulli & G. Melli (Eds.). *Mindfulness and acceptance in psicoterapia* (pp 125 - 150). Firenze, Italy: Eclipsi di Psico.
- Kohlenberg, R. J., Kanter, J., Tsai, M., & Weeks, C. E. (2010). *FAP and Cognitive Behavior Therapy*. In J. Kanter, M. Tsai & R. J. Kohlenberg (Eds.) *The practice of functional analytic psychotherapy*. New York: Springer.
- Tsai, M., Plummer, M., Kanter, J., Newring, R. and Kohlenberg R.J. (2010). Therapist grief and functional analytic psychotherapy: Strategic self-disclosure of personal loss. *Journal of Contemporary Psychotherapy*, **40**, 1-10.
- Tsai, M., Kohlenberg, R.J., & Kanter, J. (2010). A functional analytic psychotherapy approach to therapeutic alliance. In C. Muran & J. Barber (Eds.) *The Therapeutic Alliance: An Evidence-Based Approach to Practice and Training*. New York: Guilford Press.
- Vandenberghe, L., Tsai, M. et al. (2010). *Transcultural FAP*. In J. Kanter, M. Tsai & R. J. Kohlenberg (Eds.) *The practice of functional analytic psychotherapy*. New York: Springer.

- Baruch, D., Kanter, J., Busch, A. Plummer, M. Tsai, M., et al. (2009). *Lines of evidence In support of FAP*. In M. Tsai, R. J. Kohlenberg, J. W. Kanter, B. Kohlenberg, W. C. Follette & G. M. Callaghan (Eds.), *A guide to functional analytic psychotherapy: Awareness, courage, love, and behaviorism* (pp. 61-102). New York: Springer Science + Science Media.
- Kohlenberg, R. J., Tsai, M., & Kanter, J. (2009). What is functional analytic psychotherapy? In M. Tsai, R. J. Kohlenberg, J. Kanter, B. S. Kohlenberg, W. C. Follette & G. M. Callaghan (Eds.), *A guide to functional analytic psychotherapy* (pp. 1-20). New York: Springer
- Kohlenberg, R. J., Kohlenberg, B. S., & Tsai, M. (2009). Intimacy. In M. Tsai, R. J. Kohlenberg, J. Kanter, B. S. Kohlenberg, W. C. Follette & G. M. Callaghan (Eds.) *A guide to functional analytic psychotherapy* (pp. 131-144). New York: Springer.
- Kohlenberg, R. J., Tsai, M., Kanter, J., & Parker, C. R. (2009). Self and mindfulness. In M. Tsai, R. J. Kohlenberg, J. Kanter, B. S. Kohlenberg, W. C. Follette & G. M. Callaghan (Eds.), *A guide to functional analytic psychotherapy* (pp. 103-130). New York: Springer.
- Tsai, M., Callaghan, G. M., Kohlenberg, R. J., Follette, W. C., & Darrow, S. M. (2009). *Supervision and therapist self development*. In M. Tsai, R. J. Kohlenberg, J. Kanter, B. S. Kohlenberg, W. C. Follette & G. M. Callaghan (Eds.), *A guide to functional analytic psychotherapy* (pp. 167-198). New York: Springer.
- Tsai, M., Kanter, J., Landes, S. J., Newring, R. W., & Kohlenberg, R. J. (2009). *The course of therapy: beginning middle and end phases of FAP*. In M. Tsai, R. J. Kohlenberg, J. Kanter, B. S. Kohlenberg, W. C. Follette & G. M. Callaghan (Eds.), *A guide to functional analytic psychotherapy* (pp. 145-166). New York: Springer.
- Tsai, M., Kohlenberg, R. J., Kanter, J. W., & Waltz, J. (2009). *Therapeutic technique: The five rules*. In M. Tsai, R. J. Kohlenberg, J. W. Kanter, B. Kohlenberg, W. C. Follette & G. M. Callaghan (Eds.), *A guide to functional analytic psychotherapy: Awareness, courage, love, and behaviorism* (pp. 61-102). New York: Springer Science + Science Media.
- Tsai, M., Kohlenberg, R. J., Bolling, M. & Terry, C. (2009). *Values in Therapy and Green FAP*. In M. Tsai, R. J. Kohlenberg, J. Kanter, B. S. Kohlenberg, W. C. Follette & G. M. Callaghan (Eds.), *A guide to functional analytic psychotherapy* (pp. 199-212). New York: Springer.
- Kohlenberg, B. S., Tsai, M., & Kohlenberg, R. J. (2006). Healing interpersonal trauma with the intimacy of the therapeutic relationship. In Follette, V. & Ruzek, J. (eds.) *Cognitive-Behavioral Therapies for Trauma, Second Edition*. New York: Guilford.
- Whiteside, U.S., Kohlenberg, R. J., Tsai, M. (2005). Functional Analytic Psychotherapy. In Hersen, M. & Rosqvist, J. (eds.) *Encyclopedia of behavior modification and cognitive behavior therapy* (Volume I: Adult Clinical Applications). Newbury Park, CA: Sage Publications.

- Kohlenberg, R. J., Tsai, M., Ferro García, R., Aguayo, L. V., Fernández Parra, and Virués-Ortega, J. (2005) Psicoterapia analítico-funcional y terapia de aceptación y compromiso: teoría, aplicaciones y continuidad con el análisis del comportamiento. *International Journal of Clinical and Health Psychology*, 5(2), 37-67.
- Tsai, M. & Kohlenberg, R. J. (2005). Using the therapist-client relationship: A behavioral treatment for complex PTSD. In Boos, A. (Ed.): *Die beiden Seiten der Bewältigung: Psychotherapeutische und juristische Aspekte schwerer Traumatisierungen*.
- Whiteside, U.S., Kohlenberg, R. J., Tsai, M. (2005). *In-vivo processes in cognitive therapy for depression: Frequency and benefits*. *Psychotherapy Research*, 15(4), 366-373.
- Kohlenberg, R. J., Kanter, J. W., Bolling, M., Wexner, R., Parker, C., and Tsai, M. (2004). Functional Analytic Psychotherapy, cognitive therapy, and acceptance. In S. C. Hayes, V. M. Follette, & M. Linehan (Eds.) *The new behavior therapies: Expanding the cognitive behavioral tradition*. New York: Guilford Press.
- Kohlenberg, R. J., Kanter, J., Bolling, M., Parker, C., & Tsai, M., (2002) Enhancing Cognitive Therapy for Depression with Functional Analytic Psychotherapy: Treatment Guidelines and Empirical Findings. *Cognitive and Behavioral Practice*, 9, 213-229.
- Kohlenberg, R. J. & Tsai, M. (2002). Functional analytic psychotherapy. In Zimmar, G. (ed.) *Encyclopedia of psychotherapy*. New York: Academic Press.
- Kohlenberg, R. J. & Tsai, M. (2000). Some radical behavioral help for Katrina. *Cognitive and Behavioral Practice*, 7, 486-489.
- Bolling, M., Parker, C., Kanter, J., Kohlenberg, R. J., & Tsai, M., (2000) The client-therapist interaction: The core of a behavioral approach. *European Psychotherapie*, 1, 21-29
- Kohlenberg, R. J. & Tsai, M. (1998). Healing interpersonal trauma with the intimacy of the therapeutic relationship. In Abueg, F. R., Follette, V., & Ruzek, J. (eds.) *Trauma in context: A cognitive behavioral approach*. New York: Guilford.
- Rabin, C., Tsai, M. & Kohlenberg, R. J. (1996). Targeting sex-role and power issues with a functional analytic approach: Gender patterns in behavioral marital therapy. *Journal of Feminist Family Therapy*, 8, 1-24.
- Kohlenberg, R. J., Tsai, M. & Kohlenberg, B.S. (1996). Functional analysis in behavior therapy. In Hersen, M., Eisler, R M., & Miller, P.M. (eds.) *Progress in behavior modification*. Newbury Park, CA: Sage Publications.
- Kohlenberg, R. J. & Tsai, M. (1995). Functional analytic psychotherapy: a behavioral approach to intensive treatment. In O'Donohue, W. & Krasner, L. (eds.) *Theories in Behavior Therapy*. Washington, D.C.: American Psychological Association.
- Kohlenberg, R. J. & Tsai, M. (1995). I speak, therefore I am: A behavioral approach to understanding the self. *the Behavior Therapist*, 18, 113-116.
- Kohlenberg, R. J. & Tsai, M. (1994). Improving cognitive therapy for depression with functional analytic psychotherapy: Theory and case study. *The Behavior Analyst*, 17, 305-320.

- Kohlenberg, R. J. & Tsai, M. (1994). Functional analytic psychotherapy: A behavioral approach to treatment and integration. Journal of Psychotherapy Integration, 4, 175-201.
- Kohlenberg, R. J., Dougher, M. J. & Tsai, M. (1993). The dimensions of clinical behavior analysis. The Behavior Analyst, 16, 271-282.
- Kohlenberg, R. J., Hayes, S. C. & Tsai, M. (1993). Radical behavioral psychotherapy: Two contemporary examples. Clinical Psychology Review, 13, 579-592.
- Kohlenberg, R. J. & Tsai, M. (1993). Hidden meaning: A behavioral approach. the Behavior Therapist, 16, 80-82.
- Tsai, M. and Uemura, A. (1988). Asian Americans: the struggles, the conflicts and the successes. In P. Bronstein and K. Quina (Eds.), *Teaching the Psychology of People: Resources for Gender and Sociocultural Awareness*, Washington, D.C., American Psychological Association.
- Kohlenberg, R. J. & Tsai, M. (1987). Functional analytic psychotherapy. In N. Jacobson (Ed.) Cognitive and behavioral therapists in clinical practice. New York: Guilford.
- Tsai, M. (1983). An evaluation of individual, group, and videotherapy for women sexually molested as children. Dissertation Abstracts International.
- Tsai, M., Teng, N. and Sue, S. (1981). Mental health status of Chinese in the United States. In A. Kleinman and T. Y. Lin (Eds.), *Normal and Deviant Behavior in Chinese Culture*, Hingham, Mass.: Reidel Publishing Co.
- Tsai, M., Feldman-Summers, S. and Edgar, M. (1979). Childhood Molestation: Variables related to differential impacts on psychosexual functioning in adult women. Journal of Abnormal Psychology, 88(4), 407-417.
- Tsai, M. and Wagner, N. N. (1979). A brief guide to office counseling: Women who were sexually molested as children. Medical Aspects of Human Sexuality, 8, 55-56.
- Tsai, M. and Wagner, N. N. (1979). Incest and molestation: Problems of childhood sexuality. Resident and Staff Physician, 3, 129-131, 136.
- Tsai, M. and Wagner, N. N. (1978) Therapy groups for women sexually molested as children. Archives of Sexual Behavior, 7(5), 417-427.

Recent Courses, Workshops and Presentations

University of Washington: Graduate course in Functional Analytic Psychotherapy, 2005-2006, 2006-2007, 2007-2008, 2008-2009, 2009-2010, 2010-2011, 2011-2012, 2012-2013, 2013-2014.

Tsai, M., & Kohlenberg, R.J. Introduction to FAP workshop. Association for Contextual Behavioral Science (ACBS) meeting, Washington D.C., July 2012; Sydney, Australia, July 2013; Minneapolis, MN, June 2014.

Tsai, M., Kohlenberg, R.J. et al. Advanced FAP Workshop. Sponsored by University of Washington, Seattle, June 3-5, 2011; June 1-3, 2012; July 19-20, 2012, May 30-June 2, 2013, May 29-June 1st, 2014.

Tsai, M. and Kohlenberg, R.J. Supercharging CBT with Functional Analytic Psychotherapy: Maximizing Therapeutic Impact by Using the Therapist-Client Relationship. Master Clinician Seminar, ABCT Meeting, November 2005-2008, 2013.

Tsai, M. and Kohlenberg, R.J. Introduction to Functional Analytic Psychotherapy (2-3 day workshop). Bressanone, Italy, June 2009; Denver, Colorado, December 2009; Reno, Nevada, June 2010; Seattle, August 2010; Iowa City, April 2012.

Steinwachs, J. & Tsai, M. Using FAP to Train ACT workshop. Association for Contextual Behavioral Science (ACBS) meeting, Washington D.C., July 2012.

Tsai, M. & Steinwachs, J. Psychotherapy Supervision: Enrich Your Supervisory Process Using Principles of FAP and ACT. Workshop, Association for Behavior Analysis (ABA) meeting, Denver, May 2011.

Tsai, M. and Hoekstra, R. Functional Analytic Psychotherapy for Interpersonal Process Groups. Symposium presentation, Association for Behavior Analysis (ABA) meeting, San Antonio, May 2010.

Tsai, M. and Kohlenberg, R.J. Functional Analytic Psychotherapy: Maximizing Therapeutic Impact by Using the Client-Therapist Relationship. Half day Institute, ABCT Meeting, November 2009 & 2010.

Tsai, M. and Kohlenberg, R.J. Functional Analytic Psychotherapy: New Frontiers in Awareness, Courage, Love and Behaviorism. ACT Oceania II Pre-Conference 2 day workshop, New Zealand, August 2008.

Tsai, M., Plummer, M., Terry, C., Newring, R., Holman, G., and Kohlenberg, R.J. Functional Analytic Psychotherapy: Creating and Harnessing Powerful Therapeutic Relationships. Association for Behavior Analysis (ABA) meeting, San Diego, May 2007.

Tsai, M. and Dahl, J. ACT and FAP: An Experiential Integration in Effecting Personal and Client Change. ABA meeting, San Diego, May 2007.

Tsai, M., Kohlenberg, R.J., Newring, R., Terry, C., Plummer, M., Whiteside, U., Secrist, C., and Bowen, S. Psychotherapy Supervision: an Experiential Model for Enhancing the Supervisory Process. Invited Institute, Association for Behavioral and Cognitive Therapy Meeting, Chicago, November 2006.

Tsai, M. and Dahl, J. Warriors of Compassion: An Experiential Integration of ACT and FAP in Effecting Personal and Client Change. Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, July 2006.

Kohlenberg, R.J., Tsai, M., Kohlenberg, B., and Plummer, M. Supercharging your Therapy with FAP. Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, July 2006.

Kohlenberg, R.J. and Tsai, M. Functional Analytic Psychotherapy: Awareness, Courage and Intimacy in the Therapeutic Relationship. Invited address. Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, July 2006.

Tsai, M., Kohlenberg, R.J., Newring, R., Terry, C., and Plummer, M. Psychotherapy Supervision: An Experiential Model for Enhancing the Supervisory Process. Workshop, Association for the Advancement of Behavior Therapy (AABT) Meeting, Washington D.C., November 2005.

Kohlenberg, R.J. and Tsai, M. Functional Analytic Psychotherapy workshop. University College, Cork, Ireland. February 2005.

Kohlenberg, R.J. and Tsai, M. Functional Analytic Psychotherapy workshop. Granada, Spain. July 8-10, 2004.

Kohlenberg, R.J. and Tsai, M. Functional Analytic Psychotherapy: A Behaviorally Informed Guide to Intensifying and Using the Therapeutic Relationship to Improve and Enhance Cognitive/Behavior Therapy for Depression and OCD. First World Conference on ACT, RFT, and The New Behavioral Psychology, Linkoping, Sweden August 2003.