KENNETH B. ABRAMS

Professor
Department of Psychology
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https://apps.carleton.edu/curricular/psyc/abramslabs/

EDUCATION

University of Minnesota: Minneapolis
Ph.D. in clinical psychology, 2001
M.A. in clinical psychology, 1998

Honors and Awards:

- Recipient, National Institute of Mental Health (NIMH) Neurobehavioral Aspects of Personality & Psychopathology Training Grant, 1998-2000
- Phi Kappa Phi national honor society

Dartmouth College: Hanover, NH
B.A. *summa cum laude*, 1991
Class rank: 18th of 994

Honors:

- Phi Beta Kappa national honor society
- Designated, Presidential Scholar, 1990
- Designated, Rufus Choate Scholar, 1988, 1989, and 1991

ACADEMIC POSITIONS

Carleton College (Northfield, Minnesota)
Professor, Sept 2020 – present
Department Chair, July 2019 – June 2022
Associate Professor, Sept 2013 – Sept 2020
Assistant Professor, Jan 2008 – Aug 2013

Courses Taught

Principles of Psychology
Methods and Data Analysis in Psychology with Lab
Health Psychology with Lab
Psychopathology
Science and Pseudoscience in Psychology
Collaborative Research in Psychology
Cross-Cultural Psychopathology (taught in Czech Republic)
Psychology Capstone Seminars:
    Addiction
    Advanced Topics in Cross-Cultural Psychopathology
Vaccines: Science, Skeptics, and Stakeholders (co-taught)
International Coffee and News (Cross-Cultural Studies course)

Committee Work

Academic Standing Committee
Advisory Committee on Student Life
Global Engagement Initiative (GEI) Steering Committee
Institutional Animal Care and Use Committee
Institutional Review Board (IRB) for the Protection of Human Subjects
Intergroup Dialogue Coach
Library and Information Technology Committee, Co-Chair
Off-Campus Studies Committee
Psychology Department Curriculum Committee (DCC) Adviser
Science Planning Group
Sigma Xi (Scientific Research Society), Carleton chapter secretary
Teacher Education Committee

University of Richmond (Virginia)
Assistant Professor, Aug 2003 – June 2007

Courses Taught

Introductory Psychology (team taught)
Methods and Analysis with Lab
Psychopathology

Psychopathology Lab
Clinical Psychology
Cross-Cultural Psychopathology (taught in Czech Republic)

Committee Work
International Education Committee
Institutional Review Board for the Protection of Human Subjects
School of Arts and Sciences Honors Committee

Reed College (Portland, OR)
Visiting Assistant Professor, Sept 2006 – June 2007

Courses Taught
Introductory Psychology (team taught)
Health Psychology with Lab
Psychopathology
Clinical Psychology

Macalester College (St. Paul, Minnesota)
Visiting Assistant Professor, Sept 2001 – June 2003

Courses Taught
Introductory Psychology
Personality Psychology
Behavior Modification
Social Psychology
Clinical and Counseling Psychology

University of Minnesota (Minneapolis)
Instructor, June 1998 – Aug 2000

Courses Taught
Introductory Psychology
Abnormal Psychology
Czech History, Culture, and Language
Directed Research (taught in Czech Republic)

PUBLICATIONS AND PRESENTATIONS

Articles in Peer-Reviewed Journals

* indicates Carleton student

Abrams, K., *Zhang, Y., *Wang, E., *Folger, I. T., *Zivsak, B. C., *Cullen, N. A., *Smalley, I. M., *Marvin, C. M., *Ye, Y. A., & *James, A. H. (2026). The impact of virtual reality analog-trauma films and Tetris gameplay duration on intrusive memories. *Memory & Cognition*. https://doi.org/10.3758/s13421-026-01872-8

Abrams, K., *Okindo, L., *Bacon, M. E., *Yu, Y. S., *Germana, S. S., *Malhotra, M., & *Cullen, N. A. The use of virtual reality in PTSD research and practice. *IUSVEducation, 29* (Supplemento), 17-36.

*Folger, I. T., *Zhang, Y., & **Abrams, K.** (2026). *The restorative effects of virtual reality nature simulations: An empirical investigation*. *IUSVEducation, 29* (Supplemento), 37–54.

Platania, S., **Abrams, K.,** Di Nuovo, S., Quattropani, M. C., Cosci, F., Maggio, C., Caruso, A., Fakhrou, A., DiPiazza, J., Moussa, M. A., & Caponnetto, P. (2025). Development and validation of the English version of the school burnout inventory for university students. *Health Psychology Research, 14(1),* e81240035.

Romaniello, C., **Abrams, K.**, Cardellicchio, S., Pezzuto, A., Zvolensky, M., & Cosci, F. (2025). The mismatch between adult smokers' abstinence expectancies and experiences at outpatient facilities: An exploratory study. *Current Psychiatry Research and Reviews, 21(1), 53-63.*

Abrams, K., Folger, I.*, Cullen, N.*, & Wichlinski, L. (2024). Biochemical challenges for testing novel anti-panic drugs in humans. *Pharmacology, Biochemistry and Behavior, 242*, [173825].

Abrams, K., Wilson, A., *Del Rosario Hernandez, T., & Choate, A. (2024). Virtual reality-based simulated hallucinations to enhance empathy toward individuals with schizophrenia. *Journal of Nervous and Mental Disease, 212(6)*, 312-316.

Abrams, K., Mei, L.*, Chen, C.*, Koele, E.*, Kwan, J.*, Montes, Z.*, van Ginkel, M.*, & Zhou, H. (2021). The paradoxical association between tension-reduction alcohol outcome expectancies and tension following alcohol consumption. *The American Journal of Drug and Alcohol Abuse, 48(2),* 206-216.

Mansueto, G., Carrozzino, D., Christensen, K., Cardellicchio, S., Pezzuto, A., **Abrams, K.**, Zvolensky, M., & Cosci, F. (2021). Clinimetric properties of the Smoking Abstinence Expectancies Questionnaire. *Addictive Behaviors, 123,* [107061].

Abrams, K., Cieslowski, K.*, Johnson, S.*, Krimmel, S.*, Bierlein-De La Rosa, G.*, Barton, K.*, & Silverman, P.* (2018). The effects of alcohol on heartbeat perception: Implications for anxiety. *Addictive Behaviors, 79*, 151-158.

Abrams, K., Krimmel, S.*, Johnson, S.*, Cieslowski, K.*, Strnad, H.*, Melum, A.*, & Kryder, C.* (2017). Nicotine deprivation attenuates panic reactivity in smokers: Findings from a placebo-controlled nicotine patch study. *Depression and Anxiety, 34,* 996-1005.

Abrams, K., & Ziegler, N. (2016). Facilitating study abroad for psychology students. *Psychology Teaching Review, 22(20),* 4-17.

Cosci, F., Bertoli, G., & **Abrams, K**. (2013). Effects of nicotine withdrawal on panic-like response to breath holding: A placebo-controlled, double-blind, cross-over patch study. *Depression and Anxiety, 30,* 1217-1221.

Abrams, K. (2012). Student-designed public service announcement (PSA) videos to enhance motivation and engagement. *College Teaching, 60*, 84.

Abrams, K. (2012). Review of "Crazy Like Us: The Globalization of the American Psyche." *Psychology Learning and Teaching, 11(3),* 445-447.

Abrams, K., Zvolensky, M., Dorman, L.*, Gonzalez, A., & Mayer, M.* (2011). Development and validation of the Smoking Abstinence Expectancies Questionnaire. *Nicotine & Tobacco Research, 13,* 1296-1304.

Abrams, K., Leger, K.*, Schlosser, L.*, Merrill, A.*, Bresslour, M.*, & Jalan, A.* (2011). Nicotine withdrawal exacerbates fear reactivity to CO_2-induced bodily sensations among smokers**.** *Nicotine & Tobacco Research, 13(11),* 1052-1058.

Abrams, K., Schlosser, L.*, Leger, K.*, Donisch, K.*, Widmer, A.*, & Minkina, A.* (2011). Panic-relevant cognitive processes among smokers. *Journal of Cognitive Psychotherapy, 25(1),* 71-81.

King, S., **Abrams, K.,** & Wilkinson, T. (2010). Personality, gender, and family history in the prediction of college gambling. *Journal of Gambling Studies, 26(3)*, 347-59.

Cosci, F., Knuts, I., **Abrams, K**., Schruers, K., & Griez, E. (2010). Cigarette smoking and panic: A critical review of the literature. *Journal of Clinical Psychiatry, 71(5),* 606-615.

Abrams, K., Schruers, K., Cosci , F, & Sawtell, S.* (2008). Biological challenge procedures used to study co-occurring nicotine dependence and panic disorder. *Addictive Behaviors, 33,* 1463-1469.

Abrams, K., Zvolensky, M., Dorflinger, L., Galatis, A., Blank, M., & Eissenberg, T. (2008). Fear reactivity to bodily sensations among heavy smokers and non-smokers. *Experimental and Clinical Psychopharmacology*, 16(3), 230-239.

Johnson, K. A., Zvolensky, M. J., Marshall, E. C., Gonzalez, A., **Abrams, K.**, & Vujanovic, A. A. (2008). Linkages between cigarette smoking outcome expectancies and negative emotional vulnerability. *Addictive Behaviors*, 33, *1416-1424.*

Kushner, M.; Thuras, P., Sletten, S., Frye, B., **Abrams, K.,** Adson, D., Demark, J., Maurer, E., & Donahue, C. (2008). Urge to gamble in a simulated gambling environment. *Journal of Gambling Studies, 24(2),* 219-227.

Kushner, M., **Abrams, K.,** Donahue, C., Thuras, P., Frost, R., & Kim, S. (2007). Urge to gamble in problem gamblers exposed to a casino environment. *Journal of Gambling Studies, 23,* 121-132.

Cosci, F., Schruers, K., **Abrams, K**., & Griez, E. (2007). Alcohol use disorders and panic disorder: A review of the evidence of a direct relationship. *Journal of Clinical Psychiatry, 68(6),* 874-880.

Abrams, K., Rassovsky, Y., & Kushner, M. (2006). Evidence for respiratory and non-respiratory subtypes in panic disorder. *Depression and Anxiety, 23(8),* 474-481.

Kushner, M., Donahue, C., Sletten, S., Thuras, P., **Abrams, K.,** Peterson, J., & Frye, B. (2006.) Cognitive behavioral treatment of comorbid anxiety disorder in alcoholism treatment patients: Presentation of a prototype program and future directions. *Journal of Mental Health, 15(6),* 697-707.

Cosci, F., **Abrams, K.,** Schruers, K., Rickelt, J., & Griez, E. (2006). The effects of nicotine on 35% CO_2 induced anxiety: A study in healthy volunteers. *Nicotine & Tobacco Research, 8(4),* 511-517.

Rassovsky, Y., **Abrams, K.,** & Kushner, M. G. (2006). Suffocation and respiratory responses to carbon dioxide and breath holding challenges in individuals with panic disorder. *Journal of Psychosomatic Research, 60*, 291-298.

Kushner, M., **Abrams, K.**., Thuras, P., Hanson, H., Brekke, M., & Sletten, S. (2005). Follow-up study of anxiety disorder and alcohol dependence in co-morbid alcoholism treatment patients. *Alcoholism: Clinical and Experimental Research, 29(8),* 1432-1443.

Zvolensky, M., Feldner, M., Leen-Feldner, E., Gibson, L, **Abrams, K**, & Gregor, K. (2005). Acute nicotine withdrawal symptoms and anxious responding to bodily

sensations: A test of incremental predictive validity among young adult smokers. *Behaviour Research and Therapy, 43,* 1683-1700.

Abrams, K., & Kushner, M. (2004). The moderating effects of tension-reducing alcohol outcome expectancies on placebo responding in individuals with social phobia. *Addictive Behaviors, 29(6),* 1221-24.

Rassovsky, Y., Hurliman, E., **Abrams, K.**, & Kushner, M. (2004). CO_2 hypersensitivity in recently-abstinent alcohol dependent individuals: A possible mechanism underlying the high risk for anxiety disorder among alcoholics. *Journal of Anxiety Disorders, 18(2),* 159-176.

Abrams, K., Kushner, M., & Reinertsen, K. (2002). Effects of alcohol on anxiety-relevant cognitions in individuals with social phobia. *Cognitive Behaviour Therapy, 31(3),* 97-110.

Abrams, K., Kushner, M., Lisdahl, K., & Voight, A. (2002). Self-administration of alcohol before and after a public speaking challenge by individuals with social phobia. *Psychology of Addictive Behaviors, 16(2),* 121-128.

Abrams, K., Kushner, M., Lisdahl, K., & Voight, A. (2001). The pharmacologic and expectancy effects of alcohol on social anxiety in individuals with social phobia. *Drug and Alcohol Dependence, 64,* 219-231.

The article above was additionally abstracted in (2002). *Alcohol Research, 7*, 33.

Kushner, M., Thuras, P., **Abrams, K**., Brekke, M., & Stritar, L. (2001). Anxiety mediates the association between anxiety sensitivity and coping-related drinking motives in alcoholism treatment patients. *Addictive Behaviors, 26,* 869-885.

Kushner, M., **Abrams, K.**, Thuras, P., & Hanson, K. (2000). Individual differences predictive of drinking to manage anxiety among non-problem drinkers with panic disorder. *Alcoholism: Clinical and Experimental Research, 24(4),* 448-458.

Kushner, M., **Abrams, K.**, & Borchadt, C. (2000). The relationship between anxiety disorders and alcohol use disorders: a review of major perspectives and findings. *Clinical Psychology Review, 20(2),* 149-171.

Edited Book

Gross, D., **Abrams, K**., & Enns, C. (Eds.). (2016). *Internationalizing the Undergraduate Psychology Curriculum: Lessons Learned at Home and Abroad.* Washington, DC: American Psychological Association.

Book Chapters
*indicates Carleton student

Abrams, K. (2016). Teaching cross-cultural psychopathology in Prague. In Gross, D., **Abrams, K**., & Enns, C. (Eds.), *Internationalizing the Undergraduate Psychology Curriculum: Lessons Learned at Home and Abroad* (pp. 3-18). Washington, DC: American Psychological Association.

Gross, D., **Abrams, K**., & Enns, C. (2016). The case for internationalizing the undergraduate psychology curriculum. In Gross, D., **Abrams, K**., & Enns, C. (Eds.), *Internationalizing the Undergraduate Psychology Curriculum: Lessons Learned at Home and Abroad* (pp. 37-56). Washington, DC: American Psychological Association.

Stevens, K.* & **Abrams, K.** (2011). The relation between premenstrual dysphoric disorder, panic attacks, and panic disorder. In F. Columbus (Ed.), *Advances in Psychology Research, Volume 81.* Hauppauge, NY: Nova Science Publishers, Inc.

Mayer, M.* & **Abrams, K.** (2010). Alcohol cues, alcohol expectancies, and aggression. In F. Columbus (Ed.), *Social Drinking: Uses, Abuses, and Psychological Factors*. Hauppauge, NY: Nova Science Publishers, Inc.

Abrams, K. & Mayer, M.* (2010). Abstinence vs. controlled drinking: trends and a call for research. In F. Columbus (Ed.), *Social Drinking: Uses, Abuses, and Psychological Factors*. Hauppauge, NY: Nova Science Publishers, Inc.

Abrams, K., & Kushner, M. (2004), Behavioral understanding (of pathological gambling). In J. Grant & M. Potenza (Eds.), *Pathological Gambling: A Clinical Guide to Treatment*. Washington, DC: American Psychological Association.

Invited Presentations: Academic Settings
Abrams, K. (May 2025). *The Application of Virtual Reality in Psychological Practice.* Invited keynote presentation at the *Global Frontiers in Psychological Research: Emerging Trends and Challenges* conference at the Salesian University Institute of Venice, Italy.

Abrams, K. (December 2024). *The Application of Virtual Reality in Psychological Practice.* Invited virtual presentation at the Salesian University Institute of Venice, Italy.

Abrams, K. (November 2023). *The Prevention of PTSD Among Those Exposed to Traumatic Events.* Invited presentation at the American University of Cairo, Egypt.

Abrams, K. (November 2023). *The Response to Trauma in Adolescents.* Invited presentation at the American University of Cairo, Egypt.

Abrams, K. (February 2023). *The Prevention of PTSD Among Those Exposed to Traumatic Events.* Invited presentation at St. Olaf College, Northfield, MN.

Abrams, K. (October 2020). *The Effects of Chronic Stress on Health, and How to Cope During Uncertain Times.* Invited virtual presentation at the annual conference of Minnesota Study Abroad Professionals (MSA).

Abrams, K. (November 2016). *The Detection of Malingering in Clinical Settings.* Invited lecture in the Department of Psychology, University of Florence, Italy.

Abrams, K. (October 2016). *Reducing Prejudice Toward the European Roma: Lessons from US History.* Invited presentation at a conference titled *Roma in Europe: Towards Representation and Recognition* at the University of South Bohemia, Ceske Budejovice, Czech Republic.

Abrams, K. (October 2014). *Countering Prejudice: Findings from Research in Social Psychology.* Invited presentation at a conference titled *Roma in Europe: Towards Representation and Recognition* at the University of South Bohemia, Ceske Budejovice, Czech Republic.

Abrams, K. (November 2012). *Empirically-Keyed and Factor-Analytic Methods of Personality Test Construction.* Invited lecture in the Department of Psychology, University of Florence, Italy.

Abrams, K. (November 2012). *Provoking Panic in the Laboratory: The Use of Respiratory Challenges to Study Why Smoking Promotes Panic Disorder.* Invited presentation in the Department of Psychology, University of Florence, Italy.

Abrams, K. (May 2011). *The Panic Room: Using Carbon Dioxide Respiratory Challenges to Study the Link Between Smoking and Panic.* Invited presentation for the Department of Psychology, Oregon State University, Cascades.

Abrams, K. (May 2011). *Psychopharmacology for Depression and Anxiety Disorders.* Invited lecture in the Department of Psychology, Oregon State University, Cascades.

Abrams, K. (April 2008). *Applying for Faculty Positions at Liberal Arts Colleges.* Invited presentation to graduate students at the University of Minnesota Department of Psychology, Minneapolis.

Abrams, K. (June 2004). *Co-morbidity Between the Anxiety Disorders and Alcoholism*. Invited address given at the Advances in Anxiety Disorders Conference (sponsored by

Maastricht University and the European Master's Program in Affective Neuroscience), Maastricht, Holland.

Invited Presentations: Clinical Settings

Abrams, K. (February 2026). *The Application of Virtual Reality in Psychological Practice.* Invited virtual presentation for Clinical and Developmental Services, Waconia, MN.

Abrams, K. (April 2025). *The Application of Virtual Reality in Psychological Practice.* Invited virtual presentation at Nowlogy Psychology Experts, Hastings, MN.

Abrams, K. (September 2023). *The Prevention of PTSD Among Those Exposed to Traumatic Events.* Invited presentation at West End Psychiatric Consultant Group, St. Louis Park, MN.

Abrams, K. (May 2012). *Psychological Approaches to Pain Management.* Invited presentation at Northfield Hospital, Northfield, MN.

Abrams, K. (August 2011). *Helping Others Cope with the Fear of Dying.* Invited presentation at Partners in Care Hospice (Community Education Series), Bend, OR.

Abrams, K. (May 2010). *Assessing and Working with Death Anxiety.* Invited presentation at Northfield Hospital, Northfield, MN.

Abrams, K. (June 2008). *Stress and Coping with Stress.* Invited presentation at Healthfinders Medical Clinic, Dundas, MN.

Professional Conference Talks and Proceedings

* indicates Carleton student

Abrams, K. (2025). *Virtual reality-based simulated hallucinations to enhance empathy and learning in psychopathology courses.* Teaching Slam presentation at the 47th annual conference of the National Institute for the Teaching of Psychology (NITOP), Tampa, FL.

Abrams, K., Mei, L.*, Chen, C.*, Koele, E.*, Kwan, J.*, Montes, Z.*, & van Ginkel, M.* (2017). *The effects of alcohol on heartbeat perception: Implications for anxiety.* Paper presented at the 8th International Conference of Health Psychology, Havana, Cuba.

Abrams, K. (2016). Inducing "disorienting dilemmas" through visits to psychiatric institutions in Prague. *Proceedings of the 2015 ACM Symposium on Field Study* (held in Colorado Springs, CO), 4-7.

Abrams, K. (2016). *Teaching Cross-Cultural Psychopathology in the Czech Republic.* In K. Abrams (Chair), *Traversing Boundaries: Incorporating Study Abroad into the Undergraduate Psychology Curriculum.* Symposium conducted at the 124th annual convention of the American Psychological Association (APA), Denver, CO.

Abrams, K., & Henshaw, E. (2016). *Teaching Health Psychology at Liberal Arts Colleges.* Workshop co-led at the Health Psychology in the 21st Century conference sponsored by the Alliance to Advance Liberal Arts Colleges (AALAC) and held at Smith College, Northampton, MA.

Abrams, K., & Hatcher, J. (2016). *Internationalizing the Undergraduate Psychology Curriculum.* Participant Idea Exchange co-led at the 38th annual conference of the National Institute for the Teaching of Psychology (NITOP), Tampa, FL.

Abrams, K. (August 2014). *Developing and Leading a Term-Long Study Abroad Program.* In K. Abrams (Chair), *Developing International Programs in Psychology.* Symposium conducted at the 6th annual meeting of the International Conference on Psychology Education (ICOPE), Flagstaff, AZ.

Abrams, K. (August 2014). *Developing Partnerships with Faculty at Foreign Universities*. In *Developing Student and Faculty International Partnerships, Activities, and Exchanges.* Panel presentation at the 6th annual meeting of the International Conference on Psychology Education (ICOPE), Flagstaff, AZ.

Abrams, K. (August 2012). *Developing and Leading a Study Abroad Program in Psychology*. In K. Abrams and D. Gross (Co-Chairs), *Branching Out: Strategies for Internationalizing Undergraduate Courses*. Symposium conducted at the 120th annual convention of the American Psychological Association (APA), Orlando, FL.

Abrams, K. (July 2012). *Cross-Cultural Clashes: Western Exports of Mental Illness and Psychotherapy.* Paper presented at the 21st International Association of Cross-Cultural Psychology (IACCP) congress, Stellenbosch, South Africa.

Abrams, K. (July 2012). *Western Exports of Psychotherapy and Psychotropics: For Whose Benefit?* Paper presented at the 30th International Congress of Psychology (ICP), Cape Town, South Africa.

Abrams, K. (January 2012). *Toward Internationalizing the Undergraduate Psychology Curriculum: A Sustainable Model of Inter-Institutional Collaboration*. In J. Ottenhoff (Chair), *Sustaining and Sustainable Collaboration: Making an Impact.* Symposium conducted at the 98th annual meeting of the Association of American Colleges and Universities (AACU), Washington, DC.

Abrams, K. and Gross, D. (October 2011). *Results and Impact of the "Strategies for Internationalizing Undergraduate Psychology" Conference.* Paper presented at the *FaCE Value: Advances Through Collaboration* conference sponsored by the Associated Colleges of the Midwest (ACM), Colorado Springs, CO.

Abrams, K. (June 2011). *Leading and Directing an Off-Campus Studies Program in Psychology*. In *Developing and Leading International Off-Campus Courses in Psychology*. Panel presentation at the Strategies for Internationalizing Undergraduate Psychology conference sponsored by the Associated Colleges of the Midwest (ACM), Northfield, MN.

Abrams, K., Leger, K.*, Schlosser, L.*, Minkina, A.*, & Emmons, H. (March 2010). *Does Acute Nicotine Use or Withdrawal Promote Panicky Symptoms? – Some Surprising Findings from Biological Challenge Studies.* Paper presented at the 30th annual convention of the Anxiety Disorders Association of America, Baltimore, MD.

Abrams, K. (November 2008). *Directing Study Abroad Programs in Less-Traditional Study-Abroad Disciplines: Psychology in Prague.* In E. Posfay (Chair), *What's Up With Culture? Teaching Literature, Marine Biology, and Psychopathology Cross-Culturally.* Symposium conducted at the *Culture Matters* conference sponsored by The Collaboration for the Advancement of College Teaching & Learning, Bloomington, MN.

Abrams, K. (March 2006). *Inpatient Alcoholism Treatment of Patients with Co-Morbid Social Phobia.* In S. Book (Chair), *Gotta Have A Drink: Co-Occurring Alcohol Use and Anxiety Disorders*. Symposium conducted at the 26th annual convention of the Anxiety Disorders Association of America, Miami, FL.

Abrams, K. (November 2005). *Cognitive Behavioral Treatment of Co-Morbid Panic Disorder in Alcoholic Patients.* In P. Conrod (Chair), *New Approaches to the Treatment of Concurrent Substance Use and Psychiatric Disorders.* Symposium conducted at the 39th annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Abrams, K. (June 2005.) *Alcoholism with Co-morbid Social Anxiety Disorder: Implications for Treatment.* In S. Thomas (Chair), *Co-Occurring Anxiety and Alcohol Use Disorders: From Risk Factors to Relapse.* Symposium conducted at the 28th annual convention of the Research Society on Alcoholism, Santa Barbara, California.

Professional Conference Poster Presentations

* indicates Carleton student

Abrams, K., Bacon, M. *, Malhotra, M. *, Okindo, L. *, Santamaria Germani, S. *, Suh, D. *, & Weller, A*. (July 2024). *The Prevention of PTSD Among Those Exposed to Traumatic Events: The Use of Virtual Reality and Memory Interference Tasks.* Poster

presented at the 33rd International Congress of Psychology (ICP), Prague, Czech Republic.

Abrams, K., Wilson, A., & Del Rosario Hernandez, T*. (January 2023). *Virtual reality-based simulated hallucinations to enhance learning in undergraduate psychopathology.* Poster presented at the 45st annual conference of the National Institute for the Teaching of Psychology (NITOP), Tampa, FL.

Abrams, K. (January 2020). *The ethical analysis portfolio: Enabling students to reflect on meetings with convicted sex offenders*. Poster presented at the 42nd annual conference of the National Institute for the Teaching of Psychology (NITOP), Tampa, FL.

Abrams, K. (January 2017). *Visiting Psychiatric Institutions Within a Cross-Cultural Psychopathology Course*. Poster presented at the 39th annual conference of the National Institute for the Teaching of Psychology (NITOP), Tampa, FL.

Abrams, K. (January 2016). *Sharpening Quantitative Reasoning Skills in a Summer Psychology Course for High School Students*. Poster presented at the 38th annual conference of the National Institute for the Teaching of Psychology (NITOP), Tampa, FL.

Abrams, K., Cieslowski, K., Johnson, S., Krimmel, S., Kryder, C., Melum, A., & Strnad, H. (August 2014). *Does Nicotine Withdrawal Promote Panic? Findings from a Placebo-Controlled Patch Study Employing a CO_2 Rebreathing Procedure*. Poster presented at the 122nd annual convention of the American Psychological Association (APA), Washington, DC.

Cosci, F., Bertoli, G., & **Abrams, K.** (April 2013). *Il ruolo dell'astinenza da nicotina sulla risposta panico-simile al test di Breath Holding* ("The role of nicotine withdrawal in panic-like responding to breath holding"). Poster presented at the 8th National Congress of GRP (Group for Research in Psychosomatics), Bologna, Italy.

> The preceding poster was also abstracted in (2013). *Medicina Psicosomatica,58 (Suppl. 1)*, 28.

Abrams, K., Snyder, E.*, & Stevens, K.* (April 2012). *Does Nicotine Withdrawal Promote Panic? Findings From a Carbon Dioxide Rebreathing Challenge*. Poster presented at the 32nd annual convention of the Anxiety Disorders Association of America, Washington, DC.

Gross, D. & **Abrams, K.** (June 2011). *Finding Our Way: Strategies for Internationalizing Undergraduate Psychology*. Poster presented at the Strategies for Internationalizing Undergraduate Psychology conference sponsored by the Associated Colleges of the Midwest (ACM), Northfield, MN.

Abrams, K., Merrill, A.*, Bresslour, M.*, Jalan, A.*, Snyder, E.*, & Stevens, K.* (March 2010). *Cognitive processes underlying the elevated rate of panic disorder among smokers*. Poster presented at the 30th annual convention of the Anxiety Disorders Association of America, Baltimore, MD.

Abrams, K., Zvolensky, M., Blank, M., & Eissenberg, T. (March 2008). *Fear reactivity to carbon-dioxide induced bodily sensations among heavy smokers and non-smokers: How smoking may influence panic vulnerability*. Poster presented at the 14th annual convention of the Society for Research on Nicotine and Tobacco, Portland, OR.

Abrams, K., Dorflinger, L., O'Connor, K., Wyand, A., Duffy, A., Snyder, M., Blank, M., & Eissenberg, T. (March 2006). *Suffocation fear moderates the relationship between smoking status and panic responding to a CO_2 challenge.* Poster presented at the 26th annual convention of the Anxiety Disorders Association of America, Miami, FL.

Abrams, K., Cox, L., Galatis, A., Dorflinger, L., Folgosa, K., Pohlman, D., Blank, M., & Eissenberg, T. (November 2005). *Carbon-dioxide hypersensitivity among heavy smokers in acute withdrawal: Is smoking a risk factor for panic disorder?* Poster presented at the 39th annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Cosci, F., **Abrams, K**., Rickelt, J., Schruers, K., Faravelli, C., & Griez, E. (March 2005). *The effect of transdermal nicotine administration on fear response to a 35% co_2 challenge: Implications for the relationship between smoking and panic disorder.* Poster presented at the 11th annual convention of the Society for Research on Nicotine and Tobacco, Prague, Czech Republic.

Cosci, F., **Abrams, K**., Rickelt, J., Schruers, K., Faravelli, C., & Griez, E. (February 2005). *L'effetto della nicotina sui sintomi ansiosi indotti con il test di provocazione con co_2 al 35%: Risultati preliminari d'uno studio condotto su volontari sani.* Poster presented at the 10th Congress of the Italian Society of Psychopathology, Rome, Italy.

> The preceding poster was also abstracted in (2005). *Italian Journal of Psychopathology, 11*, 231.

Kushner, M., **Abrams, K.**, Thuras, P., Frost, R., & Kim, S. (November 2003). *A bio-informational approach to cue exposure in problem gamblers: A preliminary test of a novel treatment mechanism.* Poster presented at 37th annual convention of the Association for the Advancement of Behavior Therapy, Boston, MA.

> The preceding poster was also presented at the annual conference of the Institute for Research on Pathological Gambling and Related Disorders, Las Vegas, Dec. 2003.

Kushner, M., **Abrams, K.**, Thuras, P., Sletten, S., & Foret, M. (November 2002). *A follow-up study of persistent and non-persistent depression among alcoholism treatment patients.* Poster presented at 36th annual convention of the Association for the Advancement of Behavior Therapy, Reno, NV.

Abrams, K., Kushner, M., Thuras, P., & Sletten, S. (June 2002). *Persistence of anxiety disorder in comorbid alcoholism treatment patients.* Poster presented at the 25th annual convention of the Research Society on Alcoholism, San Francisco.

Kushner, M., **Abrams, K.**, Thuras, P., Hanson, K., & Brekke, M. (November 2001). *A follow-up study of anxiety disorder and alcohol dependence in comorbid alcoholism treatment patients.* Poster presented at 35th annual convention of the Association for the Advancement of Behavior Therapy, Philadelphia.

Kushner, M., **Abrams, K.**, Thuras, P., Hanson, K., & Brekke, M. (August 2001). *Panic disorder and social phobia in alcoholism treatment patients: Impact on outcome.* Poster presented at the World Congress on Cognitive and Behavioral Therapies, Vancouver, Canada.

Kushner, M., Thuras, P., **Abrams, K.**, & Brekke, M. (August 2001). *Anxiety as a mediator of the association between anxiety sensitivity and coping-related drinking in alcoholism treatment patients.* Poster presented at the World Congress on Cognitive and Behavioral Therapies, Vancouver, Canada.

Abrams, K., Kushner, M., & Lisdahl, K. (November 1999). *The self-administration of alcohol before and after a public speaking challenge by individuals with social phobia*. Poster presented at the 33rd annual convention of the Association for Advancement of Behavior Therapy, Toronto, Canada.

Hurliman, E., **Abrams, K.,** and Kushner, M. (November 1999). *Self-consciousness as a moderator of social anxiety and alcohol use in individuals with social phobia*. Poster presented at the 33rd annual convention of the Association for Advancement of Behavior Therapy, Toronto, Canada.

Glasner, S., **Abrams., K.**, & Kushner, M. (November 1999). *Personality correlates of alcohol use among subjects with panic disorder*. Poster presented at the 33rd annual convention of the Association for Advancement of Behavior Therapy, Toronto, Canada.

Rassovsky, Y., Hurliman, E., **Abrams, K.**, Beck, S., Whalen, S., & Kushner, M. (November 1999). *Response to carbon dioxide challenge in post-treatment, recently abstinent, alcohol-dependent individuals: A pilot study addressing issues of co-morbidity between alcoholism and panic disorder*. Poster presented at the 33rd annual convention of the Association for Advancement of Behavior Therapy, Toronto, Canada.

Abrams, K., Kushner, M., Lisdahl, K., & Voight, A. (November 1998). *Moderating effects of tension-reducing alcohol outcome expectancies on placebo responding during an experimental anxiety challenge in individuals with social phobia*. Poster presented at the 32nd annual convention of the Association for the Advancement of Behavior Therapy, Washington, DC.

The preceding poster was also presented at the meeting of the Minnesota Consortium for Addiction Studies, Minneapolis, May 1999.

Abrams, K., Kushner, M., Lisdahl, K., & Voight, A. (November 1997). *The pharmacologic and expectancy effects of alcohol on social anxiety in individuals with social phobia*. Poster presented at the 31st annual convention of the Association for the Advancement of Behavior Therapy, Miami.

The preceding poster was also presented at the meeting of the Minnesota Consortium for Addiction Studies, Minneapolis, May 1998.

Kushner, M., Rassovsky, Y., **Abrams, K.**, et al. (November 1997). *Effects of panic provocation on the self-administration of alcohol in individuals with panic disorder*. Poster presented at the 31st annual convention of the Association for the Advancement of Behavior Therapy, Miami.

Kushner, M., **Abrams, K.**, Fiszdon, J., & Mackenzie, T. (March 1997). *Effects of panic provocation on the self-administration of alcohol in individuals with panic disorder: a pilot study.* Poster presented at the meeting of the Minnesota Consortium for Addiction Studies, Minneapolis.

CLINICAL EXPERIENCE

Licensure

Licensed Psychologist, Minnesota (LP 6356)

Post-Licensure Paid Clinical Work

Clinical and Developmental Services
Edina, MN (2024-present)

Psychology Express
Hastings, MN (2021-2023)

Post-Graduate Weekly Volunteer Work

HealthFinders Collaborative
Northfield, MN (2008-10; 2019-2021)

Walk-In Counseling Center (WICC)
Minneapolis, MN (2002-03; 2013-2015, 2020-2021)

St. Olaf Counseling Center
Northfield, MN (2017-2018)

Ruth's House (transitional shelter for homeless women)
Faribault, MN (2015-2016)

Northfield Hospice
Northfield, MN (2009-2012)

Partners in Care Hospice
Bend, OR (2011)

American Cancer Society
Portland, OR (2006-07)

Refugee and Immigrant Services
Richmond, VA (2004-05)

APA-Accredited Clinical Internship

Fletcher Allen Health Care**:** The University of Vermont College of Medicine
Burlington, VT (2000 – 2001)

Graduate School Neuropsychological Assessment Practica

Midwestern Neurologic and Psychiatric Consultants
Minneapolis, MN (1997 – 2000)

Pediatric Neuropsychology Clinic, University of Minnesota Hospital
Minneapolis, MN (1996)

Graduate School Therapy Practica

Walk-In Counseling Center (WICC)
Minneapolis, MN (1997 – 2000)

Pioneer Anxiety Disorders Clinic
Minneapolis, MN (1997 – 1998)

Veterans Administration Medical Center (VAMC)
Minneapolis, MN (1997 – 1998)

Office of Dr. Vern Devine, Obsessive Compulsive Disorder (OCD) Clinic
Minneapolis, MN (1997)

GRANT SUPPORT

Reflective Writing Grant, awarded by Bill North on behalf of the Wake Forest Grant for Reflective Writing, to expand the scope of reflective writing assignments in my Cross-Cultural Psychopathology course (2025), $1000

AI Curricular Development Grant, awarded by Carleton College, to develop AI chatbots that will enable students in my Psychopathology course to practice cognitive reframing skills (2025), $1000

New Technology Grant, awarded by Carleton College, to upgrade virtual reality equipment within my Health Psychology Research Lab (2024), $4150

Targeted Opportunity Grant, awarded by Carleton College, to expand relations between Carleton and the American University of Cairo and expand teaching collaborations with Prof. Nour Zaki of AUC (2022), $4450

Puzak Fund Grant, awarded by Carleton College, to establish in Krakow, Poland community partners at Jagiellonian University, in local psychiatric clinics, and with psychiatry human rights organizations (2021), $1280

Gilman Grant, awarded by Carleton College, to support travel to the lab of Prof. Stefan Sütterlin at Østford University College in Fredrikstad, Norway to discuss advances in psychophysiological research and identify areas for collaboration (2018), $2780

Curriculum Innovation Grant, awarded by Carleton College, to develop software as well as construct pedagogical modules to demonstrate the use of virtual reality technology in treating clinical disorders in my Psychopathology course (2018), $3400

Faculty Career Enhancement (FaCE) Grant, awarded by the Associated Colleges of the Midwest (ACM), to organize and host with five other ACM faculty multi-day conferences during the summers of 2018 and 2019 on the topic of *Enhancing Faculty Capacity for Innovation*, $16,000

Curriculum Innovation Grant, awarded by Carleton College, to organize and run a one-week workshop for psychology faculty titled Innovation and Standardization in Psychology Statistics. (2017), $2200

Ethical Inquiry Grant, awarded by Carleton College, to develop a course module and public website on *The Ethics of Public Registries, Penile Plethysmography, and Surgical Castration for Convicted Sex Offenders* (2016), $2366

Broadening the Bridge Grant, funded by the Andrew Mellon Foundation and awarded by Carleton College, to support a collaborative project with four other psychology faculty at Carleton and St. Olaf Colleges titled *Enhancing Experiential Learning in Psychology*

through Coordinated Academic Civic and Community Engagement (2015), $7200

Curriculum Development Grant, funded by the Howard Hughes Medical Institute (HHMI) and awarded by Carleton College, to further develop the Academic Civil Engagement (ACE) component of Health Psychology (2015), $2400

Global Engagement Initiative (GEI) Curricular Innovation Grant, funded by the Mellon Foundation and awarded by Carleton College, to *increase experiential learning opportunities for students in my Cross-Cultural Psychopathology* course taught in Prague (2014), $1200

Global Engagement Initiative (GEI) Travel Grant, funded by the Mellon Foundation and awarded by Carleton College, to attend and present at the 6th International Conference on Psychology Education (ICOPE6) at Northern Arizona University (2014), $1410

Future Learning Technologies Grant, awarded by Carleton College, to "flip" classes on neuroscience topics in my Health Psychology course (2013), $1500

Targeted Opportunity Grant, awarded by Carleton College, to enable preparation for the Examination for Professional Practice in Psychology (2013), value of $14,000

Pre-College Psychology Grant, awarded by the American Psychological Foundation, to promote the generalization of findings from teaching in the Summer Quantitative Reasoning Institute at Carleton College (for gifted high schools students) to improve the quality of high-school education in psychology (2013), $20,000

Curriculum Development Grant, funded by the Howard Hughes Medical Institute (HHMI) and awarded by Carleton College, to develop with Debby Walser-Kuntz (biology dept) and community partners joint academic civil engagement projects that bridge my Health Psychology course and her Immunology course (2013), $2700

Curriculum Development Grant, awarded by Carleton College, to support the construction of four-dimensional Gapminder "graphs" to show important global trends in public health for the course Health Psychology (2013), $1800

Writing Across the Curriculum (WAC) Grant, awarded by Carleton College, to support the redesign of the course Psychopathology to include additional writing assignments that emphasize critical thinking and effective communication (2012), $1800

Travel Grant, awarded by Carleton College, to present at the 120th annual convention of the American Psychological Association (APA) in Orlando, FL (2012), $1091

Faculty Career Enhancement (FaCE) Presentation Grant, awarded by the Associated Colleges of the Midwest (ACM), to disseminate key results from the conference

Strategies for Internationalizing Undergraduate Psychology at an international psychology conference (2011), $3000

Faculty Career Enhancement (FaCE) Grant, awarded by the Associated Colleges of the Midwest (ACM), to organize and host with Dana Gross (psychology professor at St. Olaf) a two-day conference in 2011 titled *Strategies for Internationalizing Undergraduate Psychology*, $14,344

Course Creation Grant, awarded by QuIRK and funded by the W.M. Keck Foundation, to support the development of a new course titled Measurement and Data Analysis in Psychology (2011), $3800

Curriculum Development Grant, awarded by Carleton College, to support the development of a new course titled Cross Cultural Psychopathology (2010), $3000

Curriculum Development Grant, funded by the Howard Hughes Medical Institute (HHMI) and awarded by Carleton College, to develop a *Policy & Health* academic civil engagement project for my health psychology course (2009), $1500

Travel Grant, awarded by Carleton Off-Campus Studies, to engage in logistical and course preparations in the Czech Republic for a future cross-cultural psychopathology study abroad program (2009), $2525

Course Revision Grant, awarded by QuIRK and funded by the National Science Foundation and W.M. Keck Foundation, to help students use, write about, and present quantitative information in Principles of Psychology (2009), $1700

Research Grant awarded by the Carleton College Dean's Office, to support the development of a nicotine withdrawal expectancies questionnaire (2008), $3000

Curriculum Internationalization Grant awarded by the University of Richmond International Education Committee, to support the development of a cross-cultural psychopathology course to be taught in Prague during the summer of 2006, $3250

Summer Fellowship Research Grant awarded by the University of Richmond Arts & Sciences Dean's Office, for studies on the relationship between Panic Disorder and smoking (2005), $5000

Summer Fellowship Research Grant awarded by the University of Richmond Faculty Research Committee, to serve as a visiting scientist in the lab of Dr. Eric Griez at Maastricht University (Holland) during 2004. Project title: "The effects of nicotine on CO_2 hypersensitivity: a possible pathway from smoking to panic disorder," $5000

Research Grant awarded by the University of Richmond Faculty Research Committee, for costs associated with the above (summer 2004) study, $1200

Service-Learning Faculty Grant awarded by the University of Richmond, for incorporating a service-learning component into my Clinical Approaches to Adult Psychopathology course (2003), $500

Neurobehavioral Aspects of Personality & Psychopathology Training Grant awarded by the National Institute of Mental Health (NIMH; 1998), $28,000

GRADUATE THESIS ADVISING

Davood Hariri, M.A. (2022)
University of Social Welfare and Rehabilitation Sciences; Tehran, Iran

Stacey Johnson, Psy.D. (2022)
University of St. Thomas; Minneapolis, MN

Thea Overbeek, Ph.D. (2004)
Maastricht University, Netherlands

EDITORIAL EXPERIENCE

Ad hoc reviewer for

Archives of General Psychiatry
Basic and Applied Social Psychology
Behavior Therapy
Brazilian Journal of Psychiatry
Cognitive Behaviour Therapy
Cognitive Therapy and Research
Drug and Alcohol Dependence
J. of Beh. Therapy & Exper. Psychiatry
Journal of Anxiety Disorders
Journal of Gambling Studies
J. of Psychopharmacology
J. of Psychosomatic Research
J. of Social and Clinical Psychology
Midwest J. of Undergrad. Research
Nicotine and Tobacco Research
Psychiatry Research
Psychological Medicine
Psychology of Addictive Behaviors
Teaching of Psychology

PROFESSIONAL ORGANIZATIONS

American Psychological Association (APA)
Association for Behavioral and Cognitive Therapy (ABCT)
International Association for Cross-Cultural Psychology (IACCP)
Skeptics Society

LANGUAGE SKILLS

English (native)
Czech (fluent)
Spanish (dormant)