Michael P. Twohig, Ph.D.

Biographical Information

Name: Michael P. Twohig, Ph.D.

Position: Professor

Address: Utah State University, Department of Psychology

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Licensed Psychologist in Utah: 7311791-2501

#### Education

**Graduate:**

## University of Nevada, Reno (APA accredited)

Degree: Ph.D., Clinical Psychology

Attendance: 9/02 – 8/07

Dissertation: “Acceptance and Commitment Therapy as a Treatment for Obsessive Compulsive Disorder”

Advisor: Steven C. Hayes, Ph.D.

**Clinical Internship: Vancouver Coastal Health, University of British Columbia, CBT Track (APA accredited)**

Attendance: 9/06 - 8/07

Supervisor: Maureen L. Whittal, Ph.D.

**University of Wisconsin-Milwaukee**

Degree: M.S., Psychology

Attendance: 9/00 - 5/02

Thesis: “Integration of Acceptance and Commitment Therapy and Habit Reversal in the Treatment of Trichotillomania”

Advisor: Douglas W. Woods, Ph.D.

## Undergraduate: University of Wisconsin-Milwaukee

Degree: B.A., Psychology

Attendance: 9/96 - 5/00

***Professional Experience***

**Professor,** 2017-present

**Associate Professor,** 2012-2017

**Assistant Professor,** 2007-20012

Utah State University

Psychology Department

Combined Clinical/Counseling Program

**Director/Clinical Supervisor,** 2009-present

Sorenson Legacy Foundation Center for Clinical Excellence, Behavioral Health Clinic

Anxiety Disorders Specialty Clinic, Utah State University

**Clinical Consultant and Researcher,** 9/08—present

Avalon Hills, Logan UT, residential eating disorders facility

**Sexual Assault Therapist and Prevention Lecturer** 6/05 – 6/06

# Sexual Assault Prevention and Counseling Program

# University of Nevada, Reno

**Forensic Psychology Extern** 9/04 - 7/05

Lake’s Crossing Center

Sparks, NV

**Intake Coordinator/Clinic Assistant –** 8/02 - 8/04

# Psychological Services Center

University of Nevada, Reno

**Project Coordinator** – 5/00 – 1/02

# Tic Disorders Specialty Clinic

University of Wisconsin-Milwaukee

# **Line Therapist** – 3/99 – 8/99

# Wisconsin Early Autism Project

Milwaukee, WI

**Research**

#### Grant Activity (\*=USU graduate student)

Awarded

Acceptance and Commitment Therapy (ACT) plus Behavioral Intervention for Misophonia

Dates: October, 2022 – September, 2024

Funding Source: Misophonia Research Fund

Total Costs: $400,000

Role on Project: PI

Acceptance and Commitment Therapy Training Program for Health Care Providers (ACT-HCP)

Dates: December, 2021 – December, 2024

Funding Source: VA Office of Mental Health and Suicide Prevention

Total Costs: $1,018,337

Role on Project: Co-Investigator (PI: Lauren Borges)

Title: Pilot Evaluation of Peer-support Coaching to Increase Adherence to Online Self help

for College Mental Health

Dates: July, 2020 – June, 2021

# Funding Source: USU Office of Research

# Amount: $19,978

# Role: Co-Investigator (PI: Levin)

Title: A Process-Based App Intervention Study for Clinical Perfectionism

Dates: January 2020 – January 2022

# Funding Source: Association for Contextual Behavioral Science

# Amount: $4,988

# Role: Co-Investigator (PI: Ong\*)

Title: Can eHealth Coaching after Early Childhood Hearing Aid Fitting Improve

Parents Coping and Child Outcomes?

Dates: July, 2019 – June, 2020

# Funding Source: USU Office of Research

# Amount: $19,685

# Role: Co-Investigator (PI: Muñoz)

Title: Acceptance and Commitment Therapy and Obsessive Compulsive Disorder

# Dates: January 1, 2016 – December 31, 2017

# Funding Source: International OCD Foundation

# Amount: $100,000

# Role: Principal Investigator

# Title: Individualized Financial Education and Values Achievement

# Dates: November 2014 – October 2017

# Funding Source: Department of Workforce Services – Temporary Assistance for Needy Families

# Amount: $227,500

# Role: ACT Director (10%) (PI: Odum)

Title: National Institutes of Health Clinical Loan Repayment Grant

Dates: July 2012 – June 2014

Funding Source: National Institute of Mental Health

Role: Principal Investigator

Title: Comparison of Multicultural Training Approaches: Traditional and Acceptance-Based Interventions

Dates: July 2011- June 2012

Amount: $5,000

Funding Source: American Psychological Association, CEMRRAT Grants

Role: Principal Investigator

Title: Combining Acceptance and Commitment Therapy with Exposure and Response Prevention to Enhance the Treatment of OCD

Dates: May 2011-April 2013

Amount: $50,344

Funding Source: International OCD Foundation

Role: Principal Investigator

Title: Acceptance and Commitment Therapy as a treatment for OCD (1 R21 MH074968-01AI)

Dates: September 2006 – August 2009

Amount: $355,346 total ($53,000 total subcontracted to USU)

## Funding Source: National Institute of Mental Health

Role: Co-Principal Investigator (50%) (Hayes, PI)

Title: Acceptance- and Values-Based Multicultural Training to increase multicultural competency and engagement in applied faculty members and graduate students

Dates: June 2007-May 2008

Amount: $3,600

Funding Source: American Psychological Association, CEMRRAT Grants

Role: Principal Investigator

Title: Assessment and treatment of scrupulosity type obsessive compulsive disorder

Dates: July 2007-June 2008

Amount: $14,424 USU internal grant

Funding Source: Utah State University, New Faculty Research Grant

Role: Principal Investigator

## Title: Psychological treatment of obsessive compulsive disorder

## Date: 2005

## Amount: $540

## Funding Source: Graduate Student Association, University of Nevada, Reno

## Role: Principal Investigator

Title: Investigating the efficacy of combined Habit Reversal and Acceptance and Commitment Therapy as a treatment for trichotillomania: A pilot investigation

Date: 2002

Amount: $6,000 total

Funding Source: Trichotillomania Learning Center

Role: Co-Investigator (Woods, PI)

Other Funding

Trichotillomania research funding

Date: January 2023

Amount: $30,000

Funding Source: Donation Huntsman Foundation

## Role: Principal Investigator

Trichotillomania research funding

Date: January 2022

Amount: $15,000

Funding Source: Donation Huntsman Foundation

## Role: Principal Investigator

Title: Wed-based treatment of adults with trichotillomania

Purpose: Supported randomized trial

Date: March 2020 --2022

Amount: $50,000

Funding Source: Donation Huntsman Foundation

## Role: Principal Investigator

Title: Telehealth treatment of adolescent trichotillomania

Purpose: Supported randomized trial

Date: December 2017--2020

Amount: $50,000

Funding Source: Donation Huntsman Foundation

## Role: Principal Investigator

Title: Avalon Hills Residential Eating Disorders Treatment Center

Purpose: Supports 20 hour a week graduate RA for data collection and analysis at Avalon Hills

Date: August 2008- present

Amount: Approximately $20,000 annually

Funding Source: Contract with Avalon Hills

## Role: Principal Investigator

Research Consulting

Title: Addressing the Veterinarian Mental Health Crisis through an ACT-Based Program

Dates: September 15, 2020-August 14, 2023

Site: Kent State University

Source: Robert Wood Johnson Foundation

Mechanism: Clinical Scholars Program, Award #77885

PI: Spitznagel

Total Budget: $432,000

Title: Acceptance Enhanced Behavior Therapy for Trichotillomania (R01 MH080966)

Dates: 2008-2013

Site: Milwaukee, WI

Source: National Institute of Mental Health

Role: Consultant (Woods, PI)

#### Publications

(\*=USU graduate student coauthor, \*\*=USU undergraduate student coauthor)

## Books

## *Many of these books have been translated to other languages including Russian, Spanish, Finnish, and Korean.*

9. Woods. D. W., & **Twohig, M. P.**(2023). *Trichotillomania: An ACT-enhanced behavior therapy approach therapist guide (Second Edition).* New York:Oxford Press.

8. Woods. D. W., & **Twohig, M. P.** (2023). *Trichotillomania: An ACT-enhanced behavior therapy approach workbook (Second Edition).* New York:Oxford Press.

7. **Twohig, M. P.,** Levin, M. E., & Petersen, J. M.\* (2023). *Oxford University Press Handbook of Acceptance and Commitment Therapy.* New York:Oxford Press.

6. Ong, C. W.\*, & **Twohig, M. P.** (2022). *The Anxious Perfectionist: How to Manage Perfectionism-Driven Anxiety Using Acceptance and Commitment Therapy.* San Francisco, CA: New Harbinger Press.

5. **Twohig, M. P.,** Levin, M. E., & Ong, C. W.\* (2020). *ACT in steps: A session-by-session guide to implementing Acceptance and Commitment Therapy.* New York:Oxford Press.

4. Levin, M. E., **Twohig, M. P.,** & Krafft, J.\* (2020) *Innovations in Acceptance and Commitment Therapy.* San Francisco, CA: New Harbinger Press.

3. **Twohig, M. P.,** & Hayes, S. C. (2008). *ACT verbatim for depression and anxiety:* *Annotated transcripts for learning acceptance and commitment therapy*. San Francisco, CA: New Harbinger Press.

2. Woods. D. W., & **Twohig, M. P.**(2008). *Trichotillomania: An ACT-enhanced behavior therapy approach therapist guide.* New York:Oxford Press.

1. Woods. D. W., & **Twohig, M. P.** (2008). *Trichotillomania: An ACT-enhanced behavior therapy approach workbook.* New York:Oxford Press.

## Refereed Journal Articles

211. Barber, K. E., Capel.\*, L. K., Merl, N., **Twohig, M. P.**, Saunders, S. M., Compton, S. N., Franklin, M. E., & Woods, D. W. (2023). Pulling sites in trichotillomania: Exploring differences in characteristics, phenomenology, and contextual variables. *Cognitive Therapy and Research.*

210. Capel, L. K.\*, Petersen, J. M.\*, Levin, M. E., **Twohig, M. P.** (in-press). Moderators and preliminary processes of change in a randomized controlled trial of a fully automated, website delivering AEBT for adults with trichotillomania. *Cognitive Therapy and Research.*

209. **Twohig, M. P.**, Seydavi, M., Capel, L. K.\*, Levin, M. E., & Akbari, M. (in press). Scoping Review of Acceptance and Commitment Therapy for Obsessive-Compulsive Disorder in Iran. *Journal of Cognitive Psychotherapy.*

208. Barber, K. E., Woods, D. W., Bauer, C. C., **Twohig, M. P.**, Saunders, S. M., Compton, S. N., & Franklin, M. E. (2023). Psychometric properties of trichotillomania severity measures. *Cognitive Therapy and Research.*

207. Muñoz, K., Guillen, D.\*, Muñoz, C., & **Twohig, M. P.** (in press). Pediatric hearing aid management: experiences and perspectives of Spanish-speaking parents. *American Journal of Audiology.*

206. Muñoz, K., Markle, K., San Miguel, G.G.\*, & Twohig, M.P. (August 2023). Increasing pediatric hearing aid use: considerations for clinical practice. *American Journal of Audiology.* <https://doi.org/10.1044/2023_AJA-23-00036>

205. Capel, L.K.\*, Petersen, J.M.\*, Woods, D. M., Marcks, B. A., & **Twohig, M. P.** (In press). Mental health providers’ knowledge of trichotillomania and skin picking disorder, and their treatment. *Cognitive Therapy and Research.*

204. Krafft, J.\*, Petersen, J. M.\*, Ong, C.\*, **Twohig, M. P.**, & Levin, M. E. (In press). Processes of change in online acceptance and commitment therapy for hoarding. *Journal of Contextual Behavioral Science*, advance online publication.

203. Ong, C. W., Woods, D. W., Franklin, M. E., Saunders, S. M., Neal-Barnett, A. M., Compton, S. N., & **Twohig, M. P.** The role of psychological flexibility in acceptance-enhanced behavior therapy for trichotillomania: Moderation and mediation findings. Behaviour Research and Therapy.

202. **Twohig, M. P.**, Arch, J. J., & Stewart I. (in press). Introduction to the special issue on the ACBS taskforce report. *Journal of Contextual Behavioral Science.*

201. Spitznagel M. B., Martin J. T., Was C., Updegraff A. S. G., Sislak M., Wiborg L., Fulkerson C. M., **Twohig M. P.** (in press). Self-paced acceptance and commitment training program reduces burden transfer, stress, and burnout in veterinary healthcare teams. *Journal of the American Veterinary Medical Association.*

200. Capel, L.K.\*, Petersen, J.M.\*, Becker, M.R.\*\*, Levin, M.L., **Twohig, M.P** (in press). The efficacy and feasibility of a fully automated, web-based acceptance enhanced behavioral treatment for trichotillomania in adults: A randomized waitlist-controlled trial. *Journal of Obsessive-Compulsive and Related Disorders.*

199. Gruner, N.G., Cullen, J.M., Crosby, J.M., DeCross, S.N., Mathes, B., Garner, L., Gironda, C., Hu, Y., Krompinger, J.W., Elias, J.A., & **Twohig, M.P.** (in press). Investigating an Acceptance and Commitment Therapy-based exposure therapy intervention in treatment-refractory OCD and related disorders: Changes in psychological flexibility, treatment engagement, and treatment perceptions. *Journal of Cognitive Psychotherapy.*

198. Klimczak, K. S.\*, San Miguel, G. S.\*, Mukasa, N. M.\*, **Twohig, M. P.**, & Levin, M. E. (In press). A systematic review and meta-analysis of online Acceptance and Commitment Therapy as a transdiagnostic self-help intervention. *Cognitive Behaviour Therapy*.

197. Johnson, K. R., Muñoz, K., San Miguel, G. G., & **Twohig, M.** (2023). EHealth coaching: Counseling characteristics of coaches used with parents. *Perspectives of the ASHA Special Interest Groups*, 1–6. <https://doi.org/10.1044/2022_persp-22-00127>

196. Davis, C., **Twohig, M. P.**, & Levin, M. E. (in press). Choosing ACT or CBT: A Preliminary Test of Incorporating Client Preferences for Depression Treatment with College Students. *Journal of Affective Disorders.*

195. Klimczak, K. S.\*, **Twohig, M. P.**, Peacock, G. G., & Levin, M. E. (In press). Using peer-support coaching to improve adherence to online ACT self-help for college mental health: A randomized controlled trial. *Behaviour Research and Therapy*. <https://doi-org.dist.lib.usu.edu/10.1016/j.brat.2022.104228>

194. San Miguel, G. G.\*, Muñoz, K., Barrett, T.S, & **Twohig, M.P.** (2022). Acceptance and Action Questionnaire-Adult Hearing Loss (AAQ-AHL): Validation with hearing aid users. *International Journal of Audiology.*

193. Petersen, J.M.\*, Capel, L.K.\*, Levin, M.E., & **Twohig, M.P.** (2022).Moderators and processes of change in a pilot randomized controlled trial of acceptance-enhanced behavior therapy for trichotillomania in adolescents. *Journal of Obsessive-Compulsive and Related Disorders, 35,* 100757.

192. Woods, D. W., Ely, l. J., Bauer, C. C., **Twohig, M. P.**, Saunders, S., Compton, S. N., Espil, F. M., Neal-Barnett, A., Alexander, J., Walther, M. R., Cahill, S. P., Deckersbach, T., & Franklin, M. E. (2022). Acceptance-Enhanced Behavior Therapy for Trichotillomania in Adults: A Randomized Controlled Trial. *Behaviour Research and Therapy, 158,* 104487*.*

191. Petersen, J. M.\*& **Twohig, M. P.** (in press). Acceptance and commitment therapy for a child with misophonia: A case study. *Clinical Case Studies*.

190. Akbari, M., Seydavi, M., Davis, C. H.\*, Levin, M. E., **Twohig, M. P.** & Zamani, E. (2022). The current status of Acceptance and Commitment Therapy (ACT) in Iran: A systematic narrative review. *Journal of Contextual Behavioral Science, 26,* 85-96*.*

189. Zemestani, M., Hosseini, M., Petersen, J. M.\*, & **Twohig, M. P.** (2022). A pilot randomized controlled trial of culturally-adapted, telehealth group acceptance and commitment therapy for Iranian adolescent females reporting symptoms of anxiety. *Journal of Contextual Behavioral Science, 25, 145-152.*

188. Petersen, J.\*, M., Zurita Ona, P., **Twohig, M. P.** (in press).A Review of Acceptance and Commitment Therapy (ACT) for Adolescents: Developmental and Contextual Considerations. *Cognitive and Behavioral Practice.*

187. Muñoz, K., Ortiz, D.\*, Bolinder, C.\*\*, & **Twohig, M. P.** (2022). Intervention research to increase pediatric hearing device use: A scoping review. *American Journal of Audiology, 31,* 1312-1319.

186. Ong, C. W.\*, Lee, E. B.\*, Levin, M. E., & **Twohig, M. P.** (2022). Online process-based training for clinical perfectionism: A randomized trial. Behaviour Research and Therapy, 156, 104152.

185. Spitznagel M., Updegraff A. S. G., Was C., Martin J.T., Sislak M., Wiborg L., **Twohig M. P.** (2022). Acceptance and commitment training program reduces burden transfer, stress, and burnout in veterinary healthcare teams. *Journal of the American Veterinary Medical Association, 260,* 1554-1561*.*

184. Petersen, J. M**.\***, Barney, J. L.\*, Fruge, J. E.\*, Lee, E. B.\*, Levin, M. E., & **Twohig, M. P.** (2022). Longitudinal outcomes from a pilot randomized controlled trial of telehealth acceptance-enhanced behavior therapy for adolescents with trichotillomania. *Journal of Obsessive-Compulsive and Related Disorders, 33, 100725.*

183. Laurito, L. D., Loureiro, C. P., Faro, L., Dias, R. V., Torres, B. Moreira-de-Oliveira, M. E., dos Santos-Ribeiro, S., de Menezes, G. B., Fontenelle, L. F., Davis, C. H.\*, **Twohig, M. P.**(2022). Acceptance and Commitment Therapy for Obsessive Compulsive Disorder in a Brazilian Context: Treatment of Three Cases. *Journal of Contextual Behavioral Science, 24,* 134-140*.*

182. Bucholz, J. L., Abramowitz, J. S., Hellberg, S. N., Ojalehto, H. J., & Twohig, M. P. (in press). Different psychological processes in traditional and ACT-enhanced ERP for OCD. *Journal of Cognitive Psychotherapy: An International Quarterly.*

181. Ong, C. W.\*, Petersen, J. M.\*, Terry, C. L.\*\*, Krafft, J., Barney, J. L.\*, Abramowitz, J. S., & **Twohig, M. P.** (2022). The “how” of exposures: Examining the relationship between exposure parameters and outcomes in obsessive-compulsive disorder. *Journal of Contextual Behavioral Science, 24,* 87-95*.*

180. San Miguel, G. G., Muñoz, K., Barrett, T.S, & Twohig, M.P. (in press). Moderators and predictors in a parent hearing aid management eHealth program. *International Journal of Audiology.*

179. Petersen, J. M.\*, Davis, C. H.\*, Renshaw, T. L., Levin, M. E., & Twohig, M. P. (in press). School-based acceptance and commitment therapy for adolescents with anxiety: A pilot trial. *Cognitive and Behavioral Practice*.

178. Capel, L. K.\*, Zurita-Ona, P., Muller, C., **Twohig, M. P.** (in-press). An Open Trial of Acceptance and Commitment Therapy and Exposure and Response Prevention in an Intensive Outpatient Setting for Adults with OCD. *Cognitive and Behavioral Practice.*

177. Petersen, J. M.\*, Zurita Ona, P., Blythe, M., Möller, C.M., **Twohig, M.P.** (2022). Intensive outpatient acceptance and commitment therapy with exposure and response prevention for adolescents. *Journal of Contextual Behavioral Science, 23,* 75-85*.*

176. Barney, J.L.\*, Barrett, T.S., Lensegrav-Benson, T., Quakenbush, B., **Twohig, M.P.** (2022). Examining a mediation model of body image-related cognitive fusion, intuitive eating, and eating disorder symptom severity in a clinical sample. *Eating and Weight Disorders – Studies on Anorexia, Bulimia, and Obesity, 27,* 2181-2192*.*

175. Nichols, N., Muñoz, K., San Miguel, G. G., & Twohig, M. P. (2022). EHealth Education and support for Pediatric Hearing Aid Management: Parent goals, questions, and challenges. *American Journal of Audiology*, *31*(1), 189–203. <https://doi.org/10.1044/2021_aja-21-00098>

174. Petersen, J. M.\*, Barney, J. L.\*, Barrett, T.S., Lensegrav-Benson, T., Quakenbush-Roberts, B., & **Twohig, M.P.** (2023). Values engagement as a predictor of eating disorder severity in female adolescents with eating disorders. *Eating Disorders: The Journal of Treatment and Prevention, 31,* 388-404.

173. Ong, C. W.\*, Terry, C. L.\*\*, Levin, M. E., & **Twohig, M. P.** (in press). Examining the feasibility and effectiveness of online acceptance and commitment therapy self-help in a quasi-stepped care model. *Psychological Services*.

172. Muñoz, K., Whicker, J. J.\*, Ong, C. W.\*, & **Twohig, M. P.** (2021). Factors Associated with the Psychosocial Wellbeing Among Parents of Children who are Deaf or Hard-of-hearing. *Journal of Early Hearing Detection and Intervention, 6*, 1-8.

171. Petersen, J. M.\* & **Twohig, M. P.** (in press). Sexual orientation intrusive thoughts and well-being: The mediating role of psychological inflexibility. *Journal of Cognitive Psychotherapy*.

170. Krafft, J.\*, Ong, C. W.\*, Davis, C. H.\*, Petersen, J. M.\*, Levin, M. E., & **Twohig, M. P.** (In press). An open trial of group acceptance and commitment therapy (ACT) with an adjunctive mobile app for generalized anxiety disorder (GAD). *Cognitive and Behavioral Practice*.

169. Ong, C. W.\*, Lee, E. B.\*, Petersen, J. M.\*, Levin, M. E., & **Twohig, M. P.** (2021). Is perfectionism always unhealthy? Examining the moderating effects of psychological flexibility and self-compassion. *Journal of Clinical Psychology, 77,* 2576-2591.

168. Spitznagel M. B., Updegraff A. S. G., **Twohig M. P.**, Carlson M. D., Fulkerson C. M. (2022). Reducing occupational distress in veterinary medicine personnel with acceptance and commitment training: A pilot study. *New Zealand Veterinary Journal, 70,* 319-325*.*

167. Barney, J. L.\*, Barrett, T. S., Lensegrav-Benson, T., Quakenbush, B., & **Twohig, M. P.** (2021). Confirmatory factor analysis and measurement invariance of the cognitive fusion questionnaire-body image in a clinical eating disorder sample. *Body Image 38, 262-269*.

166. Ong, C. W.\*, Krafft, J.\*, Levin, M. E., & **Twohig, M. P.** (2021). A systematic review and psychometric evaluation of self-report measures for hoarding disorder. *Journal of Affective Disorders, 290,* 136-148. <https://doi.org/10.1016/j.jad.2021.04.082>    

165. Levin, M.E., Krafft, J.\*, An, W.\*, Ong, C.W\*. & **Twohig, M.P**. (2021). Preliminary findings on processes of change and moderators for cognitive defusion and restructuring delivered through mobile apps. *Journal of Contextual Behavioral Science, 20,* 13-19.

164. Muñoz, K., San Miguel, G.\*, Barrett, T.S., Kasin, C.\*, Baughman, K.\*, Reynolds, B.\*, Ritter, C.\*, Larsen, M.\*, Whicker, J.J.\*, & **Twohig, M.P.** (2021). eHealth Parent Education for Hearing Aid Management: A Pilot Randomized Control Trial. *International Journal of Audiology, 60,* 42-48.

163. Ong, C. W.\*, Krafft, J.\*, Panoussi, F.\*\*, Petersen, J. M.\*, Levin, M. E., & **Twohig, M. P.** (2021). In-person and online-delivered acceptance and commitment therapy for hoarding disorder: A multiple baseline study. *Journal of Contextual Behavioral Science, 20, 108-117*.

162. **Twohig, M. P.**, Petersen, J. M.\*, Fruge, J.\*, Ong, C. W.\*, Barney, J. L.\*, Krafft, J.\*, Lee, E. B.\*, & Levin, M. E. (2021). A Pilot Randomized Controlled Trial of Online-Delivered ACT-Enhanced Behavior Therapy for Trichotillomania in Adolescents. *Cognitive and Behavioral Practice, 28,* 653-668.

161. Zemestani, M., Salavati, M., Seyedolshohadayi, A. Petersen, J. M.\*, Ong, C. W.\*, **Twohig, M. P.**, Ghaderi, E. (2022). A preliminary examination of Acceptance and commitment therapy (ACT) versus exposure and response prevention (ERP) for patients with obsessive-compulsive disorder on an optimal dose of SSRIs: A randomized controlled trial in Iran. *Behavior Modification, 46,* 553-580*.*

160. Levin, M.E., Krafft, J.\*, Davis, C.H.\* & **Twohig, M.P.** (2021). Evaluating the effects of guided coaching calls on engagement and outcomes for online acceptance and commitment therapy. *Cognitive Behaviour Therapy, 50,* 395-408.

159. Whicker, J. J., Muñoz, K., Pearson, N. J., Landon, T. J., Nelson, L. H., White, K. R., & **Twohig, M. P.** (2021).  Hearing care and management priority among parents of children with Down syndrome: A grounded theory. *International Journal of Audiology,* 60, 629-640.

158. Gloster, A. T., Walder, N., Levin, M. E., **Twohig, M. P.**, & Karekla, M. (2020). The Empirical Status of Acceptance and Commitment Therapy: A Review of Meta-Analyses. *Journal of Contextual Behavioral Science, 18,* 181-192*.*

157.Petersen, J. M.,Ong, C. W., Hancock, A., Gillam, R., Levin, M. E., & **Twohig, M. P.** (2021). An examination of the relationship between perfectionism and neurological functioning. *Journal of Cognitive Psychotherapy, 35,* 195-211.

156. Ong, C. W., Hancock, A. S., Barrett, T. S., Lee, E. B., Wan, N., Gillam, R., Levin, M. E., & **Twohig, M. P.** (2020). A preliminary investigation of the effect of acceptance and commitment therapy on neural activation in clinical perfectionism. *Journal of Contextual Behavioral Science, 18,* 152-161*.*

155. Muñoz, K. F., Edelman, S.\*, Ong, C. W.\*, Aungst, H.\*, Markle, K.\*, & **Twohig, M. P.** (2020). Parent perceptions of person-centered care: A randomized controlled trial of the Childhood Hearing Loss Question Prompt List for Parents. *Journal of Early Hearing Detection and Intervention, 5,* 40-46*.*

154. Ong, C. W.\*, Pierce, B. G.\*, Petersen, J. M.\*, Barney, J. L.\*, Fruge, J. E.\*, Levin, M. E., & **Twohig, M. P.** (2020). A psychometric comparison of psychological inflexibility measures: Discriminant validity and item performance. *Journal of Contextual Behavioral Science, 18,* 34-47*.*

153. Whicker, J. J.\*, Ong, C. W.\*, Muñoz, K., & **Twohig, M. P.** (2020). Relationship between psychological processes and indices of well-being among adults with hearing loss. *American Journal of Audiology, 29,* 728-737.

152. Muñoz, K., Baughman, K.\*, Meibos, A.\*, Ong, C. W.\*, & **Twohig, M. P.** (2021). Psychosocial well-being of adults who are deaf or hard of hearing. *Journal of the American Academy of Audiology, 32,* 83-89*.*

151. Levin, M.E**.**, Krafft, J.\* & **Twohig, M.P.** (2020). Examining processes of change in an online acceptance and commitment therapy dismantling trial with distressed college students. *Journal of Contextual Behavioral Science, 17,* 10-16*.*

150.Krafft, J.\*, **Twohig, M. P**., & Levin, M. E. (2020). A randomized trial of acceptance and commitment therapy and traditional cognitive-behavioral therapy self-help books for social anxiety. *Cognitive therapy and Research, 44,* 954-966*.*

149. Kasin, C. P.\*, Muñoz, K. F., Ong, C. W.\*, Whicker, J. J.\*, & **Twohig, M. P.** (2020). Well-being of Parents of Children Who Are Deaf or Hard of Hearing. *Journal of Early Hearing Detection and Intervention*, *5*, 86-97.

148. Ong, C. W.\*, Terry, C. L.\*\*, & **Twohig, M. P.** (2020). Comparing the efficacy of defusion, self-as-context, and distraction strategies for getting rid of possessions. *Journal of Cognitive Psychotherapy, 34,* 242-260*.*

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## Book Review in Scholarly Journal

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**Popular Writing**

Shipper, D., Ong, C. W., & Twohig, M. P. (2022). *Perfectionism: Why and how to beat it. A guide to doing great work without fixating on flawlessness.* <https://every.to/superorganizers/perfectionism-why-and-how-to-beat-it>

## *Works in Progress*

**Submitted**

Woolley, M.G., Petersen, J.M., Barney J.L., Lensegrav-Benson, T. Quakenbush-Roberts, B., & Twohig M.P. (under review). Intuitive Eating outcomes among adolescent and adult women in a residential eating disorder treatment center: Examining the relevance of age and diagnostic differences.

Klimczak, K. S., Twohig, M. P., Peacock, G. G., & Levin, M. E. (Under review). ACT-enhanced peer-support coaching for online ACT self-help: Feasibility and acceptability with college students. *Journal of American College Health*.

Petersen, J.M., Barney, J.L., Capel, L.K., Woolley, M.G., Lensegrav-Benson, T., Quakenbush-Roberts, B., Twohig, M.P. (under review). Self-compassion and body image inflexibility as mediators of outcomes in a residential eating disorder sample. *Eating Disorders: The Journal of Treatment and Prevention.*

Krafft, J., Petersen, J. M., Ong, C., Twohig, M. P., & Levin, M. E. (Under review). Processes of change in online acceptance and commitment therapy for hoarding.

Davis, C.\*, Donahue, M. L.\*, Gaudiano, B. A., Uebelacker, L. A., Twohig, M. P., Levin, M. E., Adding online storytelling-based acceptance and commitment therapy to antidepressant treatment for primary care patients: A randomized clinical trial.

Muñoz, K., Markle, K., San Miguel, G. G., & Twohig, M. P. (in review). Increasing pediatric hearing aid use: The influence of data logging awareness and coaching.

Krafft, J., Petersen, J. M., Ong, C., Twohig, M. P., & Levin, M. E. (Under review). Making Space: A randomized waitlist-controlled trial of an acceptance and commitment therapy website for hoarding.

Barney, J.L., Barrett, T.S., Lensegrav-Benson, T., Quakenbush, B., & Twohig, M.P. *Examining a Mediation Model of Body Image Related Cognitive Fusion, Intuitive Eating, and Eating Disorder Symptom Severity in a Clinical Sample*.

Smith, B. M., Barney, J. L., Ong, C. W., Barrett, T. S., Levin, M. E., & **Twohig, M. P.** (under review). Physiological, behavioral, and self-report outcomes of acceptance and regulation approaches to exposures for intrusive thoughts.

Levin, M. E., Krafft, J.\* **& Twohig, M. P.** (Under Review). Examining the processes of change in the open and engaged components of acceptance and commitment therapy.

Levin, M.E., Krafft, J., An, W., Ong, C.W. & **Twohig, M.P.** (Under Review). Examining the daily effects of cognitive defusion and restructuring delivered through mobile apps for self-criticism.

###### ***On Demand Online Courses***

**Twohig, M. P.** (Launched October, 2022). ACT for Anxiety Disorders. This is a six module, 12 CE, on demand course that can be purchased from Praxis Continuing Education Training. <https://www.praxiscet.com/act-for-anxiety-sneak-peek/>

###### ***Invited Presentations and Workshops***

**Twohig, M. P.** & Davis C. (March and April, 2023). *Acceptance and Commitment Therapy for Psychosis.* A two-day training delivered to the Utah State Hospital in Provo Utah.

**Twohig, M. P.** (March, 2023). *ACT in Steps.* One day CEU training delivered to The Association for Utah Community Health in Salt Lake City.

**Twohig, M. P.** (March, 2023). *Acceptance and commitment therapy for anxiety and OCD.* Two day training in Milan, Italy organized by Centro Interazioni Umane.

**Twohig, M. P.** & Petersen, J. M. (October, 2022). *ACT for children and adolescents.* One day CEU training delivered over Zoom organized by Juniper Mental Health, Sandy Utah.

**Twohig, M. P.** (September, 2012, 2013, 2014, 2015, 2016, 2017, 2019, 2022). *Introduction to Acceptance and Commitment Therapy an experiential workshop.* Two day workshop in Logan, UT.

**Twohig, M. P.** (April, 2022). *ACT as a treatment for OCD and anxiety disorders.* Invited Zoom presentation to II International Symposium of Clinical Behavior Analysis, Instituto Brasiliense de Análise do Comportamento.

**Twohig, M. P.** (February, 2022). *ACT in Steps.* One day free CEU training delivered over Zoom via CAPSA to all eligible nonprofit centers in Utah.

**Twohig, M. P.** (October, 2021). *Acceptance and commitment therapy for OCD and the anxiety disorders.* Three-hour CEU training for the New Jersey Association of Cognitive Behavioral Therapists delivered over Zoom.

**Twohig, M. P.** (October, 2021). *ACT and exposure therapy in the treatment of OCD and anxiety disorders.* One day CEU training delivered over Zoom organized by Juniper Mental Health, Sandy Utah.

**Twohig, M. P.** (August, 2021). *How ACT can help to behavior analysts with their own mental health.* Keynote delivered at Utah Association for Behavior Analysis over Zoom.

**Twohig, M. P.** (August, 2021). *An Acceptance and Commitment Training to Address Stress and Increase Motivation.* Three hour workshop delivered at Utah Association for Behavior Analysis over Zoom.

Zurita Ona P. E. **& Twohig, M. P.** (June, 2021). *Acceptance and commitment therapy for anxiety and obsessive compulsive disorder in adolescents and teens.* Eight-hour training presented over Zoom at the pre-conference of ACBS world conference.

**Twohig, M. P.** (May, 2021). *Acceptance and Commitment Therapy for OCD and Related Disorders.* One-hour CEU training delivered via Zoom or the National VA system.

**Twohig, M. P.** (April, 2021). *Exposure therapy for adolescents.* Three-hour training delivered to La Europa Academy in Murry, UT.

**Twohig, M. P.** (May & April, 2021). *ACT in Steps*. Two-day CEU training delivered to D7 treatment programs in Idaho Falls, ID.

**Twohig, M. P.** (November, 2020). *Acceptance and commitment therapy for anxiety disorders.* One day workshop organized by Centro de Mindfulness e Redução de Estresse, in Rio de Janeiro, Brazil (delivered over Zoom).

**Twohig, M. P.** (September, 2020). *Acceptance and commitment therapy*. One day CEU training delivered to D7 treatment programs. Idaho Falls, ID (delivered over Zoom).

**Twohig, M. P.** (August, 2020). *A modern treatment approach to obsessive and perfectionistic thinking.* One day CEU training delivered to UCEBT. Salt Lake City, UT (delivered over Zoom).

**Twohig, M. P.** (May, 2017; October 2018, January 2020) *Acceptance and commitment therapy for substance use disorders.* One or two day workshop given First Step Substance Abuse Treatment in Salt Lake City, UT.

**Twohig, M. P.** (April, 2019). *Acceptance and commitment therapy for anxiety disorders.* One day workshop organized by Centro de Mindfulness e Redução de Estresse, in Rio de Janeiro, Brazil.

**Twohig, M. P.** (January, 2019). *Changing psychotherapy.* Lecture given as part of USU’s Sunrise Sessions in Salt Lake City, UT.

**Twohig, M. P.** (October 2018). *Acceptance and commitment Therapy.* Two day workshop delivered at Kent State, Kent OH.

**Twohig, M. P.** (September, 2018). *Exposure therapy for anxiety disorders.* Two day CEU workshop conducted in Draper, UT.

**Twohig, M. P.** (August, 2018). *Practical use of ACT within behavior analysis.* Keynote delivered at Utah Association for Behavior Analysis in Salt Lake City.

**Twohig, M. P.** (May, 2018). *Acceptance and commitment therapy for obsessive compulsive and related disorders.* One hour training delivered at Association for Behavior Analysis International in San Diego, CA.

**Twohig, M. P.** (April, 2018). *All humans struggle with similar things.* Four hour self-care training delivered to the Utah School for the Deaf and the Blind, Salt Lake City, UT.

**Twohig, M. P.** (April 2018). *An Introduction to Acceptance and commitment Therapy.* Once day workshop delivered at Idaho State University.

**Twohig, M. P.** (January, 2018). *Acceptance and commitment therapy and exposure therapy for obsessive compulsive disorder.* One day workshop conducted in Oakland, CA.

**Twohig, M. P.** (January, 2018). *Skills for enhancing counseling within audiology and speech language pathology.* Three hour training to the Utah School for the Deaf and the Blind delivered via telehealth.

**Twohig, M. P.** (May, 2017) *Acceptance and commitment therapy.* One day workshop given in St. George, UT.

**Twohig, M. P.** (November, 2016). *Acceptance and mindfulness: Acceptance and commitment therapy as an example.* One day CEU training completed for the Idaho Psychological Association in Boise, ID.

**Twohig, M. P.** (September, 2016). *Acceptance and commitment therapy as a treatment for scrupulosity type obsessive compulsive disorder.* Two day CEU training completed for Spring Haven, Inc in Dundee, OH.

**Twohig, M. P.** (June, 2016). *A collaborative approach to translational research: The mutual interest model.* Presidential address delivered at the annual conference of the Association for Contextual Behavioral Science in Seattle, WA.

**Twohig, M. P.** (May, 2016). *Acceptance and commitment therapy for anxiety disorders.* One day workshop organized by Centro de Mindfulness e Redução de Estresse, in Rio de Janeiro, Brazil.

**Twohig, M. P.** (December, 2015). *Acceptance and commitment therapy.* One day workshop delivered to Unita Academy in Logan, UT.

**Twohig, M. P.** (November, 2015). *Acceptance and commitment therapy with treatment resistant PTSD clients.* One hour workshop delivered at the annual BYU Social Work conference.

**Twohig, M. P.** (November, 2015). *Acceptance and commitment therapy: A skills-based training.* Three hour training delivered to Crysalis in Salt Lake City.

**Twohig, M. P.** (October, 2015). *Acceptance and commitment therapy in practice: A 2-day experiential workshop.* Two day CEU workshop delivered in Vancouver, BC, Canada.

**Twohig, M. P.** (July, 2015*). A functional contextual approach to the treatment of OCD and related disorders.* Workshop delivered at the annual conference for the Association for Contextual Behavioral Sciences in Berlin, Germany.

**Twohig, M. P.** (May, 2015). Sk*ills for enhancing counseling within audiology and speech language pathology.* CEU training sponsored by NCHAM delivered on USU’s campus.

**Twohig, M. P.** (August, 2010; September 2011, August 2014; June 2015). *Acceptance and commitment therapy.* One or two day training conducted at the Charlie Norwood VA Medical Center or Eisenhower Army Medical Center in Augusta, GA. Sponsored by the Clinical Internship Program at Eisenhower Army Medical Center.

**Twohig, M. P.** (October, 2014). *Acceptance and Commitment Therapy.* Once day CEU workshop given for the North Dakota Psychological Association in Fargo, ND.

**Twohig, M. P.** (October, 2014). *ACT for OCD and anxiety disorders.* Workshop given at the annual ANZ ACBS conference in Mooloolaba, Australia.

**Twohig, M. P.** (October, 2014). *Contextual behavioral science.* Keynote given at the annual ANZ ACBS conference in Mooloolaba, Australia.

**Twohig, M. P.** (October, 2014). *A modern cognitive behavioural conceptualization and treatment of anxiety disorders.* Two day workshop given at the annual ANZ ACBS conference in Mooloolaba, Australia.

**Twohig, M. P.** (June, 2014). *Acceptance and commitment therapy for anxiety disorders.* One day ACBS preconference workshop provided in Minneapolis, MN.

**Twohig, M. P.** (October, 2013). *Acceptance and commitment therapy research outcomes.* Two hour CEU training provided in Sacramento, CA.

Muñoz, K, **Twohig, M. P.**, Blaiser, K., & Nelson, L. (October 2013). *Parent training and support: Providing a foundation for effective daily management for children with hearing loss.* One day American Speech-Language-Hearing Association CUE workshop given at USU.

**Twohig, M. P.** (September, 2013). *Contextual behavioral sciences.* Keynote address given at the Rocky Mountain ACBS conference in Golden, CO.

**Twohig, M. P.** (September, 2013). *Acceptance and mindfulness in the treatment of OCD and OC-spectrum disorders.* Workshop given at the Rocky Mountain ACBS conference in Golden, CO.

**Twohig, M. P.** (July, 2013). *Acceptance and Commitment Therapy as a treatment for OCD.* Presentation given at the annual conference for the IOCDF in Atlanta, GA.

**Twohig, M. P.** (October, 2012). *Acceptance and Commitment Therapy.* Presentation given at Utah State Hospital.

**Twohig, M. P.** (June, 2012). *ACT based exposure therapy.* One day workshop in Portland, OR.

**Twohig, M. P.** (May, 2012). *How ACT can be integrated into standard treatments for anxiety disorders.* Two day workshop in Stockholm, Sweden.

**Twohig, M. P. (**March, 2011). *How can acceptance and commitment therapy inform the treatment of OCD at the OCDI?* Two day training conducted at the OCD Institute at McLean Hospital, Boston, MA.

**Twohig, M. P.** & Szymanski, J. (June, 2010) *How to integrate ACT into your existing treatments for OCD.* Three hour workshop presented at the ACBS annual world conference in Reno, NV.

**Twohig, M. P.** (March, 2010). *Acceptance and commitment therapy as a treatment for OCD and other anxiety disorders.* Master clinician presentation at the Anxiety Disorders Association Annual Conference in Baltimore, MD.

**Twohig, M. P.** (October, 2009). *Applying acceptance and commitment therapy to anxiety and other disorders.* Six hour invited CEU training at the Idaho Health Care Conference in Pocatello, ID.

**Twohig, M. P.** (August, 2009). *Using acceptance and commitment therapy (ACT) in the treatment of OCD.* Five hour invited CEU training to occur at the 16th annual Obsessive Compulsive Foundation conference in Minneapolis, MN.

**Twohig, M. P.,** & Crosby, J. M. (March, 2009). *Problematic use of internet pornography: Research review and preliminary ideas for helping clients.* A one hour CEU training provided online to the Practice Ground Learning Community.

**Twohig, M. P.,** Domenech Rodríguez, M. M., & Enno A. (October, 2008). *Acceptance- and values-based multicultural training to increase multicultural competency and engagement in applied faculty members and graduate students.* A 4.5 hour CEU provided (twice) at Utah State University.

**Twohig, M. P.** (August, 2008). *State of the evidence on ACT OCD.* Presentation given at the 15th Annual Obsessive Compulsive Foundation Conference, in Boston, MA.

**Twohig, M. P.** (August, 2008). *ACT for OCD: An introduction for treatment providers.* Presentation given at the 15th Annual Obsessive Compulsive Foundation Conference, in Boston, MA.

**Twohig, M. P.** (July, 2008). *Introduction to acceptance and commitment therapy*. One-day CEU training provided to the Montana Psychological Association.

**Twohig, M. P.** (July, 2008). *Experiential training in acceptance and commitment therapy.* One-day CEU training provided to the Montana Psychological Association.

**Twohig, M. P.** (July, 2008).*Acceptance and commitment therapy.* Training for Utah State University Counseling Center predoctoral internship program.

**Twohig, M. P.** (September, 2005). *Introduction to ACT for kids.* Workshop conducted at the annual retreat of the Trichotillomania Learning Center in Seattle, WA.

**Twohig, M. P.** (September, 2005). *Been there before: Acceptance and commitment therapy as a treatment for hair pulling and skin picking.* Three-hour workshop conducted at the annual retreat of the Trichotillomania Learning Center in Seattle, WA.

**Twohig, M. P.** (September, 2005). *Introduction to acceptance and commitment therapy*

*as a treatment skin picking and hair pulling.* Three-hour workshop conducted at the annual retreat of the Trichotillomania Learning Center in Seattle, WA.

Hayes, S. C. & **Twohig, M. P.** (May, 2005). *Acceptance and commitment therapy: An experiential workshop.* Three-day training delivered at the University of California, Los Angles, CA.

**Twohig, M. P.** (September, 2004). *Acceptance and commitment therapy for skin picking and hair pulling.* Three-hour workshop conducted at the annual retreat of the Trichotillomania Learning Center in Seattle, WA.

Bach, P. & **Twohig, M. P.** (July, 2004). *Behavioral principles for non-behavioral clinicians.* Workshop given at the 2004 ACT Summer Conference in Reno, NV.

**Twohig, M. P.**, Hayes, S. C., & Coyne, L. (July, 2004). *ACT for anxiety in adults and children.* Workshop given at the 2004 ACT Summer Conference in Reno, NV.

**Twohig, M. P.** (April, 2004). *Let’s try something different: Acceptance and commitment therapy as a treatment for skin picking and hair pulling.* Workshop given at the national conference for the Trichotillomania Learning Center in Houston, TX.

###### 

**Teaching**

## *Courses Taught*

**Utah State University**

* Psych 7370: Practicum in Clinical/Counseling Psychology (6 credits: 3 Fall, 3 Spring)
* Psych 6360: Introduction to the Practice of Professional Psychology (3 Credit)
* Psych 6810: Seminar on Acceptance and Commitment Therapy (3 Credit)
* Psych 6320: Objective Assessment of Personality and Affect (3 Credit)
* Psych 3210: Abnormal Psychology (3 Credit)

***Dissertation Chairs***

***Defended***

Andrew Armstrong, 2011

Jesse Crosby, 2011

Michelle Woidneck, 2012

Kendra Homan, 2014

Kate Morrison, 2015

Ellen Bluett, 2015

Eric Lee, 2017

Brooke Smith, 2018

Clarissa Ong, 2019

***Thesis Chairs***

***Defended***

John Dehlin, December 2011

P. Ryan Mitchell, February 2013

Kate Morrison, January 2013

Ellen Bluett, October 2013

Brooke Smith, October 2013

Clarissa Ong, 2018

Jeremiah Fruge, 2019

***Proposed***

Juliana Petersen, 2019

**Service**

***Service Committees at USU***

Member, awards policy review committee 2017-2020

Chair, sexual assault prevention workgroup, 2016-2019; member 2019-present

AAEO review panel, 2018-present

Chair, admissions combined program, 2015-2019

Psychology department website committee, 2007-2009

Combined program steering committee, 2007-present

Chaired and served on many search committees

Chaired and served on many promotion and tenure meetings

## *Professional Activities*

**Editor:**

Guest co-editor *Journal of the Experimental Analysis of Behavior.* Special issue on   
translational research. Published January 2014

Guest editor *Cognitive and Behavioral Practice.* Special issue on Acceptance and Commitment Therapy. Published Fall 2012.

## Associate Editor:

*Journal of Contextual Behavioral Science* June 2013-2016

# **Editorial Boards:**

*Eating Disorders: The Journal of Treatment and Prevention 2017-present*

*Journal of Contextual Behavioral Science 2017-present*

*Behavior Therapy,* 2014-present

*Mindfulness,* 2011-present

*Behavior Modification,* 2009-present

*Cognitive and Behavioral Practice,* 2008-present

## *Membership in Professional Associations*

# American Psychological Association

# Association for Contextual and Behavioral Sciences (Fellow)

# Association for Behavioral and Cognitive Therapies

Association for Behavior Analysis

## *Professional Boards*

President, Association for Contextual and Behavioral Sciences, 2015-2016

Member at Large, Association for Contextual and Behavioral Sciences, 2012-2014.

Research Facilitation Committee, Association for Behavioral and Cognitive Therapies

Chair 2009-2012

Member 2012-present

## Member, Membership Recruitment and Retention Committee, Association for Behavior Analysis, 2000-2002

#### Honors and Awards

2019, Emma Eccles Jones College of Education, Utah State University,Strong Human Services Award

2016, Emma Eccles Jones College of Education, Utah State University, Researcher of the Year

2014, Western Psychological Association, Enrico E. Jones Award for Research in Psychotherapy

and Clinical Psychology

2006, Association for Behavioral and Cognitive Therapies, Virginia Roswell Dissertation Award

2006, Outstanding Graduate Student Award, University of Nevada

2005, Outstanding Graduate Student Researcher Award, University of Nevada

# 2001, Fazio Research Prize, University of Wisconsin-Milwaukee

1999-2000, Academic All-American, University of Wisconsin-Milwaukee

1998-2000, Scholar Athlete, University of Wisconsin-Milwaukee