

**Acacia C. Parks, M.A.**  
Positive Psychology Center  
University of Pennsylvania  
3701 Market Street, Suite 206  
Philadelphia, PA 19104  
PHONE: 215-898-2749  
FAX: 215-573-2188  
**Email:** acparks@psych.upenn.edu

## Education

- 2004 - present      *University of Pennsylvania*, Department of Psychology, Philadelphia, PA  
Doctor of Philosophy in Psychology (Expected May 2009)  
Major Area Exams Passed November 2006  
Advisor: Martin Seligman, Ph.D.  
Committee: Paul Rozin, Ph.D. (Chair) and Rob DeRubeis, Ph.D.
- 2003 - 2004      *University of Pennsylvania*, Department of Psychology, Philadelphia, PA  
Master of Arts in Psychology (August 2004)  
Thesis: "Treating mild/moderate depressive symptoms with a positive intervention."  
Advisor: Martin Seligman, Ph.D.  
Committee: Rob DeRubeis, Ph.D. and Harvey Grill, Ph.D.
- 1999 - 2003      *Reed College*, Department of Psychology, Portland, OR  
Bachelor of Arts in Psychology (January 2003)  
Thesis: "Developing a brief and cost-effective method of preventing depression and anxiety, promoting health and well-being, and fostering resilience in college freshmen."  
Advisor: Keith Herman, Ph.D.

## Research Experience

- May 2003 - present      *Ongoing Graduate Research*, University of Pennsylvania. Conduct research on the efficacy and mechanisms of positive interventions (in-person and web based) for the promotion of well-being in depressed and non-disordered populations.  
Advisor: Martin Seligman, Ph.D.
- Sep - May 2003      *Masters Thesis Research*, University of Pennsylvania. Design and oversee all aspects of a study evaluating the efficacy of a positive intervention for treating mild/moderate depressive symptomatology.  
Advisor: Martin Seligman, Ph.D.
- Aug 2002 - July 2003      *Research Assistant*, Reed College. Compose and edit a manuscript on academic achievement strategies and goals, collect and analyze data.  
Supervisor: Kathryn Oleson, Ph.D.
- Summer 2002      *Summer Research Fellow*, University of Pennsylvania. Assist in the design of a web-based supplement for a cognitive-behavioral depression

prevention intervention in college students.  
Supervisors: Peter Schulman, Martin Seligman, Ph.D.

- Jan 2002-Dec 2003 *Undergraduate Thesis Research*, Reed College. Conduct a randomized trial of a self-administered cognitive-behavioral intervention for the prevention of depression.  
Advisor: Keith Herman, Ph.D.
- Aug 2001-May 2002 *Research Assistant*, Reed College. Collect and analyze data on stereotype change, academic strategies, and achievement goals.  
Professor: Kathryn Oleson, Ph.D.
- Research Assistant*, Kartini Clinic (Portland, OR). Assist in the organization and execution of an outcome study in patients with anorexia nervosa.  
Supervisor: Julie O'Toole, MD
- Summer 2001 *Research Assistant* (NSF-AIRE Mentor Program), Reed College. Work on a variety of studies examining behavioral variability in rats.  
Supervisor: Allen Neuringer, Ph.D.
- Jan 2001 - May 2001 *Research Assistant*, Reed College. Conduct two experiments studying the effects of fetal alcohol exposure on alcohol consumption in adolescent mice.  
Supervisor: Shelly Dickinson, Ph.D.

### **Teaching Experience**

- Fall 2006 *Guest Lecturer*, Intro to Psychology (University of Pennsylvania)  
"Positive psychology"  
Instructor: Carly Gibbons, M.A.
- Fall 2006 *Guest Lecturer*, Positive Psychology (Temple University)  
"Increasing happiness and treating mental disorder using positive interventions"  
Instructor: Megan Hughes, M.A.
- Fall 2006 *Co-Instructor*, Research Experience in Abnormal Psychology (University of Pennsylvania)  
Primary Instructor: Martin E.P. Seligman, Ph.D.  
Duties: Co-teach a course on research methods in Positive Psychology. Oversee a group research project, advise students on experimental design, statistical methods, technical writing, and presentation skills.  
Project title: "The mechanism of the 'three good things' exercise"
- 2006-2007 *Independent Research Supervisor / Thesis Advisor* (University of Pennsylvania)  
Students Supervised: Jaime Shapiro

- Summer 2006 *Instructor*, Introduction to Positive Psychology (University of Pennsylvania)
- Spring 2006 *Independent Research Supervisor* (University of Pennsylvania)  
Students Supervised: Jeffrey McAlvay
- Fall 2006 *Teaching Assistant*, Abnormal Psychology (University of Pennsylvania)  
Instructor: Marjan Holloway, Ph.D.
- Summer 2005 *Instructor*, Abnormal Psychology (University of Pennsylvania)  
Co-Instructor: Jed Siev, M.A.
- 2004 - 2005 *Independent Research Supervisor* (University of Pennsylvania)  
Students Supervised: Erin O'Brien, Hayden Victor, David Meyerson
- Fall 2004 *Teaching Assistant*, Learning (University of Pennsylvania)  
Instructor: Robert Rescorla, Ph.D.  
Duties: Hold office hours, grade exams, offer study sessions.
- Fall 2004 *Co-Instructor*, Research Experience in Abnormal Psychology (University of Pennsylvania)  
Primary Instructor: Martin E.P. Seligman, Ph.D. (University of Pennsylvania)  
Duties: Co-teach a course on research methods in Positive Psychology. Oversee a group research project, advise students on experimental design, statistical methods, technical writing, and presentation skills. Project title: "Are positive and negative moods causes or correlates of flow?"
- Summer 2004 *Guest Lecturer*, Abnormal Psychology (University of Pennsylvania)  
Instructor: Carly Gibbons, M.A.  
Gave a lecture on positive psychology and its applications to the treatment and prevention of mental disorders.
- 2003 – 2004 *Independent Research Supervisor* (University of Pennsylvania)  
Students Supervised: Rita Axelroth, Raquel Cabo, Zack Green, Michael Kleiman, Timothy Malone, Alexander McCauley, Erin O'Brien, Andrew Trout, Hayden Victor
- Fall 2003 *Co-Instructor*, Research Experience in Abnormal Psychology (University of Pennsylvania)  
Primary Instructor: Martin E.P. Seligman, Ph.D.  
Duties: Co-teach a course on research methods in Positive Psychology. Oversee a group research project, advise students on experimental design, statistical methods, technical writing, and presentation skills. Project title: "An exploratory study on the relationship between mood and flow."
- Spring 2002 *Teaching Assistant*, Research Design and Data Analysis (Reed College)  
Professor: Kathryn Oleson, Ph.D.  
Duties: Assist students with statistical analyses (StatView, SAS, by

hand). Serve as statistical consultant to thesis students in the department.

Fall 2001 *Teaching Assistant, Learning (Reed College)*  
Professor: Allen Neuringer, Ph.D.  
Duties: Lead two groups of undergraduates in the design and execution of independent research projects.

## **Clinical Experience**

- 2006-2007 *Behavior Therapy for Anxiety Disorders Practicum, University of Pennsylvania.*  
Carry caseload of 1-2 patients with anxiety disorders with a focus on applying behavior therapy to panic and agoraphobia. Watch and discuss therapy tapes in weekly group supervision with an emphasis on process of therapy.  
Supervisor: Alan Goldstein, Ph.D.
- 2006-2007 *Behavior Therapy for Anxiety Disorders Practicum, Anxiety and Agoraphobia Treatment Center, Bala Cynwyd, PA.*  
Carry caseload of 3-5 patients with anxiety disorders with a focus on exposure and response prevention for obsessive-compulsive disorder. Discuss cases in group supervision, review audio clips of sessions, attend didactics. Observe and assist in leading a bi-weekly OCD support group.  
Supervisors: Jon Grayson, Ph.D., Linda Welsh, Ph.D.
- Spring 2006 *APA Ethics Training Seminar, University of Pennsylvania.*  
Learn about most recent APA Ethics Code and case law related to the practice of psychotherapy. Discuss ethical dilemmas.  
Instructors: Melissa Hunt, Ph.D.
- 2005 - 2006 *Cognitive Therapy for Depression Practicum, University of Pennsylvania.*  
Carry caseload of 2-3 patients with mood and anxiety disorders. Review cases and show video clips in group supervision twice a week.  
Supervisors: Rob DeRubeis, Ph.D. & Seth Gillihan, M.A.
- 2004 - 2005 *Assessment Practicum, University of Pennsylvania.* Perform intelligence, personality and diagnostic assessments on patients referred to the Penn assessment clinic. Discuss cases in supervision and integrate assessments into a cohesive report.  
Supervisor: Melissa Hunt, Ph.D.
- Summer 2004 *Assessment and Diagnosis Training, University of Pennsylvania.*  
Acquire basic skills in interviewing (SCID-I, SCID-II and ADIS) and assessment (WAIS-III, WMS, WIAT, MMPI-2, NEO, MIPS, Rorschach).  
Supervisor: Melissa Hunt, Ph.D.
- Fall 2003 *APA Ethics Training Seminar, University of Pennsylvania.*  
Learn about most recent APA Ethics Code and case law related to the

practice of psychotherapy. Discuss ethical dilemmas.  
Instructors: Melissa Hunt, Ph.D. and Marc Sageman, M.D.

Apr 2002 - Sep 2002    *On-call Residential Counselor*, Rosemont School. Offer counseling to and monitor behavior of emotionally distressed adolescent girls.  
Supervisor: Bob Russon

### **Professional Affiliations**

American Psychological Society, Student Affiliate

American Psychological Association, Student Affiliate (Division 12)

Sigma Xi Honor Society, Associate Member

### **Awards, Grants and Honors**

2006                    *Invited Participant*, APA Advanced Training Institute on Web-Based Research  
*Associate Membership*, Sigma Xi Honor Society

2005                    *Participating Scholar*, Positive Psychology Summer Institute

2004                    *Graduate Research Fellowship*, National Science Foundation  
*Participating Scholar*, Positive Psychology Summer Institute  
*Travel Fellow*, International Positive Psychology Summit

2003                    *Participating Scholar*, Positive Psychology Summer Institute  
*Travel Fellow*, International Positive Psychology Summit  
*Poster Award*, International Positive Psychology Summit

2002                    *Commendation for Academic Excellence*, Reed College  
*NSF-AIRE Student Mentor Award*, Reed College  
*Student Research Grant*, Northwest Health Foundation, "Preventing depression in college freshman: Testing the efficacy of a 3-week bibliotherapy workshop." \$2800

### **Professional Services and Activities**

2006 -                    *Ad Hoc Reviewer*, Journal of Positive Psychology

2004 - present        *List Moderator*, APA Positive Psychology and Friends of Positive Psychology Listservs

2004-2005            *Student Representative*, Council of University Directors of Clinical Psychology  
*Panel Member*, Panel on Applying to Graduate School in Psychology  
*Reviewer*, APS Student Research Competition  
*Reviewer*, APS Student Grant Competition

2003-Present                    *Program Coordinator, Seligman Lab Summer Fellowship Program, University of Pennsylvania*

2001-2002                    *Human Subjects Research Committee, Reed College*

### **Publications**

**Parks, A.C.** (in press). Applied positive psychology. In S.J. Lopez (Ed.), *The Encyclopedia of Positive Psychology*. Boston: Blackwell Publishing.

Seligman, M.E.P., Rashid, T., & **Parks, A.C.** (2006). Positive psychotherapy. *American Psychologist, 61*, 774-788.

Seligman, M.E.P., **Parks, A.C.** & Steen, T. (2005). A balanced psychology and a full life. In F. Huppert, N. Baylis, & B. Keverne (Eds.), *The science of well-being* (pp. 275-283). New York: Oxford University Press.

Seligman, M.E.P., **Parks, A.C.**, & Steen, T. (2004). A balanced psychology and a full life. *Phil. Trans. R. Soc. Lond. B, 359(1449)*, 1379-1381.

**Parks, A.C.** & Herman, K.C. (2003). A sociocultural perspective on the primary prevention of depression. *Prevention and Treatment, 6(1)*.

### **Manuscripts Under Review / In Preparation**

**Parks, A.C.** & Seligman, M.E.P. (2007). Group positive psychotherapy for symptoms of depression and anxiety: Mediators and moderators. Manuscript in preparation.

**Parks, A.C.**, Kellerman, R., & Seligman, M.E.P. (2007). Mood, flow, and pain tolerance. Manuscript in preparation.

**Parks, A.C.** & Herman, K.C. (2007). Developing a brief and inexpensive method of preventing depression. Manuscript in preparation.

### **Posters and Talks**

**Parks, A.C.** & Victor, H.A. (2006). Are positive and negative moods causes or correlates of flow? Poster presented at the 18th Annual Convention of the American Psychological Society, May 2006.

**Parks, A.C.** & Seligman, M.E.P. (2005). Treating mild/moderate depressive symptoms with a positive intervention: 1-year follow-up. Poster presented at the 17th Annual Convention of the American Psychological Society, May 2005.

**Parks, A.C.** (2004). Treating mild/moderate depressive symptoms with a positive intervention. Poster presented at the 3rd International Positive Psychology Summit, October 2004.

Cabo, R., Kleiman, M., McCauley, A. & **Parks, A.C.** (2004). Mood and Flow. Poster

presented at the 16th Annual Convention of the American Psychological Society, May 2004.

**Parks, A.C.** (2004). Preventing depression with bibliotherapy. Poster presented at the 16th Annual Convention of the American Psychological Society, May 2004.

**Parks, A.C.** (2003). Promoting subjective happiness during the transition to college. Poster presented at the 2nd International Positive Psychology Summit, October 2003.

**Parks, A.C.** & Herman, K.C. (2003). Developing a brief and inexpensive method of preventing depression. Talk presented at the 83rd Annual Convention of the Western Psychological Association, May 2003.

**Parks, A.C.** & Oleson, K.C. (2003). Self-handicappers' and subjective overachievers' achievement goals: Exploring the mastery-approach/mastery-avoidance distinction. Poster presented at the 15th Annual Convention of the American Psychological Society, May 2003.

Oleson, K. C., Bellet, M. J., Brockmyer, B. I., Clark, J. A., Kinsey, J. L. C., Masinovsky, S. M., **Parks, A. C.**, Pierson, R. M., Piff, P. K., Tanner, N. B., Waichunas, D. E., & Weingarten, E. (2003). Overachievers', self-handicappers', and defensive pessimists' achievement goals. Poster presented at the 4th Annual Meeting of the Society for Personality and Social Psychology, February 2003.

**Parks, A.C.**, Waichunas, D.E., Walker, S.N., Edelson, N.S., & Oleson, K.C. (2002). Depression and social life in self-handicappers: An examination of possible relationships. Talk presented at the Oregon Academy of Sciences Conference, February 2002.