

Acacia Parks, Ph.D.
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Education

University of Pennsylvania, Department of Psychology, Philadelphia, PA, 2003-2009
Ph.D. in Psychology, May 2009

M.A. in Psychology, 2004

Reed College, Department of Psychology, Portland, OR, 1999-2003
B.A. in Psychology, 2003

Employment

Assistant Professor, Department of Psychology, Hiram College, June 2011 - present

- Teaching courses in positive, abnormal, clinical, and health psychology, as well as introductory and advanced research methods.

Assistant Professor, Department of Psychology, Reed College, 2010-2011

- Taught courses in positive, health, and personality psychology
- Supervised senior thesis projects

Instructor, School of Leadership and Professional Advancement, Duquesne University, 2010

- The Science of Happiness, Spring 2010 (online)

Critical Writing Teaching Fellow, Critical Writing Program, University of Pennsylvania, 2008-2009

Instructor, School of Arts and Sciences & College of Liberal and Professional Studies, University of Pennsylvania, 2003-2010

- Taught courses in positive, social, and abnormal psychology, as well as general psychology; Supervised independent study projects
- Served as a teaching mentor to graduate students teaching for the first time; advised and performed teaching observations.

Teaching Interests

Positive Psychology
Health Psychology
Abnormal & Clinical Psychology
Critical Writing

Research Interests

Positive psychological interventions
Book, internet and smartphone-based interventions
Treatment of missing data in longitudinal research

Publications*

Peer-Reviewed Articles

- Parks, A.C.**, Della Porta, M.D., Pierce, R.S., Zilca, R., & Lyubomirsky, S. (in press). Pursuing happiness in everyday life: A naturalistic investigation of online happiness seekers. To appear in *Emotion*.
- Meyer, P., Johnson, D., **Parks, A.C.**, Iwanski, C., & Penn, D.L. (in press). Positive living: A pilot study of group positive psychotherapy for people with severe mental illness. To appear in the *Journal of Positive Psychology*.
- Schueller, S. & **Parks, A.C.** (2012). Disseminating self-help: positive psychology exercises in an open online trial. *Journal of Medical Internet Research, 14*, e63.
- Kranzler, A., **Parks, A.C.** & Gillham, J.E. (2011). Service learning in positive psychology: A hands-on resilience course. *Journal of Positive Psychology, 6*, 482-486.
- Seligman, M.E.P., Rashid, T., & **Parks, A.C.** (2006). Positive psychotherapy. *American Psychologist, 61*, 774-788.

Chapters and Theoretical Articles

- Parks, A.C.** & Ross, V. (in preparation). Writing critically about personal growth: A 'writing in the disciplines' course on happiness. To appear in A.C. Parks (Ed.), *Positive Psychology in Higher Education*. London: Taylor and Francis.
- Parks, A.C.** & Biswas-Diener, R. (in press). Positive interventions: Past, present and future. To appear in T. Kashdan & Ciarrochi, J. (Eds.), *Bridging Acceptance and Commitment Therapy and Positive Psychology: A Practitioner's Guide to a Unifying Framework*. Oakland, CA: New Harbinger.
- Parks, A.C.**, Schueller, S. & Tasimi, A. (in press). Increasing happiness in the general population: Empirically Supported Self-Help? To appear in I. Boniwell & S. David (Eds.), *Oxford Handbook of Happiness*. Oxford: Oxford University Press.
- Parks, A.C.** (2011). The state of positive psychology in higher education: Introduction to the special issue. *Journal of Positive Psychology, 6*, 429-431.

* Student co-authors are underlined.

- Parks-Sheiner, A.C.** (2009). Applied positive psychology. In S.J. Lopez (Ed.), *The Encyclopedia of Positive Psychology* (pp. 58-62). Boston: Blackwell Publishing.
- Parks, A.** & Seligman, M.E.P. (2009). Positive psychology: Human happiness. In J. Weil, D. Blumel, S. Malmoli, & J. Netting (Eds.), *Yearbook of Science & Technology: 2009* (pp. 308-309). New York: McGraw-Hill.
- Parks, A.C.** & Seligman, M.E.P. (2007). 8-week group Positive Psychotherapy (PPT) Manual. Unpublished manual, available by request.
- 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).

Papers In Active Preparation/Under Review

- Parks, A.C.** (2012). Group positive psychotherapy for mild-moderate depressive symptoms in young adults. Manuscript in preparation.

Editorial Projects and Book Reviews

- Parks, A.C.** (Ed.). (in preparation). *Positive psychology in higher education*. London: Taylor & Francis.
- Parks, A.C.** (Ed.). (in preparation). *Handbook of positive psychological interventions*. Oxford: Wiley-Blackwell.
- Froh, J. J., & **Parks, A.C.** (Eds.). (in press). *Activities for teaching positive psychology: A guide for instructors*. Washington, DC: American Psychological Association. Due to go to press in December 2012.
- Parks, A.C.** (Ed.) (2011). Positive psychology in higher education [Special Issue]. *The Journal of Positive Psychology*, 6(6).
- Parks, A.C.** (2011). [Review of the book *Curious?*]. *The Journal of Positive Psychology*, 6, 230-233.

Conference Presentations

Positive Interventions and Self-Help – General

- Parks, A.C.**, Szanto, R.K., & Canada, K. (2013). Impact of attitudes towards the pursuit

of happiness on response to happiness-based self-help. Poster submitted for presentation at the 14th Annual Meeting of the Society for Personality and Social Psychology.

Szanto, R.K. & Parks, A.C. (2013). Comparing the benefits of positive versus cognitive-behavioral self-help strategies. Poster submitted for presentation at the 14th Annual Meeting of the Society for Personality and Social Psychology.

Wong, H. & Parks, A.C. (2013). Designing a method for inducing gratitude in the laboratory. Poster submitted for presentation at the 14th Annual Meeting of the Society for Personality and Social Psychology.

Szanto, R.K. & Parks, A.C. (2012). You could be happy: The effects of positive and cognitive bibliotherapy on well-being. Talk presented at the 26th Annual Ohio Undergraduate Psychology Research Conference, April 2012.

Parks, A.C. (2011). Positive Interventions: New Frontiers (Symposium Chair). Presented at the World Congress of the International Positive Psychology Association, Philadelphia, PA, July 2011

Parks-Sheiner, A.C. (2007). Exercises for increasing positive emotion in therapy and at home. Symposium talk presented at the 19th Annual Convention of the Association for Psychological Science, May 2007.

Schueller, S.M., **Parks-Sheiner, A.C.**, & Seligman, M. (2008). Positive psychology to combat depression: Using structural equation modeling to assess change during a savoring intervention. Poster presented at the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, November 2008.

Positive Psychotherapy

Kahler, C.W., Spillane, N.S., Clerkin, E., Brown, R.A., & **Parks, A.** (2011). *Development of positive psychotherapy for smoking cessation*. Talk presented at the Second World Congress of the International Positive Psychology Association, Philadelphia, PA, July 2011.

Parks-Sheiner, A.C. (2010). Group positive psychotherapy. Talk presented at the 118th Annual Convention of the American Psychological Association, August 2010.

Parks-Sheiner, A.C. (2009). An overview of group positive psychotherapy for depression. Talk presented at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, November 2009.

Parks-Sheiner, A.C. (2007). Positive psychotherapy. Symposium talk presented at the 41st Annual Convention of the Association for Behavioral and Cognitive Therapies, November 2007.

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.

Web-based Positive Interventions

Parks, A.C., Heiss, M., & Mossey, R. (2011). Using the internet to test theoretical questions about positive interventions. Talk presented at the World Congress of the International Positive Psychology Association, July 2011.

Schueller, S. & **Parks, A.C.** (2011). Disseminating self-help: Positive psychology exercises in an open online trial. Talk presented at the 5th Meeting of the International Society for Research on Internet Interventions, April, 2011.

Parks-Sheiner, A.C. & Sockol, L. (2010). Implementing positive psychotherapy online. Talk presented at the 44th Annual Convention of the Association for Behavioral and Cognitive Therapies, November 2010.

Parks-Sheiner, A.C. (2010). Internet-based self-help for nonclinical populations. Talk presented at the 118th Annual Convention of the American Psychological Association, August 2010.

Parks-Sheiner, A.C. (2010). Towards a model of empirically supported self-help: Online positive psychotherapy. Poster presented at the 22nd Annual Convention of the Association for Psychological Science, May 2010.

Parks, Sheiner, A.C. (2009). Balancing the tension between internal and external validity in online intervention research. Talk presented at Web Research for Beginners: An Online Conference, June 2009.

Parks-Sheiner, A.C. (2008). Implementing positive interventions via the world wide web (Symposium Chair). Talk: Testing happiness-increasing exercises individually and in packages over the web. Presented at the 4th European Conference on Positive Psychology, July 2008.

Mentored Student Research Projects

Wong, H.Y. & **Parks, A.C.** (2012). A measure of patience. Talk presented at the 26th Annual Ohio Undergraduate Psychology Research Conference, April 2012.

Schumaker, S., Picolo, M., Miller, S., Shauver, L., & Parks, A.C. (2012). What grabs your attention? Talk presented at the 26th Annual Ohio Undergraduate Psychology Research Conference, April 2012.

Kranzler, A., Parks-Sheiner, A.C., & Gillham, J.E. (2010). Penn Teaches Resilience: An innovative service-based research experience course. Poster presented at the 22nd Annual Convention of the Association for Psychological Science, May 2010.

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.

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.

Undergraduate Work

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., 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.

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. & 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.

Grants and Competitive Fellowships

Primary Investigator, "Stress and time usage," Stillman-Drake Grant for Faculty Development, Reed College, 2010-2011. \$1000.

Consultant, "Development of Positive Psychotherapy for Smoking Cessation," R01 DA027639-01, pending final approval by NIH/NCI (Impact/Priority Score: 16, Percentile 2.0). Start date: 12/1/2010-11/30/12. \$1,220, 956. PI: Christopher Kahler, Brown University.

Co-investigator, "Attitudes about happiness," Summer Research Grant, University of Pennsylvania, 2010. \$500. Co-investigator: Natasha Fedotova.

Primary Grant Holder, "Penn Teaches Resilience," Course Development Grant, Netter Center for Community Partnerships, University of Pennsylvania, 2008-2010, \$4000.

Critical Writing Teaching Fellowship, University of Pennsylvania, 2008-2009.

Graduate Research Fellowship, National Science Foundation, 2004-2007.

Primary Investigator, "Preventing depression in college freshman: Testing the efficacy of a 3-week bibliotherapy workshop." Student Research Grant, Northwest Health Foundation, 2002-2003. \$2800. Advisor: Keith Herman.

Awards and Honors

Teaching Certificate, Center for Teaching & Learning, Univ. of Pennsylvania, 2009.

Travel Fellowship, APA Advanced Training Institute in Web-Based Research, Univ. of Northern Iowa, Cedar Falls, IA, July 2007

Associate Membership, Sigma Xi Honor Society, 2004 - present

Poster Award, International Positive Psychology Summit, 2003

Participating Scholar, Positive Psychology Summer Institute, 2003, 2004, & 2005

Travel Fellow, International Positive Psychology Summit, 2002 & 2003

Commendation for Academic Excellence, Reed College, 2002

NSF-AIRE Student Mentor Award, Reed College

Clinical Experience

Behavior Therapy Anxiety Disorders Practicum, University of Pennsylvania, 2006-2007.

- Panic Disorder and Agoraphobia (Philadelphia, PA). Supervisor: Alan Goldstein, Ph.D.
- Obsessive-Compulsive Disorder (Bala Cynwyd, PA). Supervisors: Jon Grayson, Ph.D. & Linda Welsh, Ph.D.

APA Ethics Training Seminar, University of Pennsylvania. Fall 2003 & Fall 2006.

Instructor: Melissa Hunt, Ph.D.

Cognitive Therapy for Depression Practicum, University of Pennsylvania, Philadelphia, PA.

Supervisors: Rob DeRubeis, Ph.D. & Seth Gillihan, M.A.

Assessment Practicum, University of Pennsylvania, Philadelphia, PA.

Supervisor: Melissa Hunt, Ph.D.

- Acquired basic skills in interviewing (SCID-I, SCID-II and ADIS) and assessment (WAIS-III, WMS, WIAT, MMPI-2, NEO, MIPS, Rorschach).

Professional Services and Activities

Editorial Work:

- *Associate Editor*, Journal of Positive Psychology, 2009- present.
- *Editorial Consultant*, Wiley & Sons, Psychology Textbook Division, July 2010.

Ad Hoc Reviewer:

- Journal of Personality and Social Psychology (Personality Processes and Individual Differences section)
- Applied Psychology: Health and Well-Being
- Journal of Medical Internet Research
- Journal of Mental Health
- Society for Teaching of Psychology APA Convention Program, 2009
- APS Student Research Competition and APS Student Grant Competition, 2004

External Examiner:

- Honors Examinations, Department of Psychology, Swarthmore College, May 2009, May 2011 & May 2012
- Dissertation Committee, Victoria University of Wellington, New Zealand, February 2012

Administrative & Committee Work:

- *Evaluator*, Society for Teaching of Psychology APA Convention Program, 2009
- *Committee Member*, Lindback & Provost's Teaching Awards Nominations Committee, University of Pennsylvania, 2008
- *Evaluator*, APS Student Research Competition and APS Student Grant Competition, 2004
- *List Moderator*, APA Positive Psychology and Friends of Positive Psychology Listservs, 2004-2009
- *Program Coordinator*, Seligman Lab Summer Fellowship Program, University of Pennsylvania, 2003-2006
- *Human Subjects Research Committee*, Reed College, 2001-2002

Professional Affiliations

International Positive Psychology Association

American Psychological Association

- Society for the Teaching of Psychology (Division 2)
- Society for Personality and Social Psychology (Division 8)
- Society for Counseling Psychology (Division 17)
 - Positive Psychology SIG
 - Health Psychology SIG

Association for Psychological Science

Association for Behavioral and Cognitive Therapies

International Society for Research on Internet Interventions

Sigma Xi Honor Society