

CURRICULUM VITA

Winter, 2014

PERSONAL DATA

Name: Philip Charles Watkins

Title: Professor of Psychology

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EDUCATION

1991: Ph.D., Louisiana State University, Baton Rouge, LA.

Major: Clinical Psychology (emphasis adult
psychopathology)

Minor: Behavioral Neurology

APA approved program in clinical psychology.

1987: M.A., Louisiana State University, Baton Rouge, LA.

Major: Psychology

1983: M.A., Western Seminary, Portland, OR.

Major: Clinical/Counseling Psychology

1980: B.S. University of Oregon, Eugene, OR

Major: Psychology

GRANTS AND AWARDS

- Exploring How Gratitude Supports Well-Being (2013). Faculty grant funded by the *Northwest Institute for Advanced Studies*.
- Gratitude Book Completion Project (2012). Faculty grant funded by the *Northwest Institute for Advanced Studies*.
- Building Positive Memories with Gratitude (2009). Faculty grant funded by the *Northwest Institute for Advanced Studies*.
- Faculty Merit Award in Scholarship (2009)
- Jeffers Chertok Dean's Honor Faculty Award (2008)
- Faculty Merit Award in scholarship (2007)
- Watkins, P. C. (2007). The paradox of materialism and happiness: Why "I can buy my happiness but you can't." Faculty grant funded by the *Northwest Institute for Advanced Studies*.
- Jeffers Chertok Dean's Honor Faculty Award (2006)
- Watkins, P. C. (2004). Grateful coping: Taking care of business? Faculty grant funded by the *Northwest Institute for Advanced Studies*.
- Watkins, P. C. (2002-2003). Gratitude and living the fulfilled life. Research grant funded by the *Templeton Foundation*.
- Edmund J. Yarwood Dean's Honor Faculty Award (2000).
- Watkins, P. C. (2001). Gratitude and Envy: Does Gratitude Help Protect Us from Having to Have More? Faculty grant funded by the *Northwest Institute for Advanced Studies*.
- Watkins, P. C. (2000). The self in unconscious memory bias in depression. Faculty grant funded by the *Northwest Institute for Advanced Studies*.
- Watkins, P. C. (1997). Chocolate sundaes, white bears, and other unwanted thoughts. Faculty grant funded by the *Northwest Institute for Advanced Studies*.

- Dean's Scholar Award (1997)
- Dean's Honor Faculty Award (1997)
- Dean's Honor Faculty Award (1996)
- Watkins, P. C. (1994-1996). Unconscious memory bias in depression. Academic Research Enhancement Award grant awarded by the *National Institutes of Health*.
- Watkins, P. C. (1992). Unconscious memory bias in depression. Faculty grant funded by the *Northwest Institute for Advanced Studies*.
- Watkins, P. C. (1991). Mood congruent memory in depression: A product of elaboration? Faculty grant funded by the *Northwest Institute for Advanced Studies*.

PUBLICATIONS

(Listed in reverse chronological order)

Watkins, P. C. (2013). *Gratitude and the Good Life: Toward a Psychology of Appreciation*. Dordrecht, Netherlands: Springer.

Watkins, P. C., Sparrow, A., & Webber, A. C. (2013). Taking Care of Business with Gratitude. In J. Froh & A. Parks (Eds), *Positive psychology in higher education: A practical workbook for the classroom*. Washington DC: American Psychological Association Press.

Watkins, P. C. (2011). Gratitude and well-being. In C. Martin-Kumm & C. Tarquinio (Eds), *Traité de Psychologie Positive: Théories et implications pratiques* (pp. 519-537). Bruxelles, France: De Boeck Publishers.

Frias, A., Watkins, P. C., Webber, A., & Froh, J. (2011). Death and gratitude: Death reflection enhances gratitude. *Journal of Positive Psychology*, 6, 154-162.

Froh, J. J., Fan, J., Emmons, R. A., Bono, G., Huebner, E. S., & Watkins, P. (2011). Measuring Gratitude in Youth: Assessing the Psychometric Properties of Adult Gratitude Scales in Children and Adolescents. *Psychological Assessment*, 23, 311-324.

Watkins, P. C., Van Gelder, M., & Frias, A. (2009). Furthering the science of gratitude. In R. Snyder & S. Lopez (Eds.), *Oxford Handbook of Positive Psychology, second edition* (pp. 437-446). New York: Oxford University Press.

- Watkins, P. C. (2008). Gratitude: The amplifier of blessing. In A. Przepiorka (Ed.), *Closer to emotions II*. Lublin, Poland: Publishing House of Catholic University of Lublin.
- Watkins, P. C., Cruz, L., Holben, H., & Kolts, R. L. (2008). Taking Care of Business? Grateful Processing of Unpleasant Memories. *Journal of Positive Psychology, 3*, 87-99.
- Watkins, P. C. (2007). Gratitude. In R. Baumeister & K. Vohs (Eds.), *Encyclopedia of Social Psychology*. Thousand Oaks, CA: Sage.
- Watkins, P., & Reuder, M. E. (2006). Council of Representatives report. *Psychology of Religion Newsletter: American Psychological Association Division 36, 31(4)*, 10-11.
- Watkins, P. C., Scheer, J., Ovnicek, M., & Kolts, R. (2006). The debt of gratitude: Dissociating gratitude from indebtedness. *Cognition and Emotion, 20*, 217-241.
- Robinson, A. M., Kolts, R. L., & Watkins, P. C. (2006). A trauma by any other name: Examining college students' PTSD symptoms, posttraumatic growth, and depression following exposure to negative life events. In *Stress and Mental Health of College Students*. New York: Nova Science Publishers.
- Watkins, P. C., Grimm, D. L., Whitney, A., & Brown, A. (2005). Unintentional memory bias in depression. In A. V. Clark (Ed.), *Mood state and health* (pp. 59-86). Hauppauge, NY: Nova Science.
- Watkins, P. C., Grimm, D. L., & Kolts, R. (2004). Counting your blessings: Positive memories among grateful persons. *Current Psychology, 23*. 52-67.
- Watkins, P. C. (2004). Gratitude and subjective well-being. In R. A. Emmons & M. E. McCullough (Eds.), *The psychology of gratitude* (pp. 167-192). New York: Oxford University Press.
- Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. (2003). Gratitude and happiness: Development of a measure of gratitude, and relationships with subjective well-being. *Social Behavior and Personality, 31*, 431-452.
- Watkins, P. C. (2002). Implicit memory bias in depression. *Cognition and Emotion, 16*, 381-402.
- Watkins, P. C. (2001). Gratitude: The benefits of an emotional state and trait. *Spirituality and Medicine Connection, 5(1)*, 6-7.
- Watkins, P. C., Martin, C. K., & Stern, L. D. (2000). Unconscious memory bias in depression: Perceptual and conceptual processes. *Journal of Abnormal Psychology, 109*, 282-289.

- Watkins, P. C., Vache, K., Verney, S. P., Muller, S., & Mathews, A. (1996). Unconscious mood-congruent memory bias in depression. *Journal of Abnormal Psychology, 105*, 34-41.
- Watkins, P. C., Martin, C. K., Middaugh, L., & Bergdahl, D. (1996). Conscious and unconscious memory biases associated with body dissatisfaction: Unhealthy responses to healthy messages. *Advances in Health Care Research*.
- Watkins, P. C., Martin, C. K., Muller, S. S., & Day, S. (1995). Cognitive biases associated with the feeling of fatness: Unhealthy responses to healthy messages. *Advances in Health Care Research*.
- Williamson, D. A., Gleaves, D. H., Watkins, P. C., & Schlundt, D. G. (1993). Validation of self-ideal body size discrepancy as a measure of body dissatisfaction. *Journal of Psychopathology and Behavioral Assessment, 15*, 57-68.
- Watkins, P. C., Mathews, A., Williamson, D. A., & Fuller, R. D. (1992). Mood-congruent memory in depression: Emotional priming or elaboration? *Journal of Abnormal Psychology, 101*, 581-586.
- Propst, L. R., Ostrom, R., Watkins, P., Dean, T., & Mashburn, D. (1992). Comparative efficacy of religious and nonreligious cognitive-behavioral therapy for the treatment of clinical depression in religious individuals. *Journal of Consulting and Clinical Psychology, 60*, 1-103.
- Williamson, S. H., Williamson, D. A., Watkins, P. C., & Hughs, H. H. (1992). Increasing cooperation among children using dependent group-oriented reinforcement contingencies. *Behavior Modification, 16*, 400-413.
- Watkins, P. C., Williamson, D. A., & Falkowski, C. (1990). Prospective assessment of late-luteal dysphoria. *Journal of Psychopathology and Behavioral Assessment, 11*, 249-259.
- Williamson, D. A., Davis, C. J., Duchman, E. G., McKinzie, S. J., & Watkins, P. C. (1990). *Assessment of eating disorders: Obesity, anorexia, and bulimia nervosa*. New York: Pergamon.
- Watkins, P. C., Gouvier, W. D., Callon, E., & Barkemeyer, C. (1989). Equivalence of items on the Mini-Mental State. *Archives of Clinical Neuropsychology, 4*, 381-384.
- Williamson, D. A., Davis, C. J., Goreczny, A., Bennett, S. M., & Watkins, P. C. (1989). The Eating Questionnaire Revised: A new symptom checklist for bulimia. In P. A. Keller & C. G. Ritt (Eds.), *Innovations in clinical practice: A source book*. Sarasota FL: Professional Resource Exchange Inc.
- Williamson, D. A., Prather, R. C., Bennet, S. M., Davis, C. J., Watkins, P. C., & Grenier, C. (1989). An uncontrolled evaluation of inpatient and outpatient cognitive-behavior therapy for bulimia nervosa. *Behavior Modification, 13*, 340-360.

Propst, L. R., Pardington, A., Ostrom, R., & Watkins, P. (1986). Predictors of coping in divorced single mothers. *Journal of Divorce*, 9, 3, 33-53.

PRESENTATIONS

Invited presentations and workshops

Watkins, P. C. (2014, April). A debt of gratitude? Exploring how gratitude fosters giving. In S. Lyubomirsky (Chair), *Gratitude and prosocial behavior: Other-oriented paths to greater happiness*. Presidential Symposium to be presented at the 2014 Convention of the Western Psychological Association, Portland, OR, April, 2014.

Watkins, P. C. (2014, April). *Recent progress in the science of gratitude: Exploring how gratitude trains your brain for happiness*. Invited paper to be presented at the 2014 Convention of the Western Psychological Association, Portland, OR, April, 2014.

Watkins, P. C. (2013, November). *How Gratitude may Train Cognitive Processes that are Foundational to Well-being*. Invited paper presentation to the Jubilee Centre for Values and Character Development Seminar on Gratitude. November, 2013, Birmingham, England.

Watkins, P. C. (2013, February). *Positive Psychology and Gratitude: How gratitude amplifies the good in your life*. Invited presentation to the Bellevue College Psychology Lecture Series, Bellevue, WA.

Watkins, P. C. (2013, January). *Gratitude, Amplifier of the Good: Implications of gratitude research for student services*. Invited presentation to the Eastern Washington University Student Services staff and faculty, Cheney, WA.

Watkins, P. C. (2012, June). *Gratitude and well-being*. Invited panel member for the Pathways to Gratefulness symposium, San Francisco, CA.

Watkins, P. C. (2012, March). *Applying the science of gratitude in clinical settings*. Invited workshop presented to the Western Psychological and Counseling Services, Portland, OR.

Watkins, P. C. (2010, February). *Gratitude: Scientific, faith-based, and clinical perspectives*. Invited presentation to the Spring Clinical Training Colloquium, George Fox University, Newberg, OR.

Watkins, P. C. (2009, November). *Positive Psychology: Gratitude, the Amplifier of the Good*. Invited presentation to the Bellevue College Psychology Series, Bellevue College, Bellevue, WA.

Watkins, P. C. (2009, April). *Gratitude: Amplifier of the good*. Invited paper presented to the 89th Annual Convention of the Western Psychological Association, April, 2009, Portland, OR.

Watkins, P. C. (2008, June). *Living well with gratitude*. Invited presentation to the second annual Living Well Good Hearts Symposium, Edmonton, Alberta, Canada.

Watkins, P. C. (2006, May). *Gratitude and the Good Life: Implications for Depression Treatments*. Invited paper presentation at the Monthly Meeting of Chapter 1 of the Washington State Psychological Association, Spokane, WA.

Watkins, P. C. (1994, October). *Thinking patterns associated with the feeling of fatness and the eating disorders*. Invited presentation in the Eastern Washington University Feminist Research series.

Peer Reviewed Paper Presentations and Symposia

- Watkins, P. C., Pereira, A., & Mathews, A. (2013, August). Exploring how gratitude impacts cognitive processes that enhance well-being. In R. A. Emmons & M. McMinn (Chairs), *Mechanisms of gratitude: Exploring how gratitude enhances well-being*. Symposium presented at the Annual Convention of the American Psychological Association, Honolulu, HI.
- Watkins, P. C., Pereira, A., Davidson, O., & Davidson, D. (2013, April). *Is intrinsic motivation required for happiness interventions to work?* Paper presented to the Annual Convention of the Western Psychological Association, Reno, NV.
- Uher, J., Watkins, P. C., & Hammamoto, D. (2010, August). *Would the humble please stand: Can self-reported humility be valid?* Paper presented to the Annual Convention of the American Psychological Association, San Diego, CA.
- Watkins, P. C., Kolts, R. L., & Brown, A. (2008, November). Impact of grateful processing on emotional memories: Implications for the treatment of depression. In R. A. Emmons (Chair), *Gratitude and forgiveness: Spiritual pillars of positive clinical assessment and practice*. Symposium presented at the Annual Convention of the Association for Behavioral and Cognitive Therapy, Orlando, FL.
- Watkins, P. C., Cruz, L., Holben, H., & Kolts, R. L. (2007, May). *Taking care of business? Grateful processing of unpleasant memories*. Paper presented to the Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.
- Van Gelder, M., Elster, B., & Watkins (2006, April). *The virtue of virtues: The importance of psychological strengths*. Paper presented at the Annual Convention of the Western Psychological Association, Palm Springs, CA.
- Watkins, P. C., Gibler, A., Mathews, M., & Kolts, R. (2005, August). *Aesthetic experience enhances gratitude*. Paper presented to the Annual Convention of the American Psychological Association, Washington, DC.
- Woods, M., Sizemore, L., Watkins, P., & Shiflett, E. (2004, April). *Gender and the moral self-serving bias*. Paper presented to the 84th Annual Convention of the Western Psychological Association, Phoenix, AZ.
- Watkins, P. C., Scheer, J., Coletti, T., & Whitney, A. A. (2002, June). *The debt of gratitude: Dissociating gratitude and indebtedness*. "Hot Topics" paper presented at the Annual Convention of the American Psychological Society, New Orleans, LA, June, 2002.
- Watkins, P. C., & Ola, D. (2001, August). Gratitude and depression: How a human strength might mitigate human adversity. In R. A. Emmons (Chair), *Gratitude and positive emotionality as links between social and clinical science*. Symposium presented at the 109th Annual Convention of the American Psychological Association, San Francisco, CA., August, 2001.
- Watkins, P. C., Christensen, P., Lawrence, J., & Whitney, A. (2001, May). *Are grateful individuals more emotionally intelligent?* Paper presented to the 81st Annual Convention of the Western Psychological Association, Maui, HI.
- Stone, T. L., & Watkins, P. C. (2001, May). *Does the expression of gratitude improve mood?* Paper presented to the 81st Annual Convention of the Western Psychological Association, Maui, HI.
- Watkins, P. C., Grimm, D., May, S., Krueger, E., & Whitney, A. (2000, June) *Impact of Self-referent Processing on Unconscious Memory Bias in Depression*. "Hot Topics" paper presentation at the Annual Convention of the American Psychological Society, Miami Beach, Florida.

- Grimm, D. L., & Watkins, P. C. (1998, April). *Implicit and explicit mood-congruent memory bias in depression*. Paper presented at the 1998 joint convention of the Western Psychological Association and the Rocky Mountain Psychological Association, Albuquerque, NM.
- Watkins, P. C., Porter, W. T., and Miller, C. (1997, April). *Gratitude and Subjective Well Being*. Paper presented to the Annual Convention of the Western Psychological Association, Seattle, WA.
- Watkins, P. C., Martin, C. K., Middaugh, L. & Bergdahl, D. (1996, March). *Conscious and unconscious Memory Biases Associated with Body Dissatisfaction: Unhealthy Responses to Healthy Messages*. Paper presented to the 1996 Annual Convention of the American Association for the Advancement of Health Care Research, Park City, UT.
- Watkins, P. C., Martin, C., Muller, S., & Day, S. K. (1995, March). *Cognitive biases associated with the feeling of fatness: Unhealthy responses to healthy messages*. Paper presented at the 14th Annual Health Care Research Conference, Jackson, WY, March, 1995.
- Watkins, P.C., Hurst, M., Keenan, M., & Mathews, A. (1993, April). *Negative cognitive bias in depression: A product of elaboration?* Paper presented at the 73rd Annual Convention of the Western Psychological Association, Phoenix, AZ.
- Watkins, P. C., Williamson, D. A., Mathews, A., & Fuller, R. D. (1991, April). *Evaluating the response bias hypothesis of mood congruent memory*. Paper presented to the Annual Convention of the Western Psychological Association, San Francisco, CA, April, 1991.
- Williamson, D. A., Davis, C. J., Goreczny, A. J., McKinzie, S. J., & Watkins, P. C. (1988, November). Development of a simple procedure for assessing body image disturbance. In D. Williamson (Chair), *Body Image or body images?: In search of an elusive intervening variable*. Symposium conducted at the Annual Convention of the Association for the Advancement of Behavior Therapy, New York, NY, November, 1988.
- Gouvier, W. D., Watkins, P. C., Callon, E., & Barkemeyer, C. (1988). *Equivalence of items on the minimal state*. Paper presented to the Annual Convention of the National Academy of Neuropsychologists.
- Propst, L. R., Ostrom R., Watkins, P. C., & Morris, M. (1984). *Preliminary report of the efficacy of religious and non-religious cognitive-behavioral therapy*. Paper presented at the Annual Convention for the Society of Psychotherapy Research, Banff, Canada, June, 1984.

Peer Reviewed Poster Presentations

- Watkins, P. C., Sparrow, A., Pereira, A., & Suominen, S. (2013, August). *Are gifts better than goods? Benefits are better when experienced with gratitude*. Poster presented to the Annual Convention of the American Psychological Association, Honolulu, HI.
- Suominen, S., Floberg, C., & Watkins, P. C. (2013, April). *Does continued practice contribute to the long-term effectiveness of happiness interventions?* Poster presented to the Annual Convention of the Western Psychological Association, Reno, NV.
- Watkins, P. C., Uher, J., Pichinevskiy, Sparrow, S., Jensen, C., & Pereira, A. (2012, May). *Gratitude "Three Blessings" treatment produces improved well-being: The importance of positive memory accessibility*. Poster presented to the Annual Convention of the Association for Psychological Science, Chicago, IL, May, 2012.

- Pichinevskiy, S., Watkins, P. C., Jensen, C., Fistler, A., Pereira, A., & Hall, N. (2012, May). *Gratitude may amplify positive memories*. Poster presented to the Annual Convention of the Association for Psychological Science, Chicago, IL, May, 2012.
- Watkins, P. C., Uhder, J., Webber, A., Pichinevskiy, S., & Sparrow, A. (2011, May). *Religious affections: The importance of gratitude toward God to spiritual well-being*. Poster presented at the Annual Convention of the Association for Psychological Science, Washington, D.C., May, 2011.
- Spangler, K., Sparrow, A., Webber, A., Walker, J., & Watkins, P. C. (2011, April). *Does gratitude enhance self-esteem?* Poster presented to the Annual Convention of the Western Psychological Association, Los Angeles, CA, April, 2011.
- Uhder, J., Webber, A., & Watkins, P. C. (2010, August). *Favors From Heaven: Sources and benefits of gratitude toward God*. Poster presented at the Annual Convention of the American Psychological Association, San Diego, CA.
- Watkins, P. C., Pichinevskiy, S., Boetcher, A., & Uhder, J. (2010, May). *Happiness predicts depression symptoms prospectively*. Poster presented at the 22nd Annual Convention of the Association for Psychological Science, Boston, MA.
- Uhder, J., Kononchuk, Y., Sparrow, A., & Watkins, P. C. (2010, May). *Language use in grateful processing of painful memories*. Poster presented at the Annual Convention of the Association for Psychological Science, Boston, MA.
- Watkins, P. C., Frias, A., Webber, A., & Kolts, R. L. (2010, April). *Death reflection enhances gratitude... for some more than others*. Poster presented at the 90th Annual Convention of the Western Psychological Association, Cancun, Mexico.
- Doty, S., Sparrow, A., Boetcher, A., & Watkins, P. C. (2010, April). *Depression and a deficit of simple pleasures*. Paper presented at the 90th Annual Convention of the Western Psychological Association, Cancun, Mexico.
- Brunner, A., Watkins, P. C., & Webber, A. (2010, April). *Gratitude amongst the constellation of emotions*. Poster presented at the 90th Annual Convention of the Western Psychological Association, Cancun, Mexico.
- Watkins, P. C., Frias, A., Preciado, L., Doty, S., & Aragon, S. (2009, May). *Death and gratitude: Death reflection enhances gratitude*. Poster presented at the 21st Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Uhder, J., Watkins, P. C., & Ovnicek, M. (2009, May). *The Debt of Gratitude is Lighter for Women than for Men*. Poster presented at the 21st Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Harper, A. M., Watkins, P. C., Johnson, J., & Pierce, J. (2009, April). *Gratitude and positive memory bias*. Poster presented at the 89th Annual Convention of the Western Psychological Association, April, 2009, Portland, OR.
- Hickey, B., Rowley, A., MacKay, D., Kolts, R. L., & Watkins, P. C. (2009, April). *The effects of narcissistic personality traits and entitlement on the perpetration of sexual coercion*. Poster presented to the 89th Annual Convention of the Western Psychological Association, April, 2009, Portland, OR.

- Van Gelder, M., Beattie, A., Hosner, P., Watkins, P. C., & Kolts, R. L. (2009, April). *Can you ruin a grateful memory?* Poster presented to the 89th Annual Convention of the Western Psychological Association, April, 2009, Portland, OR.
- Preciado, L., Watkins, P. C., & Moua, M. (2009, April). *Is reaching happiness possible only through material means?* Poster presented to the 89th Annual Convention of the Western Psychological Association, April, 2009, Portland, OR.
- Watkins, P. C., Xiong, I., & Kolts, R. L. (2008, May). *How grateful processing brings closure to troubling memories.* Presentation at the 20th Annual Convention of the Association for Psychological Science, May, 2008, Chicago, IL.
- Aragon, S., Doty, S. N., Safford, R. C., & Watkins, P. C. (2008, May). *The relationship of differing sources of gratitude to happiness.* Presentation at the 20th Annual Convention of the Association for Psychological Science, May, 2008, Chicago, IL.
- Hill, D., & Watkins, P. C. (2008, April). *Gratitude and borderline personality traits.* Presentation at the 88th Annual Convention of the Western Psychological Association, April, 2008, Irvine, California.
- Aragon, S., Safford, R., & Watkins, P. C. (2008, April). *Why grateful people tend to be happy people: The importance of savoring.* Presentation at the 88th Annual Convention of the Western Psychological Association, April, 2008, Irvine, California.
- Safford, R., Aragon, S., & Watkins, P. C. (2008, April). *Gratitude Predicts Increased Positive Memory Bias.* Presentation at the 88th Annual Convention of the Western Psychological Association, April, 2008, Irvine, California.
- Xiong, I., Spangler, K., Webber, A., & Watkins, P. C. (2008, April). *Foundations of intrusive memories.* Presentation to the National Conferences on Undergraduate Research, April, 2008, Salisbury Maryland.
- Spangler, K., Webber, A., Xiong, I. & Watkins, P. C. (2008, April). *Gratitude predicts enhanced happiness.* Presentation to the National Conferences on Undergraduate Research, April, 2008, Salisbury Maryland.
- Webber, A., Xiong, I., Spangler, K., & Watkins, P. C. (2008, April). *Gratitude toward God and well-being.* Presentation to the National Conferences on Undergraduate Research, April, 2008, Salisbury Maryland.
- Van Gelder, M., Ruge, L., Brown, A. & Watkins, P. C. (2007, May). *Gratitude and Indebtedness are Distinct Traits: Differential Associations with Well-Being.* Presentation to the Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.
- Hill, D., & Watkins, P. (2007, May). *Borderline personality traits and attachment-related representations.* Presentation to the Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.
- Ruge, L. N., Van Gelder, M. J., Brown, A. D., Gibler, A., & Watkins, P. C. (2007, May). *Does gratitude inhibit materialism?* Presentation to the Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.
- Watkins, P. C., Van Gelder, M., & Maleki, L. (2006, August). *Counting (and recalling) blessings: Trait gratitude predicts positive memory bias.* Presentation at the Annual Convention of the American Psychological Association, New Orleans, LA.
- Frias, A., Matthews, M., & Watkins, P. C. (2006, April). *"I can buy my happiness but you can't."* Presentation to the Annual Convention of the Western Psychological Association, Palm Springs, CA.

- Woods, M., Brown, A., Ruge, L., & Watkins, P. C. (2006, April). *Is there a debt of gratitude?* Presentation to the Annual Convention of the Western Psychological Association, Palm Springs, CA.
- Neal, M., Watkins, P. C., & Kolts, R. (2005, August). *Does gratitude inhibit intrusive memories?* Presentation to the Annual Convention of the American Psychological Association, Washington, DC.
- Contreras, C., & Watkins, P. (2005, April). *Redemption and Gratitude: Gratitude predicts the recall of redemptive experiences.* Presentation to the 85th Annual Convention of the Western Psychological Association, Portland, OR.
- Elster, B., Maleki, L., McLeod, L., & Watkins, P. (2005, April). *How are gratitude and indebtedness related?* Presentation to the 85th Annual Convention of the Western Psychological Association, Portland, OR.
- Lystad, A., Watkins, P., & Sizemore, L. (2005, April). *The importance of attachment processes to gratitude.* Presentation to the 85th Annual Convention of the Western Psychological Association, Portland, OR.
- McComb, D., Watkins, P., & Kolts, R. (2005, April). *The relationship between gratitude, depression, and anxiety.* Presentation to the 85th Annual Convention of the Western Psychological Association, Portland, OR.
- McLeod, L., Maleki, L., Elster, B., & Watkins, P. (2005, April). *Does narcissism inhibit gratitude?* Presentation to the 85th Annual Convention of the Western Psychological Association, Portland, OR.
- Broadhead, A. E., Ransom, R., Marek, C., Watkins, P. C., & Kolts, R. L. (2005, April). *The relationship of intrinsic and extrinsic religiosity to posttraumatic growth.* Presentation to the 85th Annual Convention of the Western Psychological Association, Portland, OR.
- Watkins, P. C., Neal, M., & Thomas, M. (2004, July). *Grateful recall and positive memory bias: Relationships to subjective well-being.* Presentation to the Annual Convention of the American Psychological Association, Honolulu, HI.
- Watkins, P., Faulkner, G., Lucas, C., & Whitney, A. (2004, April). *The self in implicit memory.* Presentation to the 84th Annual Convention of the Western Psychological Association, Phoenix, AZ.
- Watkins, P., Haight, J., Graham, L., & McComb, D. (2004, April). *Moral bookkeepers: Development of the Moral Bookkeeping Questionnaire.* Presentation to the 84th Annual Convention of the Western Psychological Association, Phoenix, AZ.
- McComb, D., Watkins, P., & Kolts, R. (2004, April). *Personality and happiness: The importance of gratitude.* Presentation to the 84th Annual Convention of the Western Psychological Association, Phoenix, AZ.
- Watkins, P. C., Sizemore, L., & Woods, M. (2003, May). *The moral self-serving bias.* Presentation to the Annual Convention of the American Psychological Society, Atlanta, GA.
- Watkins, P. C., Martin, B. D., & Faulkner, G. (2003, May). *Are grateful people happy people? Informant judgments of grateful acquaintances.* Presentation to the 83rd Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.
- Thomas, M., & Watkins, P. (2003, May). *Measuring the grateful trait: Development of the revised GRAT.* Presentation to the 83rd Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.

- Watkins, P. C., Masingale, A., & Whitney, A. (2003, May). *9/11 and gratitude: Does trauma increase appreciation?* Presentation to the 83rd Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.
- Whitney, A., Watkins, P. C., Gibler, A., McComb, D., & Kolts, R. (2003, May). *Grateful traits: Big-5 markers of grateful people.* Presentation to the 83rd Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.
- Weston, J., Stigall, M., Kolts, R. L., & Watkins, P. (2003, May). *Trait gratitude and social support in a college sample.* Presentation to the 83rd Annual Convention of the Western Psychological Association, Vancouver, BC, Canada.
- Grimm, D. L., Brown, A., Watkins, P. C., Whitney, A., & May, S. (2002, June). *Involuntary Autobiographical Memory Bias in Depression.* Presentation at the Annual Convention of the American Psychological Society, New Orleans, LA, June, 2002.
- Thomas, M., & Watkins, P. C. (2002, June). *Envy and Gratitude.* Presentation at the Annual Convention of the American Psychological Society, New Orleans, LA, June, 2002.
- Masingale, A. M., Schoonover, S., Kraft, S., Burton, R., Waring, S., Fouad, B., Tracy, J., Phillips, S., Kolts, R. L., & Watkins, P. (2001, December). *Gratitude and post-traumatic symptomatology in a college sample.* Presentation at the Annual Convention of the International Society for Traumatic Stress Studies, New Orleans, LA.
- Novo, M. J. , & Watkins, P. C. (2000, June). *Cognitive symptoms of depression as predictors of unconscious mood-congruent memory bias.* Presentation at the 12th Annual Convention of the American Psychological Society, Miami Beach, Florida.
- Watkins, P. C. (2000, May). *Attention and the implicit memory bias in depression.* Invited paper presentation to the Clinical Cognition Workshop, Santa Fe, NM.
- Krueger, E., Watkins, P. C., Martin, C. K., & Stern, L. D. (2000, April). *Unconscious encoding bias in depression.* Presentation to the 80th annual convention of the Western Psychological Association, Portland, OR.
- Schwartzengerger, A., Watkins, P., & Grimm, D. (2000, April). *Mood-congruence and self-referent effect in encoding.* Presentation to the 80th annual convention of the Western Psychological Association, Portland, OR.
- Whitney, A. A., Watkins, P. C., & May, S. A. (2000, April). *Themes of implicit mood-congruent memories in depression.* Presentation to the Annual Convention of the Western Psychological Association, Portland OR.
- Muller, S., Greene, W., & Watkins, P. C. (1999, November). *Cue reactivity to food odors in disinhibited eaters.* Presentation at the 33rd Annual Convention of the Association for the Advancement of Behavior Therapy, Toronto, Canada.
- Watkins, P. C., Grimm, D. L., & Hailu, L. (1999, June). *Counting your blessings: Grateful individuals recall more positive memories.* Presentation to the Annual Convention of the American Psychological Society, Denver, CO.
- Woodward, K. M., Schwenck, C. M., Grimm, D. L., & Watkins, P. C. (1999, June). *It's all good: Repressors in romantic relationships.* Presentation to the Annual Convention of the American Psychological Society, Denver, CO.

- Grimm, D. L., & Watkins, P. C. (1998, May). *Time may not heal all wounds*. Presentation at the 10th annual convention of the American Psychological Society, Washington DC.
- Watkins, P. C., Stern, L. D., Martin, C. K., & Grimm, D. L. (1998, May). *Unconscious memory bias in depression is limited to conceptual processing*. Presentation to the 10th annual convention of the American Psychological Society, Washington, DC.
- Schwenck, C. M., Watkins, P. C., & Grimm, D. L. (1998, April). *Binge eating is related to sociotropic personality*. Presentation at the 1998 joint convention of the Western Psychological Association and the Rocky Mountain Psychological Association, Albuquerque, NM.
- Watkins, P. C., Cochran, D., & Grimm, D. L. (1998, April). *Self-referent processing in implicit memory*. Presentation at the 1998 joint convention of the Western Psychological Association and the Rocky Mountain Psychological Association, Albuquerque, NM.
- Woodward, K. M., Moua, G. K., & Watkins, P. C. (1998, April). *Depressed individuals show less gratitude*. Presentation at the 1998 joint convention of the Western Psychological Association and the Rocky Mountain Psychological Association, Albuquerque, NM.
- Watkins, P. C., Grimm, D. L., Bronson, K., & Stern, L. D. (1997, April). *Test awareness and implicit memory*. Presentation to the Annual Convention of the Western Psychological Association, Seattle, WA.
- Watkins, P. C., Martin, C. K., and Stern, L. D. (1996, July). *Depth of processing and implicit memory: Support for Transfer Appropriate Processing theory*. Presentation to the 8th Annual Convention of the American Psychological Society, San Francisco, CA.
- Watkins, P. C., Porter, W. T., & Curtis, N. (1996, April). *The attitude of gratitude: Development of a new measure*. Presentation to the 1996 Annual Convention of the Western Psychological Association, San Jose, CA.
- Watkins, P. C., Martin, C., Muller, S., & Stern, L. (1995, November). *Implicit mood-congruent memory bias in depression: Perceptually driven and conceptually driven processes*. Presentation to the 29th Annual Convention of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Watkins, P. C., Verney, S. P., & Muller, S. (1995, November). *Conceptually-driven implicit memory bias in depression*. Presentation to the 29th Annual Convention of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Verney, S. P., & Watkins, P. C. (1995, March). *Mood congruent spreading activation in social anxiety*. Paper presented to the 75th Annual Convention of the Western Psychological Association.
- Watkins, P. C., & Day, S. K. (1994, July). *Weight related cognitive bias in body dysphoria*. Presentation to the 6th Annual Convention of the American Psychological Society, Washington, DC.
- Martin, C., & Watkins, P.C. (1994, April). *Selective interpretation of polysemous homophones in body dysphoria*. Presentation to the 74th Annual Convention of the Western Psychological Association, Kona, HI.
- Watkins, P. C., & Curtis, N. (1994, April). *Brief assessment of depression history*. Presentation at the 74th Annual Convention of the Western Psychological Association, Kona, HI.
- Day, S.K., Wicklund, G., & Watkins, P.C. (1993, April). *Cross validation of the Food Automatic Thoughts Test*. Presentation to the 73rd Annual Convention of the Western Psychological Association.

Raybuck, C., & Watkins, P.C. (1993, April). *Perceptions of parents among analogue eating disorder subjects*. Presentation to the 73rd Annual Convention of the Western Psychological Association.

Verney, S.P., & Watkins, P.C. (1993, April). *Negative association bias in depression*. Presentation to the 73rd Annual Convention of the Western Psychological Association.

Williams, W., Watkins, P. C., & Johnson, S. (1993, April). *Schizotypal personality: Depression, anxiety, and family bonding*. Presentation to the 73rd Annual Convention of the Western Psychological Association, Phoenix AR.

Watkins, P.C. & Baker, J. (1992, May). *How do people explain abnormal behavior?* Presentation at the 72nd Annual Convention of the Western Psychological Association, Portland, OR.

Watkins, P. C., Delarosa, A. & Baker, J. (1992, May). *Assessment of cognitions related to eating problems*. Presentation at the 72nd Annual Convention of the Western Psychological Association, Portland, OR.

Watkins, P. C., Mathews, A., Fleming, C., Piasentin, D., & Eylr, K. (1992, May). *Elaborative processing in dysphoria and depression*. Presentation at the 72nd Annual Convention of the Western Psychological Association, Portland, OR.

Watkins, P. C., Mathews, A., Williamson, D. A., & Fuller, R. (1990, November). *Explicit and implicit mood congruent memory bias in depression*. Presentation at the Annual Convention of the Association for the Advancement of Behavior Therapy, San Francisco, CA., November, 1990.

Watkins, P. C., Williamson, D. A., & Falkowski, C. (1988, November). *Behavioral assessment of late-luteal phase dysphoric disorder*. Presentation to the Annual Convention of the Association for the Association for the Advancement of Behavior Therapy, New York, NY, November, 1988.

Williamson, S. H., Williamson, D. A., Hughes, H. H., & Watkins, P. C. (1988, June). *Group versus individual reinforcement contingencies for improving mathematics estimation in elementary school children*. Paper presentation to the World Congress of Behavior Therapy, Edinburgh, Scotland, September, 1988.

Watkins, P. C., Williamson, D. A., & Falkowski, C. (1988, March). *Late-luteal dysphoria: A controlled comparison of normal and clinical patients*. Presentation to the Annual Convention of the Southeastern Psychological Association, New Orleans, LA., March, 1988.

Manuscripts Under Review

Watkins, P. C., & Pereira, A. (under review). Don't worry be happy: A positive clinical psychology for anxiety disorders. In A. Wood (Ed.), *Positive Clinical Psychology*. New York: Wiley.

Watkins, P. C., Uher, J., & Pichinevskiy, S. (under review). *Grateful recounting enhanced well-being: The importance of grateful processing*.

Manuscripts in Preparation

RESEARCH IN PROGRESS

Watkins, P. C.. (in progress). *Mechanisms of gratitude: Exploring how grateful recounting trains cognitive processes important to well-being.*

Solom, S., & Watkins, P. C. (in preparation). *Inhibitors of gratitude.*

Bono, M., & Watkins, P. C. (in progress). *The importance of simple pleasures in gratitude.*

Konkler, J., & Watkins, P. C. (in progress). *How secure attachment contributes to the development of gratitude.*

UNPUBLISHED MANUSCRIPTS

Watkins, P. C., Sizemore, L. A., Woods, M. S., and Whitney, A. (2004). *The moral self-serving bias: Self-enhancement on moral attributes.*

Watkins, P. C. (1987). *Consistency of menstrual symptoms in premenstrual syndrome patients.*

Watkins, P. C. (1988). *Test manual for the "Acceptability of Psychological Etiology Questionnaire" (APE).*

Watkins, P. C. (1988). *The physiology of memory: A review of theories and research.*

Watkins, P. C., Mathews, A., Hurst, M., Keenan, M., & Verney, S. (1993) *Cognitive vulnerability structures in depression: A product of elaboration?*

EDITORIAL ACTIVITIES:

- Associate Editor, *Journal of Positive Psychology*

MEDIA COVERAGE OF WATKINS' RESEARCH	Selected EDITORIAL REVIEWING ACTIVITIES
<ul style="list-style-type: none">• <i>Wall Street Journal</i>• <i>Psychology Today</i>• <i>Self</i>• <i>Redbook</i>• <i>Ladies Home Journal</i>• <i>Washington Post</i>• <i>Houghington Post</i>• <i>Web MD</i>• <i>Suncoast News (FL)</i>• <i>Women's Health and Fitness</i>• <i>New Outlook</i>• <i>Heart-Healthy Living</i>	<ul style="list-style-type: none">• <i>Journal of Abnormal Psychology</i>• <i>Journal of Personality and Social Psychology</i>• <i>Emotion</i>• <i>Archives of General Psychiatry</i>• <i>British Journal of Clinical Psychology</i>• <i>Cognition and Emotion</i>• <i>Journal of Positive Psychology</i>• <i>Motivation & Emotion</i>• <i>Cognitive Therapy and Research</i>• <i>Journal of Psychiatric Research</i>• <i>Journal of Happiness Studies</i>

• <i>Greater Good</i>	• <i>International Journal of Psychology</i> • <i>Journal of Personality</i>
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SOCIETY MEMBERSHIPS

- Association for Psychological Science
- Psychology of Religion and Spirituality
- Society for Personality and Social Psychology
- Western Psychological Association
- Western Positive Psychology Association

RESEARCH INTERESTS

- Gratitude and well-being
- Psychology of religion and spirituality: Experiences of grace and gratitude; gratitude toward God
- Information processing biases in unipolar depression
 - mood-congruent memory in depression
 - implicit memory processes in depression
 - autobiographical memory in depression

PROFESSIONAL EXPERIENCE

Teaching Experience

1988-1989 Instructor, Louisiana State University, Baton Rouge, LA.
Supervisor: James Geer, Ph.D.

1990-1995 Assistant Professor of Psychology, Eastern Washington University,
Cheney, WA.

1995-1999 Associate Professor of Psychology, Eastern Washington
University, Cheney, WA.

1999-present Professor of Psychology, Eastern Washington
University, Cheney, WA.

Undergraduate courses taught: Abnormal Psychology, Stress and Coping, Research Methods in Psychology, Emotion and Emotional Intelligence, Happiness and Positive Psychology, Research in Emotional Disorders, Research in Positive Psychology and Gratitude, Conditioning and Learning, Health Psychology, Introductory Psychology, Psychological Statistics.

Graduate courses taught: Advanced Psychopathology, Behavior Therapy, Human Neuropsychology.

Supervisors: Mahlon Dalley, Ph.D., Theresa Martin, Ph.D., Frank Rosekrans, Ph.D., William Williams, Ph.D., Kayleen Islam-Zwart, Ph.D., Jonathan Anderson, Ph.D.

Positions and Elected Offices

2006	APA Council Representative, Division 36 (Psychology of Religion)
2006	Interim Chair, Department of Communication Studies
2004	Program Chair, Division 36, APA Annual Convention
1995 - 1999	Chair, Department of Psychology, Eastern Washington University

REFERENCES

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Department of Psychology
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Baton Rouge, LA. 70803

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