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CURRICULUM VITAE

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## Academic Credentials

1989 Internship (Clinical Psychology) APA-Accredited

Western Psychiatric Institute & Clinic

The University of Pittsburgh School of Medicine

1989 Ph.D. (Clinical Psychology) APA-Accredited

The Ohio State University

1986 M.A. (Experimental Psychology)

Miami University

1980 B.A. (Honours in Psychology)

University of Western Australia

*Primary Academic Appointments*

2006-present Professor of Clinical/Health Psychology, Univ. of Texas, San Antonio

1996- 2006 Associate Professor, Clinical Health Psychology

Southern Methodist University

Special faculty in clinical psychology, University

of Texas Southwestern Medical Center (1998-2005)

1993-1995 Assistant Professor, Clinical Health Psychology

Southern Methodist University

1990-93 Lecturer, Clinical Psychology

Deputy Director of Psychology Clinic

University of Queensland, Australia

*Visiting Scholarships*

Summer 2016-2021 Visiting Professor, Psychology Dept., University of California, Berkeley

Spring 2014 Visiting Scholar, Institute of Personality & Social Research, University of California, Berkeley

Fall 2009 Visiting Scholar, Dept. of Linguistics, University of California, Berkeley

& International Computer Science Institute, Berkeley, California

Fall 2000 Visiting Scholar, University of Washington, Seattle, School of Medicine

*Other Academic Appointments*

2018-present Honorary Professorial Fellow, Australian Centre for Heart Health

2017-2018 Professorial Research Fellow, James Cook University

*Articles/Chapters*

**Fernandez, E.**, Woldgabreal, Y., Day, A., Pham, T., Gleich, B., & Aboujaoude, E. (2021). Live

psychotherapy by video versus in‐person: A meta‐analysis of efficacy and its relationship to types and targets of treatment.*Clinical Psychology & Psychotherapy,*doi:http://dx.doi.org.libweb.lib.utsa.edu/10.1002/cpp.2594

Johnson, S. L., Zisser, M. R., Sandel, D. B., Swerdlow, B. A., Carver, C. S., Sanchez, A. H., &

**Fernandez, E.** (2020). Development of a brief online intervention to address aggression in the context of emotion-related impulsivity: Evidence from a wait-list controlled trial.*Behaviour Research and Therapy, 134*, 1. doi:http://dx.doi.org.libweb.lib.utsa.edu/10.1016/j.brat.2020.103708

Johnson, S. L., Sandel, D., Zisser, M., Pearlstein, J., Swerdlow, B., Sanchez, A., **Fernandez, E.**,

& Carver, C. S. (in press). A brief online intervention to address aggression in the context of emotion-related impulsivity for those with remitted bipolar disorder: Feasibility, acceptability and pilot outcome data. Journal of Behavioral and Cognitive Therapy, 30, 65-74.

**Fernandez, E.**, Callen, A., Johnson, S.L., Gaspar, C., Kulhanek, C., & Jose-Bueno, C. (2020).

Prevalence, elicitors, and expression of anger in 21st century mass shootings. Aggression and Violent Behavior, <https://doi.org/10.1016/j.avb.2020.101483>

Day, A., & Fernandez, E. (2020). The importance of understanding anger in the clinical

assessment of violence. In J.S. Wormith, L.A. Craig & T. Hogue (Eds.). What works in violence risk management: Theory, research and practice (pp. 253-264). Hoboken, NJ: Wiley-Blackwell.

Johnson, S.L., Zisser, M.R., Sandel, D.B., **Fernandez, E.**, & Carver, C.S. (2019). Tendencies

to Respond to Emotion States in an Impulsive Manner: What Tools Might Work? Advances in Cognitive Therapy. Issue 1, 6-7.

**Fernandez, E.**, Woldgabreal, Y., Guharajan, D., Day, A., Ramtahal, N., & Kiageri, V. (2019).

Social Desirability Bias against admitting anger: Bias in the test-taker or bias in the test? Journal of Personality Assessment. 101, 644-652.

Jackson, A., Ski, C.F., Murphy, B.M., Fernandez, E., Alvarenga, M., Le Grande, M.R., &

Thompson, D.R. (2018). What role does personality play in cardiovascular disease? British Journal of Cardiac Nursing, 13, 2-9.

**Fernandez, E.**, Malvaso, C., Day, A., & Guharajan, D. (2018). 21st century Cognitive-

Behavioral Therapy for anger: A systematic review of research design, methodology, and outcome. Behavioural and Cognitive Psychotherapy, 46, 385-404.

Fernandez, E., Kiageri, V., Guharajan, D., & Day, A. (2017). Anger parameters in

parolees undergoing psychoeducation: Temporal stability, social desirability bias and comparison with non-offenders. Criminal Behaviour and Mental Health*,* doi:http://dx.doi.org/10.1002/cbm.2057

Fernandez, E., & Johnson, S.L. (2016). Anger in psychological disorders:

Prevalence, presentation, etiology, and prognostic implications. Clinical Psychology Review, 46, 124-135.

**Fernandez, E**. & Kerns, R.D. (2016). New prospects for alleviation of anger in the context of

chronic pain. Z. Bajwa, C. Warfield, & J. Wootton (Eds.). Principles and Practice of Pain Medicine, 3rd Edition (pp.210-215). New York: McGraw-Hill.

**Fernandez, E**., & Smith, T.W. (2016). Anger, hostility, and cardiovascular disease in the

context of interpersonal relationships. In M. Alvarenga & D.G. Byrne (Eds.). Handbook of Psychocardiology (pp. 665-683). New York: Springer Sciences.

**Fernandez, E.**, Salem, D., Swift, J., & Ramtahal, N. (2015). Meta-analysis of

dropout from Cognitive Behavioral Therapy: Magnitude, timing, and moderators. Journal of Consulting and Clinical Psychology, 83, 1108-1122.

Newton, D., Day, A., Gillies, C. & Fernandez, E. (2015). Evidence-based evaluation

of measures for assessing social and emotional wellbeing in Indigenous Australians. Australian Psychologist, 50, 40-50.

Fernandez, E., Day, A., & Boyle, G.J. (2015). Measures of anger and hostility in adults. In

G.J. Boyle, D. Saklofske & G. Matthews (Eds.). Measures of Personality and Social Psychological Constructs (pp.74-100). London: Academic Press.

**Fernandez, E.**, Arevalo, I., Torralba, A., & Vargas, R. (2014). Norms for five parameters of

anger: How do incarcerated adults differ from the community? International Journal of Forensic Mental Health, 13, 18-24.

**Fernandez, E.** (2013). Anger dysfunction and its treatment. In E. Fernandez, (Ed.)

Treatments for anger in specific populations: Theory, application, and outcome (pp.1-14). New York: Oxford University Press.

**Fernandez, E.** & Malley-Morrison, K**.** (2013). Gender-inclusive and gender-informed

treatment of anger. In E. Fernandez, (Ed.). Treatments for anger in specific populations: Theory, application, and outcome (pp.213-235). New York: Oxford University Press.

**Fernandez, E.** (2013). Treatment of anger in different populations: Common and unique

factors. In E. Fernandez, (Ed.). Treatments for anger in specific populations: Theory, application, and outcome (pp.255-265). New York: Oxford University Press.

Fernandez, E. & Kerns, R.D. (2012). Pain and affective disorders: Looking beyond the

“chicken and egg” conundrum. In M.A. Giamberardino & T. Jensen (Eds.). Pain Comorbidities: Understanding and Treating the Complex Patient (pp.279-296). Seattle: International Association for the Study of Pain (IASP) Press.

Fernandez, E. (2012). Defining pain: Natural Semantic Metalanguage meets IASP: A

Commentary on Wierzbicka’s “Is Pain a Human Universal?: A Cross-Linguistic and Cross-Cultural Perspective on Pain”. Emotion Review, 4, 320-321.

**Fernandez, E.**, Vargas, R., Mahometa, M., Ramamurthy, S. & Boyle, G.J. (2012). Descriptors

of Pain Sensation: A Dual Hierarchical Model of Latent Structure. The Journal of Pain, 13, 532-536.

**Fernandez, E**., Krusz, J.C., & Hall, S. (2011). Parsimonious collection of pain descriptors:

Classification and calibration by pain patients. The Journal of Pain, 12, 444-450.

Fernandez, E. & Wasan, A. (2010). The anger of pain sufferers: Attributions to agents and

appraisals of wrongdoing. In M. Potegal, G. Stemmler, & C. Spielberger (Eds.). The International Handbook of Anger: Constituent and Concomitant Biological, Psychological, and Social Processes (pp. 449-464). New York: Springer.

Fernandez, E. (2010). Toward an integrative psychotherapy for maladaptive anger. In M.

Potegal, G. Stemmler, & C. Spielberger (Eds.). The International Handbook of Anger: Constituent and Concomitant Biological, Psychological, and Social Processes (pp.499-514). New York: Springer.

Fernandez, E., & Scott, S. (2009). Anger treatment in chemically-dependent inpatients:

Evaluation of phase effects and gender. Behavioural and Cognitive Psychotherapy, 37, 431-447.

Fernandez, E. & Kerns, R.D. (2008). Anxiety, depression, and anger: The core of negative

affect in medical populations. In G. J Boyle, G. Matthews & D. Saklofske (Eds.). International Handbook of Personality Theory and Testing: Vol. 1: Personality Theories and Models (pp. 659-676). London: Sage Publications.

Fernandez, E. (2008). The angry personality: A representation on six dimensions of anger

expression. In G. J Boyle, G. Matthews & D. Saklofske (Eds.). International Handbook of

Personality Theory and Testing: Vol. 2: Personality Measurement and Assessment (pp.402-419). London: Sage Publications.

Wasan, A., **Fernandez, E.**, Jamison, R.N., & Bhattacharya, N. (2007). Association of anxiety

and depression with reported disease severity in patients undergoing evaluation for chronic rhinosinusitis. Annals of Otology, Rhinology, and Laryngology, 116, 491-497.

**Fernandez, E**. (2005). The relationship between anger and pain. Current Pain and Headache

Reports, 9, 101-105.

Boyle, G.J., **Fernandez, E**., & Ortet, G (2003). El cuestionario de dolor de McGill (McGill Pain

Questionnaire--MPQ): consideraciones lingüísticas y estadísticas.  Revista de Psicologia de la Universidad de Chile, 12, 111-119.

**Fernandez, E**. (2003). Anger regulation in adolescence. In T. Gullotta & M. Bloom (Eds.)

Encyclopedia of Primary Prevention and Health Promotion (pp. 195-199). New York:

Kluwer Academic/Plenum Publishers.

**Fernandez, E**. (2003). Anger regulation in childhood. In T. Gullotta & M. Bloom (Eds.)

Encyclopedia of Primary Prevention and Health Promotion (pp.190-195). New York: Kluwer Academic/Plenum Publishers.

Boyle, G.J., Goldman, R., Svoboda, J.S., & **Fernandez, E**. (2002). Male circumcision: Pain,

trauma, and psychosexual sequelae. Journal of Health Psychology, 7, 329-343. [Reprinted

in G.J. Boyle & D.H. Saklofske (2003) Psychology of Individual Differences. London: Sage Publications]

Cipher, D.J., **Fernandez, E.**, & Clifford, P.A. (2002). Coping style influences compliance with

multidisciplinary pain management. Journal of Health Psychology, 7, 665-673.

**Fernandez, E**., & Boyle, G.J. (2002). Affective and evaluative descriptors of pain in the McGill

Pain Questionnaire: Reduction and reorganization. The Journal of Pain, 3, 70-77.

[Reprinted in G.J. Boyle & D.H. Saklofske (2003) Psychology of Individual Differences. London: Sage Publications]

Cipher, D.J., **Fernandez, E**., & Clifford, P.A. (2001). Cost effectiveness and health care

utilization in a multidisciplinary pain center: Comparison of three treatment groups. Journal of Clinical Psychology in Medical Settings, 8, 237-244.

**Fernandez, E**., & Beck, R. (2001). Cognitive-behavioral self-intervention versus self-

monitoring of anger: Effects on anger frequency, duration, and intensity. Behavioural and Cognitive Psychotherapy, 29, 345-356.

**Fernandez, E.**, Clark, T.S., & Rudick-Davis, D. (1999). A framework for conceptualization and

assessment of affective disturbance in pain. In A.R. Block, E.F. Kremer, & E. Fernandez (Eds.), Handbook of Pain Syndromes: Biopsychosocial perspectives (pp. 123-147). Mahwah, NJ: Erlbaum.

Beck, R., & **Fernandez, E.** (1998). Cognitive-behavioral self-regulation of the frequency,

duration, and intensity of anger. Journal of Psychopathology and Behavioral Assessment, 20, 217-229.

Beck, R., & **Fernandez, E.** (1998). Cognitive-Behavioral Therapy in the treatment of anger: A

meta-analysis. Cognitive Therapy and Research, 22, 63-74 [Also abstracted in Evidence-Based Mental Health, 1998, Vol. 1, No. 4, p.105].

**Fernandez, E.** (1998). The psychology of pain control. Texas Psychologist, Fall issue, 19-23.

**Fernandez, E**. (1998). The role of affect in somatoform and factitious disorders. Current

Review of Pain, 2, 109-114.

Skiffington, S., **Fernandez, E.**, & McFarland, K.A. (1998). Towards the validation of multiple

features in the assessment of emotions. European Journal of Psychological Assessment, 14, 202-210.

Cipher, D.J., & **Fernandez, E**. (1997). Expectancy variables predicting the tolerance and

avoidance of pain in chronic pain patients. Behaviour Research and Therapy, 35, 437-444.

Turk, D.C., & **Fernandez, E.** (1997). Cognitive-behavioural management strategies for pain and

suffering. Current Review of Pain, 1, 99-106 [Also abstracted in Current Pain and Headache Reports, Vol. 1, No.2]

**Fernandez, E.**, & Boyle, G.J. (1996). Meta-analytic procedure and interpretation of treatment

outcome and test validity for the practitioner psychologist. In M. Smith & V. Sutherland. International Review of Professional Issues in Selection and Assessment (pp. 109-125). Chichester, UK: John Wiley & Sons.

**Fernandez, E.**, & Sheffield, J. (1996). Relative contributions of life events versus daily hassles

to the frequency and intensity of headaches. Headache, 36, 595-602.

**Fernandez, E.**, & Sheffield, J. (1996). Descriptive features and causal attributions of headache

in an Australian community sample. Headache, 36, 246-250.

Towery, S., & **Fernandez, E.** (1996). Reclassification and rescaling of McGill Pain

Questionnaire verbal descriptors of pain sensation: A replication. The Clinical Journal of Pain, 12, 270-276.

**Fernandez, E.**, & Towery, S. (1996). A parsimonious set of verbal descriptors of pain

sensation derived from the McGill Pain Questionnaire. Pain, 66, 31-37.

Brown, W.L., & **Fernandez, E.** (1995). Relationships between pain and mood state during the

menstrual cycle. In D. Kenny & R.F. Soames Job (Ed.). Australia's Adolescents: A Health Psychology Perspective (pp. 257-261). Armidale, NSW, Australia: University of New England Press.

**Fernandez, E.**, & McDowell, J.J. (1995). Response-reinforcement relationships in chronic pain

syndrome: Applicability of Herrnstein's hyperbola. Behaviour Research and Therapy, 33, 855-863.

**Fernandez, E.**, & Sheffield, J. (1995). Psychosocial stressors predicting headache occurrence:

The major role of minor hassles. Invited paper. Headache Quarterly: Current Treatment and Research, 6, 215-220.

**Fernandez, E.**, & Turk, D.C. (1995). The scope and significance of anger in the experience of

chronic pain, Pain, 61, 165-175.

Turk, D.C., & **Fernandez, E.** (1995). Personality assessment and the Minnesota Multiphasic

Personality Inventory in chronic pain. The Pain Forum, 4, 104-107.

**Fernandez, E.**, & Milburn, T.E. (1994). Sensory and affective predictors of overall pain, and

emotions associated with affective pain, The Clinical Journal of Pain, 10, 3-9. [Also published as abstract in Multidisciplinary Pain Abstracts, 1994, 4, issue 4, p.325].

**Fernandez, E.**, & Turk, D.C. (1994). Demand characteristics underlying differential ratings of

sensory versus affective components of pain, Journal of Behavioral Medicine, 17, 375-390.

**Fernandez, E.**, & Llamas, M. (1993). EMG alone and in combination with posture feedback: A

comparative treatment study in a case of torticollis. Behaviour Change, 10, 32-38.

**Fernandez, E.**, & Turk, D.C. (1993). Anger in chronic pain patients: A neglected target of

attention. American Pain Society Bulletin, 3 (4), 5-7.

**Fernandez, E.**, Semple, C., Lakshminarasimhan, V., & McDowell, J.J. (1992). A "C" program

to fit Herrnstein's hyperbola using Wilkinson's method. Behavior Research Methods, Instruments, & Computers, 24, 581.

**Fernandez, E.**, & Turk, D. C. (1992). Sensory and affective components of pain: Separation

and synthesis. Psychological Bulletin, 112, 205-217. [Reprinted in G.J. Boyle & D.H. Saklofske (2003) Psychology of Individual Differences. London: Sage Publications]

**Fernandez, E.**, Nygren, T. E., & Thorn, B. E. (1991). An open-transformed scale for correcting

ceiling effects and enhancing retest reliability: The example of pain. Perception and Psychophysics, 49, 572-578.

Turk, D. C. & **Fernandez, E.** (1991). Pain and cancer: A cognitive-behavioral perspective. In

M. Watson (Ed.), Cancer patient care: Psychosocial treatment methods (pp. 15-44). Cambridge: Cambridge University Press.

**Fernandez, E.** (1990). Artifact in pain ratings, its implications for test-retest reliability, and

correction by a new scaling procedure. Journal of Psychopathology and Behavioral Assessment, 12, 1-15.

Turk, D. C. & **Fernandez, E.** (1990). On the putative uniqueness of cancer pain: Do

psychological principles apply? Behaviour Research and Therapy, 28, 1-13. [Also published as abstract in Psychiatry/Neurology Digest, 1992, and reprinted in S. Rachman (Ed.) (1997) Best of behaviour research and therapy (pp.157-169). New York: Pergamon/Elsevier Science Inc.].

**Fernandez, E.** (1989). Primary emotions in the affective contribution to chronic pain. (Doctoral

Dissertation, The Ohio State University, 1989). Dissertation Abstracts International, 50, B-5313. (Also on University Microfilms International).

**Fernandez, E.**, & Turk, D. C. (1989).The utility of cognitive coping strategies for altering pain

perception: A meta-analysis. Pain, 38, 123-135. [Also published as abstract in Behavioral Medicine Abstracts]

**Fernandez, E.** (1986). A classification system of cognitive coping strategies for pain. Pain, 26,

141-151.

**Fernandez, E.** (1985). A new taxonomy of cognitive strategies for the management of pain.

Resources in Education, 20 (8), ED 254 759.

### Books

Day, A & **Fernandez, E.** (2015). Preventing Violence in Australia: Policy, Practice, and

Solutions. Leichhardt, NSW, Australia: The Federation Press. [Reviewed in Crime

Prevention and Community Safety, 2015, 291-292; Prison Service Journal, September 2016, issue 227, pp. 49-51]

**Fernandez, E.** (Ed.) (2013). Treatments for Anger in Specific Populations: Theory,

Application, and Outcome. New York: Oxford University Press. [Reviewed in PsycCritiques, 2014, *59*(19) doi:http://dx.doi.org/10.1037/a0036452; The Journal of Clinical Psychiatry, 2014;75(11):e1331 doi:10.4088/JCP.14bk09223; Clinical Psychology Forum, 2019: 321, p. 47]

**Fernandez, E.** (2002). Anxiety, Depression, and Anger in Pain: Research Findings and Clinical

Options. Dallas, TX: Advanced Psychological Resources, Inc. [Reviewed in American Pain Society Bulletin, 2003, July/August p.15; Journal of Health Psychology, 2003, 8 (4), 477-478; Clinical Journal of Pain, 2005, 21, 458-459]

Block, A.R., Kremer, E.F., & **Fernandez, E.** (Eds.), (1999). Handbook of Pain Syndromes:

Biopsychosocial Perspectives. Mahwah, NJ: Lawrence Erlbaum.

*Copyrighted Psychological Tests*

**Fernandez, E.** (2001). The Pain Descriptor System. Registration Txu 994-931. Washington,

D.C.: U.S. Library of Congress.

**Fernandez, E.** (2001). The Anger Parameters and Expressions Scales. Registration TXu 992-

146. Washington, D.C.: U.S. Library of Congress.

**Fernandez, E.** (2001). The Core of Negative Affect. Registration TXu 994-932.

Washington,D.C.: U.S. Library of Congress.

*Book Reviews*

**Fernandez, E.** (1997). A review of M.E. Hunter, Making Peace with Chronic Pain: A Whole-

Life Perspective. Behaviour Research and Therapy, 35, 883

**Fernandez, E.** (1997). A review of C. Philips & S. Rachman, The psychological management

of chronic pain: Treatment manual and patient manual. Behaviour Research and Therapy, 35, 485.

**Fernandez, E.** (1996). A review of B. Bromm & J.E. Desmedt (Eds.), Pain and the Brain: From

Nociception to Cognition. Advances in Pain Research and Therapy Vol. 22. Behaviour Research and Therapy, 34, 846.

**Fernandez, E.** (1995). A review of H.B. Gibson, Psychology, Pain and Anaesthesia. Behaviour

Research and Therapy, 33, 357.

*Test Reviews*

**Fernandez, E.** (2006). McGill Pain Questionnaire: Pros and Cons. In R. J. Gatchel (Ed.),

Compendium of Outcomes Instruments For Assessment and Research of Spinal Disorders, 2nd edition (pp. 47-48). LaGrange, Illinois: North American Spine Society.

**Fernandez, E.** (2006). Multidimensional Affect and Pain Survey: Pros and Cons. In R. J.

Gatchel (Ed.), Compendium of Outcomes Instruments For Assessment and Research of Spinal Disorders, 2nd edition (pp. 52-54). LaGrange, Illinois: North American Spine Society.

**Fernandez, E.** (2003). Review of the Substance Abuse Subtle Screening Inventory-3. In B.S.

Plake & R. A. Spies (Eds.), The 15th Mental Measurements Yearbook (pp. 914-915). Lincoln, NE: Buros Institute of Mental Measurements.

**Fernandez, E.** (2001). Review of the McGill Pain Questionnaire. In B.S. Plake & J.C. Impara

(Eds.), The 14th Mental Measurements Yearbook (pp.735-737). Lincoln, NE: Buros Institute of Mental Measurements.

**Fernandez, E.** (2001). Review of the Trauma Symptom Inventory. In B.S. Plake & J.C. Impara

(Eds.), The 14th Mental Measurements Yearbook (pp.1289-1290). Lincoln, NE: Buros Institute of Mental Measurements.

**Fernandez, E.** (2001). Review of the Battery for Health Improvement. In B.S. Plake & J.C.

Impara (Eds.), The 14th Mental Measurements Yearbook (pp.119-121). Lincoln, NE: Buros Institute of Mental Measurements.

**Fernandez, E.** (1998). Review of the Hamilton Depression Inventory. In J.C. Impara & B.S.

Plake (Eds.), The 13th Mental Measurements Yearbook (pp.476-477). Lincoln, NE: Buros Institute of Mental Measurements.

**Fernandez, E**. (1998). Review of the Beck Hopelessness Scale [Revised]. In J.C. Impara & B.S.

Plake (Eds.), The 13th Mental Measurements Yearbook (pp.123-125). Lincoln, NE: Buros Institute of Mental Measurements.

# *Invited Talks*

Fernandez, E. (December, 2016). Maladaptive anger: A typology and implications for

cardiovascular health. Mental Health Professionals Network, Victorian Psycho-Cardiology Network Meeting, Australian Centre for Heart Health, Carlton, Victoria, Australia.

Fernandez, E. (2014, October). *Anger management and mismanagement*. Psychology

Department, University of North Texas, San Antonio.

Fernandez, E. (2014, April). Trends in anger treatments and links to affective science. Institute

of Personality and Social Research, University of California, Berkeley.

Fernandez, E. (2013, October). *Anger management and mismanagement*. Psychology

Department, Trinity University, San Antonio.

Fernandez, E. (2012). *Ways of enhancing and integrating psychotherapeutic techniques: The*

*case of anger*. Psychologisches Institut – Klinische Psychologie (Psychotherapie

affektiver Störungen,Universität Zürich, Switzerland.

Fernandez, E. (2011). *What can language tell us about the sensory qualities and suffering of*

*pain?* Seminar at Pain Management Research Institute, University of Sydney.

Fernandez, E. (2011). *Pain: What I sense and how I feel and methods of separating the two*.

Department of Psychology, Seminar in Psychological Methods, Universitait Van Amsterdam.

Fernandez, E. (2011). *An update on lexical approaches to the assessment of pain*.

Multidisciplinary Pain Research Day, School of Medicine & Public Health, The University of Wisconsin, Madison.

Fernandez, E. (2011). *Two twins and a cousin: Negative affect in pain and medical populations*.

Psychology Department, Australian National University, Canberra.

Fernandez, E. (2010). *Qualitative and quantitative measures of pain descriptors*. School of

Medicine, University of Western Sydney, Sydney.

Fernandez, E. (2009). *Pain Assessment: Can we bridge paradigms from lexical semantics and*

*psychometrics?* International Computer Science Institute, Berkeley, California.

Fernandez, E. (2008). *Is there order and function in the English lexicon of pain?* School of

Language Studies, College of Arts & Sciences, Australian National University, Canberra.

Fernandez, E. (2008). *Emotional vital signs: Potential health disparities?* SALSI Health

Disparities Research Forum, University of Texas Health Sciences Center, San Antonio.

Fernandez, E. (2008). *Static and dynamic relationships between depression and pain*. Centre

for Mental Health Research, College of Medicine & Health Sciences, Australian National University, Canberra.

Fernandez, E. (2007). *The stubbed toe, the failed back, and other elicitors of anger in the*

*context of pain*. Swiss Center for Affective Sciences, University of Geneva, Switzerland.

Fernandez, E. (2007). *Anxiety, depression, and anger in medical patients.* PSYWEST Clinic

and The University of Western Sydney Psychology Colloquium Series, Sydney, Australia.

Fernandez, E. (2005). *Anxiety, depression, and anger as the core of negative affect in pain.*

The Eleventh World Congress on Pain, Sydney, Australia.

Fernandez, (2002). *Models of dynamic interaction in psychosomatics*. The University of New

South Wales Department of Psychology, Sydney, Australia.

Fernandez, E. (2001). *Anger and the affective core of chronic pain*. The University of

Melbourne Department of Psychology, Melbourne, Australia.

Fernandez, E. (2001). *Integrative psychotherapy as applied to the regulation of anger*. Escuela

de Psicología, Universidad de Santiago de Chile, Santiago Chile.

Fernandez, E. (1999). *Addressing the emotional functioning of pain patients*. Second Annual

Update in Pain Management, The University of Texas Southwestern Medical Center, Dallas.

Fernandez, E. (1999). *A culture-sensitive cognitive-behavioral approach to anger and*

*frustration in pain sufferers*. Christian Medical College, Vellore, India.

Fernandez, E. (1998). *Pain, anger, and emotional distress*. Klinik fur Kaufunktionsstorungen

und Totalprothetik, University of Zurich, Switzerland.

Fernandez, E. (1997). *The psychology of affect and its relevance to physical symptoms*.

Symposium on Negative Affect, Arousal, and Emotions Intrinsic to Pain, 16th Annual Scientific Meeting of the American Pain Society, New Orleans.

Fernandez, E. (1997). *The role of anger in pain and suffering*. Greenslopes Private Hospital,

Brisbane, Australia.

Fernandez, E. (1997). *The role of anger in pain and suffering*. John Flynn Hospital, Gold

Coast, Australia.

Fernandez, E. (1997) *Anger: A neglected part of the affective core of chronic pain*. Sixth

Scientific Meeting of the Austrian Pain Society, Vienna.

Fernandez, E. (1997). *Affective distress in pain sufferers: Focus on anger*. Institute for Spine

and Biomedical Research Neuroscience Conference, Dallas, Texas.

Fernandez, E. (1996). *Psychophysical measurement of acute pain*. Multidisciplinary Pain

Clinic, The University of Washington, Seattle.

Fernandez, E. (1996). *Pain assessment*. Macquarie University, Sydney, Australia.

Fernandez, E. (1996). *Health and Illness Behaviors: A Relativistic View*. Ohio University,

Athens, Ohio.

Fernandez, E. (1994). *Applied behavior analysis of pain*. Baylor University Medical Center

Second Annual Pain Symposium, Dallas, Texas.

Fernandez, E. (1994). *Pain and anger*. Department of Veterans Affairs Medical Center:

Psychology Service, Dallas, Texas.

Fernandez, E. (1993). *Some ecological considerations in chronic pain behavior*. Seventh

Annual Miniconference of Metroplex Social Psychologists, Texas Christian University, Dallas, Texas.

Fernandez, E. (1993). *Ceiling effects in visual analogue scale ratings of pain*. Seminar on

Methodological Problems in Experimental Pain Research in Humans, Seventh World Congress on Pain, Paris, France.

Fernandez, E. (1993). *Cognitive-behavioral management of pain: Implications for treatment*

*outcome research in psychology*. Bond University, Gold Coast, Australia.

Fernandez, E. (1991). *The emotional concomitants of pain*. The Des O'Rourke Lecture Series.

Toowoomba Base Hospital, Queensland, Australia.

Fernandez, E. (1990). *Cognitive behaviour therapy for pain*. The Behaviour Therapy Update,

Noosa Heads, Queensland, Australia.

*Workshops & Symposia*

“Emotions and Strategy: A Multidisciplinary Conversation”. Invited participant in online workshop hosted by Professors Roger Petersen, Yoni Shimshoni & Ariel Levite, Massachusetts Institute of Technology, May 20 2020.

“Anger in Men and Women: Idiographic Assessment, Diagnosis, and Treatment”. CE Workshop presented at the 127th Annual Convention of the American Psychological Association, Chicago, August 11th 2019.

“Dysfunctional Anger in Men and Women: Assessment and Treatment”. CE Workshop presented at the 126th Annual Convention of the American Psychological Association, San Francisco, August 10th 2018.

“Anger Modification: Cognitive, Behavioural, and Affective Approaches”. Workshop presented at the British Columbia Psychological Association, Vancouver, Canada, April 13th 2018.

Day, A., & Fernandez, E. “Thinking about anger”. Workshop presented at Ferdy’s Haven, Palm Island, Australia, December 17th 2017.

“Understanding, Assessing, and Treating Dysfunctional Anger”. CE Workshop presented at the 125th Annual Convention of the American Psychological Association, Washington, DC, August 5th 2017.

“Developments in the Assessment & Treatment of Dysfunctional Anger”. CE Workshop presented at the conference of the 124th Annual Convention of the American Psychological Association, Denver, CO, August 7th 2016.

“Anger: Gold Standards in Research to Best Practices in the Real World”. Symposium organized for the Association For Psychological Science Annual Convention, New York, May 24th 2015**.**

“Anger Dysfunction, Assessment Milestones, and Treatment Approaches”. CE Workshop presented at the 122nd Annual Convention of the American Psychological Association, Washington, DC, August 7th 2014.

“Violence in Australia: Perspectives, Policies, and Solutions”. Roundtable Conference co-chaired with Andrew Day at Deakin University, Melbourne, Australia, July 1st, 2014.

“Treatment Approaches to Dysfunctional Anger”. Workshop presented at the University of California, Berkeley, Extension, April 19th 2014.

“Anger Dysfunction, Assessment Milestones, and Treatment Approaches”. CE Workshop presented at the 121st Annual Convention of the American Psychological Association, Honolulu, HI, August 2nd 2013.

“Developments in Assessment and Treatment of Anger”. Workshop presented at the Australian Centre for Posttraumatic Mental Health, The University of Melbourne Dept. of Psychiatry, Melbourne, Australia, July 2012.

“Enhanced and Integrated Psychological Techniques For Regulating Anger”. Workshop presented at the Annual Conference of the New Zealand Psychological Society, Rotorua, July, 2010.

“Problems in Pain Assessment and Solutions From Psychology”. Symposium chaired at the Association For Psychological Science Annual Convention, Boston, May 2010**.**

“Integrative Psychotherapy for Anger: Theory and Application”. Workshop presented at the Australian Psychological Society, College of Forensic Psychologists SA Section: Professional Development Seminar Series, Adelaide, Australia, July 2009.

“CBAT: An Innovative and Integrative Approach to Psychotherapy”. Workshop presented at the Hawaii International Conference on Social Sciences, Honolulu, June 2005.

“Current Clinical and Methodological Issues in Psychotherapy for Anger”. Workshop conducted at the Society for Psychotherapy Research, Lausanne, Switzerland, March 2005.

“Dynamic Interactions between Pain and Affect: Implications for Clinical Practice”. Workshop conducted at the 17th World Congress on Psychosomatic Medicine, Waikoloa, Hawaii, August 25 2003.

“Do Benefits of Opioids Outweigh Risks for Treatment of Chronic Pain?”. Debate moderator, 17th World Congress on Psychosomatic Medicine, Waikoloa, Hawaii, August 25 2003.

"Sequential Integration of Cognitive-Behavioral and Experiential Techniques for Regulating Anger". Workshop conducted at the Annual Conference of the Society for the Exploration of Psychotherapy Integration, Santiago, Chile, June 15 2001.

"Negative Affect, Arousal, and Emotions Intrinsic to Pain". Symposium chaired at the 16th Annual Scientific Meeting of the American Pain Society, New Orleans, October, 1997.

"Pain, Anger, and Negative Emotions". Symposium chaired at the 15th Annual Scientific Meeting of the American Pain Society, Washington, D.C., November, 1996.

"Anger Expression and Control". Invited workshop conducted at Southern Methodist University School of Continuing Education, March-April 1996.

"Emotional Suffering of Physical Pain: A Cognitive-Behavioral Analysis". Invited workshop conducted at the 18th National Conference of the Australian Behaviour Modification Association, Melbourne, July 1-5, 1995.

"The Affective Component of Pain: From Experimental to Clinical Applications". Workshop conducted at the 23rd International Congress of Applied Psychology, Madrid, Spain, July 17-22, 1994.

"Predicting Treatment Outcome in Chronic Pain Management Programs". Invited workshop conducted at the Second National Rehabilitation Conference, Sydney, May 12-14 1993.

"Psychological Remediation of Pain and Suffering". Invited workshop conducted at the First Asian Conference in Psychology, Singapore, October 28-30 1992.

"Pain and Behavioral Medicine". Symposium chaired at the Fourth World Congress of Behavior Therapy, July 4-8 1992, Queensland, Australia.

"Emotions". Continuing Education Workshop, The University of Queensland, April 11 1992.

"The Psychology of Pain". Workshop at The University of Western Australia Extension Service, June 15-July 20, 1982.

## Editorial Board

Aggression and Violent Behavior (2021-present)

Journal of Pain (2015-present)

Headache (1997-2001)

Annals of Behavioral Medicine (1996-1997)

North American Spine Society -- Outcomes Compendium Task Force (2003 – 2006)

*Awards/Recognition*

2021: Howe Award for Service to Undergraduate Students

2018 (October): The Journal of Pain: Elsevier Certificate of Outstanding Contribution in

Reviewing

2017 (Nov 17): UTSA Honors Alliance award for “excellence in promoting academic integrity,

intelligent living, and meaningful learning”

2016: Development Leave Award for Fall 2016

2011: UTSA Finalist for summer stipend application to National Endowment for the Humanities

2009: Development Leave Award for Fall 2009

2009: Psychology Dept. Finalist/Nominee for President’s Achievement Award in Research

2005: SMU Rotunda Outstanding Professor Award

2004: SMU Psychology Dept. Award for Excellence in Undergraduate Teaching

2002, 2003, 2004: HOPE (Honoring Our Professors’ Excellence) Recognition, SMU

2003: Honorary Faculty Member, Golden Key International Honor Society

2001: Teaching Fellowship, Maguire Center for Ethics & Public Responsibility, SMU

2000: SMU Dedman College Special Research sabbatical

1996: Southern Methodist University Dedman College Research Fellowship for Fall Semester

1993: Special Studies Program, University of Queensland, for six months' sabbatical at Pain Evaluation & Treatment Institute, University of Pittsburgh School of Medicine

1985: State of Ohio Traineeship for predoctoral clinical training, Ohio State University

1984: Graduate Research Award, Miami University -- for thesis research at Yale University

1984: Graduate Student Achievement Award, Miami University -- for paper presentation at Midwestern Psychological Association

1981: Postgraduate Research Award from University of Western Australia for graduate study in Psychology

1978-79: Tertiary Education Award, Education Dept. of Western Australia for Honours Program

in Psychology, University of Western Australia.

*Grants Completed*

Fernandez, E., (p.i.) Shattuck, E., Wu, W., & Sunil, T. Alleviating pain and opioid dependence

through anger management: A pilot study. Grants for Research Advancement and Transformation (GREAT) Program, UTSA, $20,000, 2019-2020.

Fernandez, E. (p.i.) Cognitive Behavioral Affective Therapy (CBAT) for maladaptive anger in

cardiovascular disease. San Antonio Life Sciences Institute, $25,000, 2020-2021.

Johnson, S.L., (p.i.), Carver, C., (co-I) & Fernandez, E. (co-I). Aggression in the context of

impulsive responses to emotion: Testing an intervention. Guggenheim Foundation, $80,000, 2016 -2017.

Fernandez, E. (p.i.). Parameters and Expressions of Anger. International Initiatives Grant,

UTSA, $2500, 2013.

Fernandez, E. (principal investigator). “Psychometric properties and diagnostic utility of the

Pain Descriptor System”. National Institutes of Health, R21NR009665 grant, $309,278 (direct costs), 2007-2011.

Fernandez, E. (principal investigator). “CBAT: An integrative program for regulating anger”.

University Research Council grant: $6000, 2004-2006.

Fernandez, E. (principal investigator). "Confirmation and cross-validation of a parsimonious

subset of verbal descriptors of pain from the McGill Pain Questionnaire". R. W. Johnson Pharmaceutical Research Institute: $50,000, 1999-2003.

Fernandez, E. (principal investigator). "Cost effectiveness of multidisciplinary pain

management". SMU URC Grant: $3,000, 1998-1999.

Fernandez, E. (principal investigator). "Self-disclosure versus support for pain and suffering".

National Institutes of Health: $35,818, 1995-1997.

Fernandez, E. (principal investigator). "National survey of objects and issues of anger in a

chronic pain. population". SMU URC Grant: $2,000, 1994-1995.

Fernandez, E. (principal investigator). "Measurement of pain and pain relief: extensions from

the laboratory to clinical contexts". The University of Queensland Special Project Grant, $10,000, 1992-1993.

Fernandez, E. (principal investigator). "The Matching Law as a model for the description and

modification of chronic pain behaviour". The University of Queensland New Staff Research Grant, $15,000, 1992-1993.

Fernandez, E. (principal investigator). "Psychophysical scaling of menstrual pain and its

response to analgesics". Sterling Pharmaceuticals Pty Ltd.: $13,000, 1991-1993

Fernandez, E. (principal investigator). "Psychophysical scaling of pain and analgesia: clinical

applications". The Boots Pharmaceutical Company Pty. Ltd.: $3,000, 1991-1993.

Fernandez, E. (principal investigator). "Pain and emotional distress: Issues of primacy and

modifiability". The University of Queensland Psychology Department Research Grant: $2,000, 1990-1991.

*Teaching Experience*

University of Texas at San Antonio (2006-present)

PSYC 7113: Advanced Topics in Clinical Psychology

PSYC 5113: Professional Ethics & Standards

PSYC 5313: Seminar in Psychopathology

PSYC 5363: Seminar in Health Psychology

PSYC 3543: Introduction to Clinical Psychology

PSYC 4253: Psychology of Health

PSYC 2513: Abnormal Psychology

Southern Methodist University (1993-2006):

PSYC 3380: Health Psychology; PSYC 5356: Introduction to Clinical Psychology; PSYC 6352: Counseling II: Group Therapy; SOSC 6322/BHSC 6322: Mind, Body & Health; PSYC 5383: Behavioral Medicine Techniques; PSYC 5362/PSYC 5387: Emotions: Psychological & Interdisciplinary Perspectives; PSYC 6360 Ethics in Psychological Science & Practice.

University of California, Berkeley (Summer 2016, 2018, 2019, 2020):

PSYCH N139 (Case Studies in Clinical Psychology)

PSYCH N135 (Treatment of Mental Illness)

PSYCH 137 (Mind-Body & Health)

University of Texas Southwestern Medical Center (2002 - 2005):

PSYC 5356: Doctoral course on Adult Psychopathology (Fall 2002); guest lectures in Health Psychology.

University of Queensland (1990-1993):

Lectured in team-taught courses: PY 809 (Behavior Analysis & Therapy), PY 466 (Special Topics in Clinical Psychology), PY 443 (Behavioral Therapies), PY 335 (Psychopathology), PY 269 (Human Associative Learning), PY 262 (Personality & Individual Differences), and PY 101 (Intro to Psychology).