

Jeffrey James Froh Curriculum Vitae

UNIVERSITY OFFICE

Jeffrey J. Froh, Psy.D.
Assistant Professor
Department of Psychology
Hofstra University
210 Hauser Hall
Hempstead, New York 11549
Office Phone: 516-463-4027
Department Fax: 516-463-6052
Email: Jeffrey.Froh@hofstra.edu
Website: http://people.hofstra.edu/Jeffrey_J_Froh/

ACADEMIC POSITIONS/EMPLOYMENT HISTORY

Lecturer, Center for Medical Humanities, Compassionate Care, and Bioethics, Stony Brook University (2008-2009)
Assistant Professor, Department of Psychology, Hofstra University (2006-present)
School Psychologist, Half Hollow Hills Central School District (2004-2006)
Adjunct Professor, Department of Psychology, St. Joseph's College (2003-2006)
School Psychologist, Shoreham-Wading River School District (2003-2004)
Adjunct Professor, Department of Psychology, Molloy College (2003)
School Psychologist, Woodmere School District (2003)

EDUCATION

St. John's University – Jamaica, New York

Degrees: Psy.D., School Psychology: Concentration in Psychotherapy (2004)

M.S., School Psychology (2002)

Honors: Graduated Summa Cum Laude (2002, 2004)

The Professional Competency with Honors Distinction (2003)

St. Joseph's College – Patchogue, New York

B.A., Psychology with a Minor in Sociology (1999)

Honors: Graduated Cum Laude (1999)

CERTIFICATIONS

NYS Licensed Psychologist (2006)
School Psychology Certification (2006)
Associate Fellow of the Albert Ellis Institute (2003)

Treatment of Addictions (2002)
Advanced Certificate in Rational Emotive Behavior Therapy (2002)
Primary Certificate in Rational Emotive Behavior Therapy (2002)
School Violence Prevention and Intervention (2002)
Identification and Reporting of Child Abuse and Maltreatment (1999)

ACADEMIC AWARDS/HONORS

Julia Vane Award (Given for publications in the fields of school and clinical psychology that enhance the doctoral programs at Hofstra University and bring promising research findings to the larger community of scholars and scientists) (2011)

MEMBERSHIPS IN PROFESSIONAL ASSOCIATIONS

American Psychological Association: Division 16 (School Psychology)
Society for Research on Adolescence

GRANTS FUNDED

Project Title: Expanding the Science and Practice of Gratitude
Funding Source: John Templeton Foundation
Project Amount: \$5,634, 037
Role: Co-Principal Investigator (Emmons, R.A., Principal Investigator)
Dates: August 1, 2011-July 31, 2014

Grant Title: Gratitude in Youth Research Project
Funding Source: John Templeton Foundation
Project Amount: \$1,107,652
Hofstra Subcontract Amount: \$571, 146
Role: Principal Investigator (Emmons, R. A. and Bono, G., Co-PIs)
Dates: August 1, 2011-July 31, 2014

Project Title: Measuring Gratitude in Children and Adolescents
Funding Source: Hofstra University
Amount: \$750
Dates: May 2009-May 2010
Role: Principal Investigator

Project Title: Gratitude in Children and Adolescents
Funding Source: Hofstra University
Amount: \$1,130
Dates: May 2008-May 2009
Role: Principal Investigator

EDITORIAL RESPONSIBILITIES

Journals

Associate Editor:

The Journal of Positive Psychology (2008-2011)

Editorial Boards:

Journal of the American Academy of Special Education professionals (2006-present)

Journal of Personality (2008-2010)

The Journal of Positive Psychology (2007-2009)

Psychology in the Schools (2007-2008)

Ad hoc Editorial Consultant:

Applied Research in Quality of Life

Basic and Applied Social Psychology

Journal of Contemporary Psychotherapy

Journal of Happiness Studies

Journal of Personality

Journal of Research in Personality

Child Indicators Research

Journal of Adolescent Research

Psychology of Well-Being: Theory, Research and Practice

Journal of School Psychology

Journal of Social and Clinical Psychology

Psychology in the Schools

School Psychology Quarterly

The Journal of Positive Psychology

Psychological Science

Psychology of Religion and Spirituality

Journal of Adolescence

Applied Psychology: Health and Well-Being

The Journal of Early Adolescence

Books:

Ad hoc Editorial Consultant:

American Psychological Association

Oxford University Press

John Wiley & Sons

Sage Publications

Routledge

Springer

RESEARCH INTERESTS

The psychology of gratitude, emphasizing the well-springs, assessment, outcomes, and enhancement in youth. See my website for additional information: http://people.hofstra.edu/Jeffrey_J_Froh/

EDITED JOURNAL SPECIAL ISSUES

1. **Froh, J. J.** (2011) (Editor). Faith in the future: Developments in positive youth psychology [Special Issue]. *The Journal of Positive Psychology*.

BOOKS

1. **Froh, J. J.**, & Parks, A. (Eds.). (under contract, 2012). *Positive psychology in higher education: A practical workbook for the classroom*. Washington, DC: American Psychological Association.

* - indicates student author

PEER-REVIEWED JOURNAL ARTICLES

20. **Froh, J. J.**, Bono, G., Emmons, R. A., Wood, A., Henderson, K., Fan, J., & *Leggio, H. (revise-resubmit, 2011). Nice thinking! An educational intervention that teaches children how to think gratefully. *School Psychology Review*.
19. **Froh, J. J.**, Fan, J., Emmons, R. A., Bono, G., Huebner, E. S., & Watkins, P. (2011). Measuring gratitude in youth: Assessing the psychometric properties of adult gratitude scales in children and adolescents. *Psychological Assessment, 23*, 311-324.
18. Frias, A., Watkins, P. C., Webber, A. C., & **Froh, J. J.** (2011). Death and gratitude: Death reflection enhances gratitude. *The Journal of Positive Psychology, 6*, 154-162.
17. **Froh, J. J.**, Emmons, R. A., Card, N. A., Bono, G., & *Wilson, J. (2011). Gratitude and the reduced costs of materialism in adolescents. *Journal of Happiness Studies, 12*, 289-302.
16. **Froh, J. J.**, Huebner, E. S., *Youssef, A., & *Conte, V. (2011). Acknowledging and appreciating the full spectrum of the human condition: School psychology's (limited) focus on positive psychological functioning. *Psychology in the Schools, 48*, 110-123.
15. Wood, A. M, **Froh, J. J.**, & Geraghty, A. (2010). Gratitude and well-being: A review and theoretical integration [Special Issue]. *Clinical Psychology Review, 30*, 890-905.
14. Bernard, M. E., **Froh, J. J.**, DiGiuseppe, R., Joyce, M. R., & Dryden, W. (2010). Albert Ellis: Unsung hero of positive psychology. *The Journal of Positive Psychology, 5*, 302-310.
13. **Froh, J. J.**, Kashdan, T. B., Yurkewicz, C., Fan, J., *Allen, J., & *Glowacki, J. (2010). The benefits of passion and absorption in activities: Engaged living in adolescents and its role in psychological well-being. *The Journal of Positive Psychology, 5*, 311-332.
12. **Froh, J. J.**, Bono, G., & Emmons, R. A. (2010). Being grateful is beyond good manners: Gratitude and motivation to contribute to society among early adolescents. *Motivation and Emotion, 34*, 144-157.
11. *Opitz, D., Tsytsarev, S., & **Froh, J. J.** (2009). Women's sexual addiction and family dynamics, depression, and substance abuse. *Sexual Addiction & Compulsivity, 16*, 324-340.
10. **Froh, J. J.**, Kashdan, T. B., *Ozimek, K. M., & Miller, N. (2009). Who benefits the most from a gratitude intervention in children and adolescents? Examining positive affect as a moderator. *The Journal of Positive Psychology, 4*, 408-422.

9. **Froh, J. J.**, Yurkewicz, C., & Kashdan, T. B. (2009). Gratitude and subjective well-being in early adolescence: Examining gender differences. *Journal of Adolescence*, *32*, 633-650.
8. Kashdan, T. B., Mishra, A., Breen, W. E., & **Froh, J. J.** (2009). Gender differences in gratitude: Examining appraisals, narratives, the willingness to express emotions, and changes in psychological needs. *Journal of Personality*, *77*, 691-730.
7. **Froh, J. J.**, Sefick, W. J., & Emmons, R. A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of School Psychology*, *46*, 213-233.
6. **Froh, J. J.**, Fives, C. J., Fuller, J. R., Jacofsky, M. D., Terjesen, M. D., & Yurkewicz, C. (2007). Interpersonal relationships and irrationality as predictors of life satisfaction. *The Journal of Positive Psychology*, *2*, 29-39.
5. **Froh, J. J.**, Miller, D. N., & *Snyder, S. (2007). Gratitude in children and adolescents: Development, assessment, and school-based intervention. *School Psychology Forum*, *2*, 1-13.
4. Li, C. E., DiGiuseppe, R. A., & **Froh, J. J.** (2006). The roles of sex, gender, and coping in adolescent depression. *Adolescence*, *41*, 409-415.
3. **Froh, J. J.** (2004, May/June). The history of positive psychology: Truth be told. *The Psychologist*, *16* (3), 18-20.
2. Terjesen, M. D., Jacofsky, M. D., **Froh, J. J.**, & DiGiuseppe, R. A. (2004). Integrating positive psychology into schools: Implications for practice. *Psychology in the Schools*, *41*, 163-172.
1. DiGiuseppe, R. A., & **Froh, J. J.** (2002). What cognitions predict state anger? *Journal of Rational-Emotive and Cognitive-Behavior Therapy* *20*(2), 133-150.

BOOK CHAPTERS

7. **Froh, J. J.**, Emmons, R. A., *Lomas, T., & Mishra, A. (work-in-progress, 2013). Gratitude interventions: Remaining calm in the excitement. In A. Parks (Ed.), *Handbook of positive psychological interventions* (pp. xx-xx). Malden, MA: Wiley-Blackwell.
6. Furlong, M., **Froh, J. J.**, *Muller, M., & Gonzalez, V. (work-in-progress, 2013). The role of engagement and engaged living in psychological and social well-being. In D. Shernoff & J. Bempechat (Eds.), *Engaging youth in schools: Empirically-based models to guide future innovations* (pp. xx-xx). *NSSE Yearbook*. New York: Teachers College Record
5. Huebner, E. S., & **Froh, J. J.** (work-in-progress, 2012). Positive psychology. In A. Thomas & J. Grimes (Eds.), *Best practices in school psychology VI* (pp. xx-xx). Bethesda, MD: National Association of School Psychologists.
4. Emmons, R. A., **Froh, J. J.**, & Mishra, A. (under review, 2012). The assessment of gratitude. In S. J. Lopez (Ed.), *Positive psychological assessment* (2nd ed., pp. xx-xx). Washington, DC: American Psychological Association.

3. **Froh, J. J.**, & Parks, A. (under review, 2012). What is positive psychology? In J. Froh & A. Parks (Eds.), *Positive psychology in higher education: A practical workbook for the classroom* (pp. xx-xx). Washington, DC: American Psychological Association.
2. Bono, G., & **Froh, J. J.** (2009). Gratitude in school: Benefits to students and schools. In R. Gilman, E. S. Huebner, & M. Furlong (Eds.), *Handbook of positive psychology in schools* (pp. 77-88). New York: Routledge.
1. **Froh, J. J.**, & Bono, G. (2008). The gratitude of youth. In S. J. Lopez (Ed.), *Positive psychology: Exploring the best in people* (Vol. 2, pp. 55-78). Westport, CT: Greenwood Publishing Company.

ENTRIES/BOOK REVIEWS/EDITORIALS

7. **Froh, J. J.**, & Bono, G. (in press). Gratitude in adolescence: An understudied virtue. In R. J. R. Levesque (Ed.), *Encyclopedia of Adolescence*. New York: Springer.
6. **Froh, J. J.** (2011). Thriving in youth: Age-old wisdom, new to science [Editorial]. *The Journal of Positive Psychology*, 6, 1-3.
5. **Froh, J. J.** (2009). Happiness. In S. J. Lopez (Ed.), *The encyclopedia of positive psychology* (Vol. 1, pp. 455-461). Malden, MA: Wiley-Blackwell.
4. **Froh, J. J.** (2009). Positive emotions. In S. J. Lopez (Ed.), *The encyclopedia of positive psychology* (Vol. 2, pp. 711-717). Malden, MA: Wiley-Blackwell.
3. **Froh, J. J.** (2008). [Review of the book *Thanks! How the new science of gratitude can make you happier*]. *The Journal of Positive Psychology*, 3, 80-83.
2. **Froh, J. J.** (2006). [Review of the book *Positive psychology in practice*]. *NASP Communiqué*, 35(3), 32.
1. **Froh, J. J.**, & Hogan, J. D. (2003, March/April). Books in brief. For better or for worse: Divorce reconsidered. (by E. Mavis Hetherington and John Kelly). *NYSIPA Notebook*, 15 (2), 35-36.

OTHER PUBLICATIONS

3. **Froh, J. J.**, & Bono, G. (2011). Gratitude in youth: A review of gratitude interventions and some ideas for applications. *NASP Communiqué*, 39(5), 1, 26-28.
2. **Froh, J. J.** (2007, Spring/Summer). A lesson in thanks. *Greater Good*, 4(1), 23.
1. Molony, T., & **Froh, J. J.** (2006). Positive school psychology: Past, present, and future. *NASP Communiqué*, 35(4), 5.

MANUSCRIPTS UNDER REVIEW

1. *Wajsblat, L., & **Froh, J. J.** (under review, 2011). Positive androgyny and well-being: A positive psychological perspective on gender role valence. *The Journal of Positive Psychology*.

INVITED TALKS

12. **Froh, J. J.** (2011, April). *Race to nowhere*. Panel discussant for screening presented to the Half Hollow Hills School District, Dix Hills, NY.
11. **Froh, J. J.** (2011, March). *Raising happiness: A scientific approach for helping youth thrive*. Paper presented to the Half Hollow Hills School District, Dix Hills, NY.
10. **Froh, J. J.** (2010, November). *Saying 'thank you' is beyond good manners: The science and practice of raising grateful kids*. Paper presented to the Half Hollow Hills School District, Dix Hills, NY.
9. **Froh, J. J.** (2010, April). *Happiness: What is it, why have it, how can I get it?* Paper presented at Candlewood Middle School, Dix Hills, NY.
8. **Froh, J. J.** (2010, February). *Gratitude in youth: Saying "thank you" is beyond manners*. Paper presented at The Congregational Church of Huntington, Centerport, NY.
7. **Froh, J. J.** (2009, October). *Do kids really benefit from gratitude interventions?* Paper presented to the Psychology Club at Hofstra University.
6. **Froh, J. J.**, & *Snyder, S. (2009, April). *Positive psychology interventions: Bridging the research-practice gap in school psychology*. Workshop presented to the mental health professionals of the Half Hollow Hills School District, Dix Hills, NY.
5. **Froh, J. J.** (2008, October). *Do gratitude interventions increase well-being in youth? Examining control groups and moderators*. Colloquium presented at St. John's University, Jamaica, NY.
4. **Froh, J. J.**, & *Wajsblat, L., & *Henderson, K. (2008, June). *The importance of giving thanks: Implications for educators*. Workshop presented to the faculty and staff of the Gerald R. Claps Career & Technical Center, Levittown, NY.
3. **Froh, J. J.**, *Wajsblat, L., & *Henderson, K. (2008, May). *Gratitude in children and adolescents: Development and interventions*. Workshop presented to the mental health professionals of the Half Hollow Hills School District, Dix Hills, NY.
2. **Froh, J. J.** (2005, November). *Conjoint therapeutic treatment: A primer to happiness interventions*. Paper presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Washington, DC.
1. **Froh, J. J.** (2005, April). *Paths to happiness and life satisfaction*. Workshop presented at the Annual Natural Helpers Regional Conference, Huntington, NY.

CONFERENCE SYMPOSIA CHAIRED

3. **Froh, J. J.** (2009, April). *Fostering positive youth development: Empirical findings through the lens of gratitude, hope, and flow*. Symposium presented at the Society for Research in Child Development Biennial Meeting, Denver, CO.

2. **Froh, J. J.** (2008, March). *Advances in positive youth development*. Symposium presented at the Society for Research on Adolescence Biennial Meeting, Chicago, IL.
1. **Froh, J. J.** (2007, November). *Flourishing and subjective well-being: Assessment, interventions, and outcomes*. Symposium presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.

CONFERENCE PAPER PRESENTATIONS – TALKS

11. **Froh, J. J.** (2010, April). Teaching children how to think gratefully: Unveiling a new gratitude intervention for youth. In J. Tudge (chair), *The development of gratitude in children and adolescents*. Symposium presented at The Conference on Human Development, New York, NY.
10. **Froh, J. J.** (2009, April). Gratitude in youth: A key ingredient in positive youth development. In **J. Froh** (chair), *Fostering positive youth development: Empirical findings through the lens of gratitude, hope, and flow*. Symposium presented at the Society for Research in Child Development Biennial Meeting, Denver, CO.
9. **Froh, J. J.** (2008, November). The importance of giving thanks in adolescence: Bringing gratitude into psychotherapy. In R. A. Emmons (chair), *Secular and non-secular interventions: Advancements in positive clinical psychotherapy*. Symposium presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Orlando, FL.
8. **Froh, J. J.** (2008, March). Gratitude and subjective well-being in early adolescence: Examining mechanisms and sex differences. In **J. Froh** (chair), *Advances in positive youth development*. Symposium presented at the Society for Research on Adolescence Biennial Meeting, Chicago, IL.
7. **Froh, J. J.** (2007, October). *Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being*. Paper presented at the Annual International Positive Psychology Summit, Washington, DC.
6. Emmons, R. A., & **Froh, J. J.** (2007, October). *Gratitude in youth: Past, present, and future*. Paper presented at the Annual International Positive Psychology Summit, Washington, DC.
5. **Froh, J. J.**, & *Wajsblat, L. (2007, October). *Gratitude in youth: Saying thank you is beyond manners*. Workshop presented at the Long Island Association for Supervision and Curriculum Development, Melville, NY.
4. *White, C. M., *Caputo, K., *Ubertini, M., **Froh, J. J.**, Yurkewicz, C., & Kashdan, T. B. (2007, November). *Psychometric properties of the Tripartite Happiness Scale-Adolescent*. Paper presented at the Greater New York Conference on Behavioral Research, Hempstead, NY.
3. *Wilson, J., *Levenson, S., & **Froh, J. J.** (2007, November). *Materialism can put adolescents in psychological debt: Gratitude can help reduce the cost*. Paper presented at the Greater New York Conference on Behavioral Research, Hempstead, NY.

2. **Froh, J. J.** (2002, November). Positive psychology: Rediscovering our roots. In K. Doyle (chair), *Introducing positive psychology to the field of school psychology: Implications for educators, researchers, and practitioners*. Symposium conducted at the Association for Advancement of Behavior Therapy Annual Convention, Reno, NV.
1. Pantaleno, A., Quiett, A., **Froh, J. J.**, Fallman, C., Pastore, K., Wagner, M., et al. (2001, March). *Launching a Natural Helpers program in your school*. Workshop presented at the Long Island Counselors' Annual Conference, Oakdale, NY.

CONFERENCE POSTER PRESENTATIONS

29. *Muller, M., **Froh, J. J.**, Bono, G., *Youssef, A., & *Lomas, T. (August, 2011). *Gratitude and the reduced costs of materialism in adolescents*. Poster session presented at the American Psychological Association Annual Convention, Washington, DC.
28. *Youssef, A., **Froh, J. J.**, *Muller, M., & *Lomas, T. (August, 2011). *Measuring gratitude in youth: Assessing the psychometric properties of adult gratitude scales in children and adolescents*. Poster session presented at the American Psychological Association Annual Convention, Washington, DC.
27. Bono, G., **Froh, J. J.**, *Leggio, H., & *Youssef, A. (April, 2011). *Strengthening help appraisals makes young children grateful and happy*. Poster session presented at the Western Psychological Association, Irvine, CA.
26. *Leggio, H., *Youssef, A., **Froh, J. J.**, & Bono, G. (February, 2011). *An experimental investigation of teaching children how to think gratefully*. Participant information exchange presented at the National Association of School Psychologists Annual Convention, San Francisco, CA.
25. *Youssef, A., *Leggio, H., **Froh, J. J.**, & Huebner, E. S. (February, 2011). *School psychology and the limited focus on positive psychological functioning*. Poster session presented at the National Association of School Psychologists Annual Convention, San Francisco, CA.
24. *Sherer, M., & **Froh, J. J.** (2010, March). *Testing a gratitude intervention: Examining positive affect as a moderator*. Poster session presented at the National Association of School Psychologists Annual Convention, Chicago, IL.
23. *Levenson, S., **Froh, J. J.**, & Tova, L. (2009, December). *Improving teen mentoring relationships through gratitude*. Poster session presented at the Annual Nefesh International Conference, Hauppauge, NY.
22. *Allen, J., & **Froh, J. J.** (2009, November). *Initial creation of The Engaged Living in Youth Scale*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Orlando, FL.
21. **Froh, J. J.**, *Wilson, J., *Glowacki, J., *Packer-Hopke, L., & *Allen, J. (2009, November). *Gratitude in youth: A crucial ingredient for complete mental health*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Manhattan, NY.
20. Bono, G., **Froh, J. J.**, Card, N. A., *Wilson, J. A., & Emmons, R. A. (2009, April). *Gratitude can reduce the psychological costs of materialism in youths*. Poster session presented at the Western Psychological Association Annual Convention, Portland, OR.

19. *Youssef, A., **Froh, J. J.**, *Conte, V., & *Laufer, L. (2009, April). *The Engaged Living in Youth Scale: Further reliability and construct validation*. Poster session presented at the Society for Research in Child Development Biennial Meeting, Denver, CO.
18. **Froh, J. J.**, & *Bartner, A. (2008, November). *The Engaged Living in Youth Scale: An assessment of psychometric properties in late adolescence*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Orlando, FL.
17. **Froh, J. J.**, *Ubertini, M., *Wajsblat, L., & Yurkewicz, C. (2008, November). *Engaged living as an ingredient for adolescent mental health: Promoting social integration and engagement in psychotherapy*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Orlando, FL.
16. **Froh, J. J.**, *Wajsblat, L., & *Ubertini, M. (2008, November). *Gratitude's role in promoting flourishing and inhibiting languishing: Using positive psychology to complement clinical practice*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Orlando, FL.
15. **Froh, J. J.**, Bono, G., & *Wilson, J. (2008, March). *Materialism and well-being in adolescence: The buffering effect of gratitude*. Poster session presented at the Society for Research on Adolescence Biennial Meeting, Chicago, IL.
14. **Froh, J. J.**, Yurkewicz, C., Kashdan, T. B., *White, C. M., & *Caputo, K. (2008, March). *Further validation of the Tripartite Happiness Scale-Adolescent*. Poster session presented at the Society for Research on Adolescence Biennial Meeting, Chicago, IL.
13. **Froh, J. J.**, & Yurkewicz, C. (2007, March). *Eudaimonia in adolescence: Gratitude trumps hedonism*. Poster session presented at the Society for Research in Child Development Biennial Meeting, Boston, MA.
12. **Froh, J. J.**, & Yurkewicz, C. (2007, March). *Gratitude correlates in early adolescence*. Poster session presented at the National Association of School Psychologists Annual Convention, New York, NY.
11. **Froh, J. J.**, & Yurkewicz, C. (2007, March). *Initial validation of the Tripartite Happiness Scale-Adolescent*. Poster session presented at the Society for Research in Child Development Biennial Meeting, Boston, MA.
10. **Froh, J. J.**, & Sefick, W. J. (2006, August). *Gratitude and subjective well-being: Replicating Emmons and McCullough 2003*. Poster session presented at the American Psychological Association Annual Convention, New Orleans, LA.
9. Yurkewicz, C., & **Froh, J. J.** (2006, November). *Cognitions predictive of life satisfaction: Support of a construal framework*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.
8. **Froh, J. J.**, & Terjesen, M. D. (2005, November). *Quality of life enhancement and symptom relief as complementary goals in psychotherapy*. Poster session presented at the Association for Behavior and Cognitive Therapy Annual Convention, Washington, DC.

7. Terjesen, M. D., & **Froh, J. J.** (2005, November). *Expanding our conception of clinical psychology: The role of adaptive cognitions in life satisfaction*. Poster session presented at the Association for Behavior and Cognitive Therapy Annual Convention, Washington, DC.
6. **Froh, J. J.**, Terjesen, M. D., Boone, R. T., Riebe, C. M., Jacofsky, M. D., & Pantaleno, A. P. (2003, November). *Enhancing the therapeutic bond between adolescents through cultivating efficacy in facilitative listening*. Poster session presented at the Association for Advancement of Behavior Therapy Annual Convention, Boston, MA.
5. Fuller, J. R., **Froh, J. J.**, Jacofsky, M. D., Terjesen, M. D., Fives, C. J., & Fuller, J. B. (2003, November). *Symptomology and optimal functioning as orthogonal constructs: Implications for science and practice*. Poster session presented at Association for Advancement of Behavior Therapy Annual Convention, Boston, MA.
4. **Froh, J. J.**, Riebe, C. M., Terjesen, M. D., Jacofsky, M. D., & Pantaleno, A. (2002, August). *Infiltrating schools with the human touch: Implications for school psychologists*. Poster session presented at the American Psychological Association Annual Convention, Chicago, IL.
3. DiGiuseppe, R. A., Leis, S. A., **Froh, J. J.**, Tafrate, R. C., & Ludwig, M. (2001, August). *Anger in criminals: Validation of the Anger Disorders Scale*. Poster session presented at the American Psychological Association Annual Convention, San Francisco, CA.
2. **Froh, J. J.**, Leis, S. A., & DiGiuseppe, R. A. (2001, August). *Are there empirically supported treatments for anger?* Poster session presented at the American Psychological Association Annual Convention, San Francisco, CA.
1. DiGiuseppe, R. A., & **Froh, J. J.** (2000, November). *What cognitions predict state anger?* Poster session presented at the Association for Advancement of Behavior Therapy Annual Convention, New Orleans, LA.

PROFESSIONAL SERVICE AT HOFSTRA UNIVERSITY

Department Personnel Committee (2008-present)
 Executive Committee Guest Consultant from Social Sciences (2007)
 Peer Teacher Program (2007)

ACADEMIC SERVICE

Contributor to *Pursuit of Happiness Day* (a national teach-in) (2011-2012)
 Review Panel Chair for Panel 16, *Resilience & Positive Youth Development* for the Society for Research on Adolescence (2011)
 Chair of the APA Division 16 Outstanding Dissertation Award Committee (2010)
 Consultant for the National Association of School Psychologist's initiative "Gratitude Works" (2009, 2011-present)
 Member of the APA Division 16 Outstanding Dissertation Award Committee (2009)
 Institutional Review Board, Bio-Behavioral Institute (2009-present)
 External reviewer for Panel 4, *Childhood: Social Processes* for the Society for Research in Child Development (2008)

External reviewer for Panel 14, *Applied Research, Program Evaluation, and Public Policy* for the Society for Research on Adolescence (2007)

Co-coordinator of the *Positive Psychology Special Interest Group* for the National Association of School Psychologists (2006-2007)

AD-HOC PH.D. DISSERTATION/THESIS REVIEWING

Monash University (Australia)

RESEARCH ADVISING

Current Graduate Students

Al-Jameela Youssef (2nd year School-Community Psy.D. student)

Meagan Muller (1st year School-Community Psy.D. student)

Tara Lomas (1st year School-Community Psy.D. student)

Graduate Students Mentored

Heather Leggio (School-Community Psy.D. student)

Jessica Glowacki (School-Community Psy.D. student)

Loren Packer (School-Community Psy.D. student)

Michael Sherer (School-Community Psy.D. student)

Lisa Wajsblat (School-Community Psy.D. student)

Melissa Ubertini (School-Community Psy.D. student)

Stephanie Snyder (School-Community Psy.D. student)

Pascual Chen (School-Community Psy.D. student)

Undergraduate Students Mentored (Research Assistants)

Christine White

Ashley Bartner

Kate Caputo

Jennifer Wilson

Rebecca Spatz

Vincent Conte

Lindsay Laufer

Al-Jameela Youssef

Terrance Wakely

Jennifer Allen

Intel High School Students Mentored

Danielle Lacey

TEACHING

Hofstra University

PSY 011 Behavior Modification: undergraduate

PSY 053: Child Development: undergraduate

PSY 27: Positive Psychology: undergraduate

PSY 251: Positive Psychology: graduate

PSY 7: Fundamental Perspectives in Psychology (Psychology of Emotions): undergraduate

PSY 224 Research Designs for Health Service Programs: graduate
PSY 223 Research Designs II, Independent Projects: graduate
PSY 258A: Social Psychology and the School System: graduate

St. Joseph's College and Molloy College (undergraduate)

PSY 251 Social Psychology
PSY 261 Psychology of Personality
PSY 300 Psychological Testing
PSY 353 Personality Theories
PSY 391 Introduction to Experimental Methodology
PSY 460 Senior Research Seminar
PSY 465 Advanced Research Seminar

DISSERTATION ADVISING

Doctoral Advisees

8. Emotional Intelligence, Alcohol Use, Peer Violence, and Subsequent Impact on Adolescent Dating Violence, Janie Howard, Psy.D. (2012, anticipated).
7. Raising Gratitude: The Role of Maternal Teaching, Modeling, and Reinforcing of Emotion Expression, Sara Levenson, Psy.D. (2011, anticipated)
6. [Gratitude and physical health], Richard Kimmerling, Psy.D. (2012, anticipated)
5. Positive Androgyny and Well-Being: A Positive Psychological Perspective on Gender Role Valence Androgyny and well-being, Lisa Wajsblat, Psy.D. (2011)
4. Cyberbullying May Reduce Adolescent's Well-Being: Can Life Satisfaction and Social Support Protect Them?, Melissa Ubertini, Psy.D. (2010)
3. The Effects of Counting Blessings with a Visual-Reminder on Subjective Well-Being, Pascual Chen, School Psychology, Psy.D. (2010)
2. School-Based Positive Psycho-education in Early Adolescents: Effects on Happiness, Depression, Anxiety, School Engagement, and Persistence, Stephanie Snyder, School Psychology, Psy.D. (2009)
1. Increasing Gratitude, Well-Being, and Prosocial Behavior: The Benefits of Thinking Gratefully, Katherine Henderson, School Psychology, Psy.D. (2009)

Doctoral Committee Member

21. The Effect of Exercise on Psychological Symptoms Present in Breast Cancer Survivors, Brianne Gruber, School Psychology, Psy.D., (2012, anticipated)
20. The Effects of Learning Disability Labels and Perceived Attractiveness on Teacher Expectations, Matthew Rabinowitz, School Psychology, Psy.D., (2012, anticipated)
19. Effects of Perspective Taking on Anger and Forgiveness, Kentaro Nakajima, Clinical Psychology, Ph.D., (2012, anticipated)
18. Gratitude, Forgiveness, Conflict Resolution and Marital Satisfaction: A Developmental Perspective, Sarah Munoz, School Psychology, Psy.D. (2011)
17. The CAPS Program: An Investigation of a Child Anxiety Prevention Program for Schools, Jennifer Eastman, School Psychology, Psy.D. (2011)
16. The Relationship Between Well-Being and the Pressure to Date and Marry Among Modern Orthodox Jews, Deborah Mann, School Psychology, Psy.D. (2011)

15. Exploration of the Individual and Family Process Variables Impacting College Students from Families of Divorce, Denise Halkias, School Psychology, Psy.D. (2011, anticipated)
14. The Impact of Expectations on Children's Reactions to Foods Containing Vegetables, Rachel Bowley, School Psychology, Psy.D. (2011)
13. A Longitudinal Analysis of the Emotional Stroop in Individuals with PTSD, Jose Salazar, School Psychology, Psy.D. (2011)
12. Perfectionism and Socio-Emotional Variables in Gifted Children: A Developmental Perspective, Ann Angiulo, School Psychology, Psy.D. (2011)
11. Mother-Child Interaction as a Function of Maternal Perception of Power, Beth Hollander, Clinical Psychology, Ph.D. (2010)
10. Effects of a Mindfulness Based Stress Reduction Program on Fathers of Children with Developmental Disabilities, Benjamin Epstein, Clinical Psychology, Ph.D. (2009)
9. Weight Lifting as a Taught Competency Image for Anxiety Management Training with Dating Anxiety in Jewish Women, Rebecca Sachs, Clinical Psychology, Ph.D. (2009)
8. The Effects of Message Framing and Level of Issue Involvement on Weight Loss Behaviors, Susan Gaylord, Clinical Psychology, Ph.D. (2009)
7. Evaluation of Mindfulness-Based Stress Reduction for Parents of Children with Externalizing Behavior Problems, Christine Walling, Clinical Psychology, Ph.D. (2008)
6. A Comparison of Posttraumatic Stress Disorder and Posttraumatic Growth in American and Israeli War Veterans, Craig Kafko, School Psychology, Psy.D. (2008)
5. The Relationship Between Women's Sexual Addiction and Family Dynamics, Depression and Substance Abuse, Dawn Opitz, School Psychology, Psy.D. (2008)
4. The Gratitude Visit in Children and Adolescents: A Longitudinal Investigation of Gratitude and Subjective Well-Being, Kathleen Ozimkowski, School Psychology, Psy.D. (2007)
3. Teacher Ratings of Treatment Acceptability for Traditional and New (RTI) Paradigms to Classify Learning Disabilities, Sara Girard, School Psychology, Psy.D. (2007)
2. An Examination of the Relationships among Trauma, Posttraumatic Growth and Related Factors, Victoria Roger, School Psychology, Psy.D. (2007)
1. Recalled Childhood Teasing, Friendship Satisfaction, and Depression, Nicole Altstatt, School Psychology, Psy.D. (2007)

Dissertation Chair

6. The Effects of Mindfulness-Based Cognitive Therapy on Disordered Eating, Shveta Mittal, Ph.D. (2010).
5. An Investigation of Perfectionism and its Relationship to Perceived Parenting Variables and Life Satisfaction, Alexis Romano, Psy.D. (2009)
4. A Comparison of the Relative Stability of the Modified Stroop and the Beck Depression Inventory, Eugene Lubliner, Psy.D. (2008)
3. An Evaluation of the Olweus Bullying Prevention Program, Kathleen Finn, School Psychology, Psy.D. (2008)
2. Relationship of Sociocultural and Religious Factors to Body Image and Eating Behavior in Jewish Orthodox Adolescents, Pamela Mason, Clinical Psychology, Ph.D. (2008)
1. Aerobic Exercise Effects on Anxiety, Depression and Life Satisfaction in Crohn's Disease Patients, Matthew Silverman, School Psychology, Psy.D. (2007)

CITATIONS IN POPULAR MEDIA

“Teaching Kids to Be Grateful All Year,” *Newsday*, May 3, 2011.

“Gratitude During Happy Times and Sad Ones,” *The Providence Journal*, February 27, 2011.

- “Reading and Gratitude Both Matter,” *Detroit Free Press*, January 19, 2011.
- “Teaching Kids Gratitude,” *Tehran Times*, January 16, 2011.
- “Telling Your Friends, ‘I’m Better Because of You,’” *The Huffington Post*, December 12, 2010.
- “Gratitude as an Attitude,” *The Providence Journal*, December 4, 2010.
- “Gratitude Researcher Says Lawyers are a Difficult Crowd,” *ABA Journal*, November 24, 2010.
- “Thank You. No, Thank You,” *The Wall Street Journal*, November 23, 2010.
- “How to Raise Thankful Kids,” *NBC26*, November 17, 2010.
- “Got Gratitude? Teach Kids Meaning,” *Woman’s Day*, November 17, 2010.
- “Teaching Children Gratitude,” *Parenting Simply*, February 23, 2010.
- “Do Your Kids Need an ‘Attitude of Gratitude?’,” *ABC2 News*, January 24, 2010.
- “Being Thankful a Key to Being Healthy,” *The City Wire*, November 25, 2009.
- “How to Raise a Grateful Child,” *Edmonton Journal*, November 2009.
- “Ungrateful Teen in Your House?: You’re Not Alone,” *Associated Press*, November 17, 2009.
- “The Grateful Child: Are Children Who Learn to Count Their Blessings Healthier and Happier?,” *Great Schools*, November 2009.
- “Fishful Thinking: Cultivating Gratitude in Youth,” *NASP Communiqué*, November 2009.
- “Thanks to Gratitude!,” *Positive Psychology News Daily*, November 5, 2009.
- “Daily Thanksgiving: Recipe for a Happy Family,” *Western New York Family*, November 2009.
- “Grateful Kids are Happier Kids,” *Times Colonist*, October 9, 2009.
- “Why Emotional Intelligence Matters,” *Scholastic*, August 2009.
- “Happiness,” *WHRU’s Hofstra’s Morning Wake-Up Call* [Hofstra University’s radio station], February 10, 2009.
- “Here’s Some Currency to Count Upon,” *The Times, Trenton*, December 2, 2008.
- “Reaping The Health Benefits of Gratitude with the Science of Thankfulness,” *WNYC’s The Takeaway* [a national morning news program], November 27, 2008.
- “Giving Thanks,” *Better Homes and Gardens*, November 2008.
- “Gratitude Check,” *Family Circle*, November 1, 2008.
- “The Benefits of Gratitude,” *The Providence Journal*, November 24, 2007.
- “Many Ways to Show Gratitude in Holiday,” *The Herald-Sun*, November 21, 2007.
- “Thank You,” *Metro Parent*, November 2007.
- “Raising Grateful Children,” *Newsday*, September 17, 2007.