

# James W. Pennebaker

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Department of Psychology  
University of Texas at Austin  
1 University Station A8000  
Austin, TX 78712  
512-232-2781  
E-mail address: Pennebaker@mail.utexas.edu

## Education

1973-1977 University of Texas, Austin, Texas, Ph.D. in psychology  
1970-1972 Eckerd College, St. Petersburg, Florida, B.A. with honors  
1968-1970 University of Arizona, Tucson, Arizona

## Positions

2005-present Chair, Department of Psychology, University of Texas at Austin  
2005-present International Professor of Psychology, University of Central Lancashire, UK  
2004-2005 Associate Chair, Department of Psychology  
1997-present Professor of Psychology, University of Texas, Austin  
1995-1997 Chair, Department of Psychology, Southern Methodist University  
1987-1997 Professor of Psychology, Southern Methodist University  
1983-1987 Associate Professor, Department of Psychology, Southern Methodist University  
1982-1983 Polygraph unit instructor, Federal Bureau of Investigation, Quantico, Virginia  
1977-1983 Assistant Professor, Department of Psychology, University of Virginia,  
Charlottesville, Virginia

## Honors

2009-present Regents Centennial Professor of Liberal Arts  
2008 James Bradac Memorial Lecturer, UC-Santa Barbara  
2008 Dads' Association Centennial Teaching Fellowship  
2007 Raymond Dickson Centennial Endowed Teaching Fellowship Award  
2006-present ISI HighlyCited.com selection for being among the most cited researchers in  
Psychology/Psychiatry  
2005-2009 B. P. Bush Regents Professor of Liberal Arts  
2004 Hero of Midland, Texas, sponsored by the Midland Independent School District  
2003 Blair Justice Inaugural Lecturer Award, University of Texas School of Public  
Health  
2002 Outstanding Contributions to Health Psychology (APA Division 38)  
2002 Brittingham Visiting Scholar, University of Wisconsin  
2001 Alpha Lambda Delta/Phi Eta Sigma Outstanding Professor Award  
2000 President's Associates Teaching Award, University of Texas  
1998 Visiting Professor, Department of Psychology, University of Bari, Italy  
1995 Pavlovian Investigator Award, The Pavlovian Society

1993	D.H.C. (Docteur Honoris Causa -- honorary doctorate degree), Catholic University of Louvain, Louvain-La-Neuve, Belgium.
1990	Visiting Professor, Division of Medical Psychology, University of Ulm, Germany
1989	Outstanding Researcher Award, Sigma Xi, Southern Methodist University
1989	Hilgard Visiting Professor, Department of Psychology, Stanford University

### Research Grants

2008-2010	Homeland Security (START), Language of political leaders
2008-2009	Sandia National Labs, Language analysis of a working group
2008-2010	U.S. Army, Writing among Army couples after deployment
2007-2010	Army Research Institute, Language and social dynamics
2007-2008	DOD and CIFA, Viewing text through English and Arabic eyes
2005-2007	NSF workshop on language and deception
2005-2006	U.S. Army, Timing of expressive writing to maximize coping
2004-2007	Binational Science Foundation, Math models of language and personality (coPI)
2000-2007	NIMH Grant, Interpersonal disclosure processes and health
1996-2000	NIMH Grant, Interpersonal disclosure processes and health
1994-1997	NSF Grant, Disclosure, language, and health
1991-1994	NSF Grant, Cognition, disclosure and health
1989-1991	NSF grant, The psychological consequences of the 1989 California earthquake
1987-1989	NSF grant, Inhibition, disclosing, and health
1984-1987	NIH grant, Perception of physical symptoms and blood pressure
1981-1984	NIH grant, Symptoms and blood glucose: Evaluation and utilization, with D.J. Cox
1980-1981	NSF grant, Psychological impact of Mt. St. Helens Volcano, with Darren Newton
1977-1978	NIH Biomedical Support Grant, University of Virginia

### Teaching Experience

Undergraduate	Introductory Psychology, Health Psychology, Methodology, Social Psychology, Social Psychology of Religion, Social and Political Institutions (1854-present)
Graduate	Language and Personality, Social Psychology of Language, Stress and Psychosomatics, Methodology, Social Psychology, Eating Behavior and Disorders, Social Physics, Words and Social Processes

### Ongoing Research Projects

1. Most of my current research deals with the nature of language and social processes. How do the words we use reflect our underlying feelings, thoughts, personality, and behavioral tendencies? In answering this question, we have developed a text analysis program, LIWC, that has allowed us to analyze language use on a word-by-word level for any text – whether a book, poem, song, webpage, or natural conversation. We are finding that the “junk words” people use – articles, pronouns, prepositions – are powerful markers of their linguistic styles and these styles are often linked to other aspects of their lives.

2. I am continuing some of my earlier work with disclosure, inhibition, and psychosomatic disease. The goal of the project is to develop and test the idea that failure to confide a traumatic experience is associated with physiological stress. The stress of not confiding (i.e., inhibition) is exacerbated by increased ruminations about the event. The

cumulative effects of inhibition and rumination increase the probability of disease over time. Requiring individuals to confide or disclose upsetting experiences reduces specific autonomic levels and, over time, disease rates. Recent work focuses on how translating emotional experiences into language affects how people naturally interact with others.

3. A longstanding interest of mine has been to understand how individuals perceive physical symptoms, moods, and physiological change. Studies deal with the relative contributions of internal physiological activity compared with situational cues in influencing individuals' self-reports and more objective indicators of physical symptoms, emotions, and behaviors. Recent work deals with sex differences in the perceptions of internal versus external information.

## **Publications**

### **Books**

- Colligan, M., Pennebaker, J.W. & Murphy L. (Eds.) (1982). *Mass Psychogenic Illness: A Social Psychological Perspective*. Hillsdale, NJ: Erlbaum.
- Domínguez Trejo, B., Pennebaker, J.W., & Olivera López (2008). *Estrés Postraumático (EPT)*. Mexico City: Trillas.
- Paez, D., Valencia, J.F., Pennebaker, J.W., Rimé, B., & Jodelet, D. (Eds.) (1998). *Memorias Colectivas de Procesos Culturales y Políticos*. San Sabastian, Spain: Universidad del Pais Vasco Servicio Editorial.
- Pennebaker, J.W. (1982). *The Psychology of Physical Symptoms*. New York: Springer-Verlag.
- Pennebaker, J.W. (1990). *Opening Up: The Healing Powers of Confiding in Others*. New York: William Morrow.
- Pennebaker, J.W. (1997). *Opening Up: The Healing Power of Expressing Emotions* (Revised edition). New York: Guilford Press. (Translations in German, Spanish, Korean, Japanese, Indonesian, Hungarian, and Polish).
- Pennebaker, J.W. (Ed.) (1995). *Emotion, Disclosure, and Health*. Washington, DC: American Psychological Association.
- Pennebaker, J.W. (2004). *Writing to heal: A guided journal for recovering from trauma and emotional upheaval*. Oakland, CA: New Harbinger Press.
- Pennebaker, J.W., Paez, D., & Rimé, B. (Eds.) (1997). *Collective Memories of Political Events: Social Psychological Perspectives*. Hillsdale, NJ: Erlbaum.
- Traue, H. & Pennebaker, J.W. (Eds.) (1993). *Emotion, Inhibition, and Health*. Seattle: Hogrefe & Huber Publishers.
- Wegner, D.M. & Pennebaker, J.W. (Eds.) (1993). *Handbook of Mental Control*. Englewood Cliffs, NJ: Prentice-Hall.

### **Software**

- Pennebaker, J.W., Booth, R.J., & Francis, M.E. (2007). *Linguistic Inquiry and Word Count: LIWC 2007*. Austin, TX: LIWC ([www.liwc.net](http://www.liwc.net)).

Pennebaker, J.W., Francis, M.E., & Booth, R.J. (2001). *Linguistic Inquiry and Word Count: LIWC 2001*. Mahwah, NJ: Erlbaum Publishers ([www.erlbaum.com](http://www.erlbaum.com)).

Pennebaker, J.W., & Francis, M.E. (1999). *Linguistic Inquiry and Word Count: LIWC*. Erlbaum Publishers.

### Websites

<http://www.psy.utexas.edu/Pennebaker>. University of Texas at Austin website with links to research, publications, teaching, and other websites.

<http://www.utpsyc.org>. A research website devoted to the longterm collection of surveys, online exercises, and writing tasks with feedback.

<http://www.wordwatchers.wordpress.org>. A website built for the 2008 presidential election. A consortium of researchers relying on computerized text analysis contributed to the site.

<http://www.liwc.net>. A site that provides information and sells copies of the computerized text analysis program Linguistic Inquiry and Word Count, LIWC. Profits from the sales are donated to the University of Texas at Austin Psychology Department.

<http://www.analyzewords.com>. A site that automatically analyzes tweets from Twitter accounts providing emotion and personality feedback for Twitter users and their friendship networks. The data generated from this project is used for language research.

### Journal Articles and Book Chapters

Hancock, J. T., Beaver, D. I., Chung, C. K., Frazee, J., Pennebaker, J. W., Graessert, A. C., & Cai, Z. (accepted with revisions). Social language processing: A framework for analyzing the communication of terrorists and authoritarian regimes. *Behavioral Sciences in Terrorism and Political Aggression*, Special Issue: Memory and Terrorism.

Vedhara, K. Brant, H., Adamopoulos, E., Byrne-Davis, L., Mackintosh, B., Hoppitt, L., Tovee, M. & Pennebaker, J. (in press). A preliminary investigation into whether attentional bias influences mood outcomes following emotional disclosure. *International Journal of Behavioural Medicine*.

Tausczik, Y.R., & Pennebaker, J.W. (in press). The psychological meaning of words: LIWC and computerized text analysis methods. *Journal of Language and Social Psychology*.

Gonzales, A.L., Hancock, J.T., & Pennebaker, J.W. (in press). Language indicators of social dynamics in small groups. *Communications Research*.

Chung, C.K., & Pennebaker, J.W. (in press). Linguistic Inquiry and Word Count (LIWC). In Phil McCarthy and Chutima Boonthum (Eds.), *Applied Natural Language Processing and Content Analysis: Identification, Investigation, and Resolution*. Hershey, Pennsylvania: IGI Global.

Skelton, J.A., & Pennebaker, J.W. (in press). Visceral perception. In B. Goldstein (Ed.), *Sage Encyclopedia of Perception*. Thousand Oaks, CA: Sage.

- Pennebaker, J. W., & Chung, C. K. (in press). Expressive writing, emotional upheavals, and health. In J. F. Evans (Ed.), *Wellness & writing connections*. Enumclaw, WA: Idyll Arbor, Inc.
- Pennebaker, J. W., & Chung, C. K. (in press). A summary of the effects of expressive writing on physical and mental health. *Proceedings of the 2007 Turkish-German Psychiatry Conference*.
- Pennebaker, J. W., & Chung, C. K. (in press). Expressive writing and its links to mental and physical health. In H. S. Friedman (Ed.), *Oxford handbook of health psychology*. New York, NY: Oxford University Press.
- Scholand, A. J., Tausczik, Y. R., & Pennebaker, J. W. (2010). Linguistic analysis of workplace computer-mediated communication. *Proceedings of Computer Supported Cooperative Work 2010*.
- Niederhoffer, K. G., & Pennebaker, J. W. (2009). Sharing one's story: On the benefits of writing or talking about emotional experience. In S. J. Lopez and C. R. Snyder (Eds.), *Oxford handbook of positive psychology, 2nd ed.*, (pp. 621-632). New York, NY: Oxford University Press.
- Baddeley, J. L., & Pennebaker, J. W. (2009). Expressive Writing. In W. T. O'Donohue & J. E. Fisher, (Eds.), *Cognitive behavior therapy: Applying empirically supported techniques in your practice, 2nd Ed.* (pp. 197-201). New York: Wiley.
- Pennebaker, J.W. (August 9, 2009). What is "I" saying? (guest post). *The Language Log*. <http://languagelog.ldc.upenn.edu/nll/?p=1651>
- Argamon, S., Koppel, M., Pennebaker, J.W., & Schler, J. (2009). Automatically profiling the author of an anonymous text. *Communications of the Association for Computing Machinery (CACM)*, 52, 119-123.
- Ramirez-Esparza, N., Mehl, M.R., & Pennebaker, J.W. (2009). Are Mexicans More or Less Sociable than Americans? Insights from a Naturalistic Observational Study. *Journal of Research in Personality*, 43, 1-7.
- Fernandez, I., Paez, D., & Pennebaker, J.W. (2009). Comparison of expressive writing after the terrorist attacks of September 11<sup>th</sup> and March 11<sup>th</sup>. *International Journal of Clinical and Health Psychology*, 9, 89-103.
- Slatcher, R.B., Vazire, S., & Pennebaker, J.W. (2008). Am "I" more important than "we"? Couples' word use in instant message. *Personal Relationships*, 15, 407-424.
- Pennebaker, J.W., & Ireland, M. (2008). Analyzing words to understand literature. In J. Auracher and W. van Peer (Eds.), *New beginnings in literary studies* (pp24-48). Newcastle, UK: Cambridge Scholars Publishing.
- Chung, C. K., Jones, C., Liu, A., & Pennebaker, J. W. (2008). Predicting success and failure in weight loss blogs through natural language use. *Proceedings of the 2008 International Conference on Weblogs and Social Media*, pp.180-181.
- Chung, C. K., & Pennebaker, J. W. (2008). Revealing dimensions of thinking in open-ended self-descriptions: An automated meaning extraction method for natural language. *Journal of Research in Personality*, 42, 96-132.

- Pennebaker, J.W., & Chung, C.K. (2008). Computerized text analysis of Al-Qaeda transcripts. In K. Krippendorff & M.A. Bock (Eds.), *A content analysis reader* (pp 453-465). Thousand Oaks, CA: Sage.
- Petrie, K.J., Pennebaker, J.W., & Sivertsen, B. (2008). Things we said today: A linguistic analysis of the Beatles. *Psychology of Aesthetics, Creativity, and the Arts*, 2, 197-202.
- Ramirez-Esparza, N., Gosling, S.D., & Pennebaker, J.W. (2008). Paradox lost: Unraveling the puzzle of *simpatía*. *Journal of Cross Cultural Psychology*, 39, 703-715.
- Chung, C.K., & Pennebaker, J.W. (2008). Variations in spacing of expressive writing sessions. *British Journal of Health Psychology*, 13, 15-21.
- Smyth, J., Hockemeyer, J., Heron, K., Wonderlich, S., & Pennebaker, J. (2008). Prevalence, type, disclosure, and severity of trauma and adverse events in college students. *Journal of American College Health*, 57, 69-76.
- Ramirez-Esparza, N., Chung, C. K., Kacwicz, E., & Pennebaker, J. W. (2008). The psychology of word use in depression forums in English and in Spanish: Testing two text analytic approaches. *Proceedings of the 2008 International Conference on Weblogs and Social Media*, pp.102-108.
- Pennebaker, J.W. (2008). Forward. In Australian Centre for Grief and Bereavement (Ed.), *Rememberings: A collection of poetry and prose submitted by bereaved people*. Vol.1 (page 3). Australian Centre for Grief and Bereavement Inc: Victoria, Australia.
- Pennebaker, J.W. (2008). Choice words: How we talk when we talk about politics. *Texas Observer*, 100 (May 30, 2008), 27-28.
- Smyth, J.M., & Pennebaker, J.W. (2008). Exploring the boundary conditions of expressive writing: Finding the right recipe. *British Journal of Health Psychology*, 13, 1-7.
- Newman, M.L., Groom, C.J., Handelman, L.D., & Pennebaker, J.W. (2008). Gender differences in language use: An analysis of 14,000 text samples. *Discourse Processes*, 45, 211-246.
- Pennebaker, J.W., & Gonzales, A. (2008). Making history: Social and psychological processes underlying collective memory. In J.V. Wertsch and P. Boyer (Eds.), *Collective memory* (pp. 110-129). New York: Cambridge University Press.
- Wolf, M., Horn, A.B., Mehl, M.R., Haug, S., Pennebaker, J. W., & Kordy, H. (2008). Computergestützte quantitative Textanalyse: Äquivalenz und Robustheit der deutschen Version des Linguistic Inquiry and Word Count [Computer-aided quantitative text analysis: Equivalence and robustness of the German adaption of the Linguistic Inquiry and Word Count]. *Diagnostica*, 54, 85-98.
- Pennebaker, J.W., Chung, C.K., Ireland, M., Gonzales, A., & Booth, R.J. (2007). *The development and psychometric properties of LIWC2007*. [Software manual]. Austin, TX: LIWC.net
- Argamon, S., Koppel, M., Pennebaker, J.W., & Schler, J. (2007). Mining the blogosphere: Age, gender and the varieties of self-expression. *First Monday*, 12 (Peer-reviewed journal on the internet) [http://firstmonday.org/issues/issue12\\_9/argamon/index.html](http://firstmonday.org/issues/issue12_9/argamon/index.html)

- Krantz, A.M., & Pennebaker, J.W. (2007). Expressive dance, writing, trauma, and health: When words have a body. In I.A. Serlin, J. Sonki-Henderson, R. Brandman, and J. Graham-Pole (Eds.), *Whole person healthcare, Volume 3* (pp 201-229). Westport, CT: Praeger Publishers.
- Mehl, M.R., Vazire, S., Ramirez-Esparza, N., Slatcher, R.B., & Pennebaker, J.W. (2007). Are women really more talkative than men? *Science, 317*, 82.
- Ramirez-Esparza, N., Pennebaker, J.W., Garcia, F.A., & Suria, R. (2007). La psicología del uso de las palabras: Un programa de computadora que analiza textos en Español (The psychology of word use: A computer program that analyzes texts in Spanish). *Revista Mexicana de Psicología, 24*, 85-99.
- Slatcher, R.B., Chung, C.K., Pennebaker, J.W., & Stone, L.D. (2007). Winning words: Individual differences in linguistic style among U.S. presidential and vice presidential candidates. *Journal of Research in Personality, 41*, 63-75.
- Ames, S.C., Patten, C.A., Werch, C.E., Schroeder, D.R., Stevens, S.R., Fredrickson, P.A., Echols, J.D., Pennebaker, J.W., & Hurt, R.D. (2007). Expressive writing as a nicotine dependence treatment adjunct for young adult smokers. *Nicotine & Tobacco Research, 9*, 185-194.
- Pennebaker, J.W., & Chung, C.K. (2007). Expressive writing, emotional upheavals, and health. In H. Friedman and R. Silver (Eds.), *Foundations of Health Psychology* (pp. 263-284). New York: Oxford University Press.
- Chung, C.K., & Pennebaker, J.W. (2007). The psychological functions of function words. In K. Fiedler (Ed.), *Social communication* (pp. 343-359). New York: Psychology Press.
- Zech, E., Rime, B., & Pennebaker, J.W. (2007). The effects of emotional disclosure during bereavement. In M. Hewstone, H.A.W. Schut, J.B.F. De Wit, K. Van Den Bos, & M. Stroebe (Eds.), *The scope of social psychology: Theory and applications* (pps 277-292). New York: Psychology Press.
- Kacewicz, E., Slatcher, R.B., & Pennebaker, J.W. (2007). Expressive writing: An alternative to traditional methods. In L. L'Abate (Ed.), *Low-cost approaches to promote physical and mental health* (pps 271-284). New York: Springer.
- Slatcher, R.B. & Pennebaker, J.W. (2006). How do I love thee? Let me count the words: The social effects of expressive writing. *Psychological Science, 17*, 660-664.
- Ramirez-Esparza, N., & Pennebaker, J.W. (2006). Do good stories produce good health? Exploring words, language, and culture. *Narrative Inquiry, 16*, 211-219.
- Gortner, E.M., Rude, S.S., & Pennebaker, J.W. (2006). Benefits of expressive writing in lowering rumination and depressive symptoms. *Behavior Therapy, 37*, 292-303.
- Mehl, M.R., Gosling, S.D., & Pennebaker, J.W. (2006). Personality in its natural habitat: Manifestations and implicit folk theories of personality in daily life. *Journal of Personality and Social Psychology, 90*, 862-877.
- Pennebaker, J.W., Paez, D., Deschamps, J.C., Rentfrow, J., Davis, M., Techio, E.M., Slawuta, P., Zlobina, A., & Zubieta, E. (2006). The social psychology of history: Defining the most important events of the last 10, 100, and 1000 years. *Psicologia Politica, 32*, 15-32.

- Lyons, E. J., Mehl, M. R., & Pennebaker, J. W. (2006). Linguistic self-presentation in anorexia: Differences between pro-anorexia and recovering anorexia internet language use. *Journal of Psychosomatic Research, 60*, 253-256.
- Ramírez-Esparza, N., Gosling, S.D., Benet-Martínez, V., Potter, J., & Pennebaker, J.W. (2006). Do bilinguals have two personalities? A special case of frame switching. *Journal of Research in Personality, 40*, 99-120.
- Pennebaker, J.W. & Chung, C.K. (2005). Tracking the social dynamics of responses to terrorism: Language, behavior, and the Internet. In S. Wessely and V.N. Krasnov (Eds.), *Psychological responses to the new terrorism: A NATO-Russia dialogue*. Amsterdam: ISO Press.
- Pennebaker, J.W., Slatcher, R.B., & Chung, C.K. (2005). Linguistic markers of psychological state through media interviews: John Kerry and John Edwards in 2004, Al Gore in 2000. *Analysis of Social and Public Policy, 5*, 1-9.
- Chung, C.K., & Pennebaker, J.W. (2005). Assessing quality of life through natural language use: Implications of computerized text analysis. In W.R. Lenderking and D.A. Revicki (eds.), *Advancing health outcomes research methods and clinical applications* (pp 79-94). Washington, DC: Degnon Associates.
- Groom, C.J., & Pennebaker, J.W. (2005). The language of love: Sex, sexual orientation, and language use in online personal advertisements. *Sex Roles, 52*, 447-461.
- Ames, S.C., Patten, C.A., Offord, K.P., Pennebaker, J.W., Croghan, I.T., Tri, D.M., Stevens, S.R., & Hurt, R.D. (2005). Expressive writing intervention for young adult cigarette smokers. *Journal of Clinical Psychology, 61*, 1555-1570
- Rude, S.S., Gortner, E.M., & Pennebaker, J.W. (2004). Language use of depressed and depression-vulnerable college students. *Cognition and Emotion, 18*, 1121-1133.
- Cohn, M.A., Mehl, M.R., & Pennebaker, J.W. (2004). Linguistic Markers of Psychological Change Surrounding September 11, 2001. *Psychological Science, 15*, 687-693.
- Pennebaker, J.W., Groom, C.J., Loew, D., & Dabbs, J. (2004). Testosterone as a social inhibitor: Two case studies of the effect of testosterone treatment on language. *Journal of Abnormal Psychology, 113*, 172-175.
- Lee, Chang H., Nam, K., & Pennebaker, J.W. (2004). Is writing as much phonological as speaking? Homophone usage across speaking and writing. *Psychologia: An International Journal of Psychology in the Orient, 47*, 1-9.
- Zijlstra, H., van Meerveld, T., van Middendorp, H., Pennebaker, J.W., & Geenen R. (2004). De Nederlandse versie van de Linguistic Inquiry and Word Count (LIWC), een gecomputeriseerd tekstanalyseprogramma [Dutch version of the Linguistic Inquiry and Word Count (LIWC), a computerized text analysis program]. *Gedrag & Gezondheid, 32*, 273-283.
- Pennebaker, J.W. (2004). Theories, therapies, and taxpayers: On the complexities of the expressive writing paradigm. *Clinical Psychology: Science and Practice, 11*, 138-142.
- Petrie, K.J., Fontanilla, I., Thomas, M.G., Booth, R.J., & Pennebaker, J.W. (2004). Effect of written emotional expression on immune function in patients with human immunodeficiency virus infection: A randomized trial. *Psychosomatic Medicine, 66*, 272-275.

- Liehr, P., Mehl, M.R., Summers, L.C., & Pennebaker, J.W. (2004). Connecting with others in the midst of a stressful upheaval on September 11, 2001. *Applied Nursing Research, 17*, 2-9.
- Pennebaker, J.W., & Stone, L.D. (2004). Translating traumatic experiences into language: Implications for child abuse and long-term health. In L.J. Koenig, L.S. Doll, A. O'Leary, and W. Pequegnat (Eds.), *From child sexual abuse to adult sexual risk: Trauma, revictimization, and intervention* (pp 201-216). Washington, DC: American Psychological Association
- Mehl, M.R., & Pennebaker, J.W. (2003). The social dynamics of a cultural upheaval: Social interactions surrounding September 11, 2001. *Psychological Science, 14*, 579-585.
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- Pennebaker, J.W., & Stone, L.D. (2003). Words of wisdom: Language use over the lifespan. *Journal of Personality and Social Psychology, 85*, 291-301.
- Mehl, M.R., & Pennebaker, J.W. (2003). The sounds of social life: A psychometric analysis of students' daily social environments and conversations. *Journal of Personality and Social Psychology, 84*, 857-870.
- Campbell, R.S. & Pennebaker, J.W. (2003). The secret life of pronouns: Flexibility in writing style and physical health. *Psychological Science, 14*, 60-65.
- Newman, M.L., Pennebaker, J.W., Berry, D.S., & Richards, J.M. (2003). Lying words: Predicting deception from linguistic styles. *Personality and Social Psychology Bulletin, 29*, 665-675.
- Heberlein, A.S., Adolphs, R., Pennebaker, J.W., & Tranel, D. (2003). Effects of damage to right-hemisphere brain structures on spontaneous emotional and social judgments. *Political Psychology, 24*, 705-726.
- Pennebaker, J.W. (2003). The social, linguistic, and health consequences of emotional disclosure. In J. Suls and K.A. Wallston (Eds.), *Social psychological foundations of health and illness* (pp 288-313). Malden, MA: Blackwell Publishing.
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- Gortner, E.M., & Pennebaker, J.W. (2003). The anatomy of a disaster: Media coverage and community-wide health effects of the Texas A&M Bonfire tragedy. *Journal of Social and Clinical Psychology, 22*, 580-603.
- Seagal, J. D., & Pennebaker, J.W. (2003). Non-Expression of emotion and self among members of socially stigmatized groups: Implications for physical and mental health. In A. Vingerhoets and I. Nyklicek (Eds.), *Biobehavioral Perspectives on Health and Disease Prevention*. Tilburg, The Netherlands: Tilburg University Press.
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- Hartley, J., Sotto E., & Pennebaker, J. W. (2003). Speaking versus typing: A case-study of the effects of using voice-recognition software on academic correspondence. *British Journal of Educational Technology, 34*, 5-16.

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- Pennebaker, J.W. (2003). Writing about emotional experiences as a therapeutic process. In P. Salovey, J.A. Rothman et al (Eds.), *Social psychology of health: Key readings in social psychology* (pp 362-368). New York, NY: Psychology Press.
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- Graybeal, A., Seagal, J.D., & Pennebaker, J.W. (2002). The role of story-making in disclosure writing: The psychometrics of narrative. *Psychology and Health*, 17, 571-581.
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## Grant and Journal Reviews

NIH Review Panel (special review panels)  
 NSF proposals  
 NIMH proposals  
 National Institute of Dental Research (special review panel)

### Science

New England Journal of Medicine  
 Psychological Review  
 Journal of Personality and Social Psychology\*\*  
 Journal of Consulting and Clinical Psychology  
 Social Science and Medicine  
 Journal of Applied Social Psychology  
 Journal of Experimental Social Psychology  
 Journal of Social and Clinical Psychology  
 Personality and Social Psychology Bulletin  
 Basic and Applied Social Psychology\*\*  
 American Journal of Family Therapy  
 Behavior Therapy & Experimental Psychiatry  
 Journal of Research in Personality  
 British Journal of Social Psychology  
 Journal of Nervous and Mental Disease  
 Motivation and Emotion  
 European Journal of Social Psychology  
 Journal of Traumatic Stress  
 Anxiety, Stress, and Coping  
 Advances in Mind-Body Medicine\*

\*Consulting editor

\*\*Former consulting editor

Australian Research Council  
 Canadian Research Council  
 New Zealand Research Council  
 Medical Research Council (Great Britain)

Psychophysiology  
 Journal of Social and Personal Relations  
 Psychological Bulletin  
 Child Development  
 Journal of Abnormal Psychology  
 Psychosomatic Medicine  
 Health Psychology\*\*  
 Journal of Personality  
 Journal of Behavioral Medicine  
 Cognitive Research and Therapy  
 Preventive Medicine  
 Social Cognition  
 Behavioral Medicine Abstracts\*\*  
 Journal of Applied Psychology  
 Journal of Nonverbal Behavior  
 Social Psychology Quarterly  
 Biological Psychology  
 European Journal of Personality  
 American Psychologist  
 Psychology and Health\*  
 Cognition and Emotion

## **Presentations and Invited Addresses**

### **Conference Presentations**

American Association for the Advancement of Sciences  
 American Association for Marriage and Family Therapy  
 American Psychological Association  
 Association for Applied Psychophysiology and Biofeedback  
 Biofeedback Society of New York  
 Biofeedback Society of Texas  
 British Health Psychology Association  
 Capital Area Social Psychology Association  
 Centers for Disease Control  
 Eastern Psychological Association  
 European Association of Experimental Social Psychology  
 German Medical Psychology Society  
 International Congress of Psychology  
 Institute for the Study of Human Knowledge  
 Maryland Biofeedback Association  
 Metroplex Social Psychologists  
 Mexican Association of Social Psychology  
 Midwestern Psychological Association  
 Nags Head Conferences  
 National Institute for Occupational Safety and Health  
 National Kidney Society  
 Northern California Psychiatric Association  
 Society for Experimental Social Psychology  
 Society for Psychophysiological Research  
 Society for Text and Discourse  
 Southeastern Psychological Association  
 Southern Society for Social Psychology  
 Southwestern Psychological Association  
 Social Psychologists in Texas  
 Spanish Social Psychology Society  
 Texas Historical Association  
 Texas Marriage and Family Institute  
 Western Psychological Association  
 World Health Organization Conference on Pollutants  
 and many others

### **Invited Colloquia**

Department of Psychology, Dartmouth College, 1977  
 Behavioral Sciences, University of Connecticut Health Sciences Center, 1977  
 Department of Medical Psychology, Uniformed Services University for the Health Sciences, 1978  
 Division of Psychology, Bowman-Gray Medical School, 1979  
 Department of Internal Medicine, University of Virginia Medical School, 1980  
 Department of Psychology, Johns Hopkins University, 1981  
 Nutrition Division, Campbell's Soup, 1981  
 Department of Psychology, North Carolina State University, 1981  
 Legal Department, Dow Chemical, 1982  
 Division of Psychophysiology, Gerontological Research Center, NIH, 1982  
 Department of Psychology, Columbia University, 1982

Department of Psychology, University of Illinois at Champaign-Urbana, 1982  
Department of Psychology, Old Dominion University, 1982  
Department of Psychology, Northeastern University, 1983  
Department of Psychology, University of Texas at Arlington, 1983  
Department of Psychology, University of Richmond, 1983  
Department of Psychology, State University of New York at Stony Brook, 1983  
Department of Psychology, Georgia State University, 1983  
Department of Psychology, North Dakota State University, 1983  
Department of Psychology, Arizona State University, 1983  
Department of Psychology, Trinity University, 1984  
School of Nursing, University of Kansas Medical School and Hospital, 1984  
Honors Program, Trinity University, 1984  
Department of Psychology, Case Western Reserve University, 1985  
Department of Psychology, Pennsylvania State University, Delaware County, 1985  
Department of Psychology, Swarthmore University, 1985  
Department of Medical Psychology, University of Texas Health Sciences, 1985  
Division of Chaplains' Services, New York Veterans Administration Hospitals, 1985  
Department of Psychiatry and Behavioral Medicine, University of Virginia, 1986  
Departments of Psychology and Health Behavioral Sciences, SUNY at Buffalo, 1986  
Department of Psychology, University of Stockholm, Stockholm, Sweden, 1986  
Department of Psychology, University of Tulsa, 1986  
Department of Psychology, Health group, Yale University, 1986  
Department of Psychology, Colorado State University, Colorado Springs, 1987  
Department of Psychology, Memphis State University, 1987  
Department of Psychology, University of Texas at Austin, 1987  
Department of Psychology, Trinity University, 1987  
Faculty of Psychology, University of Amsterdam, The Netherlands, 1987  
MacArthur Foundation, Health Program, New Orleans, 1988  
Department of Psychology, Stanford University, 1988  
Department of Psychology, University of Washington, 1988  
Department of Psychiatry, University of Missouri Medical School, 1988  
Graduate School of Psychology, Fuller Theological Seminary, Pasadena, 1989  
Grand Rounds, Brown Medical School (Rhode Island Hospital), Providence, RI, 1989  
IPAR, University of California-Berkeley, 1989  
Department of Psychology, University of California-Davis, 1989  
California School for Professional Psychology, Alameda, CA, 1989  
Research Division, Permanente Medical Group, Oakland, CA, 1989  
Department of Psychology, Cornell University, 1989  
Department of Psychology, University of Waterloo, 1989  
Department of Psychology, University of Leuven, Belgium, 1989  
Department of Psychology, University of Munich, West Germany, 1989  
Behavioral Medicine Section, Katholieke Universiteit, The Netherlands, 1989  
Experimental Psychology, University of Amsterdam, The Netherlands, 1989  
Department of Psychology, University of Arkansas, 1990  
Department of Psychology, Rice University, 1990  
Department of Psychology, University of Pennsylvania, 1990  
Behavioral Medicine, University of Massachusetts Medical Center, 1990  
Department of Psychology, Harvard University, 1990  
Behavioral Medicine Division, University of Ulm, West Germany, 1990  
Department of Psychology, Phillips University, Marburg, West Germany, 1990  
University Lecture, UCLA, 1990  
Psychophysiology Training Group, Ohio State University, Columbus, Ohio, 1990  
Department of Psychology, University of Western Ontario, 1990  
Behavioral Medicine Group, Boston University Medical School, 1990  
Department of Psychology, University of British Columbia, 1991

Department of Psychology, Stanford University, 1991  
University Lecture, University of California at Davis, 1991  
MacArthur Foundation, Health and Behavior Network, Cape Cod, 1991  
Department of Psychology, Basque University, San Sabastian, Spain, 1991  
Mind Science Foundation, San Antonio, 1991  
Department of Psychiatry, Timberlawn Hospital, Dallas, 1991  
Department of Psychology, University of Chicago, 1991  
Grand Rounds, Medical College of Ohio, Toledo, 1991  
National Institute for the Clinical Application of Behavioral Medicine, Orlando, 1991  
Counseling and Psychological Services, State University of New York, Oswego, 1992  
Department of Psychology, University of Alaska, 1992  
Canyon Ranch, Tucson, Arizona, 1992  
Department of Psychiatry, University of Graz Medical School, Graz, Austria, 1992  
Department of Psychology, University of Mainz, Germany, 1992  
Department of Psychology, Universidad Nacional Autonoma de Mexico, Mexico City, 1992  
Department of Psychology, Duke University, 1993  
Department of Psychology, Dalhousie University, Halifax, Nova Scotia, 1993  
Department of Psychiatry, Auckland University Medical School, Auckland, New Zealand, 1993  
Faculty of Psychology, University of Lovain, Louvain-La-Neuve, Belgium, 1993  
Laboratory of Social Psychology, L'Ecole des Hautes Etudes en Sciences Sociales, Paris, 1993  
Department of Psychology, University of Pennsylvania, Philadelphia, 1993  
Department of Psychology, University of Texas at El Paso, 1993  
Department of Psychology, Universidad Autonoma de Madrid, Spain, 1993  
Departments of Psychology and Psychiatry, Dartmouth University, 1994  
Department of Social Work, University of North Texas, 1994  
Department of Psychology, University of Cincinnati, 1994  
Department of Psychology, College of Charleston, 1994  
Department of Behavioral Science, University of Kentucky, 1994  
Department of Psychology, University of Georgia, 1994  
Department of Psychology, SUNY at Stony Brook, 1994  
Department of Psychology, University of Utrecht, The Netherlands, 1994  
Mary Walther Cancer Center, University of Indiana Medical School, 1994  
Department of Clinical Psychology, Universidad Nacional Autonoma de Mexico, Mexico City, 1994  
Coping Project, UC-San Francisco Medical School, 1994  
Department of Psychology, University of Kansas, 1994  
Department of Psychology, Wake Forest University, 1994  
Department of Psychology, Purdue University, 1994  
Department of Psychology, University of Arizona, 1994  
Department of Psychology, United States Air Force Academy, 1995  
Department of Psychology, Carnegie Mellon University, 1995  
Coping Project, UC-San Francisco Medical School, 1995  
Department of Psychiatry and Behavioural Sciences, Auckland Medical School, New Zealand, 1995  
Department of Psychology, Ohio State University, 1995  
Cancer Research Center and Department of Psychology, University of Hawaii, 1995  
Department of Psychology, University of New South Wales, Sydney, Australia, 1995  
Department of Psychology, Georgia State University, 1996  
Department of Psychology, University of Utah, 1996  
Hungarian National Academy of Sciences, Budapest, 1996  
Tilburg University, The Netherlands, 1996  
Behavioral Medicine Research Institute, SUNY at Stony Brook, 1996  
Department of Psychology, University of Texas at Austin, 1997  
Department of Psychology, Rutgers University, 1997  
Department of Psychiatry and Behavioural Sciences, Auckland Medical School, New Zealand, 1997  
Department of Psychology, University of Manchester, England, 1997  
Department of Psychology, University of Bari, Italy, 1997

Department of Environmental Sciences, Karolinska Institute, Stockholm, Sweden, 1997  
Department of Psychology, University of Alabama-Birmingham, 1998  
Department of Psychology, Oklahoma State University, 1998  
Psychology Department, University of Rome, Italy, 1998  
Psychology Department, University of Bergen, Norway, 1998  
Department of Psychology, University of Bari, Italy, 1998  
Department of Psychology, Loyola University, Chicago, 1998  
Department of Psychology, Miami University, Bowling Green, Ohio, 1998  
Department of Psychology, Williams College, Williamstown, MA, 1998  
Department of Psychology, Rice University, Houston, TX, 1998  
The Wellness House, Chicago, IL, 1998  
Department of Psychiatry and Behavioural Sciences, Auckland Medical School, New Zealand, 1999  
Institute for Behavioral Research, University of Georgia, 1999  
University of Tilburg, The Netherlands, 1999  
Department of Psychiatry, University of Arkansas Medical Center, 1999  
Department of Psychology, Doshisha University, Kyoto, Japan, 1999  
Department of Psychology, University of Amsterdam, The Netherlands, 1999  
CHESS, University of Wisconsin, 1999  
Department of Psychiatry and Behavioral Sciences, SUNY at Syracuse Medical Center, 1999  
Department of Psychology, The New School, New York City, 1999  
Department of Psychiatry, Mount Sinai Medical Center, New York City, 1999  
AIDS Research Center, UCLA, 1999  
Department of Psychiatry and Behavioural Sciences, Auckland Medical School, New Zealand, 2000  
Department of Linguistics, University of Texas, 2000  
Department of Psychology, Texas A&M, 2000  
UT Lecture Series, 2000  
Meredith College, Raleigh, NC, 2000  
Department of Health Science, Hahnemann Medical College, Philadelphia, 2000  
Department of Psychology, University of Brighton Medical School, Brighton, England, 2000.  
Department of Psychology, Basque University, San Sabastian, Spain, 2000.  
Department of Psychology, University of Massachusetts, Amherst, 2000.  
Italian Health Psychology Conference, Orvieto, Italy, 2000  
German Health Psychology, Jena, Germany, 2000  
Department of Psychology, University of Oregon, 2000  
Department of Psychology, Texas Tech University, 2000  
Department of Communications, University of Illinois, Champaign-Urbana, 2000  
National Institute for the Clinical Application of Behavioral Medicine, Hilton Head, NC 2000.  
Department of Psychiatry, Dukoff Visiting Lecturer, Memorial Sloan Kettering Hospital, New York City, 2001  
Department of Health Psychology, University of Auckland Medical School, Auckland, New Zealand, 2001  
Department of Medicine Grand Rounds, UT Health Sciences Center, San Antonio, 2001  
Department of Psychology, Northwestern University, Evanston, IL, 2001  
Department of Psychology, Harvard University, Cambridge, MA 2001  
Department of Epidemiology, Johns Hopkins Medical School, Baltimore, MD 2001  
Narrative and Illness Group, University of British Columbia, Vancouver, BC 2001  
Department of Psychiatry, Guys Hospital, University of London, England, 2001  
Cardiovascular Research Unit, Brighton Medical School, Brighton, England, 2001  
Department of Clinical Psychology, Lisbon School for the Social Sciences, Lisbon, Portugal, 2001  
Department of Psychiatry, University of Leiden, The Netherlands, 2001  
Mayo Clinic, Jacksonville, FL, 2001  
Department of Psychology, Saint Louis University, 2001  
College Convocation Speaker, Augustana College, 2001  
Positive Psychology Group, Akumal, Mexico, 2002  
Mind-Brain Institute, Harvard University, 2002  
Department of Psychology, Pan-American University, Edinburg, TX, 2002  
Brittingham Visiting Scholar, University of Wisconsin, 2002

Department of Psychology, University of North Carolina, Chapel Hill, 2002  
Bioterrorism group, NATO, Brussels, Belgium, 2002  
Department of Psychiatry and Behavioral Sciences, University of South Florida Medical School, Tampa, 2002  
Scienza Lecturer, Rice University, Houston, TX 2002  
The Cancer Wellness Center, Chicago, 2002  
Department of Psychology, University of Louvain, Lovain-la-Neuve, Belgium, 2002  
Department of Psychiatry Grand Rounds, M.D. Anderson Hospital, Houston, TX 2002  
Teachers of English and Rhetoric, Rocky Mountain National Park, CO, 2002  
Mexican Social Psychology Conference and Department of Psychology, Colima, Mexico 2002  
Department of Psychology and Psi Chi, St Edwards University, San Antonio, 2003  
Hope Fondation, Palo Alto, 2003  
Department of Psychology, Arizona State University, 2003  
Departments of Chemistry and Biology, UT San Antonio, 2003  
Department of Psychology, Georgia State University, 2003  
Department of Psychology, Vanderbilt University, 2003  
Department of Psychology, University of Tuebingen, Germany, 2003  
Department of Psychology, University of Ulm, Germany, 2003  
Department of Psychology, Fuller Theological Institute, 2003  
British Association of Behavior and Cognitive Therapy, York, UK, 2003  
Wisconsin Biofeedback Association, Green Lake, WI, 2003  
Australian Psychological Association, Perth, 2003  
School of Public Health, University of Texas at Houston, 2003  
Department of Psychology, Furman College, South Carolina 2003  
Anger Management Conference, Gotenberg, Sweden, 2003  
Daegu University, South Korea, 2004  
Pyungtang University, South Korea, 2004  
International Society of Health Psychology, South Korea, 2004  
Duke Medical School, Durham, NC, 2004  
School of Nursing, Vanderbilt, 2004  
Department of Psychology, UC-Irvine, 2004  
Department of Psychology, UC-Riverside, 2004  
Department of Psychiatry, Gronigen, The Netherlands, 2004  
PTSD Conference, New Orleans VA, 2004  
Quality of Life Conference, Boston, 2004  
Language and Social Psychology Keynote, Penn State, 2004  
Collective Memory Conference, Aix-en-Provence, France 2004  
American College Health Association Endowed Lecture, New Orleans, 2004  
Placebo Conference and Invited Address, Univ of Michigan, 2004  
Department of Psychology, University of Monterrey, Mexico, 2004  
Netherlands Health Psychology Keynote, 2004  
Wellness Colloquium, SMU, Dallas 2004  
University of Gronigen Medical School, The Netherlands 2004  
Society of Social and Personality Psychology, Austin 2004  
Spearman Conference, Educational Testing Service, Philadelphia 2004  
Technology and Social Behavior Institute, Northwestern University, 2004  
Grand Rounds, Scott and White Clinics, Temple, TX 2004  
University of Texas LAMP program, 2004  
Medical Decisions Institute, Johns Hopkins University, 2004  
Mexico Human Rights, Culiacan, Mexico, 2004  
Positive Psychology, Washington, DC 2004  
Society for Psychophysiological Research, Santa Fe, NM 2004  
National Institute for the Teaching of Psychology, St. Petersburg, FL 2005  
The Good Life Project, Vaxjo, Sweden 2005  
Department of Psychology, University of Lund, Sweden, 2005  
Society of Personality and Social Psychology, New Orleans, 2005

Grand Rounds, Johns Hopkins Medical School, 2005  
 Department of Psychology, Kent State University, Kent, Ohio 2005  
 The Gallup Organization, Omaha, Nebraska 2005  
 The Norway Trauma Center, Bergen, Norway 2005  
 European Health Psychology (keynote), Galway, Ireland, 2005  
 E-health Symposium (keynote), National Institutes of Health, Bethesda, 2005  
 Society for the Arts in Health Care (keynote), Edmonton, Alberta, 2005  
 McGill Medical School, Montreal, 2005  
 NSF Workshop (organizer), Language and Deception, Washington, 2005  
 Department of Psychology, University of Pennsylvania, Philadelphia, 2005  
 Society of Mathematical Psychology, University of Memphis, 2005  
 University Lecture, University of Texas-Dallas, 2005  
 Department of Psychology, University of Texas at El Paso, 2005  
 U.S. Army Medical Research Group, Heidelberg, Germany, 2006  
 Human Computer Interaction Institute, Carnegie Mellon University, Pittsburgh, 2006  
 Department of Psychology, University of Central Lancashire, Preston, UK 2006  
 Department of Psychology, Leeds University, UK, 2006  
 Department of Developmental and Political Psychology, Cambridge University, UK 2006  
 Collective Memory Group, Washington University, St. Louis, 2006  
 Comparative Literature Consortium, Texas Tech University, Lubbock, TX 2006  
 Empirical Study of Literature, Prien, Germany, 2006  
 Warsaw School of Social Psychology, Warsaw, Poland 2006  
 National Communications Association, San Antonio, TX 2006  
 Department of Psychology, University of Michigan, 2007  
 Human Development and Family Science, UT-Austin, 2007  
 Council of Graduate Departments of Psychology, Long Beach, VA, 2007  
 College of Nursing, UT-Austin, 2007  
 Annenberg School of Communication, Univ of Pennsylvania, Philadelphia, 2007  
 UT Forum Series on the Criminal Mind, UT-Austin, 2007  
 International Health Psychology, Aitutaki, Cook Islands, 2007  
 University Lecture, Washington & Lee University, 2007  
 Department of Psychology, University of Central Lancashire, UK, 2007  
 British Forensic Society, York, UK, 2007  
 Department of Psychology, University of Surrey, UK, 2007  
 Army Research Institute, Washington DC, 2007  
 Baylor Medical School Post Doc Association, Houston, 2007  
 Summer Institute for Social Psychology keynote, Austin, 2007  
 Turkish-German Psychiatry Conference, Psychology Department, Bosphorus University, Istanbul, Turkey, 2007  
 Department of Psychology, Tilburg University, Tilburg, The Netherlands, 2007  
 Counter Intelligence Field Activity, Department of Defense, Washington, DC, 2007  
 Writing and Wellness Conference, Atlanta, 2007  
 Social Psychologists in Texas, Lubbock, TX 2008  
 Department of Psychology, University of Minnesota, Minneapolis 2008  
 Portuguese Health Psychology Society, Porto, Portugal, 2008  
 Keynote, Southeastern Psychological Association, Charlotte, NC 2008  
 Conference on College Composition, New Orleans, 2008  
 School of Business, Columbia University, New York City, 2008  
 Canadian Conference on Narrative, Toronto, 2008  
 Trauma Conference, University of Bergen, Bergen, Norway, 2008  
 Keynote, Writing and Healing Conference, Denver, CO 2008  
 Vancouver Child Conference, University of British Columbia, Vancouver, 2008  
 Bradac Memorial Lecture, School of Communications, University of California Santa Barbara, 2008  
 Clinical Psychology Workshop, Università Cattolica del Sacro Cuore, Milan, Italy 2008  
 Departments of Computer Science and Psychology, University of Texas at El Paso, 2008  
 Department of Psychology, Our Lady of the Lake College, San Antonio 2009

Department of Psychology, Washington University, St. Louis, 2009  
Department of Psychology, Duke University, 2009  
Department of Medical Psychology, Uniformed Services University for the Health Sciences, Bethesda 2009  
Keynote, Center for Advanced Study of Language (CASL), University of Maryland 2009  
Wagner Lecture, University of Central Lancashire, UK 2009  
Department of Psychology, University of Otago, New Zealand 2009  
International Health Psychology, Fiji, 2009  
Business School, University of Chicago, 2009  
Rand Corporation, Santa Monica, CA 2009  
Language Psychology Workshop, Università Cattolica del Sacro Cuore, Milan, Italy 2009  
Violence in Public Places Conference, Preston, UK 2009  
Expressive writing workshop, University of Central Lancashire, Preston, UK 2009  
Keynote, Ambulatory Assessment, Greifswald University, Germany, 2009  
National Research Council and the U.S. Secret Service, Washington DC 2009  
START Terrorism Conference, Department of Homeland Security, College Park, MD 2009  
Belgium Academy of Sciences, Brussels, 2009