

Vita  
Douglas A. Bernstein

**CONTACT DETAILS**

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Email: douglas.bernstein@comcast.net

Website: www.douglasbernstein.com

Birthdate, Place: December 27, 1942; Pittsburgh, Pennsylvania

**EDUCATION**

Bachelor of Science (Psychology)

University of Pittsburgh

Pittsburgh, Pennsylvania; 1964

Master of Arts (Psychology)

Northwestern University

Evanston, Illinois; 1966

Thesis: The effects of non-differential pretraining upon subsequent visual discrimination performance

Doctor of Philosophy (Psychology)

Northwestern University

Evanston, Illinois; 1968

Dissertation: The modification of smoking behavior

## ACADEMIC HISTORY

2011-2018: Teaching Consultant,

- Bernstein, D.A. & Nash, P.W. (1999). *Essentials of psychology*. Boston: Houghton Mifflin Company.
- Stec, A.M. & Bernstein, D.A. (Eds.), (1999). *Psychology: Fields of application*. Boston: Houghton Mifflin Company.
- Bernstein, D. A., Clarke-Stewart, A., Penner, L.A., Roy, E. J., & Wickens, C. D.(2000). *Psychology* (5th ed.) Boston: Houghton-Mifflin Company.
- Sattler, D.N., Shabatay, V., Kramer, G.P., & Bernstein, D.A. (Eds.) (2000). *Developmental psychology in context: Voices and perspectives*. Boston: Houghton Mifflin Company.
- Sattler, D.N., Shabatay, V., Kramer, G.P., & Bernstein, D.A. (Eds.) (2000). *Child development in context: Voices and perspectives*. Boston: Houghton Mifflin Company.
- Bernstein, D.A., Borkovec, T.D., & Hazlett-Stevens, H. (2000). *New directions in progressive relaxation training: A guidebook for helping professionals*. (2nd ed.) New York: Praeger.
- Cassel, E. & Bernstein, D.A. (2001). *Criminal behavior*. Boston: Allyn & Bacon.
- Bernstein, D.A. & Nash, P.W. (2002). *Essentials of psychology* (2nd ed.) Boston: Houghton Mifflin Company.
- Bernstein, D. A., Penner, L.A., Clarke-Stewart, A., & Roy, E. J. (2003). *Psychology* (6th ed.) Boston: Houghton Mifflin Company.
- Nietzel, M. T., Bernstein, D. A., Kramer, G.P., & Milich, R. (2003). *Introduction to clinical psychology* (6th edition). Upper Saddle River, New Jersey: Prentice-Hall.
- Bernstein, D.A. & Nash, P.W. (2005). *Essentials of psychology* (3rd ed.) Boston: Houghton Mifflin Company.
- Goss Lucas, S. & Bernstein, D.A. (2005). *Teaching psychology: A step by step guide*. Mahwah, N.J.: Lawrence Erlbaum.
- Bernstein, D. A., Penner, L.A., Clarke-Stewart, A., & Roy, E. J. (2006). *Psychology* (7th ed.) Boston: Houghton Mifflin Company.
- Bernstein, D.A. & Nash, P.W. (2008). *Essentials of psychology* (4<sup>th</sup> ed.) Boston: Houghton Mifflin Company.
- Cassel, E. & Bernstein, D.A. (2007). *Criminal behavior*. (2<sup>nd</sup> ed.). New York, NY: Psychology Press.
- Bernstein, D. A., Penner, L.A., Clarke-Stewart, A., & Roy, E. J. (2008). *Psychology* (8<sup>th</sup> ed.) Boston: Houghton Mifflin Company.
- Kramer, G.P., Bernstein, D. A., & Phares, V. (2009). *Introduction to clinical psychology* (7<sup>th</sup> ed.) Upper Saddle River, New Jersey: Prentice-Hall.



Bernstein, D. A. (1978). Improving evaluation techniques in smoking modification. In J. L. Schwartz (Ed.) *Progress in smoking cessation*. New York: American Cancer Society.

Bernstein, D. A. & Glasgow, R. E. (1979). The modification of smoking behavior. In O. F. Pomerleau and J. P. Brady (Eds.) *Behavioral medicine: Theory and practice*

*Institute on the Teaching of Psychology.*

53, 506-509.

Bernstein, D. A. (1970). Modification of smoking behavior: A search for effective variables. *Behaviour Research and Therapy*, 8, 133-146.

Bernstein, D. A. & Beaty, W. (1972). The use of *in vivo* desensitization as part of a total therapeutic intervention. *Journal of Abnormal Psychology*, 2, 259-265.

Miller, B. & Bernstein, D. A. (1972). Instructional demand in a behavioral avoidance test for claustrophobic fear. *Journal of Abnormal Psychology*, 80, 206-210.

Rappaport, J., Bernstein, D. A., Hogan, M., Kane, J., Plunk, M. & Sholder M. (1972). Fraternal and communal living: Values and behavior on the campus. *Journal of Counseling Psychology*, 19, 296-300.

Bernstein, D. A. (1973). Situational factors in behavioral fear assessment: A progress report. *Behavior Therapy*, 4, 41-48.

Bernstein, D. A. & Paul, G. (1973). Some comments on psychotherapy analogue research on small animal "phobia." *Journal of Behavior Therapy and Experimental Psychiatry*, 2, 225-237. This paper also appears in C. Franks (Ed.) *Annual review of behavior therapy*. New York: Brunner/Mazel Publishers.

Paul, G. & Bernstein, D. A. (1973). *Anxiety and clinical problems: Treatment by systematic desensitization and related techniques*. New York: Brunner/Mazel Publishers.



Nietzel, M. T. & Bernstein, D. A. (1976). The effects of instructionally mediated demand upon the behavioral assessment of assertiveness. *Journal of Consulting and Clinical Psychology, 44*, 500.

Scheiderer, E. G. & Bernstein, D. A. (1976). A case of chronic back pain and the "unilateral" treatment of

Bernstein, D.A. (1994). Tell and show: The merits of classroom demonstrations. *APS Observer*, July/August. [Reprinted in B. Perlman, L.I. McCann, & S.H. McFadden (Eds.), *Lessons learned: Practical advice for the teaching of psychology*. (Vol. 1) Washington, D.C.: American Psychological Society.]

Bernstein, D.A. (2004). Stick 'em up: A simp

Talk presented to introductory psychology faculty at the University of California, Davis, February, 2000.

Talk presented at First Annual Summer National Institute on the Teaching of Psychology, St. Petersburg Beach, Florida, July, 2001.

Presented (in French) at the French National Conference on the Teaching of Psychology, Ecole de Psychologues Praticiens, Paris, France, September 16, 2016.

Presented at the 39th National Institute on the Teaching of Psychology, St. Pete Beach, Florida, January 3, 2017.

**"Was It Good For You, Too?: Keeping Teaching Exciting For Us and For Them."**

Presented at First Annual Southern Regional Conference on the Teaching of Psychology. Kennesaw State College, Atlanta, Georgia, April, 1989.

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Presented at the First Annual French National Colloque on the Teaching of Psychology, University of Paris Descartes, May 30, 2008.

Presented at the International Association for Scientific Knowledge Conference on Teaching and Learning, Porto, Portugal, December 7, 2009.

Presented at the Department of Psychology, St. Leo University, St. Leo, Florida, January 9, 2010.

Presented at Faculty Development Day, Maryville University, St. Louis, Missouri, March 11, 2010.

Presented at the Eastern Conference on the Teaching of Psychology, Staunton, Virginia, June 20, 2014.

**"Classroom Demonstrations for Psychology."**

Presented at the Thirteenth Symposium on Learning, Western

**"Promoting Critical Thinking and Active Learning Through Psychology Courses."**

Paper presented at the Annual Meeting of the American Psychological Society, San Diego, June, 1992.

Paper presented at the Eastern Conference on the Teaching of Psychology, James Madison University, Harrisonburg, Virginia, October, 1992.

Colloquium presented at the University of Kentucky, Lexington, November, 1993.

Presented at the meeting of the Social Science Faculty, University of Maryland, Heidelberg, Germany, April, 1998.

Presented to psychology faculty at California State University at Sacramento, February, 2000.

Presented at the Middle Tennessee Psychological Association Meeting,

Murfreesboro, Tennessee, A(o)-6.7A(o)-62I-0.001 TTeo(o)-62sTd( 43 (u)-62I Td( )TjEMC /PT3 (iv)5.3 (e)-3 (rs)-18.o)-1(.9



October 30th, 2013.

**"Does Active Learning Work?: Good Question, But Not the Right One"**

Presented at the European Psychology Learning and Teaching  
Conference, Salzburg, Austria, September 18, 2017

Presented at the Biennial International Seminar on the Teaching of Psychological Science, Paris,  
France, July 11, 2018

**"How to Be A Bad Teacher."**

Presented at the Midwest Institute on the Teaching of Psychology,  
College of DuPage, Chicago, Illinois, February, 1997.

Presented at Farmingdale Conference on the Teaching of Psychology,  
Ellenville, New York, March, 1998.

**"Confessions of an Accidental Teacher."**

Presented at the Annual Meeting of the American Psychological  
Association, Chicago, August, 2002.

**"Stranger Than Truth: Student Excuses and What to Do about Them."**

Presented at Mid-America Conference on the Teaching of Psychology,  
Evansville, Indiana, October, 1995.

Presented at Southwest Conference on the Teaching of Psychology, Ft.  
Worth, Texas, November, 1995.

Presented at Sacramento City College, Sacramento California,  
January, 2000.

Presented at the convention of the Texas Community College Teachers  
Association, Ft. Worth, February, 2004.

**"If I'd Only Known: Ten Important Things No One Told Me About Teaching."**

Colloquium presented at the Department of Psychology, University of  
Pittsburgh, January 22, 2002.

Presented at the 18th Annual Teaching of Psychology: Ideas and





## **"Writing Effective Multiple-Choice Examinations"**

Presented as a workshop at Western Washington University, April 14, 2008.

Presented at *Pontificia Universidade Católica do Rio Grande do Sul*, Porto Alegre, Brazil, June 15th, 2011.

## **"Basic Principles of Effective Teaching"**

Presented at School of Psychology, Southampton University, UK, December 6, 2008.

Presented at *l'Institut du Psychologie*, University of Paris 5, Paris, France, January 22, 2008.

Presented at the Department of Psychology, Masaryk University, Brno, Czech Republic, March 18, 2009.

Presented at the Department of Psychology, Florida Southern College, Lakeland, Florida, September 6, 2011.

### **"A Vertical Model for the Development of Teaching Skills"**

Presented at the Annual Meeting of the Association of Heads of Departments of Psychology, Atlanta, Georgia, November 17, 2006.

Presented at *l'Insitut du Psychologie*, University of Paris 5, Paris, France, January 23, 2008.

### **"The Role of The Psychology Major in a Liberal Arts Education in The United States."**

Paper presented to the Association for the Teaching of Psychology, Guildford, UK, July, 1997.

### **"Writing Psychology Textbooks: A Nuts and Bolts Workshop for Prospective Authors."**

Presented at the American Psychological Society Convention, Washington, D.C., May, 1998.

Presented at the American Psychological Society Convention, Denver, June, 1999.

Presented at the National Institute on the Teaching of Psychology, St. Petersburg Beach, Florida, January 2, 2005.

### **Presentations on Criminal Behavior**

### **"An American Perspective on Criminal Behavior"**

Presented at the Postgraduate Department of Psychology,  
*Pontifícia Universidade Católica Do Rio Grande Do Sul*, Porto  
Alegre, Brazil, June 7, 2010.

### **Presentations for General Audiences:**

#### **"Psychological Illusions in Everyday Life"**

Presented at the HZ University, Middelburg, Netherlands,  
November 20, 2012.

#### **"U.S. Politics 101"**

Presented at the HZ University, Middelburg, Netherlands,  
September 21 and 22, 2016

### **Presentations on Stress, Fear Assessment, Behavioral Medicine, and Behavioral Dentistry**

#### **"Stress and Stress Management."**

Workshop Presented at Ford-Iroquois County Special Education  
Association Meeting, Gibson City, Illinois, March, 1981.

Presented at Conference on Professionals and Stress, sponsored by  
the Office of the Vice Chancellor for Academic Affairs, University  
of Illinois, November, 1983.

Presented at Professional Development Seminar for Certified  
Professional Secretaries, Champaign, Illinois, May 1984.

Presented at Champions of Effectiveness Conference, Champaign,  
Illinois, April, 1984.

Seminar presented to Illinois Association of Allied Health  
Professionals, Allerton House, May 1985.

Seminar presented to United Communities for Child Development.

Beaufort, South Carolina, June, 1985.

Seminar presented to Georgia Legal Services Litigation Staff,

Atlanta, Georgia, September, 1985.

Paper presented at Governor's Conference for the Aging Network.

Chicago, Illinois, September, 1985.

Paper presented at College of Veterinary Medicine, University of

Illinois, Urbana, October, 1985.

Workshop presented at Office Professionals Conference, Champaign,

Illinois, March, 1986.

Paper presented to meeting of Army Corps of Engineers' Construction

Engineering Research Laboratory, Champaign, Illinois, April, 1986.

Presented at Governor's Conference on Long-Term Care, Chicago, Illinois, September 1986. W49soi6 (p)242 (-)-106.0 (ry9r)11pg Ro g C 0

1990.

Presentation to University of Illinois housing division staff,

April, 1990.

Presentation to University of Illinois personnel services employees,

April, 1990.

Presented at University of Illinois Institute of Labor and

Industrial Relations, September, 1991.

Presentation to flight instructors at the University of Illinois

Institute of Aviation, June, 1992.

### **"Behavioral Fear Assessment"**

Presented at Joseph Wolpe's Institute of Behavior Therapy,

Philadelphia, June, 1969.

Colloquium presented at Department of Psychology University of

Pittsburgh, April, 1970.

Paper presented at Western Psychological Association meeting, April,

1970.

Presented at Indiana Psychological Association meeting, Columbus,

Indiana, November, 1970.

Presented at Third Brief Psychotherapy Conference: Behavior Therapy.

The Chicago Medical School, Chicago, March, 1971.

Paper presented at Western Psychological Association meeting, San

Francisco, April, 1971.

Paper presented at Western Psychological Association meeting,

Portland, April, 1972 (with Barbara Miller as senior author).

### **"Assessment and Modification of Dental Fear."**

Paper presented at the meeting of the American Psychological

Association, New Orleans, September, 1974.

Paper presented at meeting of the International Association for Dental Research, Miami, March, 1976 (with Ronald A. Kleinknecht as senior author).

Paper presented at the meeting of the Association for the Advancement of Behavior Therapy, New York, December, 1976 (with Ronald A. Kleinknecht as junior author).

Paper presented at the meeting of the American Association for the Advancement of Tension Control, Chicago, October, 1977.

Paper presented at the National Conference on Behavioral Dentistry, Morgantown, West Virginia, October, 1977.

Colloquium presented at the Psychology Department, University of Houston, November, 1978.

Paper presented at the meeting of the American Association for Dental Research, Las Vegas, June, 1977 (with Ronald A. Kleinknecht as senior author).

Paper presented at the meeting of the American Psychological Association, San Francisco, August, 1977 (with Ronald A. Kleinknecht as senior author).

Poster presented at meeting of the Association for the Advancement of Behavior Therapy,





## **"Behavior Therapy."**

Colloquium presented at the Department of Psychology, Western Illinois University, Macomb, March, 1973.

Paper presented at the meeting of the Midwestern Psychological Association, Chicago, May, 1975 (with Michael Nietzel as senior author).

Paper presented at the meeting of the Association for the Advancement of Behavior Therapy, New York, December, 1976 (with Marian MacDonald and Leonard Ullmann).

## **"Demand Characteristics in Hypnosis."**

Colloquium presented at the PsychraC Behasesent -26.957.4U5t5 (,)2lo(,)w ( a)2. S (w)4.ta(ti)13.te (l)]TJ0 Tc 20.435 0 T

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Education Advisor, School of Psychology, University of Southampton,  
2006-2008.

Chairman, Steering Committee for APS Fund for the Teaching and Public  
Understanding of Psychological Science, 2004-2005.

Member, review and selection committee for the American Psychological  
Foundation's Distinguished Teaching of Psychology Award, 2002-2004.

Member, planning committee for APS-  
-2005 .

Member, State of Illinois Clinical Psychology Licensing and Disciplinary Committee, 1986-1992.

Member, APA Committee on Undergraduate Education (CUE), 1988-1991 (This was a five-member APA committee organized by the Education and Training Board to improve the quality of undergraduate education nationally; the committee's work includes selection of each year's G. Stanley Hall lectures).

Member, Steering Committee for APA National Conference on Enhancing the Quality of Undergraduate Education, 1989-1991.

Founder: Biennial International Seminar on the Teaching of Psychological Science, 2018.

Consultant, National Louis University, 1991.

Consultant, American Lung Association, 1987.

Consultant, Television-School-Family Smoking Cessation Project. Health Behavior Research Institute, University of Southern California, September, 1985.

Site visitor for National Heart, Lung, and Blood Institute, University of California at San Diego (Medical School), San Diego, California, July, 1984.

Consultant, Midwest Research Institute smoking research group, Kansas City, Missouri, Consultant, 1979 (1)-s

Site visitor for National Heart, Lung, and Blood Institute, Johns Hopkins University Medical School, Baltimore, February, 1981.

Invited participant, American Cancer Society National Conference on Smoking or Health, New York, November, 1981.

Member, NHLBI ad hoc review panel on Demonstration and Education Research proposals, October-December, 1981.

Ad hoc member (for smoking research) of study section for National Institute of Drug Abuse, 1980.

Consultant to a smoking prevention project at the National Heart and Blood Vessel Research and Demonstration Center, Baylor College of Medicine, Houston, Texas, 1978-1980.

Consultant, Lung Division, National Heart, Lung and Blood Institute, 1979.

Member, ad hoc study section, (Smoking and Health Committee) National Institute of Child Health and Human Development, 1979.

Consultant, smoking research project, Department of Psychology, Washington University, St. Louis, Missouri, 1979.

Member, Planning Task Force on Smoking Cessation Activities of the Third World Conference on Smoking and Health, New York, June, 1975.

Consultant, American Lake V. A. Hospital, Tacoma, Washington, 1974-75.

Chairperson, Symposium on Research Methodology in Smoking Cessation,  
Third World Conference on Smoking and Health, New York, June, 1975.

1968-69.

Member, National Interagency Council on Smoking and Health Committee on

These activities have included acting as program chairman for the National Institute on the Teaching of Psychology (NITOP)

Association for Psychological Science (Fellow)

Society for the Teaching of Psychology