

CURRICULUM VITA
JILL A. STODDARD, PH.D.
CALIFORNIA LICENSED PSYCHOLOGIST (PSY21852)
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EDUCATION:

- 2001-2007 Boston University
Ph.D., Clinical Psychology, January 2007
cum laude
- 1998-2001 San Diego State University
M.A., Clinical Psychology, June 2001
cum laude
- 1991-1995 University of Vermont
B.A., Psychology, May 1995
Dean's list

EXPERIENCE

- 2/08-PRESENT FOUNDER AND DIRECTOR, THE CENTER FOR STRESS AND ANXIETY MANAGEMENT,
OUTPATIENT PRACTICE, SPECIALIZING IN EVIDENCE BASED TREATMENT FOR ANXIETY AND
RELATED ISSUES, SAN DIEGO, CA
- 8/09-8/18 ASSOCIATE PROFESSOR, CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY AT ALLIANT
INTERNATIONAL UNIVERSITY, SAN DIEGO, CA
COURSES TAUGHT: BEHAVIORAL THEORIES, COGNITIVE BEHAVIORAL THERAPY,
THIRD WAVE THERAPIES, PROFESSIONAL DEVELOPMENT, CLINICAL
CONSULTATION, DISSERTATION
- 2/08-8/18 CO-INVESTIGATOR/CLINICAL SUPERVISOR, *REDUCING FEAR OF MOVEMENT AMONG
PEOPLE WITH FIBROMYALGIA*, SAN DIEGO STATE UNIVERSITY DEPARTMENT OF
PSYCHOLOGY, PI'S TERRY CRONAN, PH.D. & KSENIJA MARINKOVIC, PHD
- 8/10-8/18 PRINCIPAL INVESTIGATOR, THE IMPACT OF *ACCEPTANCE VS SUPPRESSION OF EMOTION OF
EATING BEHAVIOR*, ALLIANT INTERNATIONAL UNIVERSITY. FUNDED BY ALLIANT SEED
MONEY GRANT FOR NEW FACULTY GRANTED TO JILL STODDARD.
- 9/10-9/12 CO-INVESTIGATOR, *AN ACCEPTANCE-BASED TREATMENT FOR PROSTATE CANCER
DISTRESS*, SAN DIEGO VETERAN'S ADMINISTRATION, PI'S NILOO AFARI, PH.D. &
MATTHEW PORTER, PH.D. FUNDED BY ALLIANT SEED MONEY GRANT FOR NEW FACULTY
GRANTED TO MATTHEW PORTER.

1/08-8/09 STAFF PSYCHOLOGIST & SUPERVISOR, OEF/OIF POST-TRAUMATIC STRESS TREATMENT TEAM, VETERAN'S ADMINISTRATION SAN DIEGO HEALTHCARE SYSTEM

8/07-1/08 STAFF PSYCHOLOGIST, SUPERVISOR, & CO-INVESTIGATOR, PRIMARY CARE, VETERAN'S ADMINISTRATION SAN DIEGO HEALTHCARE SYSTEM

9/07-8/09 LECTURER, ALCOHOL & DRUG TREATMENT PROGRAM, VETERAN'S ADMINISTRATION HEALTHCARE SYSTEM SAN DIEGO

- "Anxiety, Substance use, and Cognitive Behavioral Principles"

3/07-3/08 REGISTERED PSYCHOLOGICAL ASSISTANT/STAFF PSYCHOLOGIST, THE COGNITIVE THERAPY INSTITUTE, SAN DIEGO, CA
DIRECTOR: JAMES SHENK, PH.D.

8/06-8/07 POST-DOCTORAL CLINICAL RESEARCH FELLOW, UNIVERSITY OF CALIFORNIA SAN DIEGO SCHOOL OF MEDICINE, DEPARTMENT OF PSYCHIATRY & VETERAN'S ADMINISTRATION HEALTHCARE SYSTEM, JULIE WETHERELL, PH.D., SUPERVISOR

7/05-7/06 PSYCHOLOGY INTERN, UNIVERSITY OF CALIFORNIA SAN DIEGO SCHOOL OF MEDICINE, DEPARTMENT OF PSYCHIATRY & VETERAN'S ADMINISTRATION HEALTHCARE SYSTEM

- BEHAVIORAL MEDICINE ROTATION: ARIEL LANG, PH.D., SUPERVISOR
- SUBSTANCE ABUSE & MENTAL ILLNESS ROTATION: SUSAN TAPERT, PH.D., SUPERVISOR
- UCSD OUTPATIENT PSYCHIATRY ROTATION PATRICIA JUDD, PH.D. & NANCY THOMAS, PH.D., SUPERVISORS

8/01-4/05 GRADUATE RESEARCH FELLOW & THERAPIST, CENTER FOR ANXIETY & RELATED DISORDERS (CARD) AT BOSTON UNIVERSITY
DAVID H. BARLOW, PH.D., DIRECTOR & SUPERVISOR, STEFAN HOFMANN, DISSERTATION CHAIR

9/02-4/05 PROTOCOL THERAPIST, AN ACCEPTANCE BASED BEHAVIORAL THERAPY FOR GENERALIZED ANXIETY DISORDER, CARD AT BOSTON UNIVERSITY
SUSAN ORSILLO, PH.D. & LIZBETH ROEMER, PH.D., PIs & SUPERVISORS

9/04-4/05 PROTOCOL THERAPIST, EATING DISORDERS PROGRAM, CARD AT BOSTON UNIVERSITY
HEATHER THOMPSON-BRENNER, PH.D., DIRECTOR & SUPERVISOR

9/03-5/04 PSYCHOLOGY EXTERN, BOSTON VETERAN'S ADMINISTRATION OUTPATIENT CLINIC
SUZY BIRD GULLIVER, PH.D. & BARBARA KAMHOLZ, DIRECTORS/SUPERVISORS

9/02-8/03 PSYCHOLOGY EXTERN, BOSTON VETERAN'S ADMINISTRATION WOMEN'S STRESS DISORDERS TREATMENT TEAM
JILLIAN SHIPHERD, PH.D., SUPERVISOR

1/01-8/01 THERAPIST, SAN DIEGO STATE UNIVERSITY PSYCHOLOGY CLINIC, SDSU/UCSD JOINT DOCTORAL PROGRAM IN CLINICAL PSYCHOLOGY

RICHARD SCHULTE, PH.D., DIRECTOR/SUPERVISOR & TRICIA HAYNES, PH.D., SUPERVISOR

- 1/00-8/01 CLINICAL INTAKE INTERVIEWER, SAN DIEGO STATE UNIVERSITY PSYCHOLOGY CLINIC, SDSU/UCSD JOINT DOCTORAL PROGRAM IN CLINICAL PSYCHOLOGY
ALAN J. LITROWNICK, PH.D., SUPERVISOR
- 1/00-8/01 RESEARCH ASSISTANT & CLINICAL INTERVIEWER, SAN DIEGO VETERAN'S ADMINISTRATION, SDSU/UCSD JOINT DOCTORAL PROGRAM IN CLINICAL PSYCHOLOGY
WIVEKA A. RAMEL, PH.D. & TRICIA HAYNES, PH.D., SUPERVISORS
- 10/99-8/01 RESEARCH ASSISTANT, SAN DIEGO STATE UNIVERSITY PSYCHOLOGY DEPARTMENT
GEORG MATT, PH.D., PRIMARY ADVISOR
MASTER'S THESIS TITLE: "Psychotherapy Effectiveness Study: STRIVE Job-Readiness Training Program"
- 8/98-8/01 GRADUATE TEACHING FELLOW, SAN DIEGO STATE UNIVERSITY, PSYCHOLOGY DEPARTMENT
ROD PLOTNICK, PH.D., TOM DOYLE, PH.D., & PHIL GHERMAN, PH.D., SUPERVISORS
- 4/96-12/96 RESEARCH TECHNICIAN, BROWN UNIVERSITY, COGNITIVE & LINGUISTIC SCIENCES DEPARTMENT, JAMES MORGAN, PH.D., PRINCIPAL INVESTIGATOR
- 1/95-5/95 RESEARCH ASSISTANT, UNIVERSITY OF VERMONT, PSYCHOLOGY DEPARTMENT
LEE ROSEN, PH.D. & SUSAN CROCKENBERG, PH.D., SUPERVISORS
- 8/94-5/95 TEACHING ASSISTANT, UNIVERSITY OF VERMONT, PSYCHOLOGY DEPARTMENT
DARIN PRAIL, PH.D., SUPERVISOR
- 8/93-5/94 TEACHING ASSISTANT, UNIVERSITY OF VERMONT, COMPUTER SCIENCE DEPARTMENT
ROBERT ERIKSON, PH.D., SUPERVISOR

PUBLICATIONS & PAPERS:

Stoddard, J. A. (2023, under contract). *Dare to be Unstoppable: The Power of Psychological Flexibility for Overcoming Self Doubt and Imposterism to Cultivate a Successful Career*. Balance, an imprint of Grand Central Press/Hachette Book Group: New York

Stoddard, J. A. (June, 2020). *Dear Fathers of Daughters: 10 ways dads can fight sexism now*. The Good Men Project
<https://goodmenproject.com/featured-content/dear-fathers-of-daughters-kpkn/>

Stoddard, J. A. (March 2020). *Befriending Your Inner Critic: How we can relate to our internal voices so they no longer hold us back*. Thrive Global <https://thriveglobal.com/stories/befriending-your-inner-critic/>

Stoddard, J. A. (March 2020). *Passing the Tooth Fairy Torch: Making invisible labor visible*. Mindful Return
<https://www.mindfulreturn.com/invisible-labor/>

- Stoddard, J. A.** (2019). *Be Mighty: A Woman's Guide to Liberation from Anxiety, Worry, and Stress using Mindfulness and Acceptance*. New Harbinger Publications: Oakland
*Selected for a Publishers Weekly review
- Stoddard, J. A.** (December 2019). *The Reality (and Aftermath) of Having a Pedophile in Your Family*. In Scary Mommy <https://www.scarymommy.com/brother-pedophile-oblivious-trust/>
- Lopez, M.E., **Stoddard, J.A.**, Noorollah, A., Zerbi, G., Payne, L.A., Hitchcock, C.A., Meier, E.A., Esfahani, A.M., & Ray, D. B. (in press). Examining the efficacy of the unified protocol for transdiagnostic treatment of emotional disorders in the treatment of comorbid anxiety and depression in individuals with borderline personality disorder. *The Cognitive Behavioral Therapist*.
- Stoddard, J.A.** (2016, fall) *The Use of Experiential Practice in Acceptance and Commitment Therapy*. Invited contribution to The San Diego Psychologist, the quarterly newsletter of The San Diego Psychological Association.
- Stoddard, J.A.** & Afari, N. (2014). *The Big Book of ACT Metaphors: The Clinician's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy*, New Harbinger Publications: Oakland.
- Stoddard, J.A.**, Barmann, C., Wetherell, J.L., Lenze, E. (2014). *Combining medication and psychotherapy for late-life anxiety and depression*. In *The Oxford Handbook of Clinical Geropsychology*: Oxford University Press.
- Lopez, M.E., **Stoddard, J.A.**, Noorollah, A., Zerbi, G., Payne, L.A., Hitchcock, C.A., Meier, E.A., Esfahani, A.M., & Ray, D. B. (2014). Examining the efficacy of the unified protocol for transdiagnostic treatment of emotional disorders in the treatment of individuals with borderline personality disorder. *Cognitive and Behavioral Practice*.
- Stoddard, J. A.**, Lopez, M. E., & Cullen, E. (2011). Improving the recognition and treatment of social anxiety disorder. *Journal of Clinical Outcomes Management*, 18, 278-287.
- Wetherell, J. L., Afari, M., Rutledge, T., Sorrell, J., **Stoddard, J.**, Petkus, A., Solomon, B., Lehman, D., Liu, L., Lang, A., Atkinson, J. (2011). A Randomized, Controlled Trial of Acceptance and Commitment Therapy and Cognitive-Behavioral Therapy for Chronic Pain. *Pain*, 152, 2098-2107.
- Wetherell, J.L., **Stoddard, J.A.**, White, K.S., Kornblith, S., Nguyen, H., Andreescu, C., Zisook, S., & Lenze, E.J. (2011). Augmenting anti-depressant medication with modular CBT for geriatric generalized anxiety disorder. *International Journal of Geriatric Psychiatry*, 26, 869-875.
- Wetherell, J. L., Afari, N., Ayers, C. R., **Stoddard, J. A.**, Ruberg, J., Sorrell, J. T., Liu, L., Petkus, A. J., Thorp, S. R., Kraft, A., & Patterson, T. L. (2011). Acceptance and Commitment Therapy for generalized anxiety disorder in older adults: A preliminary report. *Behavior Therapy*, 42, 127-134.
- Thorp, S. R., Ayers, C. A., Nuevo, R., **Stoddard, J. A.**, Sorrell, J. T., & Wetherell, J. L. (2009). Meta-analysis Comparing Different Behavioral Treatments for Late-Life Anxiety. *American Journal of Geriatric Psychiatry*, 17, 105-115.

- Stoddard, J. A.**, Rosellini, A. J., & Hofmann, S. G. (2008). Development and Single Case Evaluation of an Intensive Cognitive Behavioral Treatment for Social Phobia. *International Journal of Cognitive Psychotherapy*, 1, 113-123.
- Raffa, S. D., **Stoddard, J. A.**, White, K.S., Barlow, D. H., Gorman, J. M., Shear, M. K., & Woods, S. W. (2008). Loss of response following combined treatment discontinuation in a placebo-controlled trial for panic disorder. *Journal of Nervous and Mental Disease*, 196, 548-555.
- White, K. S., Raffa, S. D., Jakle, K. R., **Stoddard, J. A.**, Barlow, D. H., Brown, T. A., Covino, N. A., & Gervino, E. V. (2008). Morbidity of DSM-IV Axis I disorders in non-cardiac chest pain: Psychiatric morbidity linked with increased pain and health care utilization. *Journal of Consulting and Clinical Psychology*, 76, 422-430.
- Liverant, G. I., **Stoddard, J. A.**, Meuret, A. E., & Barlow, D. H., (2006). *Clinical science and the revolution in psychological treatment: The example of anxiety disorders*. In Psychological clinical science: Recent advances in theory and practice. Integrative perspectives in honor of Richard M. McFall. New Jersey: Lawrence Erlbaum Associates.
- Stoddard, J. A.**, White, K. S., Covino, N. A., & Strauss, L. (2005). Impact of a brief intervention on patient anxiety prior to day surgery. *Journal of Clinical Psychology in Medical Settings*, 12, 99-110.

CONFERENCE PRESENTATIONS & POSTERS:

- Stoddard, J.A.**, Scarlet, J., Payne, J., & Herald, M. (2021, March). *From Fraud to Fierce: How ACT helped us overcoming imposter syndrome (and can help you too)*. Roundtable discussion presented at the 41st annual meeting of the Anxiety and Depression Association of America.
- Stoddard, J.A.**, Scarlet, J., Morris, M., Sorensen, D., & Coyne, L. (2020, June). *Making Mighty Moves: Overcoming imposter syndrome one present moment at a time*. Panel discussion presented at the 18th annual meeting of the Association for Contextual Behavioral Science.
- Blom, M., Forrester, L, **Stoddard, J.A.**, Silberstein-Tirsch, L., Shepherd, L, & Burnside, E. (2019, July). *A Little Less Conversation A Little More Action: Behavioral Strategies for Moving Toward Gender Balance (within ACBS and Beyond)*. Panel discussion presented at the 17th annual meeting of the Association for Contextual Behavioral Science.
- Kamholz, B (chair). **Stoddard, J.A.**, Weisberg, R., LoPresti, J. G., Ramsawh, H., & Tsao, S. (2019, March). *Having it All and Where to Put it: Living Your Values at Work and at Home*. Panel discussion to be presented at the 39th annual meeting of The Anxiety and Depression Association of America.
- McGlenn M. & **Stoddard, J.A.** (2018, July). *The Relationship Between Psychological Inflexibility, Cognitive Fusion, Gender Role Conflict, and Normative Male Alexithymia in a Sample of Cisgender Males*. Poster presented at the 16th annual meeting of the Association for Contextual Behavioral Science.
- Stoddard, J.A.** & Schraufnagel, K. (2017, Nov). *Developing and Deepening Experiential Practice in Acceptance and Commitment Therapy*. Ticketed workshop presented at the annual meeting of The Association for Behavioral and Cognitive Therapies.

- Raducha, S., **Stoddard, J.**, Delaney, E., & Madero, J. (2017, April). *Replication and Expansion of the Construct Validity of the Moral Injury Event Scale (MIES)*. Poster presented at the 37th annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Stoddard, J.A.** (2016). *Overcoming Obstacles in Acceptance and Commitment Therapy*. Invited presentation to the annual fall conference of the San Diego Psychological Association.
- Schraufnagel, K. & **Stoddard, J.A.** (2016). *Developing and Deepening Experiential Practice in Acceptance and Commitment Therapy*. Workshop presented at the 36th annual meeting of The Anxiety Disorders Association of America.
- Kamholz, B. **Stoddard, J.A.**, et al., (2016). *Developing Work/Life Balance*. Panel discussion presented at the 36th annual meeting of The Anxiety Disorders Association of America.
- Hadland, S., G. Bongiorno, A. Cusack, & **Stoddard, J.A.**, et al., (2016). *Do Anxiety and Depression Decrease in Patients with Eating Disorders and Co-occurring Substance Use?* Poster presented at the 36th annual meeting of The Anxiety Disorders Association of America.
- Sheets, S. Whelan, K., Raducha, S., & **Stoddard, J.A.** (2015, July). *The Impact of Acceptance vs Suppression During an ROTC Army Personal Fitness Test*. Poster to be presented at the 13th annual meeting of the Association for Contextual and Behavioral Sciences, Berlin. ***Winner of The Outstanding Young Investigator award.**
- Gammon, T., Corp, K., Whelan, K., Brew, S., & **Stoddard, J.A.** (2015, July). *The Impact of Acceptance, Suppression, and Cognitive Reappraisal of Emotion on Distress, Food Craving, and Eating Behavior among a Normal-weight and Overweight Sample*. Poster to be presented at the 13th annual meeting of the Association for Contextual and Behavioral Sciences, Berlin.
- Brew, S., Corp, K., Gammon, T., Whelan, K., & **Stoddard, J.A.** (2015, July). *The Relationship Between Control of Unwanted Thoughts and Perceived Success Implementing Emotion Regulation Strategies*. Poster to be presented at the 13th annual meeting of the Association for Contextual and Behavioral Sciences, Berlin.
- Whelan, K., Corp, K., Brew, S., Gammon, T., & **Stoddard, J.A.** (2015, July). *The Impact of Age, Gender, and BMI on Thought Control, Food Acceptance, and Eating*. Poster to be presented at the 13th annual meeting of the Association for Contextual and Behavioral Sciences, Berlin.
- Stoddard, J. A.** (2015, May) *Managing Anxiety and Food Allergy*, Presentation at the Food Allergy Research and Education National Food Allergy Conference, Long Beach, CA.
- Stoddard, J. A.** (2015, May) *Managing Anxiety and Food Allergy for Teens*. Presentation at the Food Allergy Research and Education National Food Allergy Conference, Long Beach, CA.
- Stoddard, J. A.** (2015, April) *Finding your CALM: Control Anxiety, Lift Mood*, Invited Address at the California Administrative Fire Services Section Annual Conference, Riverside, CA.

- Stoddard, J.A.**, Afari, N., Villatte, M., & Gillanders, D. (2014, June). *Bypassing the traps of language with experiential practice*. Panel discussion presented at the 12th annual meeting of the Association for Contextual and Behavioral Sciences, Minneapolis.
- Gammon, T.L., Whelan, K., McCutcheon, L., Scarlet, J., Lopez, M., & **Stoddard, J.A.** (2014, June). *The impact of acceptance, suppression, and cognitive reappraisal of emotion on affect and eating behavior among a normal-weight, overweight, and obese adult sample*. Poster presented at the 12th annual meeting of the Association for Contextual and Behavioral Sciences, Minneapolis.
- Whelan, K., Gammon, T.L., McCutcheon, L., Scarlet, J., Lopez, M., & **Stoddard, J.A.** (2014, June). *Examining the impact of emotion regulation styles on the emotional stroop task in an overweight/obese and normal-weight adult sample*. Poster presented at the 12th annual meeting of the Association for Contextual and Behavioral Sciences, Minneapolis.
- Porter, M.C., Heppner, P., Lutz, M.T., Redwine, L., Sakamoto, K., **Stoddard, J.A.**, & Afari, N. (2014, June) *Preliminary results from a pilot trial of ACT for men with moderate risk prostate cancer: Trends in distress, decision-making and cognitive fusion*. Poster presented at the 12th annual meeting of the Association for Contextual and Behavioral Sciences.
- Stoddard, J.A.**, Norman, S, Amir, N, Buzzella B. & Wetherell, J. (2013, April). Chair, *Extreme Exposures Across the Lifespan*. Clinical roundtable presented at the 33rd Annual Meeting of the Anxiety Disorders Association of America.
- Hitchcock, C., Simmons, A., Risbrough, V., **Stoddard, J.A.**, Campbell Sills, I, Chavira, D., Stein, M. (2013, April) *Effects of Trait Resilience on an Emotion Regulation Task: Subjective Distress Related to Effortful Regulation*. Poster presented at the 33rd Annual Meeting of the Anxiety Disorders Association of America.
- Harder, L., **Stoddard, J.A.**, Doran, N., Chow, B., McFall, M., Saxon, A., & Baker, D.G. (2012, April). *Post-Treatment Relationship of PTSD Symptoms and Health Status in Veterans with Tobacco Dependence*. Poster presented at the Annual Meeting of the Tobacco Related Disease Research Program, University of California San Diego Special Research Programs.
- Harder, L., **Stoddard, J.A.**, Doran, N., Chow, B., McFall, M., Saxon, A., & Baker, D.G. (2012, March). *Post-Treatment Relationship of PTSD Symptoms and Health Status in Veterans with Tobacco Dependence*. Presentation at the Anxiety Disorders Association of America 32nd annual meeting, Washington D.C.
- Sorrell, J. T., Atkinson, J., Afari, N., Rutledge, T., **Stoddard, J.A.**, Petkus, A., Solomon, B., Lehman, D., Liu, L., Lang, A., & Wetherell, J. (2012, February). *ACT and CBT for Chronic Pain: A Randomized, Controlled Trial*. Presentation at the American Association of Pain Medicine 28th Annual Meeting, Palm Springs, CA.
- Afari, N., **Stoddard, J.A.**, & Wetherell, J. L. (2011, October). *Acceptance and Commitment Therapy: An Evidence-Based Approach to Problems of Experiential Avoidance*. Presentation at the San Diego Psychological Association Annual Fall Conference. San Diego, CA.
- Miller, H., **Stoddard, J. A.**, Hickman, S. D., Arredondo, E., & Schraufnagel, K. E. *Mexican American Attitudes toward Mindfulness Based Stress Reduction: Acceptability, Accessibility, and Cultural Compatibility*. (May 2011). Poster presented to the annual meeting of CPAGS, San Diego, CA

Israel, J. W. & **Stoddard, J. A.** *The Impact of Acceptance vs. Suppression of on Craving and Eating Behavior.* (April 2011). Poster presented to the annual Alliant International University Clinical Psy.D. Research Fair, San Diego, CA.

Moitra, E., Warner, C.M, Reigada, R., Benkov, K., Weisberg, R.B., Keller, M.B., Wetherell, J.L., Ayers, C.R., Sorrell, J.T., **Stoddard, J.A.**, Ruberg, J.L., Afari, N., & Robinson, P.J. (June 2010). *Treating Anxiety Conditions Across the Lifespan in Primary Care.* Symposium presented at The World Congress of Cognitive and Behavioral Therapies, Boston, MA.

Stoddard, J.A., Hofmann, S.G., Wilkins, K. (2006, November). *Development and evaluation of an 8-day, 6-session intensive cognitive-behavioral treatment for social phobia.* Poster presented at the 40th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Allen, L. B., **Stoddard, J. A.**, Bitran, S., White, K. S., Barlow, D. H., Gorman, J. M., Shear, M. K., & Woods, S. W. (2005, November). *Comorbidity and treatment outcome in a multicenter comparative treatment of panic disorder: Long-term follow-up.* Poster presented at the 39th annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

Stoddard, J.A., Basden, S., & White, K. S. (2005, March). *Perception of control in the expression of non-cardiac chest pain.* Presentation at the Society for Behavioral Medicine conference, Boston, MA.

Stoddard, J. A., Bitran, S., Allen, L. B., White, K. S., Barlow, D. H., Gorman, J. M., Shear, M. K., & Woods, S. W. (2004, November). The impact of comorbidity on treatment outcome in a multicenter comparative treatment of panic disorder. In K. S. White (Chair), *Comorbidity as a moderator and outcome measure in patients receiving cognitive-behavioral treatment for panic disorder with agoraphobia.* Symposium conducted at the 37th annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Raffa, S. D., **Stoddard, J. A.**, White, K. S., Barlow, D. H., Gorman, J. M., Shear, M. K., & Woods, S. W. (2003, November). Predictors of relapse in a clinical trial for panic disorder: Are patients truly “blind?” In D. H. Barlow (Chair), *The Multi-Center Clinical Trials on Panic Disorder: Mediators, Moderators, and Mechanisms of Action of Change.* Symposium at the 36th annual Assoc for the Advancement of Behavior Therapy, MA.

Stoddard, J. A., White, K. S., & Raffa, S. D. (2003, January). *Impact of a Brief Intervention on Patient Anxiety Prior to Day Surgery.* Poster presented at the annual meeting for the Society for Behavioral Medicine, Utah.

WORKSHOPS/TRAININGS PROVIDED

Breakthrough ACT Techniques and Experiential Exercises: A Clinical Roadmap to Help Clients Overcome Psychological Distress (2021). Full day PESI workshop.

The Mighty Me You Are Meant to Be: Turning Panic Into Power (2021). One hour ACT webinar presented to the Psychologists Off The Clock Wise Minds Summit.

Managing Anxiety, Worry, and Stress during COVID-19 (2020). One hour webinar presented to employees of various organizations (e.g., Alibaba Corp., Smithsonian, Marcom)

Experiential Practice in ACT (2019, November). Three-hour workshop presented to psychology graduate students, Alliant International University.

Making Mighty Moves in Career and Life (2019, November). Invited address to psychology post-doctoral fellows, University of California San Diego.

ACT for Anxiety (2019, March). Two hour workshop for LPCC trainees, San Diego State University.

Parenting Stressed Out Kids: AKA Parenting (2018, December) 75 minute Acceptance and Commitment Therapy training for parents at Portola Hills school

Developing and Deepening Experiential Practice with Women (2018, August) Presented during the inaugural ACT Bootcamp for Women.

ACT in Practice (2018, April) Invited case conference presented to second year doctoral students

Exposure Therapy (2018, Feb & March) 2, 2 hour CE workshops on Exposure Therapy for anxiety and related issues

Keeping Calm in the Chaos (2017, Nov & Dec) 2, 2 hour workshops on managing stress and anxiety for parents, and teaching parents how to support their kids' struggles with stress and anxiety

ACT and the Military (2017, Nov) Webinar for Alliant faculty, staff, students, and veterans on acceptance and commitment therapy and the military.

Using Experiential Practice to Get Clients Unstuck (2017, August). Invited to provide 2 hour CE webinar through Praxis.

Modular CBT for Depression Youth and Teens: Anxiety Module (2017, May). Invited to provide 1 hour presentation during 6 hour CE workshop for mental health professionals and trainees at University of San Diego.

Dipping a Toe in: Experiential Introduction to Acceptance and Commitment Therapy (2017, May). Two hour training presented to psychology trainees at the Rady's Outpatient Psychiatry, San Diego, CA

Exposure and Response Prevention for Kids and Teens with OCD (2016, Oct). Invited to provide a 2 hour CE presentation for mental health professionals and trainees at Rady's Outpatient Psychiatry.

Introduction to Acceptance and Commitment Therapy (2016, January). Two hour training presented to psychology trainees at the Alvarado Parkway Institute, San Diego, CA

Finding your CALM: Control Anxiety, Lift Mood (2016, January). Presented to members of the National Charity League, Del Mar, CA.

Helping Kids Manage Stress and Anxiety (2015, December). Presented to parents at the Bishop's School, La Jolla, CA.

Finding your CALM: Control Anxiety, Lift Mood (2015, November). Presented to parents at the Bishop's School, La Jolla, CA.

Acceptance and Commitment Therapy and Intimate Partner Violence (2015, October). Four-hour CE workshop presented to mental health professionals and students at Alliant International University, San Diego, CA

Introduction to Acceptance and Commitment Therapy (2015, August). Two, one-day CE workshops presented to mental health professionals at Kaiser Permanent, Orange County, CA

Managing Stress and Anxiety (2015, April). Presented to employees at Pinnacle Recovery, San Diego, CA

Introduction to Acceptance and Commitment Therapy (2014, February). Two hour training presented to psychology trainees at Sharp Mesa Vista Hospital, San Diego, CA

PODCASTS

Co-host

Psychologists Off the Clock January 2020-present

Featured guest

Mindful Mama

Playing it Safe

Mentally Flexible

Anxiety Slayer

Working Parent Resource

Ignite Purpose (X3)

Shelf Aware Books

What Fresh Hell

Living Well

The Art of Charm

Not Another Anxiety Show

Thank You Heartbreak

A Mindful Moment

The Invisible Wheelchair

Fix Yourself

Wellness While Walking

Wisdom for Wellbeing

Psychologists Off The Clock (X2)

Healing Pain

Million Dollar Mortgage Experience

ACT in Context

Mastering Counseling

TELEVISION

ABC Channel 10 News: “Managing Pressure: Easing Back Into Pre-Pandemic Life.” June 15, 2021

ABC Channel 10 News: “Uncertainty, Fear of Post-COVID life Could be ‘Cave Syndrome’.” April 16, 2021

ABC Channel 10 News: “Coping With Stress and Worries Linked to the COVID-19 Pandemic.” March 17, 2021

CBS Channel 8 News: “Going it Alone: Creative ways to celebrate Christmas during COVID-18.” December 23, 2020

ABC Channel 10 News: “Why Some Refuse to Wear Face Masks.” September 24, 2020

KUSI News, Good Morning San Diego program: “New Center in Carlsbad is Raising Awareness for Traumatic Brain Injuries.” February 2, 2019

OTHER MEDIA

Quoted as expert source

NBCLx: “Yikes, Climate Change is Even Making Cuffing Season More Stressful.” November 15, 2021.

MindJournal: “So I Started Therapy, Now What?” October 8, 2021.

Happify: “4 Strategies for Setting—and Achieving—Goals During COVID-19.” December 28, 2020

Greater Good Magazine: “How to Accept That Holiday Gatherings Are Canceled.” December 7, 2020

Motherwell: “This Is How I Hurt My Kids By Helping Them.” November 2, 2020

Greater Good Magazine: “Working Parents Are Angry. But What Can We Do?” August 31, 2020

Behavioral Scientist: “How Practical Wisdom Helps Us Cope with Radical Uncertainty.” August 31, 2020

OutWit Trade: “How To Deal With Anxiety.” August, 2020

Fatherly: “9 Things Girls Need to Hear Their Father Say At Home.” August 20, 2020

UpJourney: “What to Say to Someone Who Is Stressed.” August, 2020

Today: “Is 'fear of going out' the new 'fear of missing out'?” June 12, 2020

Theravive: “Stressed out? That may be a good thing.” May 22, 2020

Fatherly: “Work From Home? Here’s How to Stay Focused When Constantly Interrupted.” May 13, 2020

SingleCare: “Anxiety statistics 2020.” May 6, 2020

The Washington Post: “Pandemic anxiety is making us sleepless, forgetful, and angry: Here are tips for coping.” April 3, 2020

Psych Central: “The Psychology of Misogyny & Misogynistic People.” March 8, 2020

Happify: “Are You Too Judgmental for Your Own Good?” October 17, 2019

Healthline: “Anxiety Tools: An Expert’s Advice.” September 5, 2019

San Diego Union Tribune: “You Can Cope with Taxing Time of Year.” April 15, 2014

San Diego Union Tribune: “Hypochondriacs Can Worry Themselves Sick.” March 23, 2010

Featured

Shoutout SoCal: “Meet Jill Stoddard | Psychologist, Author, Speaker & Podcaster.” October 6, 2020

San Diego Voyager: “Meet Jill Stoddard of The Center for Stress and Anxiety Management.” March 15, 2018

INVITED BOOK BLURBS, FOREWORDS, AFTERWORDS

Karekla, M. & Kelly, M. (in press) *Cravings and Addictions: Free Yourself From the Struggle of Addictive Behavior with Acceptance and Commitment Therapy*. New Harbinger: Oakland.

West, Aprilia (in press). *What You Feel is Not All There is: Free Your Choices and Your Life From the Default World of the Emotional Matrix..* En Masse Media: United States.

Boone, M., Gregg, J., & Coyne, L. (2021) *Stop Avoiding Stuff: 25 Microskills to Face Your Fear and Do it Anyway*. New Harbinger: Oakland.

Hill, D. & Sorensen, D. (2021) *ACT Daily Journal: Get Unstuck and Live Fully with Acceptance and Commitment Therapy*. New Harbinger: Oakland.

Kemp, J. (2021) *The ACT Workbook for Perfectionism: Build Your Best (imperfect) Life Using Powerful Acceptance and Commitment Therapy and Self-Compassion Skills*. New Harbinger: Oakland.

Scarlet, J. (2021) *Superhero Therapy for Anxiety and Trauma: A Professional Guide with ACT and CBT-Based Activities and Worksheets for All Ages*. Jessica Kingsley Publishers, A Hachette Company: Great Britain.

Scarlet, J. (2021) *Super-Women: Superhero Therapy for Women Battling Anxiety, Depression, and Trauma*. New Harbinger: Oakland.

Sinclair, M., Gil-Rodriguez, E., & Eisen, M. (2021) *The Little Anxiety Workbook: Reclaim Your Life with Acceptance and Commitment Therapy*. Crimon Coronet, A Hachette Company: Great Britain.

Willimott, R. (2021) *Acceptance and Commitment Therapy for Anxiety Relief: How to Evolve Your Relationship with your Mind*. Rockridge Press: Emeryville.

Zurita-Ona, P. (2020). *The Act Workbook for Teens with OCD: Unhook Yourself and Live Life to the Full*. Jessica Kingsley Publishers, A Hachette Company: Great Britain.

Fielding, L. (2019) *Mastering Adulthood: Go Beyond Adulthood to Become an Emotional Grown-Up*. New Harbinger: Oakland.

Suro, G. (2019). *Learning to Thrive: An Acceptance and Commitment Therap Workbook*. Rockridge Press: Emeryville.

Lev, A. & McKay, M. (2017). *Acceptance and Commitment Therapy for Couples: Using Mindfulness, Values, and Schema Awareness to Strengthen Relationships*. New Harbinger: Oakland.

Torneke, N. (2017). *Metaphor in Practice: A Professional's Guide to Using the Science of Language in Psychotherapy*. New Harbinger: Oakland.

Williams, K.N. & Crandall, B. (2017). *Modular CBT for Children and Adolescents with Depression: A Clinician's Guide to Individualized Treatment*. New Harbinger: Oakland.

Zurita-Ona, P. (2017). *Parenting a Troubled Teen: Manage Conflict and Deal with Intense Emotions Using Acceptance and Commitment Therapy: Unhook Yourself and Live Life to the Full*. New Harbinger: Oakland.

TREATMENT MANUALS (unpublished)

Wetherell, J.L., **Stoddard, J.A.**, Otis, L, Sorrell, J., Lenze, E.J., & Kornblith, S. (2008). *The Extended Relief Study: Cognitive Behavioral Therapy plus Escitalopram in the Management of Late Life Anxiety*. University of California, San Diego and VA San Diego Healthcare System.

Stoddard, J.A., Trim, R.S., Bekman, N.M. & Tapert, S.F. (2007). *Teal Group Manual for Group Treatment of Anxiety and Substance Use Disorders*. Substance Abuse and Mental Illness Program, VA San Diego.

Stoddard, J.A., & Wetherell, J.L. (2007). *Acceptance Based Group Treatment for Chronic Pain*, University of California, San Diego and VA San Diego Healthcare System.

Stoddard, J.A., & Wetherell, J.L. (2007). *Cognitive Behavioral Group Treatment for Chronic Pain*, University of California, San Diego and VA San Diego Healthcare System.

JOURNAL/CONFERENCE REVIEWER

Journal of Consulting and Clinical Psychology

Psychological Trauma: Theory, Research, Practice, and Policy Women and Therapy

Conference Reviewer: Anxiety Disorders Association of America

Conference Reviewer: Association for Behavioral and Cognitive Therapy

Conference Reviewer: Association for Contextual and Behavioral Science

GRANTS & SUPPORT

Alliant International University New Faculty Seed Money Grant. Awarded to Jill A. Stoddard August 2010. \$5000

Tobacco Related Disease Research Program, University of California San Diego Special Research Programs.

Two-year dissertation award granted to Laura Harder, M.A., under my mentorship. June 2010. \$60,000.

HONORS & AWARDS

2021 Class of ACBS Fellows

2017 Peer reviewed Acceptance and Commitment Therapy trainer

2015 mentor to student winning Outstanding Young Investigator poster award at Annual ACBS Conference

2011 Outstanding Faculty of the Year-Alliant International University

Clara Mayo Memorial Fellowship Award

Shapiro Control Research grant (award declined)

Ranked top 1-2% of teachers at SDSU per student evaluations

Voted 1 of 11 best teachers at SDSU by on campus students

Ranked 24 on "top 100 teachers" list by student body at SDSU

AFFILIATIONS, COMMITTEE PARTICIPATION/SERVICE:

Secretary/Treasurer, Board of the Association for Contextual and Behavioral Sciences (ACBS) 2021-present

Member-at-large, Board of the Association for Contextual and Behavioral Sciences (ACBS) 2019-2021

Co-founder and Vice-President of the non-profit San Diego Cognitive Behavioral Therapy Consortium (SDCBTC) 2011-Present

Awards Committee, ACBS, 2017-2019

Ambassador/Ambassadee Committee, 2018 ACBS Annual Conference

Ambassador at 2017 and 2019 ACBS Annual Conference

Conference Planning Committee, 2016 Association for Behavioral and Cognitive Therapy (ABCT) Annual Conference

Social Planning Committee for Anxiety Disorders Association of America (ADAA) 2013 Annual Conference

Jay Haley Scholarship Selection Committee Alliant International University, 2012-2013

Alliant International University Chair Faculty Search Committee 2015-2018

Alliant International University Student Evaluation and Review Committee 2009-2018

Alliant International University Professional Training Committee 2014-2016

Alliant International University Institutional Review Board 2009-2013

Member, Anxiety and Depression Association of America

Member, Association for Contextual and Behavioral Science

Member, Women's Special Interest Group ACBS

Member, Women's Special Interest Group ADAA

Member, Association for Behavioral and Cognitive Therapy