

Curriculum Vitae
Neill Watson

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Contact Information:

Department of Psychology, College of William and Mary, Williamsburg, VA 23187-8795.

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Education:

1976, Ph.D. in Clinical Psychology and Public Practice, Harvard University.

1969, B.A. in Psychology, Yale University, Summa cum laude, Phi Beta Kappa, Honors with Exceptional Distinction in Psychology.

Academic Appointments:

2006-date, Research Professor and Professor Emeritus of Psychology, College of William and Mary, Williamsburg, VA.

2004-06, Professor of Psychology, College of William and Mary, Williamsburg, VA.

1982-2004, Associate Professor of Psychology, College of William and Mary, Williamsburg, VA.

1976-82, Assistant Professor of Psychology, College of William and Mary, Williamsburg, VA.

1974-75, Teaching Fellow, Harvard University, Cambridge, MA.

Administrative Experience:

1978-97, 1999-2005, Director of Clinical Training, College of William and Mary; Council of Directors of the Virginia Consortium Program in Clinical Psychology: College of William and Mary, Eastern Virginia Medical School, Norfolk State University, and Old Dominion University.

1988-97, 1999-2004, Chair, Council of Directors of the Virginia Consortium Program in Clinical Psychology: College of William and Mary, Eastern Virginia Medical School, Norfolk State University, and Old Dominion University.

1971-72, Consultant, Massachusetts Department of Mental Health; planning and implementation of the Robert W. White School for Disturbed and Delinquent Adolescents, Erich Lindemann Mental Health Center, Boston, MA.

Clinical Experience:

1980-2009 (retired), Licensed Clinical Psychologist (No. 0107000916), Commonwealth of Virginia.

1992-96, 1999-2006, Adjunct Senior Staff Psychologist, Counseling Center, College of William and Mary, Williamsburg, VA.

1985-92, Clinical Psychologist, Family Living Institute, Williamsburg, VA.

1987-90, Clinical Supervisor, Eastern State Hospital, Williamsburg, VA.

1983-85, Primary therapist and consultant, Family Therapy Project, Williamsburg - James City County Public Schools.

1976-84, Clinical Psychologist, Center for Psychological Services, College of William and Mary, Williamsburg, VA.

1974-76, NIMH Trainee, Program in Clinical Psychology and Public Practice and Cambridgeport Problem Center, Harvard University, Cambridge, MA.

1972-73, Psychology Intern, Robert W. White School for Disturbed and Delinquent Adolescents and Chelsea-Revere Clinic, Erich Lindemann Mental Health Center, Boston, MA.

1970-72, USPHS Trainee, Massachusetts General Hospital and Fernald State School for the Retarded, Waltham, MA.

1969-70, Psychology Assistant, Psycho-Educational Clinic, Yale University, New Haven, CT.

Selected Professional Activities:

2003-date, The Corporation of Haverford College.

2006-2010, Scientific Committee, World Association for Person-Centered and Process-Experiential Psychotherapy and Counseling conference 2010.

2008, Reviewer for *Journal of Personality*.

2008, Reviewer for Social Sciences and Humanities Research Council of Canada.

2008, Moderator of panel, *Therapy for depression: Person-centered and process-experiential/emotion-focused research*, annual meeting of the Society for Psychotherapy Research, Barcelona, Spain.

2007, Moderator of panel, *Process and Outcome Measures for Person-Centered and Emotion-Focused Therapies*, annual meeting of the Society for Psychotherapy Research, Madison, WI.

1996-2005, Accreditation Site Visitor Pool, American Psychological Association.

1998-2004, Consulting Editor, *The Person-Centered Journal*.

1982-1997, 1999-2004, Consultant, Psychology Service of the U.S. Veterans Affairs Medical Center, Hampton, VA.

2000-03, Chair of Symposia, *Client-Centered Therapy and the Person-Centered Approach: Current Theory, Practice, and Research*, annual meetings of the Eastern Psychological Association, Washington, DC, Baltimore, MD, and Boston, MA.

Professional Affiliations:

Fellow, American Association of Applied and Preventive Psychology.
Society for Psychotherapy Research.
World Association for Person-Centered and Process-Experiential Psychotherapy and Counseling.

Grants and Contracts:

2005-06, Training contract for advanced student in Psy.D. Program, Colonial Community Services Board, Williamsburg, VA, \$6,000.

2005-06, Training contract for advanced student in Psy.D. Program, Family Preservation Services, Hampton, VA, \$7,000.

2001-02, Training contract for advanced student in Psy.D. Program, Middle Peninsula - Northern Neck Community Services Board, Gloucester, VA, \$6,000.

2000-02, Training contract for advanced students in Psy.D. Program, Eastern State Hospital, Williamsburg, VA, \$12,000.

1996-97, Training contract for advanced student in Psy.D. Program, Family Services of Tidewater, Norfolk and Virginia Beach, VA, \$4,000.

1994-95, Training contract for advanced student in Psy.D. Program, Central State Hospital, Petersburg, VA, \$8,000.

1992-93, 1994-95, Training contracts for advanced student in Psy.D. Program, Eastern State Hospital, Williamsburg, VA, \$11,500.

1981-94, Training grants for minority students in clinical psychology, Patricia Roberts Harris Program and Graduate and Professional Opportunities Program, U.S. Dept. of Education, \$247,800.

1983-92, Training contracts for advanced students in Psy.D. program, Williamsburg-James City County Schools, \$49,500.

Edited Volume:

Caddy, G. R., Rimm, D. C., Watson, N., & Johnson, J. H. (Eds.). (1982). *Rutgers professional psychology review: Vol. 1. Educating professional psychologists*. New Brunswick, NJ: Transaction Books.

Journal Articles and Book Chapters:

* Indicates graduate student. ** Indicates undergraduate student.

Watson, N., Bryan, B. C.*, & Thrash, T. M. (in press). Self-discrepancy: Comparisons of the psychometric properties of three instruments. *Psychological Assessment*.

Watson, J. C., & Watson, N. (2010). Operationalizing incongruence: Measures of self-discrepancy and affect regulation. In M. Cooper, J. C. Watson, & D. Hölldampf (Eds.), *Person-centered and experiential therapies work: A review of the research on counseling, psychotherapy, and related practices* (pp. 164-187).

Ross-on-Wye, England: PCCS Books.

- Calogero, R. M.*, & Watson, N. (2009). Self-discrepancy and chronic social self-consciousness: Unique and interactive effects of gender and real-ought Discrepancy. *Personality and Individual Differences*.
- Weiss, P. A.**, Watson, N., & Mcguire, H. (2003). Smoking and self-concept in young adults: An idiographic method of measurement. *Journal of Constructivist Psychology*, 16, 323-334.
- Watson, N. (2002). La ricerca nella teoria della psicoterapia di Rogers e la sua importanza nella progettazione delle ricerche sui risultati della psicoterapia (Research on Rogers's theory of psychotherapy: Its importance in designing psychotherapy outcome research). *Da Persona a Persona: Rivista di Studi Rogersiani (Person to Person: Rogerian Studies Journal)*, November, 171-179.
- Allen-Eckert, H.*, Fong, E.*, Nichols, M. P., Watson, N., & Liddle, H. (2001). Development of the Family Therapy Enactment Rating Scale. *Family Process*, 40, 469-478.
- Watson, N., & Watts, R. H., Jr.** (2001). The predictive strength of personal constructs versus conventional constructs: Self-Image disparity and neuroticism. *Journal of Personality*, 69, 121-145.
- Watson, N., & Welch-Ross, M. K.* (2000). Measuring phenomenal accuracy: An empirical evaluation of a phenomenological method. *Journal of Constructivist Psychology*, 13, 181-198.
- Harcum, E. R., Burijon, B. N.**, & Watson, N. (1989). Need for a theoretical justification of humanistic commitment components in behavior therapy. *Psychological Record*, 39, 493-500.
- Harcum, E. R., Burijon, B. N.**, & Watson, N. (1988). Client responsibility in the practitioners' operational definition of behavior therapy. *Journal of Human Behavior and Learning*, 5(2), 12-16.
- Giannetti, R. A., & Watson, N. (1987). A strategy for deriving curriculum objectives from an analysis of clinical psychology practice functions. In E. F. Bourg, R. J. Bent, J. E. Callan, N. F. Jones, J. McHolland, & G. Stricker (Eds.), *Standards and evaluation in the education and training of professional psychologists* (pp. 81-85). Norman, OK: Transcript Press.
- Watson, N. (1984). The empirical status of Rogers's hypotheses of the necessary and sufficient conditions of effective psychotherapy. In R. F. Levant & J. M. Shlien (Eds.), *Client-centered therapy and the person-centered approach: New directions in theory, research and practice* (pp. 17-40). New York: Praeger.
- Watson, N., Harris, W. G., Johnson, J. H., & LaBeck, L. (1983). MMPI clinical and content norms for a mixed psychiatric adolescent population. *Journal of Clinical Psychology*, 39, 696-709.
- Watson, N. (1982). Issues and resolutions of the Virginia Beach Conference and current developments. In D. R. Peterson, G. R. Caddy, D. C. Rimm, N. Watson, & J. H. Johnson (Eds.), *Rutgers professional psychology review: Vol. 1. Educating professional psychologists* (pp. 163-179). New Brunswick, NJ: Transaction Books.
- Johnson, J. H., Caddy, G. R., Rimm, D. C., Watson, N., Saafir, R., Wilkins, W. W., Giannetti, R., & Kannarkat, J. (1982). Development and operation of a consortial model for professional education in clinical psychology. In D. R. Peterson, G. R. Caddy, D. C. Rimm, N. Watson, & J. H. Johnson (Eds.), *Rutgers professional psychology review: Vol. 1. Educating professional psychologists* (pp. 143-160). New Brunswick, NJ: Transaction Books.

Watson, N., Caddy, G. R., Johnson, J. H., & Rimm, D. C. (1981). Standards in the education of professional psychologists. *American Psychologist*, 36, 514-519.

Watson, N. (1979). The mental health practitioner of the future. In T. A. Williams & J. H. Johnson (Eds.), *Mental health in the twenty-first century* (pp. 109-117). Lexington, MA: D. C. Heath.

Zigler, E., Balla, D., & Watson, N. (1972). Developmental and experiential determinants of self-image disparity in institutionalized and noninstitutionalized retarded and normal children. *Journal of Personality and Social Psychology*, 23, 81-87.

Book Review:

Watson, N. (1993). The individual in the system [Review of the book *Existential/dialectical marital therapy: Breaking the secret code of marriage*]. *Contemporary Psychology*, 38, 791.

Conference Presentations:

* Indicates graduate student. ** Indicates undergraduate student.

Watson, N., & Bryan, B. C. (2010, June). *Relations of self-discrepancies to anxiety and depression in change in psychotherapy*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Pacific Grove, CA.

Bryan, B. C.*, Watson, N., Babel, K. S.*, & Thrash, T. M. (2008, June). *Relations of self-discrepancies to anxiety and depression: Tests of Rogers's and Higgins's theories*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Barcelona, Spain.

Bryan, B. C.*, Watson, N., & Thrash, T. M. (2007, June). *Comparisons of psychometric properties of multiple measures of self-discrepancies, anxiety, and depression: Applications of confirmatory factor analysis*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, WI.

Watson, N., Elliott, K. L.*, & Bryan, B. C.* (2006, June). *The relations of self-discrepancies to depression and anxiety as psychotherapy change measures: Interim Results*. Paper presented at the meeting of the Society for Psychotherapy Research, Edinburgh, Scotland, UK.

Bryan, B. C.*, Watson, N., Babel, K. S.*, & Thrash, T. M. (2006, June). *Three methods for measuring real-ideal and real-ought self-discrepancies: Test-retest reliability, convergent and discriminant validities, and criterion-related validity*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Edinburgh, Scotland, UK.

Babel, K. S.*, & Watson, N. (2005, August). *Outcome measures for humanistic therapies: Psychometric properties of self-discrepancy measures*. Poster presented at the meeting of the American Psychological Association, Washington, DC.

Elliott, K. L.*, & Watson, N. (2005, June). *The relation of self-discrepancy to anxiety and depression as psychotherapy change measures: Research in progress*. Poster presented at the meeting of the Society for Psychotherapy Research, Montreal, Canada.

Babel, K. S.*, Watson, N., Craine, A. W. W.*, & Bryan, B. C.* (2005, June). *Test-retest reliabilities of three*

methods for measuring self-discrepancy: A replication. Poster presented at the meeting of the Society for Psychotherapy Research, Montreal, Canada.

- Kray, P. E.**, & Watson, N. (2004, April). *Drive for thinness in college women: The relation to negative affect and self-discrepancy.* Paper presented at the meeting of the Eastern Psychological Association, Washington, DC.
- Ashby, A. N.**, & Watson, N. (2004, April). *Negative affect and self-discrepancy in college women with bulimic tendencies.* Paper presented at the meeting of the Eastern Psychological Association, Washington, DC.
- Watson, N., Hurst, S. M.*, & Tyree, S. D.* (2003, March). *Drive for thinness, self-discrepancy, and neuroticism in college women.* Paper presented at the meeting of the Eastern Psychological Association, Baltimore, MD.
- Kelly, E., Walker, B., Bilich, L. L., & Watson, N. (2002, July). *Alcohol use and self-concept: A comparison of Australian and American university students.* Paper presented at the Tenth Australasian Conference on Personal Construct Psychology, Sydney, Australia.
- Bilich, L. L., Walker, B., Kelly, E., & Watson, N. (2002, July). *Dependency, self-concept, and alcohol use in university students.* Paper presented at the Tenth Australasian Conference on Personal Construct Psychology, Sydney, Australia.
- Babel, K.*, & Watson, N. (2002, March). Measuring self-discrepancy in outcome research on client-centered therapy. In N. Watson (Chair), *Client-Centered therapy and the person-centered approach: Research and practice.* Symposium conducted at the meeting of the Eastern Psychological Association, Boston, MA.
- Shea, E. J.**, & Watson, N. (2002, March). *Subclinical bulimia, negative affect, and self-discrepancy.* Paper presented at the meeting of the Eastern Psychological Association, Boston, MA.
- Wyland, C.**, & Watson, N. (2002, March). *Smoking behavior: Self-Concept and peer influence.* Paper presented at the meeting of the Eastern Psychological Association, Boston, MA.
- Babel, K.*, & Watson, N. (2001, April). Selecting outcome measures for research on client-centered therapy. In N. Watson (Chair), *Client-Centered therapy and the person-centered approach: Current theory, practice, and research.* Symposium conducted at the meeting of the Eastern Psychological Association, Washington, DC.
- Hurst, S. M.*, Watson, N., & Gill, W. J*. (2001, April). *Disparity of spouses' perceptions and marital distress.* Paper presented at the meeting of the Eastern Psychological Association, Washington, DC.
- Calogero, R. M.*, & Watson, N. (2001, April). *Getting back to one's roots: A study of the self-discrepancies prevalent in the propensity to view the self as an object in the eyes of others.* Paper presented at the meeting of the Eastern Psychological Association, Washington, DC.
- Crane, A.**, & Watson, N. (2001, April). *Personal constructs: Effects of dyad and triad construct elicitation procedures on bipolarity and importance.* Paper presented at the meeting of the Eastern Psychological Association, Washington, DC.
- Weiss, P. A., Mcguire, H., Ritzler, B. A., Kose, G., & Watson, N. (2001, March). *Measuring self-esteem: Self-Report, the Rorschach, and a computerized version of the Rep Test.* Poster presented at the meeting of the Society for Personality Assessment, Philadelphia, PA.

- Watson, N. (2000, August). *Research initiatives for client-centered therapy*. Paper presented at the meeting of the Association for the Development of the Person-Centered Approach, San Diego, CA.
- Watson, N. (2000, August). Research on Rogers's theory: Implications for efficacy research. In S. D. Churchill (Chair), *Humanistic paradigms in psychotherapy research: Process and outcome studies*. Symposium conducted at the meeting of the American Psychological Association, Washington, DC.
- Watson, N. (2000, July). *Using personal constructs to test theories of self-concept*. Paper presented at the meeting of the North American Personal Construct Network, New Paltz, NY.
- Watson, N. (2000, March). The efficacy of client-centered therapy. In N. Watson (Chair), *Client-Centered therapy and the person-centered approach: Research perspectives and current applications*. Symposium conducted at the meeting of the Eastern Psychological Association, Baltimore, MD.
- Rossi, S. C.***, Watson, N., & Nezelek, J. B. (1999, April). *Alcohol use and self-concept in college students: A personal construct methodology*. Poster presented at the meeting of the Eastern Psychological Association, Providence, RI.
- Watson, N., Cohen, J., & Shlien, J. M. (1999, April). *Metaphor in the client-centered counseling process*. Panel at the meeting of the Eastern Psychological Association, Providence, RI.
- Watts, R. H., Jr.***, & Watson, N. (1998, February). *Neuroticism and self-image disparity: A comparison of idiographic and uniform measures of self-concept*. Paper presented at the meeting of the Eastern Psychological Association, Boston, MA.
- Furr, A.*, Watson, N., & Folk, L.* (1997, April). *Self-concept in eating-restrained women: A study of personal constructs*. Paper presented at the meeting of the Eastern Psychological Association, Washington, DC.
- Clifford, P. A.*, & Watson, N. (1996, March). *Early childhood memories of schizophrenic, depressed, and normal individuals*. Paper presented at the meeting of the Eastern Psychological Association, Philadelphia, PA.
- Michaels, S.*, & Watson, N. (1996, March). *A sleep experience questionnaire for combat veterans with PTSD*. Paper presented at the meeting of the Eastern Psychological Association, Philadelphia, PA.
- Watts, R. H., Jr.***, & Watson, N. (1996, March). *Self-image disparities and extraversion: A comparison of idiographic and uniform measures of self-concept*. Paper presented at the meeting of the Eastern Psychological Association, Philadelphia, PA.
- Michaels, S.*, & Watson, N. (1995, April). *Examining a new sleep disturbances inventory specific to combat-related post-traumatic stress disorder developed using an adapted phenomenological method*. Paper presented at the meeting of the Eastern Psychological Association, Boston, MA.
- Weiss, P.A.***, & Watson, N. (1994, April). *Smoking and self-concept in young adults: An idiographic approach*. Paper presented at the meeting of the Eastern Psychological Association. Providence, RI.
- Welch, M. K.*, & Watson, N. (1993, March). *The experience of visual imagery in relation to memory and problem-solving*. Paper presented at the meeting of the Southeastern Psychological Association, Atlanta, GA.
- Lee, S.***, & Watson, N. (1993, April). *A phenomenological study of realization experience*. Poster presented at the

meeting of the Eastern Psychological Association, Arlington, VA.

- Watson, N. (1992, August). The current empirical status of Rogers's theory. In C. Gelso (Chair), *The counseling relationship: Current status and future trends*. Symposium conducted at the meeting of the American Psychological Association, Washington, DC.
- Watson, N. (1992, August). *Dimensional structure of personal construct systems*. Poster presented at the meeting of the American Psychological Association, Washington, DC.
- Watson, N., & Welch, M. K.* (1992, April). *Validity of results with phenomenological method: Effect of participant self-reflection*. Paper presented at the meeting of the Eastern Psychological Association, Boston, MA.
- Pollack, T.*, Kiesler, D., & Watson, N. (1991, April). *Parallel process: An empirical investigation*. Poster presented at the meeting of the Eastern Psychological Association, New York, NY.
- Belmont, F. L.*, Watson, N., Rohrbaugh, M. J., & McCall, D. (1990, August). *A controlled study of circular questioning*. Poster presented at the meeting of the American Psychological Association, Boston, MA.
- McCormick, T. M.*, Watson, N., & Rohrbaugh, M. J. (1989, April). *Construct validity of three instruments measuring family hierarchy*. Poster presented at the meeting of the Eastern Psychological Association, Boston, MA.
- Doolittle, D. B.*, & Watson, N. (1987, April). *Cognitive differentiation in normal and conduct disordered boys*. Poster presented at the meeting of the Eastern Psychological Association, Arlington, VA.
- Giannetti, R. A., & Watson, N. (1986, December). *A strategy for deriving curriculum objectives from an analysis of clinical psychology practice functions*. Paper presented at the meeting of the National Council of Schools of Professional Psychology, San Diego, CA.
- Watson, N. (1986, October). *The ethics of sexual relationships between psychology educators and students*. Paper presented at the meeting of Virginia Psychological Association, Richmond, VA.
- Burt, C. E.*, & Watson, N. (1985, August). *The assessment of identity formation: Comparative validity of four instruments*. Poster presented at the meeting of the American Psychological Association, Los Angeles, CA.
- Watson, N., & Williams, D. H.* (1985, March). *Self-consciousness in schizophrenia*. Paper presented at the meeting of the Eastern Psychological Association, Boston, MA.
- Luhtanen, R. K.*, & Watson, N. (1985, March). *A measure of state of public self-awareness*. Paper presented at the meeting of the Eastern Psychological Association, Boston, MA.
- Watson, N., & Kirshner, C.** (1983, April). *Perceptual defense against emotional stimuli in masculine and androgynous males*. Poster presented at the meeting of the Eastern Psychological Association, Philadelphia, PA.
- Bloch, R. M., & Watson, N. (1983, April). *Evaluation of effects of research on participants*. Poster presented at the meeting of the Eastern Psychological Association, Philadelphia, PA.
- Watson, N. (1981, April). *Sex role identity and associations of Murray's needs*. Paper presented at the meeting of

the Eastern Psychological Association, New York, NY.

Watson, N., & Bloch, R. M. (1980, September). *Costs and benefits of research and participant opinion change*. Poster presented at the meeting of the American Psychological Association, Montreal.

Watson, N., & Ondercin, P. A. (1979, April). *Gender differences in the associations of client ratings of process variables with client ratings of benefit in psychotherapy*. Paper presented at the meeting of the Eastern Psychological Association, Philadelphia, PA.

Watson, N. (1979, September). *Sex role identity and defensively high self-esteem*. Poster presented at the meeting of the American Psychological Association, New York, NY.

Watson, N. (1978, April). *Client-centered therapy and the education of eclectic psychotherapists*. Paper presented at the meeting of the Virginia Psychological Association, Williamsburg, VA.

Watson, N. (1977, August). *Limitation of empathy by sex roles*. Paper presented at the meeting of the American Psychological Association, San Francisco, CA.