

Kim L. Gratz
Curriculum Vitae

Business Address: Department of Psychology
University of Maryland
College Park MD 20742
(301) 405-3551

Current Position: Research Assistant Professor, Department of Psychology
University of Maryland, College Park

EDUCATION

Doctor of Philosophy **UNIVERSITY OF MASSACHUSETTS BOSTON**, Boston, MA
June 2003
Clinical Psychology
Dissertation Chair: Lizabeth Roemer, Ph.D.
Dissertation: A theoretically-based etiological model of deliberate self-harm: The role of childhood maltreatment, affect intensity/reactivity, emotional inexpressivity, and emotion dysregulation in self-harm behavior

Master of Arts **UNIVERSITY OF MASSACHUSETTS BOSTON**, Boston, MA
June 2000
Clinical Psychology
Faculty Advisor: Sheree Conrad, Ph.D.
Master's Thesis: The measurement, functions, and etiology of deliberate self-harm

Bachelor of Arts **TULANE UNIVERSITY, Newcomb College**, New Orleans, LA
May 1996
Major: Gender Social Psychology, with honors
Faculty Advisors: Beth Willinger, Ph.D., Janet Ruscher, Ph.D.
Honor's Thesis: The indirect and direct aggression of men toward female and male provocateurs

HONORS AND AWARDS

2005 Young Investigator's Award, National Education Alliance for Borderline Personality Disorder (NEA-BPD)

2001 Clinical Psychology Book Award for Outstanding Master's Thesis, University of Massachusetts Boston

2000 Student Researcher Award, Disaster and Trauma Special Interest Group, Association for Advancement of Behavior Therapy

1996 Phi Beta Kappa, Alpha of Louisiana at Tulane University

1996 Graduated Summa Cum Laude with honors in Gender Social Psychology

1996 The Shelley W. Coverman Memorial Award in Recognition of Excellence in Empirical Social Science Research in Women's Studies

1996 Who's Who Among Students in American Universities and Colleges

1992-1996 Dean's List/Tulane Honors Program

1995 Martha Gilmore Robinson Scholarship

1994 Zida Cole Benedict Scholarship

ACADEMIC POSITIONS

- 2005-present **Director, Personality Disorders Division**
Center for Addictions, Personality, and Emotion Research,
University of Maryland, College Park
- 2005-present **Research Assistant Professor**
Department of Psychology,
University of Maryland, College Park
- 2004-2005 **Assistant Research Psychologist**
Center for the Treatment of Borderline Personality Disorder, McLean
Hospital/Harvard Medical School, Boston, MA

CLINICAL AND RESEARCH EXPERIENCE

- 2003-2005 **Staff Therapist**
Dialectical Behavior Therapy Program, Outpatient Clinic
McLean Hospital, Boston, MA
- 2003-2004 **Clinical and Research Fellow**
Center for the Treatment of Borderline Personality Disorder,
McLean Hospital/Harvard Medical School, Boston, MA
- 2002-2003 **Psychology Intern**
McLean Hospital/Harvard Medical School, Boston, MA
- 2001-2002 **Graduate Research Assistant**
University of Massachusetts Boston
- 2000-2001 **Psychology Trainee**
Behavioral Health Partial Hospital Program
McLean Hospital/Harvard Medical School, Boston, MA
- 2000 **Co-Counselor**
Educational Cultural Heritage Alliance Educational Tours, Italy
- 1999-2000 **Psychology Trainee**
Counseling Center
University of Massachusetts Boston
- 1996-1998 **Psychiatric Counselor**
Masters and Johnson Trauma, Dissociative Disorders, and Sexual
Compulsivity Programs
River Oaks Hospital, New Orleans, LA
- 1994-1996 **Research Assistant**
Department of Sociology
Tulane University, New Orleans, LA

1994-1995 **Research Assistant**
 Department of Psychology
 Tulane University, New Orleans, LA

1994 **Summer Scholar/Researcher**
 Coca-Cola Summer Scholars Program
 Tulane University, New Orleans, LA

TEACHING AND SUPERVISORY EXPERIENCE

2007 **Ad-hoc Clinical Supervisor**
 Clinical Psychology Program, Department of Psychology
 University of Maryland, College Park

2006 **Clinical Laboratory Supervisor (Graduate Level)**
 Clinical Psychology Program, Department of Psychology
 University of Maryland, College Park

2005-2006 **Seminar Instructor**
 Center for Addictions, Personality, and Emotion Research
 University of Maryland, College Park
Seminar: Fundamentals of Acceptance and Commitment Therapy
 (Graduate Level)

2003-2005 **Research Supervisor**
 Psychosocial and Personality Research Program
 McLean Hospital/Harvard Medical School, Boston, MA

2001-2002 **Peer Supervisor**
 Counseling Center
 University of Massachusetts Boston

2001-2002 **Research Lab Supervisor**
 Department of Psychology
 University of Massachusetts Boston

2001 **Instructor**
 Department of Psychology
 University of Massachusetts Boston
Course: Psychology of Women.

2000-2002 **Graduate Research Mentor**
 University of Massachusetts Boston

1998-1999 **Teaching Assistant**
 Department of Psychology
 University of Massachusetts Boston
Course: Introductory Psychology.

COMMITTEES AND UNIVERSITY SERVICE

- 2007-present **Dissertation Committee Member**
Samantha Rodman, M.A., Clinical Psychology Program, University of Maryland, College Park, MD
“Mechanisms Underlying Interpersonal Dysfunction in Borderline Personality Disorder: The Roles of Fear of Positive Evaluation, Fear of Abandonment, and Fear of Positive Emotion”
- 2006-present **Dissertation Committee Co-Chair**
Autumn Paulson, M.A., Clinical Psychology Program, University of Maryland, College Park, MD
“Examining Potential Mechanisms for Increasing Emotional Willingness”

GRANTS**Current**

“Distress Tolerance Treatment for Inner-City Drug Users”

Principal Investigator: Marina A. Bornovalova, M.A.

Agency and Type: National Institute of Drug Abuse R03 (Drug Abuse Dissertation Research)

Role on Project: Primary Co-Mentor

Period: October 1, 2006 – September 30, 2008

Total Direct Costs: \$100,000

“Self-Injury in Youth: Consolidating Definitional, Methodological, and Ethical Perspectives for Research”

Principal Investigator: Nancy L. Heath, Ph.D.

Agency and Type: Social Sciences and Humanities Research Council, Research Development Initiatives

Role on Project: Collaborator

Period: 2007 – 2009

Total Direct Costs: \$30,000

Under Review

“Developing an Emotion Regulation Group Therapy for Self-Harm among Women with BPD”

Principal Investigator: Kim L. Gratz, Ph.D.

Agency and Type: National Institute of Mental Health R34

Proposed Duration: 3 years

Total Direct Costs: \$450,000

Priority Score = 185 (first submission)

“Prospective Predictors of Borderline Personality Disorder among At-risk Youth”

Principal Investigator: Kim L. Gratz, Ph.D.

Agency and Type: National Institute of Mental Health R01

Proposed Duration: 5 years

Total Direct Costs: \$1,250,000

“Prospective Study of the Intergenerational Transmission of Borderline Personality”

Principal Investigator: Kim L. Gratz, Ph.D.

Agency and Type: National Institutes of Health DP2

Proposed Duration: 5 years

Total Direct Costs: \$1,500,000

“Examining Emotional Dysfunction as a Biobehavioral Mechanism Underlying BPD”

Principal Investigator: Carl W. Lejuez, Ph.D.

Agency and Type: NARSAD Independent Investigator Award

Role on Project: Co-Investigator

Proposed Duration: 2 years

Total Direct Costs: \$100,000

Completed Research Support

“Development of a Behavioral Measure of Emotion Regulation for Individuals with Borderline Personality Disorder”

Principal Investigator: Kim L. Gratz, Ph.D.

Agency: McLean Hospital/Harvard Medical School

Type: Research Endowment Support Grant

Period: July 1, 2004 – August 31, 2005

Total Costs: \$51,300

“Development of an Emotion Regulation Group Intervention for Self-Harm Behavior among Women with Borderline Personality Disorder”

Principal Investigator: Kim L. Gratz, Ph.D.

Agency: McLean Hospital/Harvard Medical School

Type: Psychosocial Fellowship

Period: July 1, 2003 – June 30, 2005

Total Costs: \$100,000

“A Theoretically-Based Etiological Model of Deliberate Self-Harm: The Role of Childhood Maltreatment, Affect Intensity/Reactivity, Emotional Inexpressivity, and Emotion Dysregulation in Self-Harm Behavior”

Principal Investigator: Kim L. Gratz, M.A.

Agency: University of Massachusetts Boston

Type: Office of Research and Sponsored Programs Dissertation Support Grant

Period: June 1, 2001 – April 1, 2002

Total Costs: \$1,500

“The Measurement, Functions, and Etiology of Deliberate Self-Harm”

Principal Investigator: Kim L. Gratz, B.A.

Agency: University of Massachusetts Boston

Type: Spayne Memorial Research Grant

Period: September 1, 1999 – May 31, 2000

Total Costs: \$500.

“Effects of the Changing Economic Context on the Lives of Women”

Principal Investigator: Kim L. Gratz

Agency: Newcomb College, Tulane University

Type: Newcomb Foundation Grant
Period: September 1, 1994 – July 31, 1995
Total Costs: \$400

“Differences in Attitudes toward Maternal Employment: A Longitudinal Study of Mothers and their Daughters”

Principal Investigator: Kim L. Gratz
Agency: Tulane University
Type: Coca-Cola Foundation Grant
Period: June 1, 1994 – September 1, 1994
Total Costs: \$2000

PROFESSIONAL MEMBERSHIPS

Association for Cognitive and Behavioral Therapies (formerly, AABT)
 American Psychological Association
 Anxiety Disorders Association of America
 International Society for Traumatic Stress Studies
 International Society for the Study of Self-injury

PROFESSIONAL ACTIVITIES

2007-present *Member*, Men’s Mental and Physical Health ABCT Special Interest Group
 2006-present *Founding Member*, International Society for the Study of Self-injury
 2006-present *Chairperson*, Definition and Label Workgroup, International Society for the Study of Self-injury
 2006-present Program Committee, Association for Cognitive and Behavioral Therapies
 2004-2005 *Coordinator*, McLean Hospital Borderline Personality Disorder Family Workshop Series
 2003-2004 *Coordinator*, Personality Disorders Case Conference Series, Psychosocial and Personality Research Program, McLean Hospital

AD HOC REVIEWS FOR

Journal of Abnormal Psychology
 Journal of Consulting and Clinical Psychology
 Psychological Bulletin
 Psychological Assessment
 Clinical Psychology: Science and Practice
 Harvard Review of Psychiatry
 Journal of Psychopathology and Behavioral Assessment
 American Journal of Orthopsychiatry
 Behavior Therapy
 Cognitive and Behavioral Practice
 Motivation and Emotion
 Psychiatry Research
 Child Maltreatment
 Journal of Cognitive Psychotherapy
 Scandinavian Journal of Psychology
 Women and Health

INVITED LECTURES AND PRESENTATIONS

Lejuez, C. L., & **Gratz, K. L.** (2006, September). *Personality disorders among substance users: Description, diagnosis, and treatment*. Invited workshop for the Community Action Group of Washington DC.

Gratz, K. L. (2006, July). *Understanding deliberate self-harm: Risk factors, underlying mechanisms, and treatment advances*. Invited presentation to the National Institute of Mental Health's Branch Innovations in Research Seminar Series, Bethesda, MD.

Gratz, K. L. (2005, October). *Preliminary data on an acceptance-based emotion regulation group intervention for deliberate self-harm among women with borderline personality disorder*. Invited presentation for the 4th annual conference of the National Education Alliance for Borderline Personality Disorder's, Borderline Personality Disorder: Historical and Future Perspectives, Boston, MA.

Gratz, K. L. (2005, April). *The treatment of clients with deliberate self-harm*. Invited presentation for the University of Massachusetts Boston Counseling Center, Boston, MA.

Gratz, K. L. (2005, April). *Current research on emotional avoidance and acceptance, and its implications for treatment interventions*. Invited address for the Women's Treatment Program at McLean Hospital, Boston, MA

Gratz, K. L. (2004, July). *Preliminary data on an acceptance-based emotion regulation group for deliberate self-harm among women with borderline personality disorder*. Special invited presentation to the NIMH International Think Tank for the Most Effective Treatment of Borderline Personality Disorder, Baltimore, MD.

Gratz, K. L. (2004, April). *Emotional functioning in Borderline Personality Disorder*. Invited presentation for the McLean Hospital Family Workshop Series, Boston, MA.

Gratz, K. L. (2001, November). *Deliberate self-harm: What it is and what can be done about it*. Invited address for the annual conference of the Coalition Organized for Health Education in Schools, Worcester, MA.

PUBLICATIONS

* *indicates Gratz as author of correspondence when not first author*

Books

Chapman, A. L., & **Gratz, K. L.** (in press). *The borderline personality disorder survival guide: Everything you need to know about living with BPD*. (authored). New Harbinger Press.

Peer-reviewed Journal Articles

Gratz, K. L. (in press). Targeting emotion dysregulation in the treatment of deliberate self-injury. *Journal of Clinical Psychology: In session*.

Gratz, K. L., Bornovalova, M. A., Delany-Brumsey, A., Nick, B., & Lejuez, C. W. (in press). A laboratory-based study of the relationship between childhood abuse and experiential avoidance among inner-city substance users: The role of emotional non-acceptance. *Behavior Therapy*.

Gratz, K. L., Tull, M. T., & Gunderson, J. G. (in press). Preliminary data on the relationship between anxiety sensitivity and borderline personality disorder: The role of experiential avoidance. *Journal of Psychiatric Research*.

Rosenthal, M. Z., **Gratz, K. L.,** Kosson, D. S., Cheavens, J. S., Lejuez, C. W., & Lynch, T. R. (in press). Borderline personality disorder and emotional responding: A review of the research literature. *Clinical Psychology Review*.

Tull, M. T., & **Gratz, K. L.** (in press). Further examination of the relationship between anxiety sensitivity and depression: The mediating role of experiential avoidance and difficulties engaging in goal-directed behavior when distressed. *Journal of Anxiety Disorders*.

Tull, M. T., Jakupcak, M., Paulson, A., & **Gratz, K. L.** (in press). The role of emotional inexpressivity and experiential avoidance in the relationship between posttraumatic stress disorder symptom severity and aggressive behavior among men exposed to interpersonal violence. *Anxiety, Stress, and Coping: An International Journal*.

Gratz, K. L., & Chapman, A. L. (2007). The role of emotional responding and childhood maltreatment in the development and maintenance of deliberate self-harm among male undergraduates. *Psychology of Men and Masculinity, 8,* 1-14.

Bornovalova, M. A., **Gratz, K. L.,** Delany-Brumsey, A., Paulson, A., & Lejuez, C. W. (2006). Temperamental and environmental risk factors for borderline personality disorder among inner-city substance users in residential treatment. *Journal of Personality Disorders, 20,* 218-231.

Chapman, A. L., **Gratz, K. L.,** & Brown, M. Z. (2006). Solving the puzzle of deliberate self-harm: The experiential avoidance model. *Behaviour Research and Therapy, 44,* 371-394.

Fliege, H., Kocalevent, R., Walter, O. B., Beck, S., **Gratz, K. L.,** Gutierrez, P., & Klapp, B. F. (2006). Three assessment tools for deliberate self-harm and suicide behavior: Evaluation and psychopathological correlates. *Journal of Psychosomatic Research, 61,* 113-121.

Gratz, K. L. (2006). Risk factors for deliberate self-harm among female college students: The role and interaction of childhood maltreatment, emotional inexpressivity, and affect intensity/reactivity. *American Journal of Orthopsychiatry, 76,* 238-250.

Gratz, K. L., & Gunderson, J. G. (2006). Preliminary data on an acceptance-based emotion regulation group intervention for deliberate self-harm among women with borderline personality disorder. *Behavior Therapy, 37,* 25-35.

Gratz, K. L., Lacroce, D., & Gunderson, J. G. (2006). Measuring changes in symptoms relevant to borderline personality disorder following short-term treatment across partial hospital and intensive outpatient levels of care. *Journal of Psychiatric Practice, 12,* 153-159.

Gratz, K. L., Rosenthal, M. Z., Tull, M. T., Lejuez, C. W., & Gunderson, J. G. (2006). An experimental investigation of emotion dysregulation in borderline personality disorder. *Journal of Abnormal Psychology, 115,* 850-855.

Tull, M. T., **Gratz, K. L.**, & Lacroce, D. (2006). The role of anxiety sensitivity and lack of emotional approach coping in depressive symptom severity among a non-clinical sample of uncued panickers. *Cognitive Behaviour Therapy*, *35*, 74-87.

Gratz, K. L., & Roemer, L. (2004). Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the Difficulties in Emotion Regulation Scale. *Journal of Psychopathology and Behavioral Assessment*, *26*, 41-54.

Tull, M. T., **Gratz, K. L.**, Salters, K., & Roemer, L. (2004). The role of experiential avoidance in posttraumatic stress symptoms and symptoms of depression, anxiety, and somatization. *Journal of Nervous and Mental Disease*, *192*, 754-761.

Gratz, K. L. (2003). Risk factors for and functions of deliberate self-harm: An empirical and conceptual review. *Clinical Psychology: Science and Practice*, *10*, 192-205.

Jakupcak, M., Salters, K., **Gratz, K. L.**, & Roemer, L. (2003). Masculinity and emotionality: An investigation of men's primary and secondary emotional responding. *Sex Roles*, *49*, 111-120.

Gratz, K. L., Conrad, S. D., & Roemer, L. (2002). Risk factors for deliberate self-harm among college students. *American Journal of Orthopsychiatry*, *72*, 128-140.

Gratz, K. L. (2001). Measurement of deliberate self-harm: Preliminary data on the Deliberate Self-Harm Inventory. *Journal of Psychopathology and Behavioral Assessment*, *23*, 253-263.

Schnake, S. B., Ruscher, J. B., **Gratz, K. L.**, & O'Neal, E. C. (1997). Measure for measure? Male retaliation commensurate with anger depends on provocateur gender and aggression covertness. *Journal of Social Behavior and Personality*, *12*, 937-954.

Chapters and Non-peer Reviewed Articles

Gratz, K. L., Baker, B. R., & Lejuez, C. W. (in press). Borderline personality disorder among individuals with substance use disorders: Risk factors and treatments. In *Directions in Addiction Treatment and Prevention*. New York: The Hatherleigh Company, Ltd.

Jakupcak, M., & **Gratz, K. L.** (in press). Antisocial behavior. In G. Reyes, J. D. Elhai, & J. D. Ford (Eds.), *The encyclopedia of psychological trauma*. Hoboken, NJ: John Wiley & Sons, Inc.

Gratz, K. L. (2007, February 28). The role of emotion dysregulation in self-harm among patients with BPD: Conceptualizations and implications for treatment [28 paragraphs]. *Scientist-Practitioner.com* [On-line serial]. Available: Article No. 25.

Gratz, K. L., Tull, M. T., & Wagner, A. W. (2005). Applying DBT mindfulness skills to the treatment of clients with anxiety disorders. In L. Roemer & S. M. Orsillo (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualizations and treatment* (pp. 147-161). New York: Springer.

Gunderson, J. G., **Gratz, K. L.**, Neuhaus, E., & Smith, G. (2005). Levels of care in the treatment of personality disorders. In J. M. Oldham, A. E. Skodol, & D. E. Bender (Eds.), *Textbook of Personality Disorders* (pp. 239-255). Washington, DC: American Psychiatric Publishing.

Gratz, K. L., & Orsillo, S. M. (2003). Scientific expert testimony in CSA cases: Legal, ethical, and scientific considerations. *Clinical Psychology: Science and Practice, 10*, 358-363.

Cloitre, M., Koenen, K. C., **Gratz, K. L.**, & Jakupcak, M. (2002). Differential diagnosis of PTSD in women. In R. Kimerling, P. C. Ouimette, & J. Wolfe (Eds.), *Gender and posttraumatic stress disorder: Clinical, research, and program-level applications* (pp. 117-149). New York: Guilford Press.

Manuscripts Submitted for Publication

Bornovalova, M. A., ***Gratz, K. L.**, Daughters, S. B., Nick, B., Delaney-Brumsey, A., Lynch, T. R., Kosson, D., & Lejuez, C. W. (2006). *A multimodal assessment of the relationship between emotion dysregulation and borderline personality disorder among inner-city substance users in residential treatment*. Manuscript submitted for publication.

Bornovalova, M. A., Tull, M. T., **Gratz, K. L.**, Levy, R., & Lejuez, C. W. (2007). *Extending models of deliberate self-harm and suicide to inner-city substance users*. Manuscript submitted for publication.

Chapman, A. L., & **Gratz, K. L.** (2007). *Apples and oranges or grapes from the same vine: Do correlates of deliberate self-harm differ from those associated with suicide attempts?* Manuscript submitted for publication.

Daughters, S. B., Sargeant, M., **Gratz, K. L.**, Bornovalova, M. A., & Lejuez, C. W. (2007). *The relationship between distress tolerance and antisocial personality disorder among male residential treatment seeking inner-city substance users*. Manuscript submitted for publication.

Gratz, K. L., Baruch, D. E., Bornovalova, M. A., & Lejuez, C. W. (2007). *Factors associated with co-occurring borderline personality disorder among inner-city substance users: The role of childhood abuse and emotion dysregulation*. Manuscript submitted for publication.

Gratz, K. L., Paulson, A., Jakupcak, M., & Tull, M. T. (2006). *Exploring gender differences in the relationship between childhood maltreatment and intimate partner abuse: The mediating role of emotion dysregulation*. Manuscript submitted for publication.

Gratz, K. L., & Roemer, L. (2007). *The relationship between emotion dysregulation and deliberate self-harm among female undergraduates*. Manuscript submitted for publication.

Gratz, K. L., & Tull, M. T. (2007). *Anxious-inhibited temperament dimensions are associated with emotion dysregulation among patients with borderline personality disorder*. Manuscript submitted for publication.

Manuscripts in Preparation

Gratz, K. L., Rosenthal, M. Z., Tull, M. T., Lejuez, C. W., & Gunderson, J. G. (2006). *An experimental investigation of emotional vulnerability in borderline personality disorder: The role of shame*. Manuscript in preparation.

Gratz, K. L., & Tull, M. T. (2006). *Differential correlates of self-harm among abused and non-abused women*. Manuscript in preparation.

Gratz, K. L., Tull, M. T., Bornovalova, M. A., & Lejuez, C. W. (2007). *Examination of factors associated with deliberate self-harm and suicidal behaviors in an inner-city substance dependent sample*. Manuscript in preparation.

Gratz, K. L., Tull, M. T., Reynolds, E. K., Daughters, S. B., & Lejuez, C. W. (2007). *Extending extant models of the pathogenesis of borderline personality disorder to childhood borderline pathology: The roles of affective dysfunction, impulsivity, and self- and emotion-regulation*. Manuscript in preparation.

Stipelman, B. A., Tull, M. T., Salters-Pedneault, K., & **Gratz, K. L.** (2007). *An examination of panic attack history, anxiety sensitivity, and emotion dysregulation in the prediction of GAD*. Manuscript in preparation.

Tull, M. T., **Gratz, K. L.,** Bornovalova, M. A., & Lejuez, C. W. (2007). *Examination of the functional relationship between posttraumatic stress disorder symptoms and crack/cocaine use*. Manuscript in preparation.

CONFERENCE PRESENTATIONS

Baruch, D., **Gratz, K. L.,** & Tull, M. T. (2007, November). *The role of the behavioral inhibition system in predicting panic attack history*. Poster to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Breetz, A., Tull, M. T., & **Gratz, K. L.** (2007, November). *Exploring the relationship between childhood maltreatment and emotion dysregulation in adulthood*. Poster to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Gratz, K. L., & Chapman, A. L. (2007, November). *Basic research on emotional responding in borderline personality disorder: Implications for clinical practice*. Symposium to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Gratz, K. L., Rosenthal, M. Z., Tull, M. T., & Lejuez, C. W. (2007, November). An experimental investigation of emotional reactivity in borderline personality disorder: The role of shame. In K. L. Gratz & A. L. Chapman (Chairs), *Basic research on emotional responding in borderline personality disorder: Implications for clinical practice*. Symposium to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Paulson, A., **Gratz, K. L.,** Fuchs, C., Rucker, L., Schorr, Y., Holowka, D., Tull, M. T., & Roemer, L. (2007, November). Examination of the factor structure underlying emotion regulation in asians/asian-americans. In M. T. Tull & L. Rucker (Chairs), *New frontiers in research on emotion regulation: Extending current conceptualizations to diverse populations*. Symposium to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Reynolds, E. K., **Gratz, K. L.,** Sargeant, M. N., Daughters, S. B., & Lejuez, C. L. (2007, November). *The relationship between emotional abuse and risk taking behavior in a community sample of youth*. Poster to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Bornovalova, M. A., Tull, M. T., **Gratz, K. L.**, Levy, R., & Lejuez, C. W. (2007, June). *Extending models of deliberate self-harm and suicide to inner-city substance users*. Poster presented at the annual meeting of the College for Problems on Drug Dependence, Quebec, Canada.

Levine, S., Tull, M. T., & **Gratz, K. L.** (2007, March-April). *An examination of vulnerability factors foremotion dysregulation among individuals who experience uncued panic attacks*. Poster presented at the 27th annual meeting of the Anxiety Disorders Association of America, St. Louis, MO.

Tull, M. T., Levine, S., & **Gratz, K. L.** (2007, March-April). *An examination of the relationship between panic attacks and generalized anxiety disorder: The role of emotion dysregulation*. Poster presented at the 27th annual meeting of the Anxiety Disorders Association of America, St. Louis, MO.

Bornovalova, M., Daughters, S. B., **Gratz, K. L.**, & Lejuez, C. W. (2006, November). *Understanding the heterogeneity of BPD in a sample of inner-city drug users: Potential subtypes and clinical correlates*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Chapman, A. L., & **Gratz, K. L.** (2006, November). *Deliberate self-harm and suicide attempts: Apples and oranges, or grapes from the same vine?* In K. L. Gratz & A. L. Chapman (Chairs), *New directions in research on deliberate self-harm*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Gratz, K. L., Bornovalova, M., & Lejuez, C. W. (2006, November). *Predictors of co-occurring borderline personality disorder among inner-city substance users: The role of childhood abuse and emotion dysregulation*. In S. R. Axelrod & R. Sinha (Chairs), *Emotion dysregulation, borderline personality disorder, and addiction: Investigating precursors, mediators, and outcomes*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Gratz, K. L., & Chapman, A. L. (2006, November). *Factors associated with the development and maintenance of deliberate self-harm among male undergraduates*. In K. L. Gratz & A. L. Chapman (Chairs), *New directions in research on deliberate self-harm*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Gratz, K. L., & Chapman, A. L. (2006, November). *New directions in research on deliberate self-harm*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Paulson, A., Tull, M. T., Jakupcak, M., & **Gratz, K. L.** (2006, November). *The relationship between posttraumatic stress symptom severity and aggressive behavior among men with traumatic exposure: The role of emotional avoidance and inexpressivity*. In E. M. Forman & T. B. Kashdan (Chairs), *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotion disturbances*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Tull, M. T., & **Gratz, K. L.** (2006, November). *Relationship between anxiety sensitivity and depression: Examining the role of experiential avoidance and emotion dysregulation*. In T. B. Kashdan & R. J. McNally (Chairs), *Expanding the frontiers of anxiety and depression: Self-regulation, psychological flexibility, and positive experiences*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Bornovalova, M. A., **Gratz, K. L.**, Delany-Brumsey, A., Paulson, A., & Lejuez, C. W. (2005, November). Emotional abuse, stress reactivity, and BPD among inner-city drug users. In M. Z. Rosenthal (Chair), *Emotional reactivity and regulation in borderline personality disorder*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Gratz, K. L., Rosenthal, M. Z., Tull, M. T., Lejuez, C. W., & Gunderson, J. G. (2005, November). An experimental investigation of emotion dysregulation in BPD. In M. Z. Rosenthal (Chair), *Emotional reactivity and regulation in borderline personality disorder*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Gratz, K. L., & Tull, M. T. (2005, November). *Heightened anxiety sensitivity in BPD and its relationship with experiential avoidance*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Lejuez, C. W., Bornovalova, M. B., Delany-Brumsey, A., Belendiuk, K., Nick, B., & **Gratz, K. L.** (2005, November). Relationship between distress tolerance and deliberate self-harm: Contributions of emotional vulnerability and invalidating environments. In M. K. Nock & E. Lloyd-Richardson (Chairs), *Why do people hurt themselves? Emerging conceptual and methodological approaches to the study of self-injury*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Rosenthal, M. Z., Gupta, S., **Gratz, K. L.**, & Lynch, T. (2005, November). *Do problems with emotion regulation mediate the relationship between shame and BPD symptoms?* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Gratz, K. L., & Tull, M. T. (2005, November). *Predictors of dissociation among abused and non-abused women*. Poster presented at the annual meeting of the International Society of Traumatic Stress Studies, Toronto, Canada.

Bornovalova, M. A., **Gratz, K. L.**, Kosson, D., Belendiuk, K., & Lejuez, C. W. (2005, October). *Distress tolerance as a predictor of borderline and antisocial personality disorders in a sample of inner-city substance users*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Miami, FL.

Tull, M. T., **Gratz, K. L.**, & Lacroce, D. (2005, March). *An examination of the role of anxiety sensitivity dimensions and emotional approach coping in panic-depression comorbidity*. Poster presented at the annual meeting of the Anxiety Disorders Association of America, Seattle, WA.

Gratz, K. L. (2004, November). Differences in emotional responding between female college students with and without current deliberate self-harm. In M. L. Rasmussen Hall (Chair), *Emotional responding and emotion regulation in self-harm*. Symposium presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Gratz, K. L. (2004, November). Preliminary data on a time-limited emotion regulation group intervention for deliberate self-harm among women with borderline personality disorder. In S. Orsillo (Chair), *Acceptance-based behavioral therapies*. Symposium presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Gratz, K. L., & Tull, M. T. (2004, November). *Predictive validity of the Difficulties in Emotion Regulation Scale: Associations with emotional response to emotionally evocative stimuli*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Gratz, K. L., & Tull, M. T. (2004, November). *Differential correlates of self-harm among abused and non-abused women*. Poster presented at the annual meeting of the International Society of Traumatic Stress Studies, New Orleans, LA.

Gratz, K. L., & Gunderson, J. G. (2004, October). Evaluations of change in a comprehensive step-down treatment program for borderline personality disorder. In J. G. Gunderson (Chair), *Effective psychiatric services for patients with borderline personality disorder*. Symposium presented at the annual meeting of the American Psychiatric Association Institute on Psychiatric Services, Atlanta, GA.

Gratz, K. L. (2003, November). *New directions in research on emotion regulation: Expanding our definitions and methods of assessment*. Panel discussion presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.

Gratz, K. L., & Tull, M. T. (2003, November). *Exploring the relationship between invalidating environments and emotional inexpressivity: Mediating roles of emotional avoidance, acceptance, and awareness*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.

Tull, M. T., Gratz, K. L., & Jakupcak, M. (2003, November). *The role of fear of anxiety and experiential avoidance in negative emotional reactivity and intensity*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.

Gratz, K. L., & Tull, M. T. (2003, October). *The role of maltreatment and emotion dysregulation in dissociation*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Chicago, IL.

Gratz, K. L., & Roemer, L. (2002, November). Consequences of childhood maltreatment for the development of emotion regulation strategies. In J. Luterek (Chair), *Recent investigations of emotional functioning in trauma*. Symposium presented at the annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.

Gratz, K. L., Tull, M. T., Jakupcak, M., & Roemer, L. (2002, November). *The role of childhood maltreatment and emotion dysregulation in adult perpetration*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.

Tull, M. T., Gratz, K. L., & Roemer, L. (2002, November). *The role of trauma-related symptoms and experiential avoidance in anxiety and depression among female sexual assault survivors*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.

Gratz, K. L. (2002, November). Impact of childhood maltreatment on emotional regulation and avoidance. In L. Roemer (Chair), *Trauma and emotional responding: New directions for research*. Symposium presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

Roemer, L., Tull, M. T., **Gratz, K. L.**, McMillan, E., Luterek, J., & Orsillo, S. M. (2002, November). Peri- and post-traumatic responses: Emotional numbing and dysregulation. In L. Roemer (Chair), *Trauma and emotional responding: New directions for research*. Symposium presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

Gratz, K. L., Tull, M. T., & Roemer, L. (2002, June). *The role of affect intensity and emotional inexpressivity in experiential avoidance and emotion dysregulation*. Poster presented at the annual meeting of the American Psychological Society, New Orleans, LA.

Schorr, Y., **Gratz, K. L.**, & Roemer, L. (2001, December). *The role of prolonged exposure and fear of emotions in PTSD symptomatology*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, New Orleans, LA.

Gratz, K. L. (2001, November). Emotion dysregulation and deliberate self-harm behavior. In L. Roemer (Chair), *The role of emotion dysregulation in adult psychopathology*. Symposium presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

Gratz, K. L. (2001, November). The role of childhood maltreatment, emotional vulnerability, and emotional inexpressivity in deliberate self-harm behavior. In J. Waltz (Chair), *The function of self-harm behavior: The roles of emotional experiencing and regulation*. Symposium presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

Gratz, K. L., Jakupcak, M., & Roemer, L. (2001, November). *Gender differences in the relationship between affect intensity and experiential avoidance*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

Jakupcak, M., **Gratz, K. L.**, Salters, K., & Roemer, L. (2001, November). *Masculine gender role socialization and men's fear of emotions*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

Pearson, J., Salters, K., **Gratz, K. L.**, & Roemer, L. (2001, November). *The role of fear of loss of control over emotions in dissociation and experiential avoidance*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

Gratz, K. L. (2000, November). *Risk factors for deliberate self-harm among female and male college students*. Invited paper presented at the annual meeting of the Disaster and Trauma Special Interest Group of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Gratz, K. L. (2000, November). *The Measurement of Deliberate Self-Harm: Preliminary Psychometric Data on the Deliberate Self-Harm Inventory (DSHI)*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Gratz, K. L. (2000, November). *Risk factors for deliberate self-harm among female and male college students*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Gratz, K. L. (2000, April). *Gender differences in risk factors for deliberate self-harm*. Paper presented at the Graduate Student Research Conference, University of Massachusetts Boston.

Gratz, K. L. (1995, April). *Gender differences in perceptions of, and attitudes toward, sexual harassment*. Paper presented at the annual meeting of the Southern Sociological Society, Atlanta, GA.

Gratz, K. L. (1994, April). *Women's body perceptions: A field study at a coeducational university*. Paper presented at the annual meeting of the Southern Sociological Society, Raleigh, NC.

REFERENCES AVAILABLE UPON REQUEST