

CURRICULUM VITAE

Lynn E. O'Connor, Ph.D.

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Education

Ph.D. (1991) The Wright Institute, Berkeley, Clinical Psychology
Certificate (1986) University of California, Berkeley, Extension, Alcohol Studies
B.A. (1969) San Francisco State University, Sociology
(1959-1962) Barnard College, Columbia University

Professional Training

1991-1994 Psychological Assistant, Linda Haskett, Ph.D.
1989-1991 Psychology Intern, Jewish Family and Children's Services
1988-1991 Psychology Intern, Mount Zion Crisis Clinic
1987-1988 Psychology Practicum, McCauley Institute, St. Mary's Hospital, Chemical Dependency Program

Professional Experience

Clinical Practice:

1994-present Private psychological services and consultation practice in San Francisco and Berkeley

Teaching:

2004-present Professor, The Wright Institute
2004-present Associate Clinical Professor, University of California, Berkeley
2002-2004 Associate Professor, The Wright Institute
2001-2004 Clinical and Research Director, The San Francisco Psychotherapy Training Center and Clinic, The Wright Institute Site
1994-2002 Assistant Professor, The Wright Institute
1991-1994 Adjunct Professor, The Wright Institute
1996-1999 Assistant Clinical Professor, University of California, Berkeley
1994-1998 Adjunct Faculty, California School of Professional Psychology
1992 Adjunct Faculty, Pacific Graduate School

1992-2000 San Francisco Psychotherapy Research Group: Ongoing Weekly Seminar in Psychotherapy Process Research, Co-Facilitated with Joseph Weiss

Academic Administration:

1998-2004 Director of Evaluation, The Wright Institute
1998-2002 Chair, The Curriculum Committee, The Wright Institute
2002-2004 Faculty Chair, The Wright Institute

Journal Boards:

2006-2008 Editorial board of the *Journal of the International Society for Terrorism Research*

Research:

1996-present Director, The Emotion, Personality and Altruism Research Group (www.eparg.org)
1992-1996 Evaluator/Consultant, Walden House, San Francisco
1992-2005 Board Member, San Francisco Psychotherapy Research Group
1991-1997 Research Associate, The Haight Ashbury Free Clinic Detoxification and Aftercare Project, San Francisco
1991-1992 Research Associate, The Wright Institute
1988-1991 Research Assistant, Andrea Morrison

Awards and Honors

2013 Weiss-Samson Award, Outstanding Contributions to Control Mastery Theory, The San Francisco Psychotherapy Research Group
2006 Biographical Entry, *Feminists Who Changed America, 1963-1975*, Barbara J. Love, editor
2001 Raymond D. Fowler Award for Outstanding Contribution to the Professional Development of Graduate Students, The American Psychological Association of Graduate Students, August, San Francisco, California

Research Funding

1994-present Miriam F. Meehan, Charitable Trust - Funding for the following research:
Interpersonal guilt and depression;
Interpersonal guilt and psychopathology;
Survivor guilt, empathy, altruism and depression from an evolutionary perspective;
Chimpanzee psychopathology (conducted in conjunction with ChimpanZoo under the auspices of the Jane Goodall Foundation);
Altruism as a fundamental human motivation;
Survivor guilt in the daily life of college students;
Survivor guilt in the work world;
The role of guilt in forgiveness;
Cross cultural studies of empathy-based guilt and altruism;
Contemplative practice across traditions
Other projects conducted in collaboration with students and members of the Emotion, Personality and Altruism Research Group.

Professional Memberships and Organizations

1993-present American Psychological Association (APA)
 1993-present APA Division 8, Society of Personality and Social Psychology
 1995-present APA Division 12, Society of Clinical Psychology
 1995-present American Psychological Society (APS)
 2001-present APA Division 12, Section III. Society for Scientific Clinical Psychology
 1995-present APA Division of Psychopharmacology and Substance Abuse
 1994-present California Psychological Society (CPS)
 1996-present Cross Species Comparison and Psychopathology Society
 1996-present Human Behavior and Evolution Society (HBES)
 1997-present Society for Exploration of Psychotherapy Integration (SEPI)
 1997-present Society of Psychotherapy Research (SPR)
 1987-present The San Francisco Psychotherapy Research Group (SPRG)
 2001-present International Society of Human Ethology

Media Appearances

O'Connor, L. E., in Rhian Skirving's, *Kindness of Strangers*. Freemantle, Australia: Prospero Productions. (First aired 2006 August 20, ABC TV)

Psychology Today Blog

Our Empathic Nature: The Altruistic Side of Evolutionary Psychology (2012-present).
Psychology Today: <http://www.psychologytoday.com/blog/our-empathic-nature>

Publications and Selected Presentations

O'Connor, L. E., Rangan, R. K., Berry, J. W., Stiver, D. J., Rick, H., Ark, W., & Li, T. (2015). Empathy, Compassionate Altruism and Psychological Well-Being in Contemplative Practitioners across Five Traditions. *Psychology*, 6(08), 989.

Li, T., Li, Y., Berry, J.W., Stiver, D.J., Choya, J., Pham, V.T., & O'Connor, L.E. (2015, May). *The Role of Guilt in Cross-Generational Conflicts in Asian American Families*. Poster session at annual meeting, Western Psychological Association, Las Vegas, NV.

O'Connor, L.E., & Berry, J.W. (2014, August 26). Invited response to Paul Bloom in Forum Against Empathy, *Boston Review*: <http://www.bostonreview.net/forum/paul-bloom-against-empathy>

Li, T., Berry, J.W., Chaturabul, S., Li, Y., O'Connor, L.E., Choi, K., Kautiatinen, R.J. (2014, May). *Conflicts in Chinese American families: The role of guilt and anger*. Poster session at annual meeting, Association for Psychological Science, San Francisco, CA.

- Hooper, A.G., Berry, J.W., Stiver, D.J., O'Connor, L.E., Chaturabul, S. Choi, K., Li, Y., & Li, T. (2014, May). *Empathy-based guilt in Latino first-generation college students*. Poster session at annual meeting. Association for Psychological Science, San Francisco, CA.
- O'Connor, L.E., Berry, J.W., Lewis, T., Rangan, R.K., & Poursohrab, N. (2013). The Neurotransmitter Attributes Questionnaire (NAQ). *SAGE Online*.
- Rangan, R.K., O'Connor, L.E., Berry, J.W., Stiver, D.J., Choi, K., Li, Y., Li, T., Ark, W. & Hanson, R. (2013, August). *Compassion, altruism, contemplative practices and psychological well-being*. Poster session at annual meeting, American Psychological Association, Honolulu, HI.
- Li, Y., Choi, K., Choi, K., Stiver, D.J., Berry, J.W., Rangan, R., Li, T., & O'Connor, L.E. (2013, May). *Guilt, empathy, altruism and depression in Mainland Chinese and Asian- and European-Americans*. Poster session at annual meeting, Association for Psychological Science, Washington, D.C.
- O'Connor, L.E., Berry, J.W., Rangan, R., Stiver, D.J., Hanson, R., Ark, W. (2012, July). *Compassionate altruism, guilt, depression, and contemplative practices*. Poster session at C-Care, Stanford U., Telluride CO.
- O'Connor, L.E., Berry, J.W., Stiver, D.J., & Rangan, R.K. (2012). Depression, guilt and Tibetan Buddhism, *Psychology*, 3 (Special Issue).
- Acker, K., Berry, J.W., Chaturabul, S., Stiver, D.J., & O'Connor, L.E. (2012, April). *When do we forgive?* Poster session at annual meeting, Western Psychological Association, Burlingame, CA.
- O'Connor, L. E., Berry, J.W., Lewis, T., & Stiver, D.J. (2011). Empathy-based pathogenic guilt, pathological altruism, and psychopathology. In B. Oakley, A. Knafo, G. Madhavan, & D. S. Wilson (Eds.), *Pathological altruism*. Oxford, UK: Oxford University Press.
- O'Connor, L.E., Berry, J.W., Stiver, D.J., Wong, V., & Nguyend, N. (2011, April). *PTSD in returning soldiers: Guilt and witnessing harm to others*. Poster session at the annual meeting of the Western Psychological Association, Los Angeles, CA.
- O'Connor, L.E., Berry, J.W., Stiver, D.J., Monlam, L., Chaturabul, S., & Janson, M. (2011, April). *Empathy, guilt and altruism: Tibetan Buddhist meditation practices*. Poster session at the annual meeting of the Western Psychological Association, Los Angeles, CA.
- Berry, J.W., O'Connor, L.E., Stiver, D.J. & Crisostomo, P. (2009, May). *Development and evaluation of the dispositional altruism scale*. Poster session at the annual meeting of the Association for Psychological Science, San Francisco, CA.

- O'Connor, L.E., Berry, J.W., Stiver, D.J., & Chaturabul, S. (2009, May). *Responses to corporate lay-offs: Survivor guilt in the workplace*. Poster session at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Sudindranath, M.M., O'Connor, L.E., Berry, J.W., Stiver, D.J., & Banerjee, R.J. (2009, May). *'Green Guilt' and 'Green Behavior' associated with better mental health*. Poster session at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Pole, N., Ablon, J.S., & O'Connor, L.E. (2008). Using psychodynamic, cognitive behavioral, and control mastery prototypes to predict change: A new look at an old paradigm for long-term single-case research. *Journal of Counseling Psychology*, 55(2), 221–232.
- O'Connor, L. E., Berry, J. W., & Lewis, T. (2007, August). *Another perspective on psychopathology: Neurotransmitter Attributes Questionnaire*. Poster session at the annual meeting of the American Psychological Society. San Francisco, CA.
- O'Connor, L.E., Wilson, D.S., Gintis, H. (2007, June). Film screening and discussion of documentary *Kindness of strangers*. In P. Richerson (Chair), *Kindness in film*. Symposium conducted at the annual meeting of the Human Behavior and Evolution Society. Williamsburg, VA.
- O'Connor, L. E., Berry, J. W., Crisostomo, P.S., Chaturabul, S., Hume, A., & Imp, S. (2007, June). *Survivor guilt and altruism: Responses to inequity in the work place*. Poster session at the annual meeting of the Human Behavior and Evolution Society. Williamsburg, VA.
- O'Connor, L. E., Berry, J. B., Lewis, T., Mulherin, K., & Yi, E. (2007). Empathy and depression. In T.F.D. Farrow & P, W, R. Woodruff (Eds.), *Empathy and mental illness*. Cambridge, UK: Cambridge University Press.
- Albertson, E.J., O'Connor, L.E., Berry, J.W. (2006). Religion and interpersonal guilt: Variations across ethnicity and spirituality. *Mental Health, Religion & Culture*, 9 (1), 67-84.
- O'Connor, L. E., Berry, J. W., Lewis, T., & Crisostomo, P.S. (2006, April). *Neurotransmitter Attributes Questionnaire and another perspective on psychopathology*. Paper presented at the annual meeting of the Western Psychological Association. Palm Springs, CA.
- McSherry, N. B., Davison, K. M., Kosoff, A., Berry, J. W., & O'Connor, L. E. (2005, May). *Basketball player personality profiles reveal bias against undercontrolled type individuals*. Poster session at the annual meeting of the American Psychological Society. Los Angeles, CA.
- Crisostomo, P. S., Yi, E., O'Connor, L. E., & Tsai, M. (2005, May). *Cross-cultural studies of empathy based guilt and altruism: Differences among European- and Asian American females*. Poster session at the annual meeting of the American Psychological Society. Los Angeles, CA.

- O'Connor, L. E., Berry, J. W., Lewis, T., Wilson, D. S., & Yi, E. (2005, May). *Neurotransmitter Attributes Questionnaire: Personality on the internet and in the classroom*. Poster session at the annual meeting of the American Psychological Society. Los Angeles, CA.
- Hirsch, J. M., Kosoff, A., Berry, J. W., & O'Connor, L. E. (2005, April). *Survivor guilt transmitted across generations: From Holocaust survivors to their offspring*. Poster session at the annual meeting of the Western Psychological Association. Portland, OR.
- Yi, E., Crisostomo, P. S., O'Connor, L. E., & Tsai, M. (2005, April). *Cross-cultural studies of altruism and empathy-based guilt*. Poster session at the annual meeting of the Western Psychological Association. Portland, OR.
- O'Connor, L. E., Berry, J. W., Lewis, T., Yi, E., & Crisostomo, P. S., (2005 April). *Personality, psychopathology and the Neurotransmitter Attributes Questionnaire (NAQ)*. Poster session at the annual meeting of the Western Psychological Association. Portland, OR.
- Worthington, E.L., Jr., O'Connor, L.E., Berry, J.W., Sharp, C., Murray, R., & Yi, E. (2005). Compassion and forgiveness: Implications for psychotherapy. In P. Gilbert (Ed.), *Compassion: Conceptualisations, research and use in psychotherapy* (pp.168-192). London: Brunner-Routledge.
- O'Connor, L.E., Berry, J.W., Crisostomo, P., & Yi, E. (2005, February). Altruism and empathy-based guilt across five cultures. In G. Fricchione (Chair), *Identifying altruism*. Symposium conducted at the 34th Annual Conference of the Society for Cross-Cultural Research, Santa Fe, New Mexico.
- O'Connor, L. E., Berry, J. W., Yi, E., Sloan-Wilson, D., Schloss, J., Kyler, N, & Mascardo, T. (2004, August). *Survivor guilt: Surpassing siblings, friends, or strangers*. Poster session at the annual meeting of the American Psychology Association, Honolulu, HI.
- O'Connor, L. E., & Berry, J. W. (2004, May). *Gender differences in interpersonal guilt and acts of altruism*. Poster session at the annual meeting of the American Psychological Society. Chicago, IL.
- O'Connor, L. E. (2004). *Survivor guilt across cultures: The down-side to winning in social comparison*. Invited lecture to the Culture and Cognition/Evolution and Human Adaptation Program: Evolution, Culture, and Social Emotions series, the Psychology Department at the University of Michigan, Ann Arbor, February 6, 2004.
- O'Connor, L.E. (2003, June). *Altruism as a fundamental motivation: The role of interpersonal guilt and empathy*. Paper presented at Works of Love: Scientific & Religious Perspectives on Altruism, Villanueva, PA.
- Albani, C., Blaser, G., Koerner, A., Geyer, M., Volkart, R., O'Connor, L., et.al. (2003). Der Fragebogen zu interpersonellen Schuldgefuehlen (FIS) - Normierung an einer

- repräsentativen Stichprobe. *Zeitschrift fuer Klinische Psychologie, Psychiatrie und Psychotherapie* [The German short version of the Interpersonal Guilt Questionnaire - results of a representative sample of the German population], 51 (2), 137-143.
- O'Connor, L. E., Thompson, V., Meehan, W., & Randall-Walker, C. (2003). *Stereotype threat and the training of professional psychologists*. Pre-Conference Paper for the National Council of Schools and Programs of Professional Psychology, January Conference, Scottsdale AR.
- Albani, C., Blaser, G., Körner, A., Geyer, M., Volkart, R., O'Connor, L., et.al. (2002). Der Fragebogen zu interpersonellen Schuldgefühlen (FIS) Anwendung in einer repräsentativen Bevölkerungsstichprobe und bei PsychotherapiepatientInnen [The German short version of the Interpersonal Guilt Questionnaire: Validation in a population-based sample and clinical application]. *PPmP – Psychotherapie, Psychosomatik, Medizinische Psychologie*, 52: 189-197.
- O'Connor, L. E., Berry, J. W., Lynch, M., Yi, E., & Stiver, D. (2002). *Interpersonal guilt and responses to terrorism*. Presented at the Annual Convention of the American Psychological Association, Chicago.
- Pole, N., Ablon, J.S., O'Connor, L.E., & Weiss, J. (2002). Ideal control mastery technique correlates with change in a single case. *Psychotherapy: Theory/ Research/ Practice/ Training*, 39, 88-96.
- O'Connor, L.E., Berry, J.W., Weiss, J., & Gilbert, P. (2002). Guilt, fear, submission, and empathy in depression. *Journal of Affective Disorders*, 71, 19-27.
- O'Connor, L.E., Esherick, M., & Vieten, C. (2002). Drug- and alcohol-abusing women. In L.S.A. Straussner & S. Brown (Eds.), *The handbook of addiction treatment for women* (pp.75-98). San Francisco: Jossey-Bass.
- O'Connor, L. E., Berry, J. W., King, J., Landau, V., & Pedersen, A., (2001). *Chimpanzee subjective well-being and psychopathology*. Presented at American Psychological Association, August, 2001, San Francisco California.
- Berry, J.W., Worthington, E.L., Jr., Parrott, L., III, O'Connor, L.E., & Wade, N.G. (2001). Dispositional forgiveness: Development and construct validity of the transgression narrative test of forgiveness (TNTF). *Personality and Social Psychology Bulletin*, 27, 1277-1290.
- O'Connor, L.E. (2000). Pathogenic beliefs and guilt in human evolution: Implications for psychotherapy. In P. Gilbert & K. Bailey (Eds.), *Genes on the couch: Explorations in evolutionary psychology* (pp.276-303). London: Brunner-Routledge.

- O'Connor, L.E., Berry, J.W., Weiss, J., Schweitzer, D., & Sevier, M. (2000). Survivor guilt, submissive behaviour and evolutionary theory: The down-side of winning in social comparison. *British Journal of Medical Psychology*, 73, 519-530.
- Berry, J.W., Worthington, E.L., Jr., Parrott, L. III, & O'Connor, L. (1999, August). *The Transgression Narrative Test of Forgiveness (TNTF): Psychometric evidence*. Paper presented at the meeting of the American Psychological Association, Boston.
- Worthington, E.L., Jr., Berry, J.W., Parrott, L. III, O'Connor, L., Gramling, S., & Nicholson, R. (1999, August). *Studies in trait unforgiveness and states of unforgiveness*. Paper presented at the meeting of the American Psychological Association, Boston.
- King, J., O'Connor, L. E., Berry, J. W., Weiss, A., & Lim, S. (1999, June). *Personality and Psychopathology in Chimpanzees*. Poster presented at the meetings of the Human Behavior and Evolution Society, Salt Lake City, Utah.
- O'Connor, L.E., Berry, J.W., & Weiss, J. (1999). Interpersonal guilt, shame, and psychological problems. *Journal of Social and Clinical Psychology*, 18, 181-203.
- Sohn, N., Jenny, S., Weiss, J., O'Connor, L.E., Berry, J. W., & Meehan, W. (1999). *The changing levels of insight in a psychoanalysis*. Presentation for the San Francisco Psychotherapy Research Group, May, San Francisco, CA.
- O'Connor, L. E., Berry, J. W., Weiss, J., & Gilbert, P. (1998, August). *Gender differences in guilt, depression and submissive behavior*. Poster presented at the meetings of the American Psychological Association, San Francisco California
- O'Connor, L. E., & Berry, J. W. (1997, June). *Survivor guilt, submissive behavior and depression: differences between men and women*. Paper presented at the meetings of the Across Species Comparison and Psychopathology Association, Tucson Arizona.
- O'Connor, L. E., Berry, J. W., Weiss, J., & Sevier, M. (1997, April). *Guilt-based and fear-based submissive behavior: an evolutionary perspective*. Presented at the meetings of the Western Psychological Association Meetings, Seattle, Washington.
- O'Connor, L.E., Berry, J.W., Weiss, J., Bush, M., & Sampson, H. (1997). Interpersonal guilt: The development of a new measure. *Journal of Clinical Psychology*, 53 (1), 73-89.
- O'Connor, L.E. (1996, Spring). Altruism as a fundamental unconscious motivation. *SFPRG Process Notes*, 10-12, 19.
- Meehan, W., O'Connor, L.E., Berry, J.W., Weiss, J., Morrison, A., & Acampora, A. (1996). Guilt, shame, and depression in clients in recovery from addiction. *Journal of Psychoactive Drugs*, 28, 125-134.

- Troyer, T.N., Acampor, A.P., O'Connor, L.E., & Berry, J.W. (1995). The changing relationship between therapeutic communities and 12-step programs: A survey. *Journal of Psychoactive Drugs*, 27, 177-180.
- Sampson, H., Weiss, J., & O'Connor, L. (1995, Spring). How psychotherapy works: The findings of the San Francisco Psychotherapy Research Group. *Bulletin of the Psychoanalytic Research Society*.
- O'Connor, L.E., Berry, J.W., Morrison, A., & Brown, S. (1995). The drug-of-choice phenomenon: Psychological differences among drug users who preferred different drugs. *The International Journal of the Addictions*, 30, 541-555.
- O'Connor, L.E., Edelstein, S., Berry, J.W., & Weiss, J. (1994). Changes in the patient's level of insight in brief psychotherapy: Two pilot studies. *Psychotherapy*, 31, 533-544.
- O'Connor, L.E., Berry, J.W., Inaba, D., Weiss, J., & Morrison, A. (1994). Shame, guilt, and depression in men and women in recovery from addiction. *Journal of Substance Abuse Treatment*, 11, 503-510.
- O'Connor, L.E. & Weiss, J. (1993). Individual psychotherapy for addicted clients: An application of control mastery theory. *Journal of Psychoactive Drugs*, 25, 283-291.
- O'Connor, L.E., Berry, J.W., Morrison, A., & Brown, S. (1992). Retrospective reports of psychiatric symptoms before, during, and after drug use in a recovering population. *Journal of Psychoactive Drugs*, 24, 65-68.
- Morrison, A., O'Connor, L. E., & Williams, B. (1991). Is there a core curriculum in graduate programs of psychology? *The Core Curriculum in Professional Psychology*, American Psychological Association, Washington D.C.
- O'Connor, L.E., & Berry, J.W. (1990). The drug-of-choice phenomenon: Why addicts start using their preferred drug. *Journal of Psychoactive Drugs*, 22, 305-311.
- O'Connor, L. E. (1979). Office Politics. In E. Shapiro and B. Shapiro (Eds.), *The women say, the men say*. New York: Dell Publishing Co.
- O'Connor, L. E. (1972, Summer). Alternative life styles: The monster in disguise. *Radical Therapist*.
- O'Connor, L. E. & Calderaro, N. (1971, June). The behavioral sink: Population 1971, *The Daily Gator*, San Francisco State University.
- O'Connor, L. E. (1969, December). Niceness. *Tooth and Nail*.

O'Connor, L. E. (1969). San Francisco Redstockings/ Our politics begin with our feelings. B. Roszak & T. Roszak (Eds.), *Masculine/Feminine: Readings in Sexual Mythology and the Liberation of Women* (pp. 285-290). New York: Harper Colophon Books.

O'Connor, L. E. (1969). The small group. *Tooth and Nail*.