

# WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology

This award honors the late Professor Enrico E. Jones of the University of California at Berkeley. The purpose of this award is to recognize the scholarship of an early career psychotherapy researcher (10 years or fewer post-Ph.D.), broadly defined as research in clinical psychology that has applications to psychotherapy.

The Enrico E. Jones Early Career Award for Research in Psychotherapy and Clinical Psychology was established in 2009. The award honors Dr. Enrico E. Jones who was on the faculty of the Psychology Department at the University of California, Berkeley from 1974 until his death from multiple myeloma in 2003. Dr. Jones practiced psychoanalysis and psychotherapy in Berkeley and held clinical appointments at the UC San Francisco Langley Porter Institute, Mount Zion Hospital, and the San Francisco Psychoanalytic Institute. He was also Director of Clinical Training at Berkeley. His early research focused on minority and cross-cultural issues in mental health. He was a pioneer researcher in this area with his 1982 book titled *Minority Mental Health*. Throughout his career, he dedicated himself to the education and clinical training of ethnic minority students and was awarded the APA Kenneth and Mamie Clark Award for Outstanding Contributions to the Professional Development of Ethnic Minority Students in 1996. His later research focused on the empirical measurement of elements of the therapeutic process which led to his 2001 book, *Therapeutic Action: A Guide to Psychoanalytic Theory*.

## 2018 – No Award

## 2017 Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology Michael Levin, Ph.D., Utah State University



Dr. Michael Levin's research focuses on the use of web/mobile technologies to improve the efficiency, efficacy, and reach of mental health services. This work has primarily been in the area of Acceptance and Commitment Therapy (ACT) applied transdiagnostically to problems including depression, anxiety, addictions, and weight management.

Example projects include developing and evaluating an online prevention program targeting mental health problems in college students, an online adjunctive ACT program for college counselors to use with student clients, and a mobile app designed to enhance ACT skills training for depressed and anxious clients.

Dr. Levin's research emphasizes the examination of mechanisms of change and treatment components as a way to further improve self-guided therapeutic interventions as well as inform clinical practice. For example, he published a meta-analysis evaluating the treatment components of ACT in Behavior Therapy, which has been cited 166 times to-date. Dr. Levin is currently running several clinical trials evaluating the isolated and combined components of ACT through online interventions and using ecological momentary assessment methods to conduct more fine-grained analyses of ACT's mechanisms of change.

Dr. Levin has published approximately 60 scholarly articles and chapters, primarily in the areas of ACT and web/mobile interventions. His work has been cited over 1,700 times with a current h-index of 19 based on Google Scholar. Dr. Levin's research has been supported by grants from the National Institutes of Health, American Cancer Society, International OCD foundation, Alan and Jeanne Hall Foundation, and Society for a Science of Clinical Psychology.

**2016 Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology**  
**Joshua K. Swift, Ph.D.**, Idaho State University



Dr. Joshua Swift is Assistant Professor of Psychology at Idaho State University, Pocatello. Previously, he was Associate Professor of Psychology at the University of Alaska, Anchorage. He received his doctorate from Oklahoma State University, Stillwater. He completed his internship at SUNY Upstate Medical University, and now is a licensed psychologist in the state of Idaho.

Dr. Swift has demonstrated a passion for psychotherapy research and making his research useful to the clinical community. Within the past nine years, Dr. Swift has produced about 50 publications and delivered over 60 presentations at national and international conferences. Much of Dr. Swift's research is focused on psychotherapy process and outcome, and is recognized as both scientifically rigorous and relevant to clinical practice. His book on premature termination from psychotherapy published by the American Psychological Association provides empirically-grounded clinical advice on preventing dropouts, an essential topic for all clinicians. His research on client preferences and expectations for psychotherapy provides important and accessible clinical tools for enhancing client engagement with treatment. Google scholar indicates that his publications have been cited over 700 times by other authors.

Dr. Swift's research has been supported by grants from APA Division 29 and the NCAA along with multiple internal grants. He has received many awards for his work. His first recognition came while still a graduate student when he was recognized by the American Psychological Association Division 29 (Psychotherapy) with the Donald K. Freedheim Student Development Award (2008) for having written the best paper "on psychotherapy theory, research, or practice." In 2012 he received the distinguished Publication of Psychotherapy Research Award from APA Division 29. Remarkably, from the entire faculty at the University of Alaska Anchorage, he was selected to receive both the Chancellor's Award for Excellence in Teaching (2013) and the Chancellor's Award for Excellence in Research (2014).

Additionally, Dr. Swift is an effective mentor for the next generation of researchers and clinicians as evidenced by the fact that many of his coauthors are undergraduate and graduate students.

For all these reasons and more, the Western Psychological Association is pleased to recognize Dr. Joshua Swift with the 2016 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology.

## 2015 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology

Joyce P. Chu, Palo Alto University



Dr. Joyce Chu is Associate Professor and Co-Director of the Center for Excellence in Diversity at Palo Alto University. She received her doctorate in 2005 from the University of Michigan. Dr. Chu has published extensively in top journals in her field, including premier APA journals such as *Journal of Consulting and Clinical Psychology*, *Journal of Abnormal Psychology*, *Professional Psychology: Research and Practice*, and *Asian American Journal of Psychology*. Her co-edited special issue (with Michi Fu) “Innovations in Addressing Mental Health Care Disparities” was published in the *APA Journal Psychological Services*. This issue examines mental health disparities for ethnic minorities and innovative strategies for delivering culturally competent services. It is being hailed as one of the major contributions to the field of ethnicity and mental health since the

2001 U.S. Surgeon General’s Report on culture, ethnicity, and race. She has also published several book chapters on topics related to Asian American psychology. Most importantly, she has emerged as a leader in cultural competency cultural research.

Despite important differences in suicide presentation and risk among ethnic and sexual minority groups, cultural competency in the prediction of suicide has typically been left out of systematic risk assessment practices. Along with Drs. Peter Goldblum and Bruce Bongar, Dr. Chu developed the Cultural Assessment of Risk for Suicide (CARS) tool to guide the researcher or clinician in the task of incorporating cultural differences in risk assessment efforts for ethnic and sexual minority individuals. Her diversity suicide work is theoretically grounded and will assist culturally competent suicide risk assessment and management.

Dr. Chu is Director of the “Diversity and Community Mental Health” (DCMH) emphasis program, an award-winning doctoral-emphasis training program that prepares clinical psychologists to lead a transformation in the service of diverse underserved communities in the public mental health sector. The program was recently awarded the “most innovative program in diversity” from the National Council of Schools and Programs of Psychology (NCSPP). Dr. Chu is co-principal investigator of a \$421,000 grant from the California Department of Mental Health to train and administer stipends of over \$20,000 per DCMH program student. The purpose of this training grant is to incentivize future clinical psychologists to serve diverse individuals in community mental health. Under Dr. Chu’s leadership, the DCMH program has recruited 35 doctoral students over the course of three years, 71% of whom are ethnic minorities poised to serve the diverse communities they represent. Thus far, \$311,580 has been distributed in scholarship money.

Dr. Chu was an APA Minority Fellow, Principal Investigator on a diversity-related Resource Centers for Minority Aging Research (RCMAR) National Institute on Aging grant, and recipient of an NIH Health Disparities LRP grant. She was awarded the prestigious 2012 Samuel M. Turner Award from APA Division 12 (Society of Clinical Psychology) for Distinguished Contributions to Diversity in Clinical Psychology and the 2013 Early Career Award for Distinguished Research from the Asian American Psychological Association.

For all these reasons and more, the Western Psychological Association is pleased to recognize Dr. Joyce P. Chu with the 2015 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology.

**2014 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology**  
**Michael P. Twohig, Utah State University**

Dr. Michael Twohig is Associate Professor of Psychology at Utah State University. He earned his Ph.D. at the University of Nevada, Reno, in 2007, and completed his clinical internship at the University of British Columbia Hospital.



Dr. Twohig's research is focused on anxiety disorders, especially obsessive compulsive disorder (OCD) and OC- spectrum disorders including Tourette's Disorder, Trichotillomania, and chronic skin picking. He also works in the areas of developmental disabilities, substance abuse, eating disorders, problematic pornography viewing, stigma and prejudice, and multicultural issues. He researches treatments that are in the behavioral tradition, including contingency management and exposure-based therapies, Cognitive Behavioral Therapy, and Acceptance and Commitment Therapy. His work has two immediate aims: 1) to determine the effectiveness of particular treatment modalities, and 2) to determine the processes (mechanisms of action) through which treatments produce their effects

Now just seven years post Ph.D., Dr. Twohig has published over 80 scholarly pieces including three books. He also regularly presents nationally and internationally on his research and on clinical topics. External funding has come from multiple sources including the National Institutes of Mental Health, the International OCD Foundation, and the American Psychological Association.

Dr. Twohig developed a protocol for applying Acceptance and Commitment Therapy (ACT) to the treatment of OCD and tested it in a multiple baseline design; his dissertation applied these methods to OCD in a randomized controlled trial as compared to relaxation training. Funded by a grant from the National Institutes of Mental Health, the project was published in the *Journal of Consulting and Clinical Psychology*. He has continued to be a productive and highly cited clinical researcher and has become perhaps the world's leading expert in the application of ACT to OCD. Currently, his research team at Utah State University focuses on the application of these techniques to other OCD, OC-spectrum, and anxiety disorders. His group is also working on furthering the translational link between basic behavior analysis and clinical psychology. This focus is evidenced in an edited (with Dougher and Madden) special issue of the *Journal of the Experimental Analysis of Behavior* on translational research that was just published in 2014.

For all these reasons and more, the Western Psychological Association is pleased to recognize Dr. Michael P. Twohig with the 2014 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology.

**2013 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology**  
**Shannon Dorsey, University of Washington**



Dr. Dorsey completed her Ph.D. in clinical psychology at the University of Georgia in 2003, began her academic career at Duke University as a Postdoctoral Fellow and Clinical Assistant Professor, and then moved to the University of Washington, first as Assistant Professor in the Medical School and now Associate Professor of Child Clinical Psychology. Dr. Dorsey's research addresses the critical question of how to increase access to evidence-based practices for child and adolescent mental health problems. She has focused her work on reducing the "research to practice gap" for trauma-exposed individuals both domestically in community-based mental health clinics and internationally in Africa, South America, the Middle East, and Asia. Her international research focuses on feasible and effective strategies for training and supervising providers of

evidence-based treatments in low and middle income countries. Notably, Dr. Dorsey and her team are using technology such as Skype and Dropbox to conduct long-distance supervision and communication with local supervisors and counselors in Africa, testing feasible options for scaling up training and supervision.

Dr. Dorsey's ability to obtain funding for her research offers striking evidence for the quality of her work. Within seven years of receiving her Ph.D., she submitted two R01 grants to NIH as Principal Investigator, both of which were funded on the first submission. Both are randomized trials of a trauma-focused intervention. The first is a randomized trial of supervision strategies conducted in public mental health settings and the second is a randomized trial of the intervention itself, using lay counselors in Tanzania and Kenya, piloting greater local responsibility for intervention expertise. She is currently PI or a co-investigator on six federally funded grants with over \$4 million in direct costs, and she has completed work on another nine grants totaling over \$7 million.

In the first nine years of her career, Dr. Dorsey has made exceptional contributions to the psychotherapy research literature, with 29 research publications, many in top journals in her field. She also has authored three clinical handbook chapters and four treatment manuals. Her reviewers describe her as outstanding in every regard of her professional life, including research, grant acquisition, teaching and mentoring skills, collegiality, and interpersonal skills. The Western Psychological Association is pleased to recognize Dr. Shannon Dorsey with the 2013 WPA Enrico E. Jones Award.



**2012 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology**  
**Jeffrey J. Wood**, University of California, Los Angeles

Dr. Wood is Associate Professor at the University of California, Los Angeles, with appointments in the Department of Education and the Geffen School of Medicine. He earned his B.A. degree in psychology at the University of California, Berkeley, and his PhD in Clinical Psychology at UCLA.



Fittingly, Dr. Wood was an undergraduate student of Professor Enrico Jones at Berkeley. He continued to meet and correspond with Dr. Jones, sparking his interest in clinical psychology and his current career of helping others.

Dr. Wood has established an international reputation for his specialty in anxiety disorders, as well as child and adolescent autism. He has studied the etiology and course of these disorders, as well as developed novel cognitive behavioral therapy (CBT) treatment programs that are empirically supported. The applied nature of his work is particularly meaningful for all the families and children that he has helped. Dr. Wood has published 38 articles and chapters, most of which are first-authored pieces in top-tier peer-reviewed journals. He has also published two influential books on CBT interventions for practitioners.

Dr. Wood has served as the PI or Co-PI on five NIH-funded grants. He has also been PI on four studies funded by Cure Autism Now, Autism Speaks, and Organization for Autism Research. His dedication to student training is reflected by the success of his students. For example, five of his graduate and postdoctoral students have received NIMH NRSA training grants. He has trained countless numbers of undergraduate students and provided them an opportunity to experience clinical intervention research.

Dr. Wood's most widely recognized work to date is his development of CBT manuals for childhood anxiety and autism, which he has rigorously tested in NIH-funded clinical trials. Notably, Dr. Wood's manual is the subject of a major National Health Services-funded 4-year clinical trial comparing family and child based CBT for anxiety. In a second major research program, Dr. Wood adapted his CBT manual to fit the specific needs of the autistic spectrum population, with enhancements to address social skills, attention, and motivation. Dr. Wood recently received a \$450,000 grant from Autism Speaks to study an extended version of this treatment manual for three more years to evaluate its efficacy for treating the core symptoms of autism. He is also lead PI of an NIH-funded project investigating the efficacy of this manual for anxiety disorders in teenagers with autism.

The Western Psychological Association is pleased to recognize Dr. Jeffrey Wood with the 2012 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology.

**2011 WPA Enrico E. Jones Award:**

**George M. Slavich**, University of California, Los Angeles

Dr. George Slavich is Adjunct Assistant Professor of Psychiatry and Biobehavioral Sciences at the University of California, Los Angeles. Following his B.A. and M.A. programs in psychology at Stanford University, he earned his Ph.D. in Clinical Psychology from the University of Oregon, completed his Clinical Psychology Internship at McLean Hospital and Harvard Medical School, an NIMH Postdoctoral Fellowship in Health Psychology at the University of California, San Francisco, and an NIMH Postdoctoral Fellowship in Psychoneuroimmunology at the University of California, Los Angeles



Dr. Slavich is a careful thinker, an innovative scientist, an award-winning teacher, and an excellent clinician. One reviewer commented that he is one of the few people conducting theoretically-informed, multi-method research with the ability to reshape the science of depression. With over a dozen publications in influential journals, his work has helped elucidate the depressogenic characteristics of life stress and has examined how these social- environmental stressors interact with cognitive, biological, and neurobiological factors to promote depression. These empirical and theoretical contributions possess the highest scientific merit and they most certainly have the ability to inform future psychotherapeutic interventions for depression.

Dr. Slavich has won major research and teaching awards from every organization to which he has belonged. As a graduate student he won the prestigious Albert Bandura Graduate Research Award. The award is one of psychology's highest honors for graduate research and is accompanied by a featured write-up in the APS /Observer. Recently he received a very prestigious Society in Science fellowship that will fully fund his research on depression for the next five years. The purpose of this \$550,000 personal endowment is to support the study of how social stressors become represented neurally, leading to downstream biological changes with the potential to affect health and wellbeing.

Dr. Slavich is a substantial contributor to WPA. He founded and served as Chair of the WPA Student Council from 2001 to 2005. He has been a member of the WPA Council of Representatives since 2001, has reviewed abstracts for the annual convention since 2006, and served on the WPA Board of Directors from 2002 to 2006. He has presented at almost all of the annual conventions since becoming a member in 1999, and this includes giving two invited talks at the Terman Teaching Conference and several invited talks in the general program.

The Western Psychological Association is pleased to recognize Dr. George Slavich with the 2011 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology.

**2010 WPA Enrico E. Jones Award:**  
**Wei-Chin Hwang**, Claremont McKenna College

Dr. Wei-Chin Hwang earned his Ph.D. in clinical psychology at UCLA in 2003, joined the faculty of the University of Utah, and then moved to Claremont McKenna College where he now is Associate Professor of Psychology. Dr. Hwang has emerged as an international leader in the field of cultural psychology, which includes the subfield of cultural psychopathology.

Dr. Hwang has made important contributions to the literature on minority mental health and on cultural specificity in psychodiagnostics, including papers on the role of culture in the expression of schizophrenia, depression, and eating disorders. In the judgment of one reviewer, his groundbreaking theoretical article on cultural competence in *American Psychologist* is destined to become required reading in clinical psychology programs across the nation.

Dr. Hwang currently is Principal Investigator of a large NIMH grant designed to adapt a Cognitive Behavioral Therapy treatment program for a Chinese American population. His work includes training clinicians to collaborate in empirical research on the efficacy of interventions. Dr. Hwang is also co-PI and Program Leader on a \$3.9 million NIMH grant to study mental health disparities among ethnic minorities, with a focus on therapist factors in predicting outcomes. The Western Psychological Association is pleased to recognize Dr. Wei-Chin Hwang's achievements with the 2010 WPA Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology.

**WPA Enrico E. Jones Award:**  
**William K. Lamb**, San Francisco VA Medical Center

The inaugural Jones Award recipient is Dr. William K. Lamb. Dr. Lamb received his Ph.D. in Clinical Psychology from the University of California, Berkeley in 2004 and was a student of Dr. Jones. His research extends many of the interests of Dr. Jones as it centers on meta-analytic evaluations of the empirical literature on therapy outcomes. The treatments studied include long-term psychodynamic therapy, psychodynamic therapy for children and adolescents, and psychotherapy versus pharmacotherapy for personality disorders. His studies have included outcome studies conducted across nationalities. That research led to an award from the International Psychology Division of the American Psychological Association. Dr. Lamb is currently a post-doctoral fellow in the San Francisco VA Medical Center. We congratulate him for this award. (Current information on Dr. Lamb is described at <http://www.drwilliamlamb.com>)