

CURRICULUM VITAE

Lara Honos-Webb, Ph.D.

CURRENT POSITION

2005 – Present CEO Visionarysoul LLC
Author/Speaker/Psychologist

2001-Present Adjunct Research Faculty
Institute of Transpersonal Psychology

ACADEMIC POSITIONS

2001- 2005 Assistant Professor
Department of Counseling Psychology
Santa Clara University

2001- 2003 Senior Research Psychologist
Department of Psychiatry
San Francisco Veterans Affairs Medical Center
Northern California Institute for Research and Education

EDUCATION

1999- 2001 Postdoctoral Fellow
Department of Psychiatry
University of California, San Francisco
Treatment Research Center

1995-1999 Ph.D., Clinical Psychology
Miami University
Oxford, Ohio
Dissertation, Passed, 9/11/98
Dissertation Title: “Development of a manual for rating
assimilation in psychotherapy.”
Comprehensive Examinations, Passed, 9/25/96

1993 - 1995 M.A., Clinical Psychology
Miami University
Oxford, Ohio

EDUCATION (continued)

Master's Thesis Title: "A qualitative comparison of a successful and unsuccessful process-experiential case within the framework of the assimilation model."

1988 - 1992

University of Michigan
Ann Arbor, MI
B.A., Psychology, Highest Distinction

HONORS AND AWARDS

2001

College on Problems of Drug Dependence Early Career Investigator Award

1998

The Cincinnati Academy of Professional Psychology recognition of early career contribution.

1997

Dissertation Scholar, Miami University

1996, 1998

Graduate Student Achievement Award, Miami University

1993

Letter of Commendation, Miami University

1992

Phi Kappa Phi Honors Society, University of Michigan

1991

Phi Beta Kappa, University of Michigan

1990, 1991, 1992

James B. Angell Scholar, University of Michigan

1989

William Branstrom Freshman Prize, University of Michigan

RESEARCH INTERESTS

Psychological effects in the aftermath of terrorist attacks on the US. Detection of substance use disorders in severely mentally ill clients. Psychotherapy process and outcome; the assimilation model - an integrative model of change.

GRANT ACTIVITY AND FINANCIAL AWARDS

Honos-Webb, L. (in preparation). Examining the efficacy of emotion-focused treatment in substance use disorders. Proposed budget \$100,000. Planned submission of an R03 to the National Institute on Drug Abuse.

GRANT ACTIVITY AND FINANCIAL AWARDS (continued)

Honos-Webb, L. & Plante, T. (2003). Exploring psychological reactions of students to the war on Iraq. Presidential Research Grant, Santa Clara University. Awarded \$5,000.

Honos-Webb, L. & Melinda J. Manley (2002). Post-Traumatic Stress among Students in the Wake of 911. Presidential Research Grant, Santa Clara University. Awarded \$4,000.

Honos-Webb, L. & Havassy, B.E. Assessing substance abuse in mental health treatment programs. (2000). Awarded \$4,950.

Psychology Department Dissertation Grant, Miami University (1998). Awarded \$600.

Graduate School Dissertation Grant, Miami University (1998). Awarded \$600.

Dissertation Scholar Award, Miami University (1997). Awarded \$5,000.

Society of Psychotherapy Research Travel Award (1995, 1996).

CLINICAL EXPERIENCE

2001-2003

San Francisco Veterans Affairs Medical Center
Senior Research Psychologist

Responsibilities included supervising four doctoral level therapists who were treating clients diagnosed with Multiple Sclerosis and Depression. Trained therapists in emotion-focused therapy, and monitored clinical work for adherence to this model. Trained master's level therapist's in rating experiential level of clients. Managed clinical emergencies and ethical standards.

1998-1999

Cincinnati Veterans Affairs Medical Center
APA approved internship
Cincinnati, Ohio

Responsibilities included individual psychotherapy, diagnostic testing, group psychotherapy, and development and implementation of a six session workshop on relapse prevention.

NIDA Research Assistant. Minor rotation in a research position funded by National Institute on Drug Abuse. Activities included conducting screening assessments and

CLINICAL EXPERIENCE (continued)

manualized cognitive-behavioral therapy for research participants.

1996-1997

Community Mental Health Centers of Warren County
Springboro, Ohio

As a Psychology Assistant I conducted psychotherapy with a diverse clientele including adults, children and families (10-12 clients a week). Clients ranged in age from 5 years to 60 years and came from a variety of socioeconomic backgrounds.

1995-1996

Student Counseling Services for Miami University
Oxford, Ohio

In the context of a placement, conducted individual psychotherapy (6 ongoing clients a week), and two intakes a week. Co-facilitated an eating disorders group and an interpersonal relationships group.

1994 - 1996

Benton Hall Psychology Clinic
Oxford, Ohio

Conducted individual psychotherapy under supervision with undergraduate students in conjunction with a Client - Centered practicum, an Archetypal psychology practicum, and an Experiential Personal Construct Therapy practicum. Covered "on-call" duties for four hours each week which included emergency assessment and crisis intervention.

TEACHING EXPERIENCE

Santa Clara University, Santa Clara, California

Research Methods
Clinical Assessment I
Clinical Assessment II
Short-Term Cognitive-Behavioral Psychotherapy

Miami University, Oxford, Ohio

Abnormal Psychology: (3 credit hours) Full responsibility in a lecture course.

Introductory Psychology : (4 credit hours) Lab instructor for a small discussion section oriented to introduction to psychology. Assigned and graded papers, assisted students in developing individual research projects (10 students).

Personality Psychology: (3 credit hours) Graduate assistant for a discussion-oriented, student-centered class. Primary responsibilities included grading papers (40 students).

Books

Honos-Webb, L. (December, 2006). *The Gift of Depression*. New Harbinger Publications.

Honos-Webb, L. (2005). *The Gift of ADHD: How to Transform Your Child's Problems into Strengths*. New Harbinger Publications.

PUBLICATIONS

Mohr, D.C., Hart, S.L., Julian, L., Catledge, C. Honos-Webb, L., Madan, S., Vella, L., & Tasch, E.T. (in press). Telephone-administered psychotherapy for depression. *Archives of General Psychiatry*.

Honos-Webb, L. (in press). The Meaning vs. The Medical Model in the Empirically Supported Treatment Program: A Consideration of The Empirical Evidence. *Journal of Contemporary Psychotherapy*.

Honos-Webb, L., Stiles, W. B., Greenberg, L. S., & Goldman, R. (in press). Responsibility for "being there": An assimilation analysis. In C.T. Fischer (Ed.) *Introduction to qualitative research for psychology: Case demonstrations*. Elsevier.

Honos-Webb, L., Sunwolf, & Shapiro, J.L. (2004). The Healing Power of Telling Stories in Psychotherapy. In Raskin, J.D., & Bridges, S.K. (Eds.). *Studies in Meaning 2*. New York: Pace University Press.

Honos-Webb, L., Stiles, W.B., & Greenberg, L.S. (2003). A method of rating assimilation in psychotherapy based on markers of change. *Journal of Counseling Psychology*, 50, 189-198.

Honos-Webb, L. (2002). Introduction to special section: Making meaning of 911. The Humanistic Psychologist, 30, 237-238.

Honos-Webb, L. & Stiles, W.B. (2002). Assimilative integration and responsive use of the assimilation model. Journal of Psychotherapy Integration, 12, 406-420.

Honos-Webb, L. (2002). Postmodern psychology as politics. [A review of Postmodern Psychologies, Societal Practice & Political Life by Morss, J.R & Holzman, L. (Eds.)]. Journal of Constructivist Psychology, 15, 315-322.

Honos-Webb, L., Gal, L., Shaikh, A., Harrick, E. A., Lani, J. A., Knobloch, L. M., Surko, M., & Stiles, W. B. (2002). Rewards and risks of exploring negative emotion: An assimilation model account. In S. Fussell (Ed.), The verbal communication of emotions: Interdisciplinary approaches. Hillsdale, NJ: Erlbaum, pps. 231-251.

PUBLICATIONS (continued)

Honos-Webb, L., & Leitner, L. M. (2002). Therapy case formulation as interventional assessment. The Humanistic Psychologist, 30, 102-113.

Honos-Webb, L., Sunwolf, Shapiro, J. L. (2001). Toward the Re-Enchantment of Psychotherapy: Stories as Container. The Humanistic Psychologist, 29, 70-97.

Honos-Webb, L. & Leitner, L.M. (2001). How using the DSM causes damage: A client's report. The Journal of Humanistic Psychology, 41, 36-56.

Mezinskis, J., Honos-Webb, L., Kropp, F., & Somoza, E. (2001). The measurement of craving. Journal of Addictive Diseases, 20, 67-85.

Honos-Webb, L., Havassy, B.E., & McCoy, K.A. (2001). Assessing substance abuse in mental health treatment settings (abstract). Drug and Alcohol Dependence, 63 (Suppl 1), S68.

Honos-Webb, L., Harrick, E. A., Stiles, W. B., & Park, C. (2000). Assimilation of traumatic experiences and physical health outcomes: Cautions for the Pennebaker paradigm. Psychotherapy, 37, 307-314.

Honos-Webb, L., Lani, J. A., & Stiles, W. B. (1999). Discovering markers of assimilation stages: The fear-of-losing-control marker. Journal of Clinical Psychology, 55, 1441-1452.

Honos-Webb, L., Surko, M., Stiles, W. B., & Greenberg, L. S. (1999). Assimilation of voices in psychotherapy: The case of Jan. Journal of Counseling Psychology, 46, 448-460.

Stiles, W. B., Honos-Webb, L., & Knobloch, L. M. (1999). Treatment process research methods. In P. C. Kendall, J. N. Butcher et al. (Eds.), Handbook of research methods in clinical psychology. New York: Wiley, pps. 364-402.

Stiles, W. B., Honos-Webb, L., & Lani, J. A. (1999). Some functions of narrative in the assimilation of problematic experiences. Journal of Clinical Psychology, 55, 1213-1226.

Honos-Webb, L. & Stiles, W. B. (1998). Reformulation of assimilation analysis in terms of voices. Psychotherapy, 35, 23-33.

PUBLICATIONS (continued)

Honos-Webb, L., Stiles, W. B., Greenberg, L.S., & Goldman, R. (1998). Assimilation analysis of process-experiential psychotherapy: A comparison of two cases. Psychotherapy Research, 8, 264-286.

Stiles, W. B., Honos-Webb, L. & Surko, M. (1998). Responsiveness in psychotherapy. Clinical Psychology: Science and Practice, 5, 439-458.

Honos-Webb, L., Stiles, W. B., & Coleman, L. H. (1996). Approach number 401. [Review of Psychotherapy: An eclectic-integrative approach, second edition, by S. L. Garfield]. Contemporary Psychology, 41, 1058-1059.

Coleman, L. H., Stiles, W. B., & Honos-Webb, L. (1996). Revolution through evolution [Review of From cognitive-behavior therapy to psychotherapy integration: An evolving view by M. R. Goldfried]. Contemporary Psychology, 41, 1045.

Stiles, W. B., Flores, A. L., Twomey, H. B., Surko, M., Wanicur, E., & Honos-Webb, L. (1994). The state of the art [Review of Handbook of psychotherapy and behavior change, 4th Ed., by A. E. Bergin & S. L. Garfield (Eds.)]. Clinical Psychology: Science and Practice, 1, 104 -108.

MANUSCRIPTS UNDER REVIEW

Honos-Webb, L. & Havassy, B.E. (2004) Strategies for detecting substance use disorders in severely mentally ill clients.

Honos-Webb, L., Sunwolf, Hart, S.L. & Scalise, J. (2004). A comparison of assimilation vs. accommodation based narrative approaches in the treatment of trauma symptoms following 9-11. Manuscript submitted for publication..

Honos-Webb, L., Sunwolf, Godbole, P., & Hart, S.L. (2004). Examination of health service utilization and trauma symptoms following 9-11. Manuscript submitted for publication.

Honos-Webb, L. (2004). The Gifts of ADHD: Wide Open Sensitive Souls.

MANUSCRIPTS IN PREPARATION

Honos-Webb, L., Kalebjian, R., Williams, A., & Mohr, D. C. Exploring an aptitude-treatment interaction in depressed clients with multiple sclerosis.

Honos-Webb, L. & Leitner, L.M. Responsive use of therapist experience in psychotherapy integration.

Honos-Webb, L., Manley, M.J. &. (2003). Qualitative Investigation of September 11th-Related Persistent Trauma Symptoms. Manuscript in preparation.

Honos-Webb, L., Biegel, G., Williams, A., Fan, Y., Pacini, R., Celentana, M., Plante, T. (2004). Predictors of Psychological Distress Related to U.S. War against Iraq.

Honos-Webb, L., & Weir, S.. A review of the benefits of hypnosis for pregnancy, labor and delivery and post-partum recovery.

PRESENTATIONS

Honos-Webb, L. (January, 2005). Voices of Change: A Method for Tracking the Emergence of Developmental Leaps. Invited Colloquium Presentation at the Institute of Transpersonal Psychology.

Honos-Webb, L., Biegel, G., Williams, A., Fan, Y., Pacini, R., Celentana, M., Plante, T. (August, 2004). Predictors of Psychological Distress Related to U.S. War against Iraq. Poster presentation accepted for presentation at the annual meeting of the American Psychological Association, Honolulu, Hawaii.

Honos-Webb, L., Godbole, P., Sunwolf, & Hart, S.L. (August, 2004). Examination of health service utilization and trauma symptoms following 9-11. Poster presentation accepted for presentation at the annual meeting of the American Psychological Association, Honolulu, Hawaii

Honos-Webb, L. (2003). Wide open sensitive souls: Gifts of attention deficit-hyperactivity disorder. In Leitner, L.M. (moderator) Resisting the DSM: Defending psychological meaning in a diagnostic age. A symposium accepted for presentation at the meeting of the American Psychological Association in Toronto, Canada.

Kalebjian, R., Williams, Fan, Y., Honos-Webb, L., & Mohr., D.C. (2003). Exploring an aptitude-treatment interaction in depressed clients with multiple sclerosis. Poster presentation accepted at the meeting of the American Psychological Association in Toronto, Canada.

McMahon, J., Radu, D., Celentana, M., & Honos-Webb, L. (2003). Exploring the psychological reactions of NYC Students to the War on Iraq. Poster presentation at the meeting of the American Psychological Association in Toronto, Canada.

PRESENTATIONS (continued)

Williams, A.M., Kalebjian, R., Fan, Y., Honos-Webb, L., & Mohr, D. C. (2003). Description of target complaints in depressed patients with multiple sclerosis. Poster presentation accepted at the meeting of the American Psychological Association in Toronto, Canada.

Honos-Webb, L. (2003). Publishing Case Studies. An invited paper presentation at the University of California, San Francisco Clinical Seminar Series.

Honos-Webb, L., Sunwolf, Ashraf, S., Diego, D., Godbole, P., Irving, C., Karas-Lekashman, K., Manley, M.J., Prakash, R., & Scalise, J. (2002, July). The psychological impact of the terrorist attacks on the United States. In Sewell, K. (moderator) The September 11 attacks: Does constructivism have anything to offer? A plenary panel presented at the meeting of the North American Personal Construct Network in Vancouver, Canada.

Honos-Webb, L., Sunwolf, & Shapiro, J.L. (2002, July). The healing power of telling stories in psychotherapy. In Inventing, evolving, and elaborating constructivist practice. A panel presented at the meeting of the North American Personal Construct Network in Vancouver, Canada.

Prakash, R., Ashraf, S., Aliyar, A., Godbole, P., Karas-Lekashman, K., & Honos-Webb, L. (2002, July). The impact of rational vs. experiential personality traits on constructions of terrorist attacks. A paper presented at the meeting of the North American Personal Construct Network in Vancouver, Canada.

Scalise, J. & Honos-Webb, L. (2002, July). Exploring customized trauma interventions: Story-listening for the bereaved. A paper presented at the meeting of the North American Personal Construct Network in Vancouver, Canada.

Honos-Webb, L. & Stiles W.B. (2001, November). Impact of accessing a subdominant voice on the community of voices. In Greenberg, L. (moderator) The creation of new meaning in Experiential Therapy: Reflexivity and dialectical-constructivist processes. A panel presented at the meeting of the North American Society for Psychotherapy Research, Puerto Vallarta, Mexico.

Honos-Webb, L. (2001, August). The client as co-investigator: Applications to a case study. In Epting, F.R. (moderator) The psychopathologizing of everyday life: Examples and alternatives. A symposium presented at the meeting of the American Psychological Association, San Francisco, California.

PRESENTATIONS (continued)

Honos-Webb, L. & Stiles, W.B. (2001, June). Assimilative integration and responsive use of the assimilation model. Paper presented at the meeting of the Society for the Exploration of Psychotherapy Integration, Santiago, Chile.

Honos-Webb, L., Havassy, B.E. (2001, June). Assessing substance abuse in mental health treatment settings. Poster presented at the meeting of the College on Problems of Drug Dependence, Scottsdale, Arizona.

Honos-Webb, L. & Havassy, B.E. (2001, January). Strategies for detecting substance use disorders. Paper presented at conference on Bridging the Gap in San Francisco: Harm Reduction Research, Policy, & Practice, San Francisco, California.

Honos-Webb, L. & Surko, M., & Stiles, W. B. (1998, June). Development of a marker-based manual for rating assimilation in psychotherapy. Poster presented at the meeting of the Society of Psychotherapy Research, Snowbird, Utah.

Leitner, L. M. & Honos-Webb, L. (1998, July). Empathy in Experiential Personal Construct Psychology. Paper presented at the meeting of the American Psychological Association, San Francisco, California.

Surko, M., Honos-Webb, L., & Stiles, W. B. (1998, June). Development of the change of topic marker for making assimilation ratings from therapy transcripts. Paper presented at the meeting of the Society of Psychotherapy Research, Snowbird, Utah.

Honos-Webb, L., Harrick, E.A., Park, C. & Stiles, W.B. (1997, June). Assimilation of traumatic experiences: Applications to the Pennebaker paradigm. Poster presented at the meeting of the Society of Psychotherapy Research, Geilo, Norway.

Honos-Webb, L. & Leitner, L.M. (1997, July). The DSM and the destruction of client-meanings: A client speaks. Paper presented at the International Congress on Personal Construct Psychology, Seattle, Washington.

Stiles, W.B., Honos-Webb, L. & Leiman, M. (1997, June). Assimilation of problematic voices by clients in psychotherapy: Theoretical reformulation. Paper presented at the meeting of the Society of Psychotherapy Research, Geilo, Norway.

PRESENTATIONS (continued)

Honos-Webb, L. & Stiles, W.B. (1996, June). Assimilation analysis of process-experiential psychotherapy: A comparison of two cases. Paper presented at the meeting of the Society of Psychotherapy Research, Amelia Island, Florida.

Celentana, M.A., Honos-Webb, L., Surko, M. & Stiles, W.B. (1996, June). Assimilation analysis of item-level change on the BDI, IIP, RSE, and WAI in a single case of process-experiential psychotherapy. Poster presented at the meeting of the Society of Psychotherapy Research, Amelia Island, Florida.

Stiles, W.B., Honos-Webb, L. & Surko, M. (1996, June). Responsiveness as a challenge to process research. Paper presented at the meeting of the Society of Psychotherapy Research, Amelia Island, Florida..

Stiles W.B., Honos-Webb, L., Surko, M & Leiman, M. (1996, September). Assimilation analysis and dialogical sequences in transcripts of process-experiential psychotherapy. In J. Frommer (Moderator), Qualitative analyses of psychotherapy transcripts. Panel presentation at the European Society for Psychotherapy Research conference, Cernobbio, Italy.

Surko, M., Honos-Webb, L., Stiles, W.B. (1996, June). Development of a manual for rating assimilation in process-experiential psychotherapy. Poster presented at the meeting of the Society of Psychotherapy Research, Amelia Island, Florida.

Honos-Webb, L. (1995, June). Assimilation in Process-Experiential Psychotherapy: A High-Change Case and a Low-Change Case. Paper presented at the meeting of the Society of Psychotherapy Research, Vancouver, Canada.

INVITED PRESENTATIONS

June 29, 2005. Meet the Author event at Walnut Creek, CA, Barnes and Nobles.

July 25, 2005. "How to Manage Challenging Behaviors" Mount Diablo Mother's Club, Walnut Creek, CA.

July 28, 2005. The Gift of ADHD. Kiwanis Club, San Ramon.

PROFESSIONAL SERVICE

Editor of special section for the *Humanistic Psychologist* (Journal of APA division 32): "Making Meaning of 911"

Consulting Editor, *The Humanistic Psychologist* (2002, continuing).

Division 32 of the American Psychological Association, Liaison to the Board of Educational Affairs (2001, continuing).

Division 32 of the American Psychological Association, Committee for Continuing Education (2000, continuing).

Division 32 of the American Psychological Association, Hospitality Suite Chair (2001).

Ad hoc reviewer for the Journal of Clinical and Consulting Psychology, Clinical Psychology: Science and Practice, Psychotherapy Research, Journal of Clinical Psychology, Journal of Language and Social Psychology, and British Journal of Medical Psychology, Journal of Constructivist Psychology.

PROFESSIONAL AFFILIATIONS

American Psychological Association (Also division 32 – Humanistic Psychology)
North American Personal Construct Network
Society for the Exploration of Psychotherapy Integration

PROFESSIONAL LICENSE

Licensed Clinical Psychologist, number 17980, since 3/04/02