

## CURRICULUM VITAE

MELANIE A. GREENBERG, Ph.D.

### Professional Licensure

Licensed as a Psychologist in California (PSY 22075)  
Licensed as a Psychologist in New York (011964) inactive.

### Employment

March 2010 - current

#### **Independent Clinical Practice, Mill Valley, CA**

Individual and couples' psychotherapy with adults and teens. Specialties include stress-management, anxiety disorders, health psychology, life transitions, relationship issues, career coaching. Methods used include Cognitive-Behavioral Therapy, EMDR, Schema Therapy, Mindfulness-Based Therapies, Acceptance and Commitment Therapy

January 2011 - current

#### **Professional Speaker**

Provided talks and workshops to health professionals, business owners, and the public. Provided CE-accredited continuing education talks and workshops to mental health professionals, state and local psychological associations. Clients include The Wisconsin Psychological Association, Marin County Psychological Association, the Bay Clubs in Marin and San Francisco, National Association of Women Business Owners, Marin Chapter, Business Networking International - BNI by the Bay.

January 2011 - current

#### **Expert Blogger, *Psychology Today* (part-time, paid)**

Author of *The Mindful Self-Express blog* (8.5 million page views). Frequently featured on daily Most Read column.

January 2011 – current

#### **Expert for National & international Media**

Featured or quoted on major news outlets, including CNN.com, ABCNews.com, Yahoo, Lifehacker, the BBC, O: The Oprah Magazine, The Huffington Post, Redbook, Marie Claire, Men's Health, Parents, Forbes, Inc., Business Insider, Smart Brief, Psychologies, Psych Central, Psychology Today, 30 Second Media, Refinery 29 and numerous radio shows, podcasts, summits, and

websites.

October 2010 - 2012

**Consultant, Western Athletic Clubs, Northern CA** (part-time, paid).

Delivered interactive weight-management workshops, to participants in the Slim in Seven program at 2 different Bay area clubs.

July 2008 – Aug 2009

**Clinical Investigator**, Research Service, VA San Diego Healthcare System.

Designed and implemented randomized clinical trials of Cognitive-Behavior therapy delivered via telehealth technology for chronic low back pain patients. Wrote collaborative manuscripts, presentations, and grants.

January 2008 – June 2008

**Back Pain Clinical Research Consultant**, VA San Diego Healthcare System

Developed patient materials for a Cognitive-Behavioral intervention for chronic low back pain.

Dec 2008- July 2009

**Psychologist**, Dept. of Psychiatry, UCSD Medical Center (Allied Medical Staff, nonsalaried, part-time)

Sept 2003- Aug 2007

**Professor**  
Clinical Psychology Ph.D. Program  
Alliant International University, San Diego CA

Supervised Psychology doctoral dissertation students, chaired dissertations, taught graduate courses, advised students, sat on committees.

Sept 1998 – Aug 2003

**Associate Professor**  
Clinical Ph.D. Program, Alliant International University

**Assistant Professor**  
Health Psychology Ph.D. Program, California School of Professional Psychology, San Diego CA (now Alliant)

Dec 1992 – July 1994

**NIMH Postdoctoral Fellow in Health Psychology**  
Psychology Department, The Graduate School & University Center. City University of New York, New York, NY

Aug 1991 – July 1992

**Pre-doctoral Intern in Clinical Psychology**  
Department of Psychiatry, University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, Piscataway, NJ (APA-approved)

July 1983 – June 1986      **Computer Systems Programmer**, Metropolitan Life Insurance Company, Cape Town, South Africa

### **Education**

Jan 1989 – Dec 1992      **Ph.D. (Clinical Psychology)**  
Stony Brook University, Stony Brook, NY (APA-approved)  
Dissertation Chair: Arthur A. Stone, Ph.D.

Aug 1986 – Dec 1988      **M.A. (Clinical Psychology)**  
Stony Brook University, Stony Brook NY.

Jan 1982 – Mar 1983      **B.A. Honors (Psychology)**  
Univ. of the Witwatersrand, Johannesburg, South Africa.  
Honors: Awarded degree with First Class Honors

Jan 1979 – Dec 1981      **Bachelor of Arts (Majors in Psychology and Economics)**  
University of Cape Town, Cape Town, South Africa.  
Honors: Distinction in Psychology

### **Service**

#### **International Service**

November 2007      External Thesis Examiner for Psychology Ph.D. Candidate, Ms. N. Bhullar, University of New England, Amidale, NSW, Australia.

#### **National Service**

November 2007      Reviewer for the Society of Behavioral Medicine of draft Clinical Guidelines for Chronic Pain from the American College of Occupational and Environmental Medicine.

Sept 2007-Sept. 2008      Abstract Reviewer, Biological Mechanisms Track, Society of Behavioral Medicine's 2008 and 2009 Annual Meetings

Sept 2007- present      Co-Chair, Complementary & Alternative Medicine Special Interest Group, Society of Behavioral Medicine

January 1998 – Dec 2000      Editorial Board, *Annals of Behavioral Medicine*

January 1995 – Dec 1996      Editorial Board, *Health Psychology*

1993 – 2009

#### Ad hoc reviewer

*Review of General Psychology, Journal of Abnormal Psychology, Journal of Consulting & Clinical Psychology, Journal of Personality & Social Psychology, Health Psychology, Annals of Behavioral Medicine, Psychological Science, Journal of Social & Clinical Psychology, Cognition & Emotion, Cognitive Therapy & Research, Psychology & Health, Journal of Health Psychology, Work & Stress,*

*Arthritis Care & Research, Women's Health: Gender, Behavior, & Policy, The Journal of Nervous & Mental Disease, The Spanish Journal of Psychology, Journal for the Scientific Study of Religion, Psycho-Oncology, Journal of Behavioral Medicine*

### **University Service**

Sept 1998 – Aug 2000 San Diego Campus Representative, Faculty Senate, Alliant International University  
Sept 1994 – Aug 2007 Comprehensive Examinations Committee, Committee on Student Evaluation, Performance Evaluation & Review Committee, Clinical Ph.D. Program Committee, Clinical Ph.D. Program Faculty Selection Committee

### **Teaching Experience**

July 1994 – Aug 2007 Core Faculty Member, Health Psychology and Clinical Psychology Ph.D. Programs, Alliant International University San Diego, CA.

### Courses taught

Theories of Personality, Pathology, & Psychotherapy: Cognitive-Behavioral, Cognitive/Affective Bases of Behavior  
Cultural Aspects of Health Psychology  
Clerkship in Health Psychology  
Dissertation Group/Research Seminar  
Chair and Reader on Ph.D. student dissertations  
Women's Physical and Mental Health in the New Millennium

### Dissertation Mentoring, Alliant International University, San Diego:

Chaired 30 Clinical Ph.D. and 2 Clinical Psy.D. Dissertation students,

Dissertation Topics: Complementary and Alternative Medicine Interventions, including Expressive Writing, Guided Imagery, and Yoga; Chronic Pain Etiology, Cognition, and Treatment, Adaptation to Chronic Illness (cancer, arthritis, HIV/AIDS, hypertension, fibromyalgia, and diabetes); Emotions and Health, Psychophysiology, Social-Cognitive Adaptation to Trauma, Behavioral Medicine.

Sept 1989-Aug 1990

### Undergraduate Teaching:

Teaching Assistant with Substantial Direct Instruction responsibilities  
Stony Brook University, Stony Brook, NY  
Introduction to Psychology, Social Psychology

## Publications

### Books

Greenberg, M.A. (2017, Feb) *The Stress-Proof Brain*. Berkeley, CA New Harbinger

### Peer-Reviewed Articles

(N = 14: First author, n= 4; Dissertation Chair with student as first author, n = 4)

Zucker, T. L., Samuelson, K., Greenberg, M. A.,\*\* & Gevirtz, R. N. (2009). The Effects of Respiratory Sinus Arrhythmia Biofeedback on Heart Rate Variability and Posttraumatic Stress Disorder Symptoms. *Applied Psychophysiology & Biofeedback*, June, 34(2) 135-43.

Slater, M.L., Weickgenant, A.L., Greenberg, M.A., Wahlgren, D.R., Williams, R.A., Carter, C., Patterson, T.L., Grant, I., Garfin, S.R., Webster, J.S., & Atkinson, J.H. (2009). Preventing Progression to Chronicity in First Onset, Sub-Acute Low Back Pain: An Exploratory Study. *Archives of Physical Medicine and Rehabilitation Apr* 90(4) 545-52.

Swanbon, T., Boyce, L., & Greenberg, M.A.\* (2008). Expressive writing reduces avoidance and somatic complaints in a population subject to chronic inhibition. *British Journal of Health Psychology*, 13, 53-56.

Young Casey, C., Greenberg, M.A\*. Nicassio, P., Harpin, R.E., & Hubbard, D. (2008). Transition from Acute to Chronic Pain: A model incorporating Cognitive, Affective, and Trauma Factors. *Pain*, 134, 69-79.

Palomino, R.A., Nicassio, P.M., Greenberg, M.A\*\*, & Medina, E.P.Jr., (2007). Helplessness and loss as mediators between pain and depressive symptoms in fibromyalgia, *Pain*, 129, 185-194.

Beckwith McGuire, K. M., Greenberg, M. A.\*, & Gevirtz, R. (2005) Autonomic effects of expressive writing in individuals with elevated blood pressure. *Journal of Health Psychology*, 10, 197-209.

Lepore, S.J., & Greenberg, M.A. (2002). Mending broken hearts: Effects of expressive writing on mood, cognitive processing, social adjustment, and health following a relationship breakup. *Psychology and Health*, 17, 547-560.

Joseph, L.M., & Greenberg, M.A.\* (2001). The effects of a career transition program on reemployment success in laid-off professionals. *Consulting Psychology Journal*, 53, 169-181.

Greenberg, M.A., Wortman, C.B., & Stone, A.A. (1996). Emotional expression and physical health: Revising traumatic memories or fostering self-regulation? *Journal of Personality and Social Psychology*, 71, 558-602.

Greenberg, M.A. (1995). Cognitive processing of traumas: The role of intrusive thoughts and reappraisals. Special Issue: Intrusive thoughts and ruminations. *Journal of Applied Social Psychology*, 25, 1262-1296.

Kennedy-Moore, E., Greenberg, M.A., Newman, M.G., & Stone, A.A. (1992). The relationship between daily events and mood: The mood measure may matter. *Motivation and Emotion*, 16, 143-155.

Greenberg, M.A., & Stone, A.A. (1992). Emotional disclosure about traumas and health: Effects of previous disclosure and trauma severity. *Journal of Personality and Social Psychology*, 63, 75-84.

Stone, A.A., Greenberg, M.A., Kennedy-Moore, E., & Newman, M.G. (1991). Self-report, situation-specific coping questionnaires: What are they measuring? *Journal of Personality and Social Psychology*, 61, 648-658.

Greenberg, M.A., & Stone, A.A. (1990). Writing about disclosed versus undisclosed traumas: Health and mood effects, *Health Psychology*, 9, 114-115.

### **Invited Papers, Book Chapters, and Book Reviews (N = 10)**

Nicassio, P. M., Greenberg, M. A., & Motivala, S. (2010). The relevance of clinical psychology to the future of health psychology. In Suls, J., Davidson, K. & Kaplan, R. *Handbook of Health Psychology*, New York: Guilford

Young Casey, C., Greenberg, M.A., Nicassio, P., Harpin, R.E., & Hubbard, D. (2008). A risk factor conceptualization of pain beliefs: Response to MacDonald. *Pain*, 137, 461-2.

Greenberg, M.A. (2008). *Emotional storytelling after stressful experiences*. In Lopez, S.J. (Ed.), *Positive Psychology: Exploring the Best in People, Volume 3, Growing in the Face of Adversity*.

Greenberg, M.A., & Lepore, S. J. (2004). Theoretical mechanisms involved in disclosure: From inhibition to self-regulation. In Nyklicek I., Vingerhoets, A.J.J.M., Temoshok, L.R. (Eds.). *Emotional expression and health: Advances in theory, assessment and clinical applications* (pp. 43-60). London: Brunner-Routledge

Lepore, S.J., Greenberg, M.A., Bruno, M., & Smyth, J.M. (2002). Expressive writing and health: Self-regulation of emotion-related experience, physiology, and behavior. In S.J. Lepore & J.M. Smyth (Eds.). *The Writing Cure*. Washington, D.C.: American Psychological Association.

Nicassio, P.M., & Greenberg, M.A. (2000). The effectiveness of Cognitive-Behavioral and Psychosocial interventions in the management of arthritis. In M.H. Weisman, M. Weinblatt, & J. Louie (Eds.), *Treatment of Rheumatic Diseases* (2nd ed, pp. 147-161). Orlando, FL: Wm Saunders

Smyth, J.M. & Greenberg, M.A. (2000). Scriptotherapy: The effects of writing about traumatic events. In J. Masling and P. Duberstein (Eds.), *Empirical studies in psychoanalytic theories: Vol. 9. Psychoanalytic perspectives on health psychology*. Washington D.C.: APA Press.

Greenberg, M.A. (1997). [Review of the book Traumatic stress: The effects of overwhelming experience on mind, body, and society]. *The Journal of Nervous and Mental Disease*, 185, 710-711.

Greenberg, M.A. (1994). [Review of the book Stress, coping, and health: A Situation-Behavior Approach: Theory, Methods, Applications.] *The Journal of Nervous and Mental Disease*, 182, 310-311.

Stone, A.A., Kennedy-Moore, E., Newman, M.G., Greenberg, M.A., & Neale, J.M. (1992). Conceptual and methodological issues in current coping assessments. In Carpenter, Bruce, N. (Ed.), *Personal Coping: Theory, Research, and Application*, Westport, CT: Praeger Publishers

### **Published Abstracts (N = 27)**

\* = Dissertation Chair with student as first author

\*Stark, H. G., Greenberg, M.A., & Harpin, R.E. (2009) Does expressive writing enhance the effects of a multidisciplinary chronic pain management program? *Annals of Behavioral Medicine*, 37(Supplement 1, 2094), s30.(Meritorious student abstract), s122.

\*Lowery, A. E., Greenberg, M. A., Foster, S. L., Loscalzo, M., Clark, K., Casden, D., & Bardwell, W. A. (2009). Reliability and validity of the Cancer Problem-Based Biopsychosocial Screening Instrument (CPBBSI). *Annals of Behavioral Medicine*, 37(Supplement 1, 3130)

Greenberg, M.A., Slater, M., Weickgenant, A., Wahlgren, D., Garfin, S., Webster, J., Atkinson, J.H. (2009). Preventing progression to chronicity in low back pain: A 12-month follow-up study. *Annals of Behavioral Medicine*, 37(Supplement 1), B148.

\*De Feo, J., & Greenberg, M.A. (2008). Minority stress and autonomic reactivity in young, gay men. *Annals of Behavioral Medicine*, 35, (Supplement 1).

Zucker, T., Gevirtz, R., Greenberg, M.A., & Samuelson, K. (2008). The effects of respiratory sinus arrhythmia (RSA) biofeedback on the symptomology of posttraumatic stress disorder (PTSD). *Annals of Behavioral Medicine*, 35(Supplement 1).

\*Dubenko, L. M., Greenberg, M. A., Piemme, K., Yutsis, M., Golant, M., & Giese-Davis, J. (2008). Emotional expression in breast cancer support groups and emotional information available in observational and text-based coding systems. *Annals of Behavioral Medicine*, 35, s219.

\*Patel, S., Greenberg, M.A., Slater, M., & Atkinson, J.H. (2007). Psychosocial predictors of pain chronicity in Navy Servicemen. *Annals of Behavioral Medicine*, 33(Supplement 1).

\*Weits, G.I., Greenberg, M.A., & Szer, I., (2007). Verbal emotional expression in Juvenile Primary Fibromyalgia Syndrome (JPFS): Effects on physical and psychological health. *Annals of Behavioral Medicine*, 33, (Supplement 1).

\*Young, C., DuQuette, M., Harpin, R.E., & Greenberg, M.A. (2005, March). Impact of past psychological traumas on the transition from acute to chronic pain. *Psychosomatic Medicine*, 67, A-101, 1480.

Holmer, M. L., Gevirtz, R., Spira, J.L., & Greenberg, M. A. (2005). The effects of yoga on symptoms and psychosocial adjustment in Fibromyalgia Syndrome patients. *Psychosomatic Medicine*, 67. A-31, 1683.

\*Beckwith, K. M., Greenberg, M. A., & Gevirtz, R (2003). The effects of expressive writing on blood Pressure, heart rate, and psychological adjustment. *Annals of Behavioral Medicine*, 25(Supplement).

\*Siegel K.M., Greenberg, M.A., Longstreth, G.F. (2003) Emotional disclosure and symptoms, emotional distress, healthcare utilization, and quality of life in IBS: a controlled trial. *Gastroenterology*, 124(Supplement 1).

\*Young, C.W., Greenberg, M.A., Nicassio, P.M., DuQuette, M.W., & Harpin, R.E. (2002). Traumas and pain beliefs predict chronic pain from onset. *Annals of Behavioral Medicine*, 24(Supplement).

Lepore, S.J., Greenberg, M.A., & Bruno, M. (2001, March). Expressive writing enhances health and social adjustment following a relationship breakup. *Annals of Behavioral Medicine*, 23(Supplement).

Cox B.J., Nicassio, P.M., Greenberg, M.A., & Davis, R. (2000, April). Alexithymia and disability predict depression in cerebral palsy. *Annals of Behavioral Medicine*, 22(Supplement).

Blaess, D.R., Greenberg, M.A., & Diamond, D. J.. (1999, March). The relationship between defense mechanisms and autonomic reactivity to emotionally evocative stimuli. *Annals of Behavioral Medicine*, 21(Supplement).

Greenberg, M.A., Dowling, V.L., Cox, B.J., Marcus, R.E., & Paget, S.A. (1999, March). Emotion-management predicts health outcomes in fibromyalgia syndrome. *Annals of Behavioral Medicine*, 21(Supplement).

\*Malarchik, E.P., & Greenberg, M.A. (1999, March). Effects of positive self-verbalizations on anger and physiological arousal. *Annals of Behavioral Medicine*, 21(Supplement).

Greenberg, M.A., Bateman-Cass, C., Dowling, V., Cox, B., Paget. S., & Marcus, R. (1998). Causal attributions for fibromyalgia predict psychosocial outcomes: A longitudinal study. *Arthritis Care & Research*, 11(Supplement 1).

Greenberg, M.A., Cox, B., Bateman-Cass, C., Dowling, V.L., & Hatcher, M.L. (1998). Psychosocial predictors of medical utilization in fibromyalgia. *Annals of Behavioral Medicine*, 20(Supplement)

Schuman, C.C., Nicassio, P.M., Greenberg, M.A., & Harpin, R.E. (1998). Pain and depression predict fatigue in fibromyalgia: Aggregated and disaggregated analyses. *Annals of Behavioral Medicine*, 20(Supplement).

Greenberg, M.A., Dowling, V.L., Bateman-Cass, C., Hatcher, M.L., & Cox, B. (1997). Pain, resource loss, and health outcomes in fibromyalgia: A mediational model. *Annals*



*of Behavioral Medicine, 19(Supplement).*

Greenberg, M.A., Siegel, K.M., Hatcher, M.L., Dowling, V.L., Marcus, R.E., & Paget, S.E. (1996). Emotion-management styles predict pain severity in fibromyalgia. *Psychosomatic Medicine, 58(Supplement).*

Greenberg, M.A., Hatcher, M.L., Siegel, K.M., Bateman-Cass, C., Cox, B., Marcus, R.E., & Paget, S.E. (1996). Perceived stigmatization and depression in women with fibromyalgia. *Annals of Behavioral Medicine, 18(Supplement).*

Greenberg, M.A. & Stone, A.A. (1992) Do emotional arousal and type of disclosure mediate the health effects of emotional disclosure? *Annals of Behavioral Medicine, 14(Supplement).*

Greenberg, M.A. & Stone, A.A. (1992). Disclosing emotions about traumas and health: Is disinhibition the key? *Psychosomatic Medicine, 54(Supplement).*

Stone, A.A., Greenberg, M.A., Kennedy-Moore, E., & Newman, M.G. (1990, August). An examination of self-reported coping assessments. *Annals of Behavioral Medicine, 12(Supplement)*

### **Selected Workshops, Courses, and Conference Talks**

Greenberg, M. A. (2017, March). *The Stress-Proof Brain: The Neuroscience of Stress and Research-Based Skills for Resilience* Community Institute for Psychotherapy, San Rafael, CA (4 hrs, APA, CE-accredited)

Greenberg, M. A. (2011, February). *Chronic Pain, Research & Treatment Approaches* (1.5 hrs, APA, CE-accredited). Marin County Psychological Association, Marin CA

Greenberg, M.A. (2011, October) *Learning New Models & Developing Inner Resources* (12 hours, APA, CE-accredited). Wisconsin Psychological Association, WI.

Greenberg, M.A. & Kristeller, J.L. Co-Chairs; Greenberg, M.A., Discussant (2009, April) *New, Innovative Applications of Complementary /Alternative Medicine (CAM) in Life-Threatening Illness*. Symposium presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Quebec, Canada.

Stark, H.G., Greenberg, M.A., & Harpin, R.E. *Does Expressive Writing Enhance the Effects of a Multidisciplinary Chronic Pain Management Program (MCPMP)?* Oral paper presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Quebec, Canada (selected as a Meritorious Student Abstract).

Lowery, A., Greenberg, M.A., Foster, S.L., Casden, D., & Bardwell, W. (2009, April) *Reliability and Validity of the Cancer Problem-Based Biopsychosocial Screening Instrument (CPBBSI)*. Oral paper presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Quebec, Canada.

Kristeller, J.L., Greenberg, M.A., & Dusek, J.A. Co-Chairs (2008, March). *Meditation and Yoga-Based Interventions in Behavioral Medicine: An Introduction to*

*Conceptual, Research, and Practice Issues*. Complementary and Alternative Medicine Special Interest Group Course presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

Greenberg, M.A. (2008, March). *Applying research on gender to inform practice in Clinical and Health Psychology*. Oral paper presented at the annual conference of the Association for Women in Psychology, San Diego, CA

Greenberg, M.A. (2008, March). *A new psychosocial model of women's pain*. Oral paper presented at the annual conference of the Association for Women in Psychology, San Diego, CA.

Oretzky, S., Greenberg, M.A., Baker, R., & Norris, T. (2008, March). *The application of yoga to treat elevated depressive symptoms in young adults*. Paper presented at the International Association of Yoga Therapists Annual Symposium on Yoga Therapy and Research, Los Angeles, CA.

Zucker, T., Greenberg, M.A., & Gevirtz, R. (2008, March). *The effects of a rhythmic breathing intervention on Posttraumatic Stress Disorder (PTSD) symptoms and heart rate variability (HRV)*. Paper presented at the International Association of Yoga Therapists Annual Symposium on Yoga Therapy and Research, Los Angeles, CA.

Greenberg, M.A., & Gevirtz, R., Symposium Co-Chairs (2007, August). *New applications of Yoga in Health and Clinical Psychology*. Symposium conducted at the annual meeting of the American Psychological Association. San Francisco, CA.

Casden, D., Gevirtz, R., & Greenberg, M.A. (2007, August). *Effects of yoga on physiological, cognitive and affective functioning*. In M.A. Greenberg, & R. Gevirtz, Co-Chairs), *New applications of Yoga in Health and Clinical Psychology*. Symposium conducted at the annual meeting of the American Psychological Association. San Francisco, CA.

Oretzky, S., Greenberg, M.A. & Baker, R. (2007, August). *Application of yoga to treat elevated depressive symptoms*, In M.A. Greenberg, & R. Gevirtz, Co-Chairs), *New Applications of Yoga in Health and Clinical Psychology*. Symposium conducted at the annual meeting of the American Psychological Association. San Francisco, CA.

Sehgal, S., Greenberg, M.A., & Gevirtz, R. (2007, August). *Kundalini yoga and the treatment of sleep disturbance and insomnia*. In M.A. Greenberg, & R. Gevirtz, Co-Chairs), *New applications of Yoga in Health and Clinical Psychology*..Symposium conducted at the annual meeting of the American Psychological Association. San Francisco, CA.

Breda, M.L., Gevirtz, R., Greenberg, M.A., & Spira, J. (2007, August). *Yoga as an effective mind-body therapy in chronic pain treatment*. In M.A. Greenberg, & R. Gevirtz, Co-Chairs), *New applications of Yoga in Health and Clinical Psychology*. Symposium conducted at the annual meeting of the American Psychological Association. San Francisco, CA.

Greenberg, M.A. (2007, April). *Psychosocial factors associated with chronic pain in women*. Paper presented at the 2<sup>nd</sup> annual Women & Pain through the Lifespan

conference, sponsored by the Diana Foundation and UCSD Dept of Medicine, San Diego, CA.

Weits, G.I., Greenberg, M.A., & Szer, I., (2007, March). *Verbal emotional expression in Juvenile Primary Fibromyalgia Syndrome (JPFS): Effects on physical and psychological health*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

Holmer, M. L., Gevirtz, R., Spira, J.L., & Greenberg, M. A. (2004, April). *The effects of yoga on symptoms and psychosocial adjustment in Fibromyalgia Syndrome patients*. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver, B.C., Canada.

\*Joseph, L.M., Greenberg, M.A., & Coffin, R. (2002, April). A career transition program and reemployment success. Paper delivered at the annual meeting of the California Psychological Association, Pasadena, CA.

Greenberg, M.A. (1999, June, Symposium Chair). *Emotional disclosure interventions: Why and for whom do they work?* Symposium conducted at the Second International Conference on the Nonexpression of Emotions in Health and Disease, Tilburg, The Netherlands

Greenberg, M.A., Lepore, S.J., & Swanbon, T.W. (1999, June). *Cognitive and emotional processes underlying the health benefits of disclosure*. In M. A. Greenberg (Chair), *Emotional disclosure interventions: Why and for whom do they work?* Symposium conducted at the Second International Conference on the Nonexpression of Emotions in Health and Disease, Tilburg, The Netherlands

Greenberg, M.A., & Broadbooks, D. (1998, August). *Do social support and cognitive appraisals predict adjustment in HIV?* In S.J. Lepore (Chair), *Social-cognitive models of adaptation to life-threatening illness*. Symposium conducted at the annual meeting of the American Psychological Association, San Francisco, CA.

Greenberg, M.A. (1993, November). *Coping assessment issues*, Paper presented at the annual meeting of the Arthritis Health Professions Association, San Antonio, TX.

Greenberg, M.A. (1991, August). *Writing about real versus imaginary traumas: Health and psychological effects*. In C.B. Wortman & R. Cohen Silver (Co-Chairs). *New directions in traumatic stress research*. Symposium conducted at the annual meeting of the American Psychological Association, San Francisco, CA

Kennedy-Moore E., Greenberg, M.A., & Wortman, C.B. (1991, August). *Varieties of nonexpression: A review of self-report measures of emotional control and their relationship to health*. In H, S. Friedman (Chair), *Emotional expression versus repression and health*. Symposium conducted at the annual meeting of the American Psychological Association, San Francisco, CA.

## **Invited Colloquia**

Greenberg, M.A. (2007, June) *Women & pain: Research and treatment implications*. Invited paper presented at the UCSD Moores Cancer Center, San Diego, CA.

Greenberg, M.A. (2004, March). *Ethnicity, culture, and physical health: A conceptual model*. Invited paper presented at the monthly meeting of the San Diego Psychological Association's Cross-Cultural Committee, San Diego, CA.

Greenberg, M.A. *Theories of posttraumatic responding and supporting evidence* (1998, April). Models and trends in understanding trauma and the refugee experience, Catholic Charities, San Diego, CA.

Greenberg, M.A. *Emotional expression and health*. (1998, February)..Colloquium Series, California School of Professional Psychology, San Diego, CA.

Greenberg, M.A. *An investigation of mechanisms linking emotion disclosure and health*. (1997, November). Health Psychology. Behavioral Medicine Seminar Series, Dept of Psychology, University of California, Los Angeles, CA.

Greenberg, M.A. *The health and psychological effects of expressing emotions about past traumas*. (1993, February). Colloquium Series, Social-Health Program, State University of New York, Stony Brook, NY.

Greenberg, M.A. *An empirical examination of some issues concerning Pennebaker's Inhibition-Confrontation approach*. (1993, February). Health Psychology Proseminar, The Graduate Center, City University of New York, New York, NY.

### **Research Grants and Awards**

#### Fellowships, Scholarships, and Grants

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|-----------|---|
| 2009-2014 | Atkinson, PI<br>Efficacy of combination therapy for chronic low back pain<br>VA CSR&D<br>Role: Co-Investigator  |
| 2008-9    | Atkinson, PI 07/01/07 – 6/30/10<br>Telehealth Outreach for Chronic Back Pain<br>VA RR&D 4894<br>Role: Consultant, Health Science Research Specialist              |
| 2003-2005 | Weits,, PI<br>Arthritis Foundation Dissertation Grant<br>Effects of Emotional Disclosure in Juvenile Primary<br>Fibromyalgia.<br>Role: Faculty Sponsor            |
| 2000-2002 | Greenberg, PI<br>Does expressive writing enhance the effects of cancer support<br>groups?<br>Alliant International University, competitive system-wide mini-grant |

competition

- 1998-2000      Nicassio, PI  
Trauma Education and Training for Refugee Resettlement  
Workers. Funded by the Office of Refugee Resettlement  
Role: Consultant
- 1994            Greenberg, PI  
Defensiveness, trait anxiety, and myofascial trigger point EMG  
activity in chronic pain patients. California School of Professional  
Psychology Competitive system-wide mini-grant competition
- 1993            Greenberg, PI  
Emotional nonexpression and its relationship to health and  
psychological outcomes in fibromyalgia syndrome.  
Arthritis Foundation, New York Chapter Grant
- 1991            Greenberg, PI  
Writing about real versus imaginary traumas: Psychological and  
health effects  
Sigma Xi Grant-in-Aid of Research
- 1986-1992      University of Cape Town Harry Crossley Graduate Fellowship for  
overseas study

### Honors and Awards

- 2009            Stark, H.G., Greenberg, M.A., & Harpin, R.E. *Does Expressive  
Writing Enhance the Effects of a Multidisciplinary Chronic Pain  
Management Program (MCPMP)?* Recognized as a Meritorious  
Student Abstract by the Society of Behavioral Medicine.
- 2007            Patel, S., Greenberg, M.A., Slater, M., & Atkinson, J.H. (2007,  
March). *Psychosocial Predictors of Pain Chronicity in Navy  
Servicemen*. Awarded recognition as a Meritorious Student  
Abstract by the Society of Behavioral Medicine
- 2002-2003      *The Job-Loss Recovery Program* (Joseph, L.M., & Greenberg,  
M.A., 2001, *Consulting Psychology Journal*) was endorsed as a  
Promising Program by the Substance Abuse and Mental Health  
Services Administration's (SAMHSA) Center for Substance Abuse  
Prevention and was listed in SAMHSA's National Registry of  
Effective Programs and Practices.
- 1990            Sigma Xi Award for Excellence in Research
- 1989            Student Research Award  
American Psychological Association, Division 38 (Health  
Psychology)

1989

Elected a Member of Sigma Xi (National Research Society)

**Current and Past Professional Affiliations (Member)**

American Psychological Association, Member

APA, Division 38 (Health Psychology), Member

Society of Behavioral Medicine, Member

American Psychosomatic Society, Member

International Society for Traumatic Stress Studies, Member

Marin County Psychological Association, Member

California Psychological Association, Member