

Adam M. Kuczynski, M.S

Curriculum Vitae

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University of Washington
119a Guthrie Hall Box 351525
Seattle, WA 98195

EDUCATION

Ph.D. 2015 – Present

University of Washington – Seattle, WA

Committee:

- Jonathan W. Kanter, Ph.D.
- Kevin M. King, Ph.D.
- Susan M. McCurry, Ph.D.
- Robert J. Kohlenberg, Ph.D.
- Dror Ben-Zeev, Ph.D.
- John M. Gottman, Ph.D.

M.S. Clinical Psychology ▪ University of Washington ▪ Seattle, WA ▪ 2016

Preliminary Development and Psychometric Evaluation of the ACL Scale: Factor Structure, Measurement Invariance, Reliability, and Validity

Committee:

- Jonathan W. Kanter, Ph.D.
- Robert J. Kohlenberg, Ph.D.
- Brian P. Flaherty, Ph.D.

B.S. Psychology ▪ University of Washington ▪ Seattle, WA ▪ 2013

TEACHING EXPERIENCE

Winter Quarter 2019	TA – (Grad level) Linear Models and Data Analysis (PSYCH 525) TA – (Grad level) Laboratory in Statistical Computation II (PSYCH 523) Course instructor: Brian P. Flaherty, Ph.D.
Autumn Quarter 2018	TA – (Grad Level) Introduction to Statistics and Data Analysis (PSYCH 524) TA – (Grad Level) Laboratory in Statistical Computation I (PSYCH 522) Course instructor: Geoff Boynton, Ph.D.
Spring Quarter 2018	TA Fellow - Introduction to Psychology (PSYCH 101) Course instructor: Lee Osterhout, Ph.D.
Autumn Quarter 2018	TA Fellow - Introduction to Psychology (PSYCH 101) Course instructor: Michael W. Passer, Ph.D.
Spring Quarter 2017 ▪ 2016	TA - Statistical Inference in Psychological Research (PSYCH 318) Course instructors: Laura Little, Ph.D. ▪ Geoffrey R. Loftus, Ph.D.

- Winter Quarter 2017 ▪ 2016 **TA - Introduction to Probability and Statistics for Psychology (PSYCH 317)**
 Course instructors: Deborah Paulson, Ph.D. ▪ Geoffrey R. Loftus, Ph.D.
- Summer Quarter 2017 ▪ 2016 ▪ 2018 **TA - Understanding Statistics in Psychology (PSYCH 315)**
 Course instructors: Dana C. Nelson, Ph.D.
- Autumn Quarter 2016 **TA - Fundamentals of Psychological Research (PSYCH 209)**
 Course instructor: Ann Culligan, Ph.D.
- Autumn Quarter 2016 **TA - Introduction to Psychology (PSYCH 101)**
 Course instructor: Michael W. Passer, Ph.D.

CLINICAL EXPERIENCE

Therapies trained in:

- Dialectal Behavior Therapy (DBT)
- DBT + Prolonged Exposure (DBT PE)
- Cognitive Behavior Therapy (CBT) for Depression and Anxiety
- Acceptance and Commitment Therapy (ACT)
- Behavioral Activation (BA)
- Functional Analytic Psychotherapy (FAP)
- Motivational Interviewing (MI)

Assessments trained in:

- Structured Clinical Interview for DSM-5 (SCID-5)
- Mini International Neuropsychiatric Interview (MINI)
- Minnesota Multiphasic Personality Inventory, Second Edition (MMPI-2)
- Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)
- Wechsler Abbreviated Scale of Intelligence, Second Edition (WASI-II)
- Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V)
- Differential Abilities Scale, Second Edition (DAS-II)

CLINICAL EXPERIENCE

Clinical Work

- 2018-2020** The Seattle Clinic – Dialectical Behavior Therapy Practicum
Role: Therapist
Supervisors: Dorian Hunter, Ph.D ▪ Elizabeth LoTempio, Psy.D.
- 2019** Clinic “buddy” (supervision of second-year students as they begin clinical work)
- 2018** Clinic “buddy” (supervision of second-year students as they begin clinical work)
- 2017-2018** University of Washington Medical Center Psychiatric Inpatient Unit
Role: Therapist (Psychology Practicum Student)
Supervisor: Ty Lostutter, Ph.D.
- 2015-Present** University of Washington Psychological Services and Training Clinic
Role: Therapist
Supervisors: Madelon Bolling, Ph.D ▪ Kristi Kwon, Ph.D. ▪ Linda Dimeff, Ph.D. ▪ Matthew Enkema, M.S. ▪ Jonathan W. Kanter, Ph.D.

Trainings & Coursework

2019 Intensive Training in in the DBT Prolonged Exposure Protocol for PTSD, 4-day

Instructors: Melanie S. Harned, Ph.D., ABPP ▪ Sara Schmidt, Ph.D.

2018 Intensive Training in Dialectical Behavior Therapy, 5-day

Instructors: Jennifer Sayrs, Ph.D. ▪ Ronda Oswald Reitz, Ph.D.

Minority Mental Health

Instructor: Jane M. Simoni, Ph.D.

Developmental Psychopathology

Instructor: Katie A. McLaughlin, Ph.D.

Behavioral Clinical Methods (Dialectical Behavior Therapy)

Instructor: Adam Carmel, Ph.D.

Introduction to Dialectical Behavior Therapy

Instructor: Melanie S. Harned, Ph.D., ABPP

2017 Cognitive Behavior Therapy for Depression

Instructor: Elizabeth A. Karp, M.S.

Assessment of Intelligence

Instructor: David Breiger, Ph.D.

Psychological Assessment of Children

Instructor: David Breiger, Ph.D.

Clinical Methods: Ethics

Instructor: Corey Fagan, Ph.D.

CBT+: Cognitive Behavioral Interventions for Depression, Anxiety, Trauma, and Behavior Problems (3-day Training)

Instructors: Shannon Dorsey, Ph.D. ▪ Phoebe Mulligan, LICSW ▪ CJ Ellsworth, M.A., LMFT

2016 Clinical Methods: Interviewing

Instructor: Daniel J. O'Rourke, Ph.D.

Clinical Personality Assessment

Instructor: Ronald E. Smith, Ph.D.

Core Concepts in Affective Science

Instructor: Lynn F. Katz, Ph.D.

Core Concepts in Behavior Change

Instructor: Robert J. Kohlenberg, Ph.D.

Core Concepts in Behavior Disorders

Instructor: Lori A. Zoellner, Ph.D.

Functional Analytic Psychotherapy (FAP) 3-day Intensive Training

Instructors: Jonathan W. Kanter, Ph.D. ▪ Mavis Tsai, Ph.D. ▪ Robert J. Kohlenberg, Ph.D. ▪ Michel A. Reyes Ortega, Psy.D. ▪ Mary Plummer Loudon, Ph.D. ▪ Daniel W. M. Maitland, Ph.D. ▪ Barbara Kohlenberg, Ph.D. ▪ Gareth Holman, Ph.D. ▪ Alessandra Villas-Bôas, Ph.D. ▪ Benjamin Schoendorff, MA ▪ Matthew

Menayas-Skinta, Ph.D.

2015 Practicum in Functional Analytic Psychotherapy (FAP)

Practicum directors: Mavis Tsai, Ph.D. and Robert J. Kohlenberg, Ph.D.

Core Concepts in Systems of Psychotherapy

Instructor: William. H. George, Ph.D.

Functional Analytic Psychotherapy (FAP) 3-day Intensive Training

Instructors: Mavis Tsai, Ph.D. ▪ Robert J. Kohlenberg, Ph.D. ▪ Jonathan Kanter, Ph.D. ▪ Michel A. Reyes Ortega, Psy.D. ▪ Mary Plummer Loudon, Ph.D. ▪ Barbara Kohlenberg, Ph.D. ▪ Gareth Holman, Ph.D. ▪ Chad Wetterneck, Ph.D., ▪ Alessandra Villas-Bôas, Ph.D. ▪ Benjamin Schoendorff, MA ▪ Matthew Menayas-Skinta, Ph.D.

AWARDS

2020 Student Spotlight Award (Association for Contextual Behavioral Science)

2019 Alcor Fellowship (UW Department of Psychology)

PEER-REVIEWED PUBLICATIONS

Kanter, J. W., Rosen, D. C., Manbeck, K. E., Branstetter, H. M. L., **Kuczynski, A. M.**, Corey, M. D., ... & Williams, M. T. (2020). Addressing microaggressions in racially charged patient-provider interactions: A pilot randomized trial. *BMC Medical Education*, 20(88), 1-14. <https://doi.org/10.1186/s12909-020-02004-9>

Manbeck, K. E., Kanter, J. W., **Kuczynski, A. M.**, Maitland, D. W. M., & Corey, M. D. (2020). Fear-of-intimacy in the interpersonal process model: An investigation in two parts. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/0265407519898267>

Kuczynski, A. M., Kanter, J. W., & Robinaugh, D. J. (2019). Differential associations between interpersonal variables and quality-of-life in a sample of college students. *Quality of Life Research*, 29(1), 127-139. <https://doi.org/10.1007/s11136-019-02298-3>

Kuczynski, A. M., Kanter, J. W., Wetterneck, C. T., Olaz, F. O., Singh, R. S., Lee, E. B., ... Corey, M. D. (2019). Measuring intimacy as a contextual-behavioral process: Psychometric development and evaluation of the Awareness, Courage, and Responsiveness Scale. *Journal of Contextual Behavioral Science*. <https://doi.org/10.1016/j.jcbs.2019.02.004>

Reyes Ortega, M. A., **Kuczynski, A. M.**, Kanter, J. W., de Montis, I. A., & Santos, M. M. (2019). A preliminary test of a social connectedness burnout intervention for Mexican mental health professionals. *The Psychological Record*, 69(2), 267-276. <https://doi.org/10.1007/s40732-019-00338-5>

Kanter, J. W., **Kuczynski, A. M.**, Tsai, M., & Kohlenberg, R. J. (2018). A brief contextual-behavioral intervention to improve relationships: A randomized trial. *Journal of Contextual Behavioral Science*, 10, 75-84. <https://doi.org/10.1016/j.jcbs.2018.09.001>

Rosen, D. C., **Kuczynski, A. M.**, & Kanter, J. W. (2018). The Antisemitism-Related Stress Inventory:

Development and preliminary psychometric evaluation. *Psychology of Violence*, 8(6), 726-734. <https://doi.org/10.1037/vio0000208>

Kanter, J. W., Manbeck, K. E., **Kuczynski, A. M.**, Maitland, D. W. M., Villas-Bôas, A., & Reyes Ortega, M. A. (2017). A comprehensive review of research on Functional Analytic Psychotherapy. *Clinical Psychology Review*, 58, 141-156. <https://doi.org/10.1016/j.cpr.2017.09.010>

Kanter, J. W., Williams, M. T., **Kuczynski, A. M.**, Manbeck, K. E., Debreaux, M., & Rosen, D. C. (2017). A preliminary report on the relationship between microaggressions against Black people and racism among White college students. *Race and Social Problems*, 9(4), 291-299. <https://doi.org/10.1007/s12552-017-9214-0>

Maitland, D. W. M., Kanter, J. W., Manbeck, K. E., & **Kuczynski, A. M.** (2017). Relationship science informed clinically relevant behaviors in Functional Analytic Psychotherapy: The Awareness, Courage, and Love Model. *Journal of Contextual Behavioral Science*, 6(4), 347-359. <https://doi.org/10.1016/j.jcbs.2017.07.002>

Maitland, D. W. M., Kanter, J. W., Tsai, M., **Kuczynski, A. M.**, Manbeck, K. E., & Kohlenberg, R. J. (2016). Preliminary findings on the effects of online Functional Analytic Psychotherapy training on therapist competency. *The Psychological Record*, 66(4), 627-637. <https://doi.org/10.1007/s40732-016-0198-8>

Haworth, K., Kanter, J. W., Tsai, M., **Kuczynski, A. M.**, Rae, J. R., & Kohlenberg, R. J. (2015). Reinforcement matters: A preliminary, laboratory-based component-process analysis of Functional Analytic Psychotherapy's model of social connection. *Journal of Contextual Behavioral Science*, 4(4), 281-291. <https://doi.org/10.1016/j.jcbs.2015.08.003>

Kohlenberg, R. J., Tsai, M., **Kuczynski, A. M.**, Rae, J. R., Lagbas, E. Lo, J., & Kanter, J. W. (2015). A brief, interpersonally oriented mindfulness intervention incorporating Functional Analytic Psychotherapy's model of awareness, courage and love. *Journal of Contextual Behavioral Science*, 4(2), 107-111. <https://doi.org/10.1016/j.jcbs.2015.03.003>

BOOK CHAPTERS

Kanter, J. W., Rosen, D. C., Manbeck, K. E., **Kuczynski, A. M.**, Corey, M. D., & Branstetter, H. M. L. (in press). Using contextual behavioral science to understand racism and bias. In M. T. Williams, D. C. Rosen, & J. W. Kanter (Eds.), *Eliminating Race-Based Mental Health Disparities*. Oakland, CA: New Harbinger Books.

WORKSHOPS AND INVITED TALKS:

Kuczynski, A. M. (2019, September). *Intentionally Creating Close Relationships*. 3-hour invited talk and workshop for Providence/Swedish Hospital Telehealth Team, Seattle, WA.

CONFERENCE PRESENTATIONS

- Kuczynski, A. M.,** Kanter, J. W., & Tonel, A. (2020, May). Contemporaneous and longitudinal associations among relational intimacy, loneliness, and depressed affect: A daily diary study. In Moran S. (Chair), *Exploring social connectedness across conceptualization and context to enhance mental health in emerging adults*. Association for Psychological Science 32nd Annual Convention, Chicago, IL (Conference canceled)
- Kuczynski, A. M.,** & Kanter, J. W. (2018, July). Modeling ongoing acts-in-context from a contextual behavioral perspective: A network analysis approach. In M. Vriesman (Chair), *Exploring a past, present, and future of broadening of behavioral horizons*. Symposium presented at the Association for Contextual Behavioral Science 16th Annual World Conference, Montreal, CA.
- Kuczynski, A. M.,** & Kanter, J. W. (2018, July). Predictive validity of awareness, courage, and responsiveness (ACR) in a general psychiatric sample and non-psychiatric dyads. In J. W. Kanter (Chair), *Awareness, courage, and love: Clinical measurement, clinical analogue, and clinical findings*. Symposium presented at the Association for Contextual Behavioral Science 16th Annual World Conference, Montreal, CA.
- Kanter, J. W., Corey, M. D., Parigoris, R., & Carey, C. (2018, July). Discrimination and microaggressions: CBS research findings and a call to action. In **A. M. Kuczynski** (Chair)
- Kuczynski, A. M.,** Xavier, R. N., Villas-Bôas, A., Meyer, S., Wetterneck, C., Holman, G., Kohlenberg, R. J., Tsai, M., Callaghan, G., & Kanter, J. W. (2015, July). A behavior analytic conceptualization of Awareness, Courage, and Love as functional response classes. In R. J. Kohlenberg (Chair), *The power of love: Using FAP's model of social connection to address global concerns*. Symposium presented at the Association for Contextual Behavioral Science 13th Annual World Conference, Berlin, DE.
- Dudek, J. E., Tsai, M., **Kuczynski, A. M.,** Ostaszewski, P., Kohlenberg, R. J., & Callaghan, G., Kanter, J. W. (2015, July). Using Awareness, Courage, and Love to improve social functioning: A theoretical model to improve the lives of those with visible chronic conditions. In R. J. Kohlenberg (Chair), *The power of love: Using FAP's model of social connection address global concerns*. Symposium presented at the Association for Contextual Behavioral Science 13th Annual World Conference, Berlin, DE.
- Thurston-Rattue, M., Tsai, M., Kanter, J. W., Kohlenberg, R. J., **Kuczynski, A. M.** (2015, July). Practical applications of Awareness, Courage, and Love: Solving contemporary issues through social connection. In R. J. Kohlenberg (Chair), *The power of love: Using FAP's model of social connection address global concerns*. Symposium presented at the Association for Contextual Behavioral Science 13th Annual World Conference, Berlin, DE.
- Kuczynski, A. M.,** Kanter, J. W., Haworth, K., Tsai, M., Kohlenberg, R. J. (2014, June). Awareness, courage, love and social connection: A laboratory-based component process study. In G. Holman (Chair), *A new contextual behavioral model of social connection for Functional Analytic Psychotherapy*. Symposium presented at the Association for Contextual Behavioral Science 12th Annual World Conference, Minneapolis, MN.

PANELS

Callaghan, G., Follette, W. C., Gaynor, S., Kanter, J. W., Kohlenberg, B. S., Kohlenberg, R. J., Tsai, M. (June, 2016). In **Kuczynski, A. M.**, & Muñoz-Martínez, A., (Chairs). *Understanding FAP: Is awareness, courage, and love a useful model or...only fluffy puppies?* Panel discussion conducted at the Association for Contextual Behavioral Science 14th Annual World Conference, Seattle, WA.

POSTER PRESENTATIONS

Enkema, M. C., **Kuczynski, A. M.**, Canning, B. A., Lee, C. M., Bowen, S., Hallgren, K. A., & Larimer, M. (2018). *Testing the self-medication hypothesis of alcohol and marijuana use among young adult college student marijuana users: Results from ecological momentary assessment.* Poster presented at the Research Society on Alcoholism (RSA) 41st Annual Meeting, San Diego, CA

Enkema, M. C., **Kuczynski, A. M.**, Lee, C. M., Lindgren, K., Bowen, S., Hallgren, K., Jun, E., & Larimer, M. (2018). *How do we measure craving? Intensive longitudinal assessment of craving and cannabis use among young adults with problematic use.* Poster presented at the College on Problems of Drug Dependence 80th annual meeting, San Diego, CA.

Kuczynski, A. M., Parigoris, R. M., Carey, C. M., Boon-Dooley, A. S., & Kanter, J. W. (2017, November). *Measuring outcomes in Functional Analytic Psychotherapy (FAP).* Poster presented at the 2017 Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

Lucid, L. **Kuczynski, A. M.**, Benjamin, K., & Dorsey, S. (2017, November). *Predictors of objectively coded supervision in community mental health.* Poster presented at the 2017 Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

Halvorson, M. A. & **Kuczynski, A. M.** (2017, May). *Estimation accuracy and stability as a function of sample size and inter-group distance in latent profile analysis: A monte carlo study.* Poster presented at the 2017 UW Center for Statistics & Social Sciences Course Information Session, Seattle, WA.

Marfo, N., Oshin, L., Williams, M. T., Debreaux, M. L., **Kuczynski, A. M.**, & Kanter, J. (2016, October). *Microaggression minefield: Discrepancies from an initial validation of the CCAS.* Poster presented at the 2016 Association for Behavioral and Cognitive Therapies Convention, New York City, NY.

Kuczynski, A. M., Epistola, J., Mier-Chairez, J., Stowe, T., Lee, E., Singh, S., Flaherty, B. P., Dudek, J. E., Tsai, M., Kanter, J. W. (2016, June). *Measuring awareness, courage, and love as a contextual behavioral interpersonal process model for the development of intimacy.* Poster session presented at the Association for Contextual Behavioral Science 14th Annual World Conference, Seattle, WA.

Dudek J. E, **Kuczynski, A. M.**, Ostaszewski P., Białaszek W., Smidt T. (2016, June). *The role of psychological flexibility in living with lipedema.* Poster session presented at the Association for

Contextual Behavioral Science 14th Annual World Conference, Seattle, WA.

Dudek J. E, Ostaszewski P., Białaszek W., Smidt T., **Kuczynski A. M.**, (2016, June). *Adjusting to problems of appearance in women with lipedema*. Poster session presented at the Association for Contextual Behavioral Science 14th Annual World Conference, Seattle, WA.

Debreaux, M., Mier-Chairez, J., Sawyer, B., Skinta, M., **Kuczynski, A. M.**, Kanter, J. W., Williams, M. T. (2015, November). *Reducing racial microaggressions: Focus group background and conceptualizations*. Poster session presented at the Association for Behavioral and Cognitive Therapies 49th Annual Convention, Chicago, IL.

Thurston-Rattue, M., Kanter, J. W., Hakki, F., **Kuczynski, A. M.**, Santos, M. M., Bailey, K., Tsai, M., & Kohlenberg, R. J. (2015, July). *Increasing racially diverse social connections through contextual behavioral science*. Poster session presented at the Association for Contextual Behavioral Science 13th Annual World Conference, Berlin, DE.

MEDIA COVERAGE

The National Geographic
The Seattle Times
The Conversation
KUOW Public Radio
University of Washington News
Crosscut

SERVICE

2019-Present UW Clinical Psychology Student Advisory Committee member

2018 Association for Contextual Behavioral Science (ACBS) Student Spotlight Award Review Committee

2018 Committee to develop independent study courses for APA's Discipline Specific Knowledge (DSK) requirements – University of Washington

2015-Present Student Representative of the Functional Analytic Psychotherapy (FAP) Special Interest Group of the Association for Contextual Behavioral Science (ACBS)

Ad-hoc Journal Reviews

Journal of Contextual Behavioral Science
Journal of Social and Personal Relationships
Psychological Assessment

PROFESSIONAL MEMBERSHIP

Association for Psychological Science

