

## CURRICULUM VITAE

Ruth A. Baer  
Professor  
Department of Psychology  
University of Kentucky

August, 2006

### PERSONAL DATA

Work Address: Department of Psychology  
115 Kastle Hall  
University of Kentucky  
Lexington, KY 40506-0044

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Lexington, KY 40502

Phone: (859) 257-6841 (office)  
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Licensure: Licensed Psychologist in Kentucky

### EDUCATION

Ph.D., 1985 West Virginia University, Morgantown, WV, Clinical Psychology  
Internship: University of Mississippi Medical Center &  
Veterans Administration Medical Center, Jackson, MS

M.A., 1982 West Virginia University, Morgantown, WV, Clinical Psychology

B.A., 1980 University of Kansas, Lawrence, KS, Music

### MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Psychological Association  
Association for Behavioral and Cognitive Therapies (formerly AABT)  
Association for Contextual Behavioral Science

## CURRENT POSITION

Professor of Psychology, University of Kentucky

## PREVIOUS POSITIONS

Associate Professor of Psychology, University of Kentucky (1991-2006)

Director of Clinical Training, University of Kentucky (1996-2001)

Assistant Professor of Psychology, University of Kentucky (1985-1991)

## ADDITIONAL PROFESSIONAL TRAINING

Intensive training in dialectical behavior therapy (DBT), 1997

Professional training in mindfulness-based cognitive therapy (MBCT), 2002

Professional training in mindfulness-based stress reduction (MBSR), 2002

## **RESEARCH ACTIVITIES**

### PUBLICATIONS

#### Book:

Baer, R. A. (Ed.) (2006). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. San Diego, CA: Elsevier.

#### Articles and chapters:

Baer, R. A. & Huss, D. B. (in press). Mindfulness and acceptance-based therapy approaches. In J. Lebow (Ed.), *Twenty-first century psychotherapies*. Wiley.

Huss, D. B. & Baer, R. A. (in press). Acceptance and change: Integration of mindfulness-based cognitive therapy into ongoing dialectical behavior therapy in a case of borderline personality disorder with depression. *Clinical Case Studies*.

Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13, 27-45.

Baer, R. A. & Krietemeyer, J. (2006). Overview of mindfulness and acceptance-based treatment approaches. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 3-27). San Diego, CA: Elsevier.

- Coffman, S., Dimidjian, S., & Baer, R. A. (2006). Mindfulness-based cognitive therapy for the prevention of depressive relapse. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 31-50). San Diego, CA: Elsevier.
- Kristeller, J., Quillian-Wolever, R., & Baer, R. A. (2006). Mindfulness-based treatments for eating disorders. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 75-91). San Diego, CA: Elsevier.
- Baer, R. A., Fischer, S. & Huss, D. B. (2005). Mindfulness and acceptance in the treatment of disordered eating. *Journal of Rational Emotive and Cognitive Behavioral Therapy*, *23*, 281-300.
- Baer, R. A., Fischer, S., & Huss, D. B. (2005). Mindfulness-based cognitive therapy applied to binge eating disorder: A case study. *Cognitive and Behavioral Practice*, *12*, 351-358.
- Baer, R. A. (2005). Biography of Donald M. Baer. In A. M. Gross and R. S. Drabman (Eds.), *Encyclopedia of behavior modification and cognitive behavior therapy, Volume II: Child clinical applications*. (pp. 687-688). Thousand Oaks, CA: Sage
- Baer, R. A., Smith G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment*, *11*, 191-206.
- Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*, *10*, 125-143.
- Baer, R. A. (2003). Mindfulness and behavior analysis. In K. S. Budd & T. F. Stokes (Eds.), *A small matter of proof: The legacy of Donald M. Baer*. Reno, NV: Context Press.
- Baer, R. A., Rinaldo, J. C., & Berry, D. T. R. (2003). Response distortions in self-report assessment. In R. Fernandez-Ballesteros (Ed.), *Encyclopedia of psychological assessment* (pp. 861-866). London, England: Sage Publications.
- Baer, R. A. & Rinaldo, J. C. (2003). The Minnesota Multiphasic Personality Inventory - Adolescent (MMPI-A). In M. Hersen, D. L. Segal, & M. J. Hilsenroth (Eds.), *Comprehensive handbook of psychological assessment, Volume 2: Personality assessment*. New York: Wiley.
- Rinaldo, J. C. & Baer, R. A. (2003). Incremental validity of the MMPI-A content scales in the prediction of self-reported symptoms. *Journal of Personality Assessment*, *80*, 309-318.

- Baer, R. A. & Miller, J. (2002). Underreporting of psychopathology on the MMPI-2: A meta-analytic review. *Psychological Assessment, 14*, 16-26.
- Berry, D. T. R., Baer, R. A., Wetter, M. W., & Rinaldo, J. C. (2002). Assessment of malingering. In J. N. Butcher (Ed.), *Clinical personality assessment* (2<sup>nd</sup> ed.) (pp.269-302). New York: Oxford University Press.
- Ballenger, J. F., Caldwell-Andrews, A., & Baer, R. A. (2001). Effects of positive impression management on the NEO PI-R in a clinical population. *Psychological Assessment, 13*, 254-260.
- Archer, R. P., Handel, R. W., Greene, R. L., Baer, R. A., & Elkins, D. E. (2001). An evaluation of the usefulness of the MMPI-2 F(p) scale. *Journal of Personality Assessment, 76*, 282-295.
- Berry, D., Bagby, R., Smerz, J., Rinaldo, J., Caldwell-Andrews, A., & Baer R. (2001). Effectiveness of NEO PI-R research validity scales for discriminating analog malingering and genuine psychopathology. *Journal of Personality Assessment, 76*, 496-516.
- Caldwell-Andrews, A. A., Baer, R. A., & Berry, D. T. R. (2000). Effects of response sets on NEO-PI-R scores and their relationships to external criteria. *Journal of Personality Assessment, 74*, 472-488.
- Baer, R. A., Kroll, L. S., Rinaldo, J., & Ballenger, J. (1999). Detecting and discriminating between random responding and overreporting on the MMPI-A. *Journal of Personality Assessment, 72*, 308-320.
- Baer, R. A., Ballenger, J., & Kroll, L. (1998). Detection of underreporting on the MMPI-A in clinical and community samples. *Journal of Personality Assessment, 71*, 98-113.
- Arita, A. A. & Baer, R. A. (1998). Validity of selected MMPI-A content scales. *Psychological Assessment, 10*, 59-63.
- Ranseen, J. D., Campbell, D. A., & Baer, R. A. (1998). NEO-PI-R profiles of adults with attention deficit disorder. *Assessment, 5*, 19-24.
- Baer, R. A., & Sekirnjak, G. (1997). Detection of underreporting on the MMPI-2 in a clinical population: Effects of information about validity scales. *Journal of Personality Assessment, 69*, 555-567.
- Baer, R. A., Ballenger, J., Berry, D. T. R., & Wetter, M. W. (1997). Detection of random responding on the MMPI-A. *Journal of Personality Assessment, 68*, 139-151.

- Baer, R. A. & Wetter, M. W. (1997). Effects of information about validity scales on underreporting of symptoms on the Personality Assessment Inventory. *Journal of Personality Assessment*, 68, 402-413.
- Berry, D. T. R., Adams, J., Clark, C., Thacker, S., Burger, T., Wetter, M. W., Baer, R. A., & Borden, J. (1996). Detection of a cry for help on the MMPI-2: An analogue investigation. *Journal of Personality Assessment*, 67, 26-36.
- Baer, R. A., Wetter, M. W., & Berry, D. T. R. (1995). Effects of information about validity scales on underreporting of symptoms on the MMPI-2: An analogue investigation. *Assessment*, 2, 189-200.
- Baer, R. A., Wetter, M. W., Nichols, D., Greene, R., & Berry, D. T. R., (1995). Sensitivity of MMPI-2 validity scales to underreporting of symptoms. *Psychological Assessment*, 7, 419-423.
- Berry, D. T. R., Wetter, M. W., Baer, R. A., Youngjohn, J., Gass, C., Lamb, D., Franzen N., MacInnes, W., & Buchholz, D. (1995). Overreporting of closed-head injury symptoms on the MMPI-2. *Psychological Assessment*, 7, 517-523.
- Berry, D. T. R., Wetter, M. W., & Baer, R. A. (1995). Assessment of malingering. In J. N. Butcher (Ed.), *Clinical personality assessment* (pp. 236-248). New York: Oxford University Press.
- Wetter, M. W., Baer, R. A., Berry, D. T. R., & Reynolds, S. (1994). The effect of symptom information on faking on the MMPI-2. *Assessment*, 1, 199-207.
- Lamb, D., Berry, D. Wetter, M., Baer, R. A., & Widiger, T. A. (1994). Ethical considerations in research on coached malingering. *Psychological Assessment*, 6, 16-17.
- Lamb, D., Berry, D. T. R., Wetter, M. W., & Baer, R. A. (1994). Effects of two types of information on malingering of closed-head injury on the MMPI-2: An analogue investigation. *Psychological Assessment*, 6, 8-13.
- Wetter, M. W., Baer, R. A., Berry, D. T. R., Robison, L. H., & Sumpter, J. (1993). MMPI-2 profiles of motivated fakers given specific symptom information: A comparison to matched patients. *Psychological Assessment*, 5, 317-323.
- Baer, R. A., Wetter, M. W., & Berry, D. T. R. (1992). Detection of underreporting of psychopathology on the MMPI: A meta-analysis. *Clinical Psychology Review*, 12, 509-525.

- Berry, D. T. R., Wetter, M. W., Baer, R. A., Larsen, L., Clark, C., & Monroe, K. (1992). MMPI-2 random responding indices: Validation using a self-report methodology. *Psychological Assessment: A Journal of Consulting and Clinical Psychology*, 4, 340-345.
- Wetter, M. W., Baer, R. A., Berry, D., Smith, G., & Larsen, L. (1992). Sensitivity of MMPI-2 validity scales to random responding and malingering. *Psychological Assessment: A Journal of Consulting and Clinical Psychology*, 4, 369-374.
- Baer, R. A., Tishelman, A. C., Degler, J. D., Osnes, P. G., & Stokes, T. F. (1992). Effects of self- vs experimenter-selection of rewards on classroom behavior in young children. *Education and Treatment of Children*, 15, 1-14.
- Berry, D. T. R., Wetter, M., Baer, R. A., Widiger, T. A., Sumpter, J., Reynolds, S., & Hallam, R. (1991). Detection of random responding on the MMPI-2: Utility of F, Back F, and VRIN scales. *Psychological Assessment: A Journal of Consulting and Clinical Psychology*, 3, 418-423.
- Baer, R. A. & Nietzel, M. T. (1991). Cognitive-behavioral treatment of impulsivity in children: A meta-analytic review of the outcome literature. *Journal of Clinical Child Psychology*, 20, 400-412.
- Berry, D.T R., Baer, R. A., & Harris, M. J. (1991). Detection of malingering on the MMPI: A meta-analysis. *Clinical Psychology Review*, 11, 585-598.
- Baer, R. A. (1990). Correspondence training: Review and current issues. *Research in Developmental Disabilities*, 11, 379-393.
- Baer, R. A. & Detrich, R. (1990). Tacting and manding in correspondence training: Effects of child selection of verbalization. *Journal of the Experimental Analysis of Behavior*, 54, 23-30.
- Weninger, J. M. & Baer, R. A. (1990). Correspondence training with time delay: A comparison with reinforcement of compliance. *Education and Treatment of Children*, 13, 36-44.
- Baer, R. A. (1990). The doctoral program in clinical psychology at the University of Kentucky. *The Behavior Therapist*, 13, 219-220.
- Baer, R. A. (1989). Maintenance of child behavior change: What happens after the experimenters leave? *Education and Treatment of Children*, 12, 190-199.
- Baer, R. A., Detrich, R., & Weninger, J. (1988). On the functional role of the verbalization in correspondence training procedures. *Journal of Applied Behavior Analysis*, 21, 345-356.

- Baer, R. A. (1987). Effects of caffeine on classroom behavior, sustained attention, and a memory task in preschool children. *Journal of Applied Behavior Analysis, 20*, 225-234.
- Baer, R. A., Blount, R. L., Detrich, R., & Stokes, T. F. (1987). Using intermittent reinforcement to program maintenance of verbal/nonverbal correspondence. *Journal of Applied Behavior Analysis, 20*, 179-184.
- Blount, R. L., Baer, R. A., & Stokes, T. F. (1987). An analysis of long term maintenance of effective toothbrushing by Head Start children. *Journal of Pediatric Psychology, 12*, 363-377.
- Chelune, G. J. & Baer, R. A. (1986). Developmental norms for the Wisconsin Card Sorting Test. *Journal of Clinical and Experimental Neuropsychology, 3*, 219-228.
- Collins, F. L., Baer, R. A., & Blount, R. L. (1985). Single subject research designs for optometry. *American Journal of Optometry and Physiological Optics, 62*, 516-522.
- Baer, R. A., Williams, J. A., Osnes, P. G., & Stokes, T. F. (1985). Generalized verbal control and correspondence training. *Behavior Modification, 9*, 477-48
- Blount, R. L., Dahlquist, L. M., Baer, R. A., & Wouri, D. (1984). A brief, effective method for teaching children to swallow pills. *Behavior Therapy, 15*, 381-387.
- Baer, R. A., Williams, J. A., Osnes, P. G., & Stokes, T. F. (1984). Delayed reinforcement as an indiscriminable contingency in verbal/nonverbal correspondence training. *Journal of Applied Behavior Analysis, 17*, 429-440.
- Blount, R. L., Baer, R. A., & Collins, F. L. (1984). Improving visual acuity in a myopic child: Assessing compliance and effectiveness. *Behaviour Research and Therapy, 22*, 53-57.
- Baer, R. A., Osnes, P. G., & Stokes, T. F. (1983). Training generalized correspondence between verbal behavior at school and nonverbal behavior at home. *Education and Treatment of Children, 6*, 378-388.

#### Book reviews:

- Baer, R. A. (2005, December 28). The third wave: New directions in cognitive-behavioral intervention. [Review of the book *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition.*] *PsycCRITIQUES-Contemporary Psychology: APA Review of Books, 50* (no. 52), Article 8.

Baer, R. A. (1998). MMPI-A: An updated version of an excellent text [Review of MMPI-A: Assessing Adolescent Psychopathology]. *Contemporary Psychology*, 43, 353.

Baer, R. A. (1997). Review of *Abnormal Psychology in a Changing World*. *Contemporary Psychology*, 42, 34.

Wetter, M. W., & Baer, R. A. (1996). Review of *Advanced Abnormal Psychology*. *Contemporary Psychology*, 41, 570-571.

Baer, R. A. (1995). New directions in cognitive therapy [Review of *Cognitive Therapies in Action*]. *Contemporary Psychology*, 40, 462.

## RECENT PRESENTATIONS

### Invited keynote and plenary addresses:

Baer, R. A. (2006, June). *Meditation, mindfulness, and psychological functioning in a sample of experienced meditators*. Invited keynote address presented at the International Conference on Mindfulness and Acceptance, University of Wales, Bangor, United Kingdom.

Baer, R. A. (2006, March). *Facets of mindfulness and their relationships with other variables in a sample of experienced meditators*. Invited plenary address presented at the 4<sup>th</sup> annual International Conference on Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, University of Massachusetts Medical School, Worcester, MA.

Baer, R. A. (2005, April). *Using self-report assessment methods to explore facets of mindfulness*. Invited plenary address presented at the 3<sup>rd</sup> Annual Conference on Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, University of Massachusetts Medical School. Worcester, MA.

Baer, R. A. (2004, August). *Assessment of mindfulness and related constructs: Overview of recent developments*. Invited keynote address presented at the Conference on Mindfulness-Based Approaches: Research, Training, & Clinical Practice, University of Wales, Bangor, United Kingdom.

### Other invited addresses and workshops:

Baer, R. A. (2006, July). *Exploring facets of mindfulness in experienced meditators*. Invited address presented at the 2<sup>nd</sup> world conference on ACT, RFT, and Contextual Behavioural Science, London, United Kingdom.

Baer, R. A. (2006, July). *Mindfulness: Current Approaches*. Invited workshop presented at the 2<sup>nd</sup> world conference on ACT, RFT, and Contextual Behavioural Science, London, United Kingdom.

Baer, R. A. & Swales, M. (2006, June). *Mindfulness in dialectical behavior therapy*. Invited workshop presented at the International Conference on Mindfulness and other Acceptance Based Training. University of Wales, Bangor, UK.

Baer, R. A. (2006, May). *Operationalizing mindfulness: Identifying component skills and their relations to mental health variables*. Invited address presented at the Association for Behavior Analysis, Atlanta, GA.

Baer, R. A. (2005, October). *Elements of mindfulness and their relationships to mental health*. Invited address presented at the conference on Exploring the Mind: Buddhist and Scientific Approaches to Mental Health and Healing, University of Toronto, Canada.

Baer, R. A. & Fookes, M. (2004, August). *Mindfulness skills in dialectical behavior therapy*. Invited workshop presented at the Conference on Mindfulness-Based Approaches: Research, Training, & Clinical Practice, University of Wales, Bangor, UK.

#### Other Presentations:

Baer, R. A. (2005, November). *The Kentucky Inventory of Mindfulness Skills: What can it tell us about the nature of mindfulness?* In J. D. Herbert & L. Cardaciotto (Chairs), *The conceptualization and assessment of mindfulness*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.

Baer, R. A., Fischer, S., & Huss, D. B. (2005, August). *Mindfulness-based cognitive therapy and binge eating*. In J. Kristeller (Chair), *Mindfulness, meditation, eating disorders, and obesity: Conceptual and empirical issues*. Symposium presented at the annual meeting of the American Psychological Association, Washington.

Baer, R. A. (2004, July). *Assessment of mindfulness: An essential component of mindfulness-based treatment research*. In K. Witkiewicz (Chair), *Mindfulness meditation: Progressive behavior therapy from a time-honored tradition*. Symposium presented at the annual meeting of the American Psychological Association, Honolulu.

Huss, D. B., Fischer, S., & Baer, R. A. (2003, November). *Mindfulness-based cognitive therapy for binge eating disorder*. Poster presented at the 37<sup>th</sup> annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.

Baer, R. A, Fischer, S., & Huss, D. (2003, August). *Adapting mindfulness-based cognitive therapy for binge eating disorder*. Invited address presented at the World Conference on ACT, RFT, and the New Behavioral Psychology, Linkoping, Sweden.

Baer, R. A. (2003, August). *Understanding mindfulness from a behavior analytic perspective*. Paper presented at the World Conference on ACT, RFT, and the New Behavioral Psychology, Linkoping, Sweden.

Baer, R. A. (2003, August). *Self-report assessment of mindfulness skills: Developing an inventory*. Paper presented at the World Conference on ACT, RFT, and the New Behavioral Psychology, Linkoping, Sweden.

Heaton, L. J., Cragar, D. E., & Baer, R. A. (2002, November). *Educational protocol for DBT family members*. Poster presented at the annual meeting of the International Society for the Improvement and Teaching of DBT, Reno, NV.

## EDITORIAL AND REVIEWING EXPERIENCE

### Member of Editorial Board:

Psychological Assessment	2000-
Journal of Personality Assessment	2002-
Assessment	1999-
Journal of Applied Behavior Analysis	1986-1992
Education and Treatment of Children	1987-1995
The Behavior Analyst	1990-1992

### Literature Review Editor:

Education and Treatment of Children	1989-1995
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### Guest Reviews:

Behaviour Research and Therapy  
Cognitive and Behavioral Practice  
Cognitive Therapy and Research  
Journal of Abnormal Psychology  
Journal of Clinical Psychology  
Journal of Clinical Child Psychology  
Journal of Consulting and Clinical Psychology  
Journal of Health Psychology  
Journal of Marital and Family Therapy  
Journal of Personality Disorders

## Guest Reviews (continued)

Personality and Individual Differences  
Psychological Science  
Psychology and Psychotherapy: Theory, Research and Practice

APA Books  
Brunner Routledge  
Guilford Publications

## Federal Grant Reviewing and Related Service:

NIMH Special Emphasis Panel, Minority Dissertation Grant Proposals  
NCCAM Technical Expert Panel, "Effectiveness of Meditation in Healthcare"  
Social Sciences and Humanities Research Council of Canada: Reviewer

## RESEARCH FUNDING

Meditation Experience, Mindfulness, and Psychological Functioning. College of Arts and Sciences, University of Kentucky (2006) \$5000.

Faking Good Adjustment on the MMPI-2. Department of Psychology Incentive Funds (1994) \$300.

Random Responding on the MMPI-A. University of Kentucky, Vice Chancellor for Research and Graduate Studies (1993) \$600.

Random Responding on the MMPI-A. Department of Psychology (1993) \$600.

Faking Good Adjustment on the MMPI-2. University of Kentucky, Vice Chancellor for Research and Graduate Studies (1992) \$600.

Effects of caffeine on sustained attention, impulse control, and classroom behavior in preschool children. University of Kentucky Research Foundation (1986) \$2500.00.

Component analysis of correspondence training procedures. University of Kentucky Summer Faculty Research Fellowship (1987) \$2400.00.

## TEACHING EXPERIENCE

Undergraduate: Senior Seminar: Dialectical Behavior Therapy  
Abnormal Psychology  
Developmental Psychology  
Child Psychopathology

Graduate: Psychotherapy  
Dialectical Behavior Therapy  
Clinical Interviewing  
Group and Individual Clinical Supervision  
Behavioral Medicine  
Behavior Therapy

## ADMINISTRATIVE AND SERVICE EXPERIENCE

Member of University Senate	2000-2002
Director of Clinical Training	1996-2001
Associate Director of Clinical Training	1991-1995
Director of Psychological Services Center	1992-1995
Kentucky Psychological Association: Task Force on Master's Level Practice Issues	2000
Board of Directors: Project Future Hope (nonprofit organization for families of autistic children)	1995-1997
Field Placement Coordinator: Applied behavior analysis with autistic children	1994-2001

## CONSULTING AND CLINICAL WORK

1994 - present	Orofacial Pain Center, College of Dentistry, University of Kentucky
1994 - 1996	Psychology Service, Cardinal Hill Rehabilitation Hospital
1987 - 1994	Fayette County Public Schools, Lexington, KY
1987 - 1999	Psychology Service, Veterans Administration Medical Center
1990	University Counseling Center, University of Kentucky
1988 – present	Private practice