

Ann Marie Steffen, Ph.D., ABPP

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Education

1991-1994 Stanford University School of Medicine, Postdoctoral Fellow in Clinical Geropsychology
 1985-1991 Indiana University-Bloomington, Ph.D. in Clinical Psychology
 1989-1990 Palo Alto VA Medical Center Predoctoral Internship, Clinical Psychology
(Interdisciplinary Team Training in Geriatrics track)
 1981-1985 Rockhurst University (Honors Program) BA, Summa Cum Laude, Psychology

Academic Appointments at the University of Missouri-St. Louis

2025-present Founders Professor, Psychological & Brain Sciences
 2017-2025 Professor of Psychological Sciences (tenured)
 Mar-Aug 2023 Interim Clinic Director, UM. St. Louis Community Psychological Service
 2000-2017 Associate Professor of Psychological Sciences and Gerontology (tenured)
 Jan-Aug 2014 Interim Chair, Department of Psychological Sciences
 2006-2013 Director, Doctoral Program in Clinical Psychology
 2003-2006 Director of Gerontology
 1994-2000 Assistant Professor of Psychology (tenure-track)

Licensure and Certification

2014-present Board Certified in Geropsychology, American Board of Professional Psychology
 2016-present Board Certified in Behavioral & Cognitive Psychology, American Board of Professional Psychology
 1994-present Licensed Psychologist, State of Missouri (#PY-R0398)

Specialty Training

Washington University Clinician Partners Program; Knight Alzheimer's Disease Research Center (2013)

Honors and Awards

2025 Fellow, Association for Behavioral and Cognitive Therapies (ABCT)
 2022 Distinguished Clinical Mentorship Award, Society of Clinical Geropsychology
 2018 Fellow, Gerontological Association of America – Behavioral & Social Sciences Section
 2013 State of Missouri Governor's Award for Excellence in Teaching
 2006 Kathy O'Brien Achievement Award, St. Louis Alzheimer's Association
 2003 Psychology Department Alumni Chapter, Outstanding Faculty Member of the Year Award
 1999 Volunteer of the Year, St. Louis Alzheimer's Association

Area of Interest for Research and Clinical Training

Dissemination of Information about Mental Health and Aging; Professional Training of Behavioral Health Providers;
 Treating Later-Life Depression

Professional Associations

Association for Behavioral and Cognitive Therapies (ABCT)
 American Psychological Association (APA)
 Society of Clinical Geropsychology (APA Div. 12 Section II)
 Missouri Psychological Association (MOPA)
 Collaborative Family Healthcare Association (CFHA)

Books

1. Steffen, A. M. (August, 2026 release). *CBT with Clients in Midlife and Beyond: A Clinician's Guide to Effective Practice*. Guilford Publications.
2. Steffen, A.M., Thompson, L., & Gallagher-Thompson, D. (2021). *Treating Later-Life Depression: A Cognitive Behavioral Approach. Clinician Guide*. 2nd edition, 355 pages. Treatments that Work Series; Oxford University Press.
3. Steffen, A.M., Dick-Siskin, L., Bilbrey, A., Thompson, L.W., & Gallagher-Thompson, D. (2021). *Treating Later-Life Depression: A Cognitive Behavioral Approach. Workbook*. 2nd edition, 358 pages. Treatments that Work Series; Oxford University Press.
4. Gallagher-Thompson, D., Steffen, A. M., & Thompson, L. W. (2008). *Handbook of behavioral and cognitive therapies with older adults*. New York, NY, US: Springer Science + Business Media. doi:10.1007/978-0-387-72007-4

Published Manuscripts (* denotes student author). Listed in Reverse Chronological Order.

5. Band, A. E.*, Guillod, A. I.*, Fitzpatrick, J. A.*, Laine, A. J.*, & Steffen, A. M. (2026). Reframing aging one client at a time: Commentary on Lederman and Shefler (2023). *Professional Psychology: Research and Practice*, 57(2), 153–158. <https://doi.org/10.1037/pro0000626>
6. Emery-Tiburcio, E.E., Zweig, R., Brennan Ing, M., Sachs, B.C., Yenko, I., Vinson, L., Shead, V., Steffen, A., Monette, H., & Hinrichsen, G. (2025). Guidelines for Psychological Practice with Older Adults: Executive Summary. *American Psychologist*.
7. Laine, A. J.*, White, K. S., Gerstein, E. D., Emery-Tiburcio, E. E., & Steffen, A. M. (2025). Assessing psychologists' knowledge of geriatric depression: a validation study of the Later Life Depression Knowledge Questionnaire. *Aging & mental health*, 1–10. Advance online publication. <https://doi.org/10.1080/13607863.2025.2593972>
8. Guillod, A. I.*, Band, A. E.*, & Steffen, A. M. (2025). Aging-Related Professional Development Interests: Perspectives from Culturally Diverse Psychologists. *On Board with Professional Psychology*, 7, 1-7.
9. Laine, A. J.*, McNeil, E. E.*, & Steffen, A. M. (2025). Living with loss: Evidence-based strategies with older bereaved clients. *Practice Innovations*. <https://doi.org/10.1037/pri0000296>
10. Band, A. E.*, Fitzpatrick, J. A.*, & Steffen, A. M. (2025). Comparative favorability in clinical practice: Psychologists' ratings of their work with older adults versus other ages. *Professional Psychology: Research and Practice*, 56(4), 336–341. <https://doi.org/10.1037/pro0000623>
11. Bergstrom, K. A., Gerstein, E. D., & Steffen, A. M. (2025). Self-efficacy for controlling upsetting thoughts and positive appraisals of stressors relate to caregiving competence in female family carers. *International Journal of Care and Caring*, 9(1), 114-133. <https://doi.org/10.1332/23978821Y2023D000000012>
12. Laine, A. J.*, White, K. S., & Steffen, A. M. (2025). The Later Life Depression Knowledge Questionnaire (LLD-KQ): Development and Initial Validation. *Clinical Gerontologist*, 1–12. <https://doi.org/10.1080/07317115.2025.2488953>.
13. Steffen, A. M. & Laine, A.* (2024). Working with Older Adults. *InFocus*, December, 2024, 1-4.
14. Schmidt, N. E.*, Carpenter, B., & Steffen, A. M. (2024). Brief Aging Education Affects Continuing Education Preferences and Behaviors of Mental Health Providers. *The Gerontologist*, 64(9), <https://doi.org/10.1093/geront/gnae085>

15. Schmidt, N. E.*, Cottone, R. R., & Steffen, A. M. (2024). Working with older adults impacts training preferences of counselors. *Gerontology & Geriatrics Education*, 45(1), 86-91. <https://doi.org/10.1080/02701960.2022.2139693>
16. Laine, A. J.*, & Steffen, A. M. (2023). Improving Gerontological Survey Participation With Mixed-Mode Response Options, Multiple Contacts, and Noncontingent Incentives. *Journal of Applied Gerontology*, 42(12), 2283-2287. <https://doi.org/10.1177/07334648231194494>
17. Steffen, A. M. (2022). Addressing loneliness in the context of treating later-life depression. *The Specialist*, 50, 53-59.
18. Arenella, K.* & Steffen, A. M. (2022). Women's Sexual Satisfaction in the Context of Midlife Relationships: Examining an Ecological Model. *Journal of Women and Aging*, 34, 621-626. DOI: 10.1080/08952841.2021.1967070
19. Richmond, K. P.*, & Steffen, A. M. (2020). Multiple perspectives on disseminating and implementing evidenced-based treatments: Demand and supply. *Clinical Psychology: Science and Practice*, 27(4), Article e12365. <https://doi.org/10.1111/cpsp.12365>.
20. Warren, A. R.*, & Steffen, A. M. (2020). Development of a transgender and gender nonconforming language self-efficacy scale for social service providers working with older adults. *Journal of Applied Gerontology*, 39(5), 555-560. <https://doi.org/10.1177/0733464818759754>.
21. Schmidt, N. E.*, Steffen, A. M. & Meuser, T. (2020). Impairment for medication management in older adults: Validity of a family report measure. *Clinical Gerontologist*, 43, 350-362. DOI: 10.1080/07317115.2019.1703064
22. Arenella, K.* & Steffen, A. M. (2020). Self-reassurance and self-efficacy for controlling upsetting thoughts predict depression, anxiety and perceived stress in helpseeking female family caregivers. *International Psychogeriatrics*, 32, 229-240. DOI: <https://doi.org/10.1017/S1041610219000565>
23. Warren, A. R.*, & Steffen, A. M. (2020). Reactions and Preferences for Training Among Area Agency on Aging Providers Working With Transgender and Gender Nonconforming Older Adults. *Journal of Applied Gerontology*, 39(5), 545-554. doi.org/10.1177/0733464819868057
24. Schmidt, N. E.*, & Steffen, A. M. (2020). Neurocognitive Disorder Diagnoses Matter: A Brief Report on Caregiver Appraisal of Driving Ability. *Journal of Applied Gerontology*, 39(9), 966-970. doi: 10.1177/2F0733464818803006
25. Steffen, A., Bergstrom, K.*, Schmidt, N.* (2019). Evidence-based practice: Clinical work with older adults. *Missouri Psychologist*, Summer 2019, 2-3.
26. Pine, J.* & Steffen, A. M. (2019). Intergenerational Ambivalence and Dyadic Strain: Understanding Stress in Family Care Partners of Older Adults. *Clinical Gerontologist*, 42(1), 90-100. <https://doi-org.ezproxy.umsl.edu/10.1080/07317115.2017.1356894>
27. Steffen, A. M., Gallagher-Thompson, D., Arenella, K.*, Au, A., Cheng, S. T., Crespo, M., Cristancho-Lacroix, V., López, J., Losada Baltar, A., Márquez-González, M., Nogales-González, C., & Romero-Moreno, R. (2019). Validating the Revised Scale for Caregiving Self-Efficacy: A cross-national review. *The Gerontologist*, 59 (4) e325-e342; .doi: 10.1093/geront/gny004
28. MacDougall, M.* & Steffen, A. (2017) Self-efficacy for controlling upsetting thoughts and emotional eating in family caregivers, *Aging & Mental Health*, 21:10, 1058-1064, doi: 10.1080/13607863.2016.1196335
29. VanDyke, M. & Steffen, A. (2017). Medication Saving Behaviors of Older Adults: Scale Developed to Assess Family Caregiver Perspectives. *Clinical Gerontologist*, 40 (4), 258-267. doi:10.1080/07317115.2016.1276114
30. George, N. R.*, & Steffen, A. M. (2017). Predicting perceived medication-related hassles in dementia family

31. Levy, H. B., & Steffen, A. M. (2016). Validating the Medication Risk Questionnaire with Family Caregivers of Older Adults. *The Consultant Pharmacist: The Journal Of The American Society Of Consultant Pharmacists*, 31(6), 329-337. doi:10.4140/TCP.n.2016.329
32. Steffen, A. M., & Ogland-Hand, S. (2016). Rediscovering Caregiving: Family-Partnered Management Of Chronic Illnesses. *The Gerontologist*, 56(5), 970-972. doi:10.1093/geront/gnw124
33. Steffen, A., Epstein, J., George, N.* , & MacDougall, M.* (2016). Sandwich Generation Diner: Development of an online health intervention for intergenerational caregivers. *JMIR Research Protocols*. doi:10.2196/resprot.5488
34. Steffen, A. M., & Gant, J. R. (2016). A telehealth behavioral coaching intervention for neurocognitive disorder family carers. *International Journal Of Geriatric Psychiatry*, 31(2), 195-203. doi:10.1002/gps.4312
35. DeCaporale-Ryan, L.N.* , Steffen, A.M., Marwit, S., & Meuser, T. (2016). Dementia spousal caregivers and past transgressions: Measuring and understanding forgiveness experiences. *Journal of Women & Aging*, 28, 510-520. doi: 10.1080/08952841.2015.1065143
36. Warren, A. R.* , Steffen, A. M., & Wayland, S. (2015). Predicting Gay Affirmative Practice from the Theory of Planned Behavior. *Journal Of Gerontological Social Work*, 58(7-8), 671-683. oi:10.1080/01634372.2015.1075237
37. George, N. R.* , & Steffen, A. M. (2014). Promoting medication adherence in older adults through early diagnosis of neurocognitive disorders. *The Primary Care Companion For CNS Disorders*, 16(6), doi:10.4088/PCC.14m01686
38. George, N. R.* , & Steffen, A. M. (2014). Medication issues in informal dementia caregivers and care recipients. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 37(3), 272-285. doi:10.1080/07317115.2014.885916
39. George, N. R.* , & Steffen, A. (2014). Physical and mental health correlates of self-efficacy in dementia family caregivers. *Journal of Women & Aging*, 26(4), 319-331. doi:10.1080/08952841.2014.906873
40. DeCaporale, L.* , Mensie, L.* , & Steffen, A. (2013). Respite utilization and responses to loss among family caregivers: Relationship matters. *Death Studies*, 37(5), 483-492. doi:10.1080/07481187.2012.654593
41. DeCaporale-Ryan, L. N.* , Steffen, A. M., Marwit, S. J., & Meuser, T. M. (2013). Extension of the Enright Forgiveness Inventory to middle-aged and older wives. *Journal Of Religion, Spirituality & Aging*, 25(4), 344-357. doi:10.1080/15528030.2013.789462
42. Steffen, A. M., & Jackson, C. S.* (2012). Predicting facilitators' behaviors during Alzheimer's family support group meetings. *American Journal Of Alzheimer's Disease And Other Dementias*, 27(2), 114-120. doi:10.1177/1533317512441051
43. Steffen, A. M., & Mangum, K. R.* (2012). Predicting attendance at dementia family support groups. *American Journal Of Alzheimer's Disease And Other Dementias*, 27(8), 633-639. doi:10.1177/1533317512465677
44. Steffen, A. M., & Merritt, S. (2012). Idiographic anger ratings by female dementia family caregivers: Generalizability and preliminary validity. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 35(3), 205-220. doi:10.1080/07317115.2012.657821
45. Steffen, A. M. (2012). Translating research for professional development and effective clinical practice with older adults. *Cognitive And Behavioral Practice*, 19(1), 155-160. doi:10.1016/j.cbpra.2011.05.006
46. Mensie, L. C.* , & Steffen, A. M. (2011). Predicting in-home respite utilization by family caregivers of older adults: Results of a community study. *Home Health Care Management & Practice*, 23(2), 109-117. doi:10.1177/1084822310384694

47. Mensie, L. C.*, & Steffen, A. M. (2010). Depressive symptoms and use of home-based respite time in family caregivers. *Home Health Care Services Quarterly*, 29(3), 120-137. doi:10.1080/01621424.2010.511514
48. Murphy, J.*, & Steffen, A.M. (2009). Improving bathroom safety among community dwelling older adults. *Psi Chi Journal of Undergraduate Research*, 14. 115-120.
49. Steffen, A. M. (2007). Introduction to Special Issue: New Interventions for Dementia-Related Concerns. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 30(2), 1-3. doi:10.1300/J018v30n02_01
50. Gant, J. R., Steffen, A. M., & Lauderdale, S. A. (2007). Comparative outcomes of two distance-based interventions for male caregivers of family members with dementia. *American Journal Of Alzheimer's Disease And Other Dementias*, 22(2), 120-128. doi:10.1177/1533317506298880
51. Gilliam, C. M.*, & Steffen, A. M. (2006). The relationship between caregiving self-efficacy and depressive symptoms in dementia family caregivers. *Aging & Mental Health*, 10(2), 79-86. doi:10.1080/13607860500310658
52. Steffen, A. M., & Mangum, K. K.* (2003). Distance-based skills training for depressed dementia family carers. *Clinical Psychologist*, 7(1), 1-10. doi:10.1080/13284200410001707433
53. Coon, D. W., Thompson, L., Steffen, A., Sorocco, K., & Gallagher-Thompson, D. (2003). Anger and Depression Management: Psychoeducational Skill Training Interventions for Women Caregivers of a Relative With Dementia. *The Gerontologist*, 43(5), 678-689. doi:10.1093/geront/43.5.678
54. Steffen, A. M., McKibbin, C., Zeiss, A. M., Gallagher-Thompson, D., & Bandura, A. (2002). The Revised Scale for Caregiving Self-Efficacy: Reliability and validity studies. *The Journals Of Gerontology: Series B: Psychological Sciences And Social Sciences*, 57B(1), P74-P86. doi:10.1093/geronb/57.1.P74
55. Steffen, A. M., & Berger, S.* (2000). Relationship differences in anger intensity during caregiving-related situations. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 21(2), 3-19. doi:10.1300/J018v21n02_02
56. Steffen, A. M. (2000). Anger management for dementia caregivers: A preliminary study using video and telephone interventions. *Behavior Therapy*, 31(2), 281-299. doi:10.1016/S0005-7894(00)80016-7
57. Poth, T. L.*, & Steffen, A. M. (2000). Anger management for the Alzheimer's caregiver: A case study. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 22(1), 83-86. doi:10.1300/J018v22n01_08
58. Steffen, A. M., Tebb, S., & McGillick, J. (1999). How to cope: Documenting the changing information needs of Alzheimer's caregivers. *American Journal Of Alzheimer's Disease*, 14(5), 262-269. doi:10.1177/153331759901400508
59. Steffen, A. M., Thompson, L. W., Gallagher-Thompson, D., & Koin, D. (1999). Physical and psychosocial correlates of hormone replacement therapy with chronically stressed postmenopausal women. *Journal Of Aging And Health*, 11(1), 3-26. doi:10.1177/089826439901100101
60. Steffen, A. M., Futterman, A., & Gallagher-Thompson, D. (1998). Depressed caregivers: Comparative outcomes of two interventions. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 19(4), 3-15.
61. Steffen, A. M., Gallagher-Thompson, D., & Thompson, L. W. (1997). Distress levels and coping in female caregivers and non-caregivers with major depressive disorder. *Journal Of Clinical Geropsychology*, 3(2), 101-110.
62. Steffen, A. M. (1996). Community psychology's response to the promises and problems of aging. *The Community Psychologist*, 29, 19-21.
63. Zeiss, A. M., & Steffen, A. (1996). Treatment issues with elderly clients. *Cognitive And Behavioral Practice*, 3(2), 371-389. doi:10.1016/S1077-7229(96)80024-1

64. Gallagher-Thompson, D., & Steffen, A. M. (1994). Comparative effects of cognitive-behavioral and brief psychodynamic psychotherapies for depressed family caregivers. *Journal Of Consulting And Clinical Psychology*, 62(3), 543-549. doi:10.1037/0022-006X.62.3.543
65. Steffen, A., & Zeiss, A. (1992). The role of behavioral intervention and research in addressing the needs of older women living independently in the community. *The Behavior Therapist*, 15, 91-94.
66. Walsh, W. A., Steffen, A., & Gallagher-Thompson, D. (1992). Depressionsniveau und Belastungsverarbeitung bei Betreuern körperlich und geistig beeinträchtigter älterer Menschen. = Comparison of depression and coping among caregivers of physically and cognitively impaired elders. (Trans F. Helgenberger). *Verhaltenstherapie*, 2(3), 231-236. doi:10.1159/000258258
67. Heller, K., Thompson, M. G., Vlachos-Weber, I., Steffen, A. M., & Trueba, P. E. (1991). Support interventions for older adults: Confidante relationships, perceived family support, and meaningful role activity. *American Journal Of Community Psychology*, 19(1), 139-146. doi:10.1007/BF00942262

Book Chapters (* denotes student author)

68. Steffen, A. M., & Bergstrom, K. (2026). Depression in later life. In T. M. Olino, J. M. Pettit, R. C. Boyd, B. C. Chu, P. E. Hayden, & D. A. Pizzagalli (Eds.), *APA handbook of depression: Minoritized populations, lifespan development, assessment, and treatment, Vol. 2* (pp. 209-227). American Psychological Association. ISBN13: 9781433845468
69. VanDyke, M.M. and Steffen, A. (2022) Aging and health. (In *Wellness around the World: An International Encyclopedia of Health Indicators, Practices, and Issues in Cultural Context*, ABC-CLIO Publishing.)
70. Steffen, A. M. & Schmidt, N. E.* (2022). The Cognitive Behavior Therapy in Later Life. In G. Asmundson (Ed.), *Comprehensive clinical psychology*, 2nd edition, Volume 7.22 (pp.336-354). Oxford, UK: Elsevier. <https://doi.org/10.1016/B978-0-12-818697-8.00106-0>
71. Decaporale-Ryan, L., Warren, A. R., & Steffen, A. M. (2022). Interprofessional teams and psychology. In G. Asmundson (Ed.), *Comprehensive clinical psychology*, 2nd edition, 7.25, 385-401. Oxford, UK: Elsevier. <https://doi.org/10.1016/B978-0-12-818697-8.00025-X>
72. Steffen, A. M., Gallagher-Thompson, D. & Thompson, L. W. (2021). Theoretical Support and Practical Strategies for CBT with Depressed Older Adults . In N. Pachana, V. Molinari, L. Thompson & D. Gallagher-Thompson (Eds.), *Psychological Assessment and Treatment of Older Adults*. Hogrefe Publishing.
73. Steffen, A. M., & Zeiss, A. M. (2017). Interprofessional health care teams in geriatrics. In Reference module in neuroscience and biobehavioral psychology (pp. 1-16). Elsevier. <https://doi.org/10.1016/B978-0-12-809324-5.05142-7>
74. Steffen, A. M. & McDougall, M.* (2016). Psychotherapy and behavioral health interventions with older adults. In S. K. Whitbourne (Ed). *Encyclopedia of Adulthood and Aging*. Wiley-Blackwell.
75. Steffen, A. M., Zeiss, A. M. & Karel, M. (2015) Interprofessional geriatric health care: Competencies and resources for teamwork. In N. Pachana and K. Laidlaw (Eds), *Oxford Handbook of Clinical Geropsychology: International Perspectives*. Oxford University Press.
76. DeCaporale-Ryan, L.N.*, Steffen, A.M., Marwit, S. (2015). *From transgressions to forgiveness: Clinically relevant research*. In E.L. Olsen (Ed.), *Forgiveness: Social Significance, Health Impact and Psychological Effects*. New York, NY: Nova Science Publishers, Inc.
77. Steffen, A. M. & George, N.* (2013). Commentary on a contextual approach to dementia care. In W. O'Donohue and S. O. Lilienfeld (Eds), *Case Studies in Clinical Science*. Oxford University Press.
78. Steffen, A. M., Gant, J. R., & Gallagher-Thompson, D. (2008). Reducing psychosocial distress in family caregivers. In D. Gallagher-Thompson, A. Steffen, & L. W. Thompson (Eds.), *Handbook of Behavioral and*

79. Steffen, A.M. & Mangum, K. R.* (2005). Family Caregivers. In A. Freeman (Ed.), *Encyclopedia of Cognitive Behavior Therapy* (pp. 189-193). New York: Springer.
80. Steffen, A.M., Mahoney, D., & Kelly, K. (2002). Capitalizing on technological advances to help distressed caregivers. In D. Coon, D. Gallagher-Thompson, & L. Thompson (Eds.). *Interventions for Family Caregivers*. New York: Springer Publishing.
81. Heller, K., Jenkins, R., & Steffen, A., & Swindle, R.W. (2000). Prospects for a viable community mental health system: Reconciling ideology, professional traditions, and political reality. In J. Rappaport & E. Seidmen, (Eds.) *Handbook of Community Psychology*, Plenum Publishing: New York.
82. Zeiss, A. M. & Steffen, A. M. (1998). Interdisciplinary health care teams in geriatrics: An international model. In B. A. Edelstein (Ed), *Vol 7: Clinical Geropsychology*, (pp. 551-570) of A. S. Bellack & M. Hersen (Eds.), *Comprehensive Clinical Psychology*. London: Pergamon Press.
83. Zeiss, A. M., & Steffen, A. (1996). Behavioral and cognitive-behavioral treatments: An overview of social learning. In S. H. Zarit, B. G. Knight, S. H. Zarit, B. G. Knight (Eds.) , *A guide to psychotherapy and aging: Effective clinical interventions in a life-stage context* (pp. 35-60). Washington, DC, US: American Psychological Association. doi:10.1037/10211-001
84. Zeiss, A. M., & Steffen, A. M. (1996). Interdisciplinary health care teams: The basic unit of geriatric care. In L. L. Carstensen, B. A. Edelstein, L. Dornbrand (Eds.) , *The practical handbook of clinical gerontology* (pp. 423-450). Thousand Oaks, CA, US: Sage Publications, Inc.

Published Conference Abstracts

85. Steffen, A., & Moye, J. (2022). Multidisciplinary perspectives on later-life depression: The role of Brain health. *Innovation in Aging*, 6(Supplement_1), 274-274.
86. Steffen, A., & Allen, R. (2022). Before a neurocognitive evaluation: Roles and competencies of behavioral health providers. *Innovation in Aging*, 6(Suppl 1), 199.
87. Allen, R., & Steffen, A. (2022). After a neurocognitive evaluation: Roles and competencies of behavioral health providers. *Innovation in Aging*, 6(Suppl 1), 199.
88. Laine, A.* , & Steffen, A. (2022). Measuring professional knowledge of later-life depression. *Innovation in Aging*, 6(Suppl 1), 274.
89. Schmidt, N.* , & Steffen, A. (2022). Shaping preferences for aging-specific continuing education by licensed professional counselors. *Innovation in Aging*, 6(Suppl 1), 274.
90. Kallmi, S.* , Steffen, A., & Lenze, E. (2022). Psychological well-being in older adults with treatment-resistant depression. *Innovation in Aging*, 6(Suppl 1), 274
91. Bergstrom K.* & Steffen (2022). Clinical tools to address brain health concerns in the context of later-life depression. *Innov Aging*. 2022 Dec 20;6(Suppl 1):275. doi: 10.1093/geroni/igac059.1090. PMID: PMC9765888.
92. Emery-Tiburcio, E., Kube, E., Poon, C., & Steffen, A. (2022). Building bridges post-licensure: Developing geropsychology consultation services. *Innovation in Aging*, 6(Suppl 1), 75.
93. Steffen, A. (2018). Predicting work strain among employed intergenerational family caregivers. *Innovation in Aging*, 2(Suppl 1), 354.
94. Kallmi, S.* & Steffen, A. (2018). Dementia diagnosis and medication management by family caregivers. *Innovation in Aging*, 2(Suppl 1), 257.

95. Steffen, A., Epstein, J., Arenella, K. * (2017). E-health intervention for intergenerational caregivers of chronically ill older adults. *Innovation in Aging*, Volume 1, Issue suppl_1, July 2017, Page140, <https://doi.org/10.1093/geroni/igx004.562>
96. Pine, J.,* & Steffen, A. M. (2015, November). Intergenerational ambivalence and perceived stress in family care partners of older adults. In *Gerontologist*, 55, pp. 109-109.
97. Steffen, A. M., Artis, J.*, & Warren, A.* (2015). Cross-cultural validation of the revised scale for caregiving self-efficacy. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 11(7), P735.

Under Review/Revision

1. Band, A. E.* & Steffen, A. M. (under review). Validating the PEACE Model Among Psychologists: Predicting Interest in Gerontological Professional Training.
2. Bergstrom, K.* & Steffen, A. M. (under review). Cognitive control beliefs and engagement in challenging cognitive activities predict purpose in life in middle-aged and older adults.

Professional Conference Presentations (* denotes student author)

1. Fitzpatrick, J.* & Steffen, A. M. (2025, November). The LGB+ Aging Knowledge Questionnaire: Preliminary Reliability and Validity. Poster presented at the Association of Behavioral and Cognitive Therapies, New Orleans, LA.
2. Fitzpatrick, J.*, Warren, A., & Steffen, A. M. (2024, November). Navigating Norms: The Intersection of Traditional Gender Beliefs and Attitudes Towards Gay and Lesbian Communities. Poster presented at the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
3. Band, A. E.* & Steffen, A. M. (2024, November). Validating the PEACE Model with Southwest Psychologists. Poster presented at the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
4. Jackson, L.*, Band, A. *, Laine, A.* & Steffen, A. M. (2024, May). Unlocking the age barrier: Mental health professional capacities in addressing the needs of an aging population. Poster presented at the University of Missouri-St. Louis Undergraduate Research Symposium.
5. Adams, L.*, Band, A.* & Steffen, A. (2024, May). Acculturation in psychologists practicing in the Southwest. Paper presented at the University of Missouri-St. Louis Undergraduate Research Symposium.
6. Band, A*, Laine, A.* & Steffen, A. (2023, November). Pilot consultation for behavioral activation delivered by gerontological workers. Poster presentation at the Association for Behavioral and Cognitive Therapies in Seattle, Washington.
7. Bergstrom, K.* & Steffen, A. M. (2023, November). *Predicting Purpose in Life for Middle Aged and Older Adults*. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
8. Band, A.*, Laine, A.*, & Steffen, A. M. (2023, November). *Pilot consultation model for behavioral activation delivered by gerontological social workers*. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
9. Steffen, A. (2022, November). Multidisciplinary perspectives on later-life depression: The role of Brain health. Symposium presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN. Role: Chair
10. Steffen, A., & Allen, R. (2022, November). Before a neurocognitive evaluation: Roles and competencies of behavioral health providers. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
11. Allen, R., & Steffen, A. (2022, November). After a neurocognitive evaluation: Roles and competencies of behavioral health providers. Paper presented at the annual meetings of the Gerontological Society of

12. Laine, A.*, & Steffen, A. (2022, November). Measuring professional knowledge of later-life depression. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
13. Schmidt, N.*, & Steffen, A. (2022, November). Shaping preferences for aging-specific continuing education by licensed professional counselors. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
14. Kallmi, S.*, Steffen, A., & Lenze, E. (2022, November). Psychological well-being in older adults with treatment-resistant depression. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
15. Bergstrom K.* & Steffen (2022, November). Clinical tools to address brain health concerns in the contact of later-life depression. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
16. Emery-Tiburcio, E., Kube, E., Poon, C., & Steffen, A. (2022, November). Building bridges post-licensure: Developing geropsychology consultation services. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
17. Bergstrom, K.*, Kallmi, S.* & Steffen, A. M. (2020, November). Increasing Reach: Enhancing Age-Related CE Interests of Masters' Trained Clinicians. Presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, online conference.
18. Gerstacker, P.* & Steffen, A. M. (2020, April). User-Centered Design for the Treatment of Depression Linked to Persistent Pain in Older Adults. Undergraduate Research Symposium, University of Missouri-St. Louis.
19. Kallmi, S.* & Steffen, A. M. (2019, November). Family caregivers' perceived stress in relation to self-efficacy for controlling upsetting thoughts. Presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
20. Bergstrom, K.* & Steffen, A. M. (2019, November). Self-efficacy for controlling upsetting thoughts, self-reassurance and preparedness predict self-perceived competence in informal caregivers. Presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
21. Schmidt, N. E.* & Steffen, A. M. (2019, November). Neurocognitive Disorder Diagnoses matter: Impact on care partner appraisal of driving ability. Presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
22. Steffen, A.M. & Schmidt, N. E.* (2019, May). Psychotherapy and behavioral health interventions with older adults. Presented at Missouri Department of Mental Health Spring Training Institute 2019.
23. Foster, A*., Wells, M.* , & Steffen, A. M. (2019, April). Modifying CBT for Cognitively Impaired Older Adults with Depression. Undergraduate Research Symposium, University of Missouri-St. Louis
24. Warren, T.*, Schroeder, A.*, Chow, M.*, VanDyke, M., & Steffen, A. (2019, April). Examining the relationship between medication saving behaviors, physical health status, and associated risk factors in older adults with family caregivers. Paper presented at the Student Research Symposium, St. Louis College of Pharmacy, St. Louis, Missouri.
25. Steffen, A. M. (2018, November). Predicting work strain among employed intergenerational family caregivers. Paper presented at the annual meetings of the Gerontological Society of America, Boston, MO.

26. Kallmi, S.* & Steffen, A. (2018, November). Dementia diagnosis and medication management by family caregivers. Poster presented at the annual meetings of the Gerontological Society of America, Boston, MO.
27. Schmidt, N. E.* & Steffen, A. M. (2018, November). Reliability and validity of a single-item caregiver report of medication impairment in older adults. Poster presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
28. Schmidt, N. E.* & Steffen, A. M. (2018, November). Differentiating between self-efficacy and mastery as predictors of depression in family caregivers. Poster presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
29. Steffen, A. M. (2018, August). Self-efficacy beliefs of family caregivers: Assessment and Intervention. Paper presented within the symposium: Understanding and Promoting Resilience in Family Caregivers at the annual conference of the American Psychological Association, San Francisco, CA.
30. Steffen, A. M. (2018, May). Understanding and addressing the social stigma of memory loss. Paper presented at Primary Source: An Interdisciplinary Conference on Memory and Identity. St. Louis, MO.
31. VanDyke, M., Chow, M., Dinh, A., Le, M., Rucker, E., Vu, K., Griggs, S., & Steffen, A. (April, 2018). Medication Hoarding: Women managing medications for older family members identify a hoarding-related risk factor. Paper presented at the Anxiety Disorders Association of America, Washington D. C.
32. Arenella, K.* & Steffen, A. M., (November, 2017). The importance of physical closeness: Physical and sexual behaviors as predictors of sexual satisfaction in family caregivers. Poster presented at the 51st Annual Convention of the Association for Behavioral and Cognitive Therapies. San Diego, CA.
33. Steffen, A., Epstein, J., & Arenella, K.* (July, 2017). *E-health education for intergenerational caregivers of chronically ill older adults*. World Congress of Gerontology and Geriatrics, San Francisco, CA.
34. Chow, M., VanDyke, M., Griggs, S., & Steffen, A. (2017). *Examining potential correlates of Medication Saving Behaviors: Medication risk factors, hoarding behavior, and demographic variables*. [Poster presentation]. St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
35. Choe, E., VanDyke, M., Griggs, S., & Steffen, A. (2017). *Assessing potential caregiver strategies associated with improved medication adherence in a community-based sample of older adults*. [Poster presentation]. St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
36. Vu, K., VanDyke, M., Griggs, S., & Steffen, A. (2017). *The relationship between health literacy related medication hassles, education level, and ethnicity on caregiver-supported medication adherence for older family members*. [Poster presentation]. St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
37. Givens, A., & Steffen, A. (April, 2017). Caregiving for older adults with mental health concerns: Impact on family caregivers' perceived stress. University of Missouri-St. Louis Undergraduate Research Symposium, St. Louis, Missouri.
38. Arenella, K., & Steffen A. (October, 2016). Metacognitive processes as predictors of anxiety in family caregivers: The role of self-reassurance and self-efficacy for controlling upsetting thoughts. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies. New York, NY.
39. Steffen, A. M. (March, 2016). *E-health education for intergenerational caregivers of chronically ill*

40. Hegna, K., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *Functional definitions of polypharmacy in community dwelling older adults: A study of family caregivers*. Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
41. Chow, M., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *The effect of stress, hassles, and self-efficacy on medication savings behaviors*. Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
42. Louiselle, K., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *Examining the Relationships Between Dementia Severity, Hoarding Behaviors, and Medication Adherence*. Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
43. Pine, J.* & Steffen, A. M. (November, 2015). *Intergenerational ambivalence and perceived stress in family care partners of older adults*. Gerontological Society of America, Orlando, FL.
44. Steffen, A. M. (July, 2015). *Symposium Chair: Dementia Care Practices Across Cultures and Special Populations*. Alzheimer's Association International Conference, Washington, DC.
45. Steffen, A. M. (July, 2015). *Tailoring the Coping with Caregiving Evidence Based Program for Ethnic/Racial Minority Communities*. Symposium paper for Dementia Care Practices Across Cultures and Special Populations. Alzheimer's Association International Conference, Washington, DC.
46. Steffen, A. M., Artis, J.* & Warren, A. R.* (July, 2015). *Cross-cultural validation of the revised scale for caregiving self-efficacy*. Presented at the Alzheimer's Association International Conference, Washington, DC.
47. MacDougall, M.*, Judd, K.*, & Steffen, A. (June, 2015). *A cognitive-behavioral framework for caregiver depression: The role of religious attendance*. Presented at the Missouri Psychological Association, St. Louis, MO.
48. Artis, J.* & Steffen, A. M. (June, 2015). *Cross-cultural validation of the revised scale for caregiving self-efficacy*. Presented at the Missouri Psychological Association, St. Louis, MO.
49. Hegna, K., VanDyke, M., & Steffen, A. (Spring, 2015). *Preliminary Analysis of Medication Saving Behaviors, Hoarding, and FSS in the Elderly: A Pilot Study of Family Caregivers*. Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
50. Steffen, A., George, N.*, MacDougall, M.*, Epstein, J., & VanDyke, M. (November, 2014). *Online education for medication management by "Sandwich Generation" caregivers*. Paper presentation at the annual meeting of the Gerontological Society of America, Washington, DC.
51. Pine, J.* & Steffen, A. (November, 2014). *Intergenerational ambivalence and perceived stress in family care partners of older adults*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
52. MacDougall, M.* & Steffen, A. (November, 2014). *Does religious coping moderate the relationship between role overload and depression among informal caregivers*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
53. Warren, A. R. & Steffen, A. M. (2014, October). *Predicting gay affirmative practice from the theory of planned behavior*. Invited Speaker at LGBTQ and Allies Professionals Network, St. Louis, MO.
54. George, N. R., & Steffen, A.M. (April, 2014). *Medication Management Hassles for Family Caregivers of Older Adults: Does Dementia Matter?* Poster presentation at the University of Missouri – St. Louis Graduate

55. Steffen, A. M., Meuser, T., MacDougall, M.*, George, N. R.* (November, 2013). *Medication assistance by informal care partners: Pathway to dementia detection and intervention*. Symposium paper presentation at the Gerontological Society of America, New Orleans, LA.
56. George, N. R.*, & Steffen, A.M. (November, 2013). *Medication Management Hassles for Family Caregivers of Older Adults: Does Dementia Matter?* Poster presentation at the Association for Behavioral and Cognitive Therapies, Nashville, TN.
57. Warren, A. R.*, & Steffen, A. M. (November, 2013). *Predicting gay affirmative practice from the theory of planned behavior*. Presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
58. MacDougall, M.* & Steffen, A. (November, 2013). *Emotional Eating among Informal Caregivers: Role of self-efficacy for controlling upsetting thoughts*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
59. Warren, A. R., & Steffen, A. M. (April, 2013). *Predicting gay affirmative practice from the theory of planned behavior*. Poster presented at the Graduate Research Fair at University of Missouri-St. Louis, St. Louis, MO.
60. Steffen, A. M., Gonzalez-Rivas, S.*, George, N.R.* , & MacDougall, M.* (November, 2012). *Measurement of self-efficacy beliefs: Implications of scale design*. Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, District of Columbia.
61. MacDougall, M.* & Steffen, A. (November, 2012). *Obesity Risk among Family Caregivers: Relationship between role overload and emotional eating*. Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
62. George, N.R.* , & Steffen, A.M. (November, 2012). *Self-Efficacy as a Predictor of Health Behaviors in Dementia Family Caregivers*. Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, District of Columbia.
63. Gonzalez-Rivas, S.*, & Steffen, A. (November, 2012). *Predictors of women's sexual communication*. Poster presented at the annual meetings of the Society for Scientific Study of Sexuality, Tampa, Florida.
64. George, N. R., & Steffen, A. M. (April, 2012). *Family Dementia Caregivers' Healthcare and Medication Usage*. Poster presentation at the University of Missouri – St. Louis Graduate Research Fair, St. Louis, MO.
65. Steffen, A. M. (November, 2011). *CBT with dementia family caregivers: Facilitating Dissemination to Non-profit Agencies through Intervention Design*. Paper presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
66. Steffen, A. M. (November, 2011). *Disseminating Behavioral and Cognitive Interventions for Older Adults to Providers in a Continuum of Care Settings*. Chair of Clinical Roundtable presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
67. George, N*. & Steffen, A. M. (November, 2011). *A Video/Telehealth Intervention for Family Dementia Caregivers: Impact on Health Care and Medication Usage*. Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
68. Steffen, A. M. & Decaporale, L.* (June, 2010). *Distance-Based Skills-Training for Female Dementia Family Caregivers: Three-year Longitudinal Outcomes*. Paper presented at the World Congress of

69. Decaporale, L.*, & Steffen, A. M. (June, 2010). *Distance-Based Skills-Training for Female Dementia Family Caregivers: Depression-Related Outcomes*. Paper presented at the meetings of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
70. Murphy, J.*, & Steffen, A. M. (April, 2008). *Aging in place for community dwelling seniors; Steady as you go*. Poster presented at the UM-St. Louis Undergraduate Research Symposium. (won 1st place prize by the Pierre Laclède Honors College).
71. Murphy, J.*, & Steffen, A. M. (May, 2008). *Aging in place for community dwelling seniors; Steady as you go*. Poster presented at the meetings of the Midwestern Psychological Association, Chicago, IL.
72. Decaporale, L.*, Mensie, L.*, & Steffen, A. M. (November, 2008). *The relationship between anticipatory grief and respite utilization among family caregivers*. Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
73. Decaporale, L.* & Steffen, A. M. (November, 2007). *Predictors of anticipatory grief in family caregivers*. Poster presented at the meetings of the Gerontological Society of America, San Francisco, CA.
74. Steffen, A. M. (November, 2007). *Careers in clinical geropsychology*. Presented at the meetings of the Gerontological Society of America, San Francisco, CA.
75. Coon, D., & Steffen, A. M. (November, 2007). *Interventions for Culturally Diverse Older Adults & Family Caregivers: Challenges and Opportunities*. Symposium presented at the meetings of the Gerontological Society of America, San Francisco, CA.
76. Nanney, J. T.*, & Steffen, A. M. (November, 2006). *Ethnicity as a moderator of the relationship between positive aspects of caregiving and grief in dementia caregivers*. Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
77. Mensie, L.C. *, & Steffen, A. M. (November, 2006). *Predictors of aging friendly home modifications in a community sample of older adults*. Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
78. English, S.*, Abbot, K.*, & Steffen, A. (May, 2005). *Impact of a distance-based intervention on target complaints of dementia family caregivers*. Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
79. Steffen, A. M & Gant, J.R. (November, 2005). *Reducing distress in dementia family caregivers through a distance-based intervention*. Paper presented at the meetings of the Gerontological Society of America, Orlando, FL.
80. Mensie, L.*, & Steffen, A. M (November, 2005). *Caregiving self-efficacy as a mediator of treatment impact on depressed mood*. Poster presented at the meetings of the Gerontological Society of America, Orlando, FL.
81. Palmer, W. M.* , & Steffen, A. M (November, 2005). *Examining the relationship between mastery, self-efficacy, positive and negative affect, and depression in dementia family caregivers*. Poster presented at the meetings of the Gerontological Society of America, Orlando, FL.
82. Gilliam, C,* & Steffen, A. M. (November, 2005). *The effects of rumination on problem solving self-efficacy in the context of depressed mood*. Poster presented at the meetings of the Association for Advancement of Behavior Therapy, Washington, D.C.

83. Gallagher-Thompson, D. & Steffen, A. M. (July, 2004). *National REACH Project: Description and Implications*. Invited symposium at the National Alzheimer's Association Education Conference, Philadelphia.
84. Palmer, M & Steffen, A. M. (November, 2004). *Caregiving Self-Efficacy as a Predictor of Nursing Home Placement in Dementia Patient-Caregiver Dyads*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, New Orleans, LA.
85. Steffen, A. M. (July, 2003). *Distance-Based skills training for family caregivers to improve quality of care*. Paper presented at the National Alzheimer's Disease Education Conference, Chicago, Illinois.
86. Steffen, A. M. & Gilliam, C.* (November, 2003). *Self-efficacy as a mediator of treatment effect in a randomized clinical trial for depression*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Boston, MA.
87. Gilliam, C* & Steffen, A. M. (November, 2003). *Initial level of depressive symptoms as a moderator of treatment impact in the Dementia Caregiving Skills Program*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Boston, MA.
88. Gilliam, C * & Steffen, A. M. (November, 2002). *Self-efficacy as a moderator of the relationship between objective stressors and depressed mood in dementia family caregivers*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Reno, NV.
89. Steffen, A. M. (2001, July). *Behavioral and Cognitive-Behavioral Interventions with Older Adults: Emerging Practices and Challenges*. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.
90. Mangum, K.* & Steffen, A. M. (November, 2001). *Depression in Dementia Family Caregivers: Predicting Support Group Attendance*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
91. Steffen, A.M. (2000, November). *Behavioral and cognitive behavioral interventions for family caregivers of impaired older adults*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, New Orleans, LA.
92. Steffen, A., Zeiss, A., & Gallagher-Thompson, D. (1999, November). *Self-Efficacy for dementia caregivers: Diversity in assessment strategies*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Toronto, Canada.
93. Steffen, A. (1999, November). *Anger management for dementia caregivers: A preliminary study using video and telephone interventions*. Paper presented at the meetings of the Gerontological Society of America, San Francisco, California.
94. Steffen, A. (1998, November). *Anger management training for family caregivers of dementia patients*. Poster presented at the meetings of the Association for Advancement of Behavior Therapy, Washington, D.C.
95. Steffen, A., Goldstein, J.*, & Suscheck, L.* (1997, May). *Predictors of depression in urban caregivers of dementia patients*. Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
96. Daniels, M.*, Berger, S.*, & Steffen, A. (1996, May). *Anger in Family Caregivers of Dementia Patients*. Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
97. Steffen, A., & Gallagher-Thompson, D. (1995, November). *The measurement of anger in family caregivers*. Paper presented at the meetings of the Gerontological Society of America, Los Angeles, California.

98. Steffen, A., Gallagher-Thompson, D., Zeiss, A., Willis-Shore, J. (1994, August). *Self-efficacy for caregiving: Psychoeducational interventions with dementia family caregivers*. Poster presented at the meeting of the American Psychological Association, Los Angeles, California.
99. Steffen, A., Uncapher, H., Willis-Shore, J., Thompson, L., Koin, D., & Gallagher-Thompson, D. (1994, November). *Psychosocial effects of hormone replacement therapy with postmenopausal women*. Paper presented at the meetings of the Gerontological Society of America, Atlanta, Georgia.
100. Gallagher-Thompson, D., Steffen, A., Lovett, S., Rose, J., Zeiss, A., & Thompson, L.W. (1992, June). *Comparative effectiveness of brief psychodynamic and cognitive/behavioral psychotherapies for the treatment of late-life depression in family caregivers*. Poster presented at the meeting of the Society for Psychotherapy Research, Berkeley, California.
101. Steffen, A., Futterman, A., & Gallagher-Thompson, D. (1991, November). *Comparative outcomes of two interventions for caregivers with major depressive disorder*. Paper presented at the meeting of the Gerontological Society of America, San Francisco, California.
102. Thompson, L. W., Gallagher, D., & Steffen, A. (1991, November). *Comparison of desipramine and cognitive/behavioral therapy in the treatment of late-life depression*. Paper presented at the meeting of Gerontological Society of America, San Francisco, CA.
103. Thompson, L. W., Gallagher, D., Hanser, S., Gantz, F. & Steffen, A. (1991, August). *Treatment of late-life depression with cognitive behavioral therapy or desipramine*. Poster presented at the I
104. Steffen, A. M., & Heller, K. (1988, August). *Social support in the daily interactions of friends*. Paper presented at the meeting of the American Psychological Association, Atlanta, Georgia.

Workshops and Invited Presentations

1. Steffen, A. (2017-present). *CBT with Older Adults and Family Care Partners*. 3-hour webinar bi-monthly presented for TZK Seminars, Inc. <https://tzkseminars.com/ann-steffen-phd-abpp/>
2. Steffen, A. (2022-present) *Promoting Brain Health with Middle-Aged and Older Adults*. 2-hour bi-monthly webinar presented for TZK Seminars. <https://tzkseminars.com/ann-steffen-phd-abpp/>
3. Steffen, A. (December 8, 2025). *Healthy Grieving in Older Adults and Family Caregivers: Clinical Strategies and Resources*. 1.5 hour webinar for Deer Oaks.
4. Steffen, A. (September 18, 2025). *Treating Later-Life Depression*. 1.5 hour webinar for Deer Oaks.
5. Steffen, A. (August 12, 2025). *Healthy Grieving: Clinical Strategies and Resources*. 1-hour webinar for the United States Veterans Administration, MIRECC, VISN 5.
6. Steffen, A. (August 7, 2025). *The Aging Brain: Evidence-Based Treatment & Interventions for Alzheimer's, Dementia, Brain Health, and Cognitive Vitality*. 8-hour webinar for PESI.
7. Steffen, A. (July 31, 2025). *Fundamentals of the CBTs with Older Adults*. 1.5 hour webinar for Deer Oaks.
8. Steffen, A. (May 22, 2025). *Clinical Practice with Older Adults Part 2: Treating Later Life Depression*. 1.5 hour webinar for St. Luke Institute.
9. Steffen, A. (May, 15, 2025). *Clinical Practice with Older Adults Part 1: Aging-Friendly Screeners & Within-Session Strategies*. 1.5 hour webinar for St. Luke Institute.
10. Steffen, A., & Gerfen, J. (December 13, 2024). *Telehealth with Psychotherapy Clients in the Second*

11. Steffen, A. (September 19, 2024). *Treating Later Life Depression: Personalized Approaches*. Webinar for the American Psychological Association, Clinicians Corner Series.
12. Steffen, A. (August 15, 2024). *Fundamentals of Assessment with Older Adults*. One-hour workshop provided to the University of Missouri-St. Louis Clinical Psychology PhD Program.
13. Steffen, A. (August 15, 2024). *Integrating Strategies from Compassion-Focused Therapy into your Clinical Practice*. Half-day workshop provided to the University of Missouri-St. Louis Clinical Psychology PhD Program.
14. Shead, V. & Steffen, A. (August 10, 2024). *Aging at the Intersection: Expanding Your Practice to Meet the Needs of Diverse Older Adults*. 4-hour in-person workshop, American Psychological Association Annual Convention, Seattle, WA.
15. Steffen, A. (June 21, 2024). *Culturally-Attuned Behavioral Activation Across the Lifespan*. Webinar for the Association of Behavioral and Cognitive Therapies, Seattle, WA.
16. Steffen, A. (June 14, 2024). *Brain Health in the Second Half of Life: Aging-Friendly Modifications and Resources* Webinar for the American Psychological Association, Clinicians Corner Series.
17. Steffen, A. (May 31, 2024). *Brain Health in the Second Half of Life: Promoting Healthy Cognitive Aging* Webinar for the American Psychological Association, Clinicians Corner Series.
18. Steffen, A. (May 17, 2024). *CBT to Support Healthy Grief in the Face of Loss*. 2-hour Workshop provided at the Spring Training Institute, Missouri Institute of Mental Health, Osage Beach, Missouri.
19. Steffen, A. (May 16, 2024). *Super Session: Culturally-Attuned Behavioral Activation to Support Psychological Resilience*. 1-hour Workshop provided at the Spring Training Institute, Missouri Institute of Mental Health, Osage Beach, Missouri.
20. Steffen, A. & Ogland-Hand, S. (April 9, 2024). *Telehealth Strategies for CBT with Older Adults*. 1-hour webinar for the Philadelphia Behavior Therapy Association.
21. Steffen, A. & Ogland-Hand, S. (December 12, 2023). *Mindfulness or Relaxation? Selecting and Applying Specific Change Strategies with Your Older Patients*. 1-hour webinar for the Philadelphia Behavior Therapy Association.
22. Steffen, A. (November, 17, 2023). *Culturally-Attuned Behavioral Activation with Clients in the Second Half of Life*. Workshop at the annual convention of the Association of Behavioral and Cognitive Therapies, Seattle, WA.
23. Shead, V. & Steffen, A. (November 3, 2023). *Aging at the Intersection: Expanding Your Practice to Meet the Needs of Diverse Older Adults*. 2-hour webinar sponsored by the Missouri Psychological Association and the Committee on Aging, American Psychological Association.
24. Steffen, A. & Ogland-Hand, S. (October 10, 2023). *Cultivating Positive Emotions in Older Adults*. 1-hour webinar for the Philadelphia Behavior Therapy Association.
25. Steffen, A. (August 17, 2023). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. Half-day workshop provided to the University of Missouri-St. Louis Clinical Psychology PhD Program.
26. Steffen, A. (August 15, 2023). *Suicide Risk Screening and Intervention; Group Therapy Skills*. Full-day workshop provided to the University of Missouri-St. Louis Clinical Psychology PhD Program.
27. Shead, V. & Steffen, A. (August 2, 2023). *Advancing Your Clinical Practice with Older Adults:*

Culturally Responsive Psychotherapy. 4-hour workshop at the American Psychological Association, Washington, DC.

28. Steffen, A. (June 21, 2023). *Culturally Responsive CBT in the Second Half of Life*. 2-hour webinar for the Philadelphia Behavior Therapy Association.
29. Steffen, A. (May 18, 2023). *CBT for Chronic Pain: Core Strategies*. 2-hour Workshop provided at the Spring Training Institute, Missouri Institute of Mental Health, Osage Beach, Missouri.
30. Steffen, A. (May 18, 2023). *Super Session: Top 10 Strategies for Effective CBT Sessions*. 1-hour Workshop provided at the Spring Training Institute, Missouri Institute of Mental Health, Osage Beach, Missouri.
31. Steffen, A. (April 27, 2023). *Flexible and Personalized CBT for Depression in Middle-Aged and Older Adults*. 3-hour webinar for Missouri Institute of Mental Health.
32. Steffen, A. & Gallagher-Thompson, D. (April 20, 2023). *Treating Later-Life Depression: Personalized Approaches*. 3-hour webinar for the American Board of Professional Psychology.
33. Steffen, A. & Gallagher-Thompson, D. (March, 2023). *Beyond the Basics of CBT with Older Adults. 4-Week Series Workshop provided for the E4 Center, Rush University Medical Center (8 hours)*.
34. Steffen, A. (November, 17, 2022). *CBT for Depression in the Second Half of Life: Personalized Treatment Approaches*. Full-day Institute for the annual convention of the Association of Behavioral and Cognitive Therapies. (7 CEs)
35. Steffen, A. (September 22, 2022). *CBT for Later-Life Depression*. 90-minute webinar for CRIAP Instituto, Portugal (1.5 CEs).
36. Steffen, A. M. (August 25, 2022). *Flexible and Personalized CBT for Depression in Middle-Aged and Older Adults*. 3-hour webinar for Missouri Institute of Mental Health Professional Training Division.
37. Steffen, A. & Ogland-Hand, S. (August 4, 2022). *CBT for Depression in the Second Half of Life: Personalized Treatment Approaches*. Full-day Workshop for the annual convention of the American Psychological Association. (7 CEs)
38. Steffen, A. M. (June 11, 2022). *Culturally Responsive Strategies with Your Middle-Aged and Older Patients*. 2-hour Workshop for the annual meetings of the Missouri Psychological Association.
39. Steffen, A. M., Gallagher-Thompson, D. & Thompson, L. (May 17-19, 2022). *Treating Later-Life Depression: A CBT Approach*. Bespoke Mental Health, United Kingdom. (6 hours)
40. Steffen, A. (November 19, 2021). *Culturally Responsive CBT for Later-Life Depression*. Mini-workshop (1.5 hr) provided for the annual convention of the Association of Behavioral and Cognitive Therapies (remote).
41. Steffen, A. (October, 2021). *Culturally Responsive CBT with Older Adults*. 5-Week Series Workshop provided for the E4 Center, Rush University Medical Center (10 hours).
42. Steffen, A. (August 11, 2021). *Culturally Responsive CBT for Later-Life Depression*. Workshop provided for the annual convention of the American Psychological Association.
43. Steffen, A. (November 21, 2020). *Behavioral Activation for Later-Life Depression*. Mini-workshop at the annual meetings of the Association for Behavioral and Cognitive Therapies. (offered online).
44. Steffen, A. & Decaporable-Ryan, L. (October 1, 2020). *Evidence-based Treatment for Later-Life Depression: Strategies for Interprofessional Collaboration*. Workshop provided by the American Psychological Association's Interprofessional Training Series.
45. Steffen, A. (2020). *Working with Older Adults*. 2-hour recorded webinar offered by Missouri Institute

46. Steffen, A. (September 12, 2020). *Evidence-based Treatment for Later-Life Depression*. 1-day workshop conducted for the Missouri Society for Clinical Social Work.
47. Steffen, A. & Ogland Hand, S. (October 11, 2019). *Evidence-based Treatments for Later-Life Depression*. 1-day workshop conducted for Park Center, Inc Professional Training Series. Fort Wayne, Indiana.
48. Steffen, A. & Ogland Hand, S. (August 10, 2019). *CBT for Depression in Middle and Later Life: Tips and Strategies for Practice*. 4-hour workshop conducted at the annual meetings of the American Psychological Association. Chicago, Illinois.
49. Steffen, A. & Stewart, D. (June, 2019). *Sex, Drugs and Rock'n Roll in Long Term Care*. Voyce Long Term Care Conference, St. Louis, Missouri. Invited presentation.
50. Steffen, A. (May, 2019). *Cognitive Behavior Therapy: Refining and Consistently Applying Essential Skills*. Missouri Department of Mental Health, Spring Training Institute, Lake of the Ozarks, Missouri. 3-hour workshop.
51. Steffen, A. (November, 2018). *Enhancing family support for cognitively impaired older adults*. Invited talk to the Doctoral Program in Clinical Psychology, Washington University in St. Louis.
52. Steffen, A. & Palmer, W. M. (June, 2018). *Evidence based psychological treatments for family caregivers of older adults*. Workshop presented to the annual meeting of the Missouri Psychological Association, Lake of the Ozarks, Missouri.
53. Steffen, A., Palmer, W. M., Runyan, M., Falconer, J. (June, 2017). *Practice challenges and opportunities with older adults*. Workshop presented to the annual meeting of the Missouri Psychological Association, St. Louis, Missouri.
54. Steffen, A. M. (November, 2014). *What do Baby Boomers Need to Know about Dementia Detection, Diagnosis and Documentation?* Invited keynote at Care & Conquer Series, Alzheimer's Association, St. Louis, MO.
55. Steffen, A. M. (October, 2014). *Enhancing informal support for cognitively impaired older adults*. Invited presentation, Clinical Science program, Department of Psychological and Brain Sciences, Indiana University, Bloomington, Indiana.
56. Steffen, A. M., & Epstein, J. (April, 2014). *Informal medication assistance: Pathway to dementia detection & intervention*. Invited presentation to UM-St. Louis Health Research Series.
57. Steffen, A. M. (February, 2014). *Encouraging research participation within the community*. Invited Community Talk sponsored by the Alzheimer's Association, St. Louis, MO.
58. Steffen, A.M. & George, N. R.* (September, 2013). *Empowering Individuals and Families: Perceptions of Dementia Today*. Invited Community Talk sponsored by the Alzheimer's Association, St. Louis, MO.
59. Steffen, A. M. (November, 2009). *Psychosocial research: Improving quality of life for families living with Alzheimer's Disease*. Invited address for the Annual Research Update of the St. Louis Alzheimer's Association.
60. Steffen, A. M. (November, 2008). *Responding to the ethical and societal challenges of family caregiving*. Invited talk to the St. Louis Ethical Society.
61. Steffen, A. M. (April, 2005). *Lessons Learned: Empirically supported interventions for family caregivers*. Plenary address at Pine Rest Christian Mental Health Services SprConference, Grand Rapids, MI.
62. Steffen, A. M. (April, 2004). *Successful strategies for working with depressed family caregivers*. Workshop presented at the American Society of Aging meetings, San Francisco, CA.

63. Steffen, A. M. (May, 2004). *Innovative caregiver interventions*. Plenary talk at the Wayne State University Annual Issues in Aging Symposium, Detroit, MI.
64. Steffen, A. M. (May, 2004). *Successful strategies for working with depressed family caregivers*. Workshop presented at the Wayne State University 17th Annual Issues in Aging Symposium, Detroit, MI.
65. Steffen, A. M. (June, 2003). *The NIMH Dementia Caregiver Study*. Plenary talk at the St. Louis University SS Geriatric Institute. St. Louis, Missouri.
66. Steffen, A. M. & Gant, J. (June, 2003). *Treating depression in older adults*. Workshop presented at the St. Louis University SS Geriatric Institute, St. Louis, Missouri.
67. Steffen, A. M. (October, 2000). *Reducing Depression in Dementia Family Caregivers*. Invited talk at the Department of Psychology, University of Alabama, Tuscaloosa, AL.
68. Steffen, A. (November, 1998). *Research Update on Dementia Family Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.
69. Steffen, A. (November, 1997). *Caregiver Stress and Interventions for Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.
70. Steffen, A. (November, 1996). *Support for Family Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.

Grants and Contracts

Completed

2023 *Activemos! Spanish-Language Resources for Treating Later-Life Depression*. Community Engagement Award, UM-St. Louis College of Arts and Sciences (\$3000) Role: PI

2023 Community Engagement Award, UM-St. Louis College of Arts and Sciences (\$3000) Role: PI *Expanding the Impact of Clinical Psychological Science and Practice at UM-St. Louis*.

2022-2023. *Behavioral Activation Training and Consultation with Laguna Woods Village*. Contract from Optimal Aging Center to Community Psychological Service. (\$6000). Role: Consultant

March, 2023 *Beyond the Basics of CBT with Older Adults: 4 Part Webinar Series*. Contract from Rush University Medical Center to Community Psychological Service (\$2400). Role: Presenter

2019-2021 PI: Ann Steffen. *Behavioral Health Needs Assessment for Professional Training in Aging*. University of Missouri-St. Louis Research Award, \$6680.

2016-2018 PI: Ann Steffen. *E-Health Education for Families of Home Health Patients*. UMSL College of Arts and Sciences Research Award. \$12,405 awarded (Note: \$1584 utilized and \$10,823 returned)

2013-2016 PI: Ann Steffen. *Medication Assistance by Intergenerational Caregivers of Older Adults: Online Health Education Approaches*. UM-St. Louis Express Scripts Social Science Research Program, \$249,871.

2011-2012 PI: Ann Steffen. *Medication Assistance by Female Family Caregivers of Older Adults*. UM-St. Louis Express Scripts Social Science Research Program, \$34,815.

2008-2001 PI: John Seely, Ph.D., Oregon Research Institute. *A Multimedia Depression Amelioration Program for Family Dementia Caregivers*. Phase II SBIR grant funded by National Institute on Aging, \$534,768. Role: Consultant

2006-2007 PI: Terry Jones. *Affton Community Partnership*. Community Outreach Partnership Center Grant Program, U.S. Department of Housing and Urban Development, \$200,000. Role: Co-Investigator

2003-2007 PI: Ann Steffen. *Distance-based interventions for depressed dementia family caregivers: Three-year longitudinal assessment*. National Alzheimer's Association, \$231,710.

2003-2004 PI: Ann Steffen. *Skills Training for Dementia Caregivers: 1 Year Outcomes*. University of Missouri Research Board, \$22,000.

2000-2004 PI: Ann Steffen. *Reducing Depression in Female Dementia Caregivers*. 5 R21 MH061956, National Institute of Mental Health, \$555,000

2000-2001 PI: Ann Steffen. *Support Groups for Dementia Caregivers: Predicting Benefits and Participation*, Missouri Alzheimer's Disease and Related Disorders Program, \$30,000.

1996-1997 PI: Ann Steffen. *Stress Management Training for Family Caregivers of Dementia Patients*. University of Missouri-St. Louis Research Award, \$11,604.

1995-1996 PI: Ann Steffen. *Assessment of Anger in African American Family Caregivers*. University of Missouri Research Board, \$23,431.

1995-1996 PI: Ann Steffen. *Home-Based Psychoeducational Interventions for Family Caregivers of Alzheimer's Patients*. Missouri Alzheimer's Disease and Related Disorders Program, \$19,946.

1994-1996 PI: Ann Steffen. *Psychosocial Risk Factors in Caregiving: The Assessment of Anger*. National Alzheimer's Association, \$90,000.

1993-1994 PI: Ann Steffen. *Panel Analyses of Social Support in Dementia Caregivers*. National Research Service Award, National Institute of Aging; F32 individual postdoctoral fellowship, \$25,600

Grant Reviews

Alzheimer's Society (UK) 2018
 NIH NINR, ZNR REV-T1, November, 2012
 NIH NINR, ZNR1, June, 2012
 NIH NIMH, Challenge Grants, 2009
 National Alzheimer's Association 2006-2012
 University of Missouri Research Board 2008-2012, 2017

Editorial Board Experience

Editorial Board, *Clinical Gerontologist* 2004-2006

Ad Hoc Journal Review:

Aging and Mental Health
American Journal of Alzheimer's Disease and Related Disorders
American Journal of Community Psychology
American Journal of Geriatric Psychiatry
American Psychologist
Behavior Therapy
BMC Geriatrics
British Journal of Health Psychology
Clinical Gerontologist
Clinical Psychology: Science and Practice
Cognitive and Behavioral Practice
Cognitive Therapy and Research
Death Studies
The Gerontologist
International Journal of Geriatric Psychiatry
International Psychogeriatrics
Journal of Aging and Health
Journal of Applied Gerontology

Journal of Health Psychology
Journal of Mental Health and Aging
Psychology and Aging

Media Coverage

- 2/25/2026 “How learning protects the aging brain.” Vol. 57 Issue 3, pp. 48-55. *APA Monitor*, American Psychological Association.
- 1/5/2026 “Navigating layoffs at mid to late career.” Vol. 57 Issue 1, pp. 93-97. *APA Monitor*, American Psychological Association.
- 4/1/2023 “Improving the quality of life for patients with dementia and their caregivers: Psychologists are providing more culturally competent care to those with dementia and their loved ones.” *APA Monitor*, American Psychological Association.
- Shah, A. (2022). *Journal of Gerontological Social Work*, 1-3. Book Review: Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach 2nd Edition.
- Parker, M (2022) A Review of Treating Later-Life Depression: A Cognitive Therapy Approach—Clinician Guide (2nd Edition) and Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach—Workbook (2nd Edition), *Issues in Mental Health Nursing*, 43:12, 1163-1165, DOI: 10.1080/01612840.2022.2138446
- 10/19/22 Interview with Carol Daniel’s Total Information Program, KMOX Radio St. Louis. Healthy Aging.
- 5/17/2023 Website of National Council on Aging for Mental Health Awareness Month
<https://www.ncoa.org/article/helping-mental-health-professionals-treat-older-adults>
- 8/9/2021 Interview with KMOV Channel 4 on UMSL CPS's Recovering from COVID services
- 5/24/2021 Interview with *The National Psychologist* on UMSL CPS's Recovering from COVID services
- 4/8/2021 Interview with *APA's Monitor on Psychology* about UMSL CPS Recovering from COVID services
- 1/30/2021 Interview with KSDK Channel 5 News on UMSL's Recovering from COVID services
- 1/15/2021 Response to media request, NBC National News regarding CPS Recovering from COVID Treatments
- 11/9/2020 Interview with KTVI Fox 2 News on UMSL CPS's Recovering from COVID-19 Treatment
- 10/26/2020 Interview with St. Louis Public Radio on UMSL CPS Recovering from Covid Group Treatment
- 8/22/2020 Interview with KDSK Channel 5 evening news about UMSL/CPS services for Recovering from COVID
- 8/13/2020 Interview with KMOV Channel 4 about UMSL/CPS's Recovering from COVID group treatment
- 8/11/2020 Interview with STLPR "St. Louis on the Air" about UMSL's CPS services for Long COVID-19 syndrome
- 7/17/2020 Interview with St. Louis TV Show "City Corner" about CPS Recovering from COVID services

Formal Classroom Teaching by Course Number

Psych 2268 Human Growth & Behavior (FS 1994, Spr1995, FS 1995, Spr1996, FS 1996, FS 1997, Spr1998, FS 1998, SS 2009)

Psych 2245 Abnormal Psychology (SS 2009, FS 2009, FS 2012)

Psych 2272 Developmental Psychology: Adulthood and Aging (Spr1999, Spr2000)

Psych/Geron 2280/3280 Psychology of Death & Dying (SS 2009, FS 2009, SS 2010, FS 2010, SS 2011, FS 2011, SS 2012, FS 2012, Spr2013, SS 2013, Spr2015, SS 2015, FS 2015, SS 2016; FS 2016; Spr2017; SS 2017, SS2018, Spr2019, Spr2020, Spr2025, Spr2026)

Psych 3390 Directed Research (1994-present)

Psych/Geron 4376 Mental Health and Aging (FS 1995, FS 2000, SS 2004, Spr2005, FS 2006, Spr2008, Spr2009, Spr2010, Spr2015, Spr2019, SS2019, Spr2020, SS2020, Spr2025)

Geron 5376 Psychopathology and Aging (Spr2015, Spr2016, FS 2016, FS 2017, Spr2019, Spr2020)

Geron 6495 Practicum in Gerontology (2003-2006)

Psych 6444 Clinical Geropsychology (FS 1999, FS 2002, Spr2005, Spr2007)

Psych 7431 Clinical Supervision (1994-1996, 1998-2005, 2008-2012, SS 2013, SS 2014, 2015-2016, FS 2017, 2018-2019, 2020-21, 2021-22, 2022-23, 2023-24)

Psych 7434 Foundations of Clinical Interventions (FS 2007, FS 2008, FS 2009, FS 2010, FS 2011, FS 2013, FS 2015, FS 2017, FS 2019, FS2021, FS2023)

Psych 7474 Clinical Research Methods (FS 1996, FS 1998, FS 1999, FS 2001, FS 2003, Spr2006)

Psych 7485 Seminar in Clinical Science (FS 2016, FS 2017, FS2018, FS2019, FS2021, FS2022, FS2023, FS2025)

Mentored Dissertations as Committee Chair (N=29):

Amy Band (in progress)

Arielle Guillod (in progress)

Abby Laine (2025)

Kelly Bergstrom (2024)

Kaylee Richmond (2022)

Selmi Kallmi (2022)

Nicholas Schmidt (2021)

Katherine Arenella (2020)

Allison Kirschbaum (2019)

Jillian Pine, MA (2018)

Megan MacDougall, Ph.D. (2017)

Allison Warren, Ph.D. (2017)

Nika George, Ph.D. (2015)

Lauren Decaporale-Ryan, Ph.D. (2011)

Lauren Mensie, Ph.D. (2008)

Lauren Williams, Ph.D. (2008)

Kristopher Clouch, Ph.D. (2008)

W. Michael Palmer, Ph.D. (2007)

Sean Engelkemer, Ph.D. (2007)

Christina Gilliam, Ph.D. (2006)

Jessica Lauren Rusnack, Ph.D. (2006)

Kristin R. Korbini Mangum, Ph.D. (2004)

Ilana Krakauer, Ph.D. (2004)

Christy Steimer Jackson, Ph.D. (2002)

Susanne Wickie, Ph.D. (2002)

Matthew Jorgensen, Ph.D. (2002)

E. Ryann Watson, Ph.D. (2001)

Lynn Hyland, Ph.D. (2000)

Steven Berger, Ph.D. (1998)

Mentored Theses as Committee Chair (N=20):

Julia Fitzpatrick (2025)

Amy Band (2024)

Abigail Laine (2022)

Kelly Bergstrom (2020)

Selmi Kalmi (2019)

Nicholas Schmidt, MS (2017)

Katherine Arenella, MA (2017)

Jillian Pine, MA (2015)

Allison Warren, MA (2014)

Megan MacDougall, MA (2013)

Sara Gonzalez-Rivas, MA (2013)

Nika George, MA (2012)

Lauren Decaporale-Ryan, MA (2008)
 John Nanney, MA (2007)
 Lauren Mensie, MA (2005)
 W. Michael Palmer, MA (2004)
 Christina Gilliam, MA (2003)
 Kristin R. Korbini Mangum, MA (2000)
 Martina Sanchez, MA (1997)
 Lynn Hyland, MA (1997)

Dissertation Committee Member (N= 58)

Comprehensive Exam Committee Member (N=78)

Thesis Committee Member (N=26)

Leadership Roles in Professional Associations

2025-2026 Leader of Aging Track, 2026 World Congress of Behavioral and Cognitive Therapies
 2024-present Coordinator, Maintenance of Certification, American Board of Behavioral and Cognitive Psychology
 2022-present Member, American Board of Behavioral and Cognitive Psychology (ABBCP)
 2018-2025 Member, Evidence-based Practice Committee, Missouri Psychological Association
 2022-2025 Member, American Psychological Association Committee on Aging (CONA)
 2018-2021 Chair, Science and Practice Committee, Society for Clinical Geropsychology (APA 12/II)
 2009-2010 Leader of Aging Stream, 2010 World Congress of Behavioral and Cognitive Therapies
 1999-2004 Coordinator, Convention & Education Issues, ABCT
 1997 Program Chair, Annual Convention, Association for Behavioral and Cognitive Therapies

Service to UM-St. Louis Department of Psychological Sciences

1994-2025 Service roles within the Clinical Psychology PhD Program (e.g., Admissions, C&I)
 2015-2025 Faculty mentor for specific tenure-track Assistant and Associate Professors
 2023-2024 Co-Chair, Departmental Equity Committee
 2022-2023 Chair, Search Committee for Quantitative Psychology tenure track faculty position
 2015-2023 Coordinator, Psychology tutoring in Science and Technology Academic Center (A2S Program)
 2019-2022 Member, Ad hoc committee for Joint Degree Program between UMSL Psychological Sciences & MU
 2015-2022 Coordinator, Psychology Advising Office
 2021-2022 Chair, ad personam committee for Dr. Rachel Wamser-Nanney (tenure & promotion)
 2015-2021 Member, Diversity committee, Doctoral Program in Clinical Psychology
 2020-2020 Chair, ad personam committee for Dr. Carisa Philippi (tenure & promotion to associate professor)
 2020-2020 Departmental support for faculty transitions to remote teaching (Spring 2020)
 2019-2020 Member, Search Committee for CAST NTT faculty position
 2018-2020 Coordinator, Curriculum Alignment Process (CAP) for Psychological Sciences
 2019-2020 Chair, Search Committee for Health Disparities tenure-track faculty position
 2019-2020 Member, Search Committee for Substance Abuse tenure-track faculty position
 2019-2019 Chair, ad personam committee for Dr. Steven Bruce (promotion to full professor)
 2019-2019 Member, ad personam committee for Dr. Emily Gerstein (tenure & promotion to associate professor)
 2019-2019 Member, ad personam committee for Dr. Sandra Langeslag (tenure & promotion to associate professor)
 2019-2019 Member, ad personam committee for Dr. Stephanie Merritt (promotion to full professor)
 2004-2016 Departmental facilitator, Teaching & Instruction Development
 Jan-Aug 2014 Interim Department Chair
 2012-2013 Member, search committee for social psychologist position
 2012-2013 Chair, Self-Study committee for accreditation, doctoral program in clinical psychology
 2006-2013 Director, Doctoral Program in Clinical Psychology
 2012-2012 Chair, ad personam committee for Dr. Zoe Peterson
 2011-2012 Member, departmental self-study committee
 2009-2009 Chair, ad personam committee for Dr. Kami White
 2006-2007 Chair, Self-Study committee for accreditation, doctoral program in clinical psychology
 2005-2006 Member, Search Committee for Child Clinical Psychologist position
 2004-2006 Departmental liaison, Instructional Technology
 2004-2006 Member, search committee for Multicultural Clinical Psychologist position
 2004-2005 Chair, Search Committee for Clinical Psychologist position

2004-2005 Chair, Online Instruction Committee
 2003-2005 Member, search committee for Center for Trauma Recovery Director position
 1997-2003 Faculty Advisor, Psi Chi Honors Society in Psychology, UM-St. Louis Chapter
 1994-2000 Member, Undergraduate Curriculum Committee

Service to UM-St. Louis College of Arts and Sciences

2015-2022 Departmental liaison to CAS Undergraduate Advising Team
 2019-2020 Faculty mentor to Dr. Bethany Zolman, Biology Department
 2016-2017 Facilitator for cross-unit discussions, report to Dean Yasbin
 2014-2015 Member, Undergraduate Research Awards Committee
 2013-2014 Member, Dissertation Award Committee
 2012-2013 Chair, Latin Honors Committee
 2012-2013 Member, Committee on Graduate Stipends/Scholarships
 2009-2010 Member, Graduate Program Directors Committee within CAS
 2007-2009 Chair, Committee on Committees
 2005-2007 Member, Committee on Committees
 2004-2006 Chair, Undergraduate Curriculum Committee
 2003-2006 Member, Undergraduate Curriculum Committee

Service to UM-St. Louis Campus

2023-2025 Member, Issues of Tenure Removal Committee, UMSL Faculty Senate
 2023-2024 Faculty Mentorship Training Program, UMSL Advance Grant
 2023-2023 Chair, 5 Year Review Committee for UMSL Center for Teaching & Learning
 2020-2023 Member, UM-St. Louis Teaching Effectiveness Evaluation Committee
 2019-2021 Member, Starfish Analytics Platform Committee
 2011-2020 Faculty Advisor and Board Chair, UMSL Catholic Student Newman Center
 2018-2019 Member, Faculty Search Committee, UMSL Center for Teaching & Learning
 2013-2019 Stadler Building Coordinator, UMSL Building Emergency and Safety Teams (BEST) program
 2018-2019 Member, Faculty Search Committee, UMSL Center for Teaching & Learning
 2017-2018 Member, Inclusive Excellence Compact Committee, UMSL Strategic Plan
 2017-2017 Chair, Campus Review Team, Center for Teaching and Learning
 2013-2015 Member, Faculty Teaching and Service Awards Subcommittee of Faculty Senate
 2011-2014 Member, Graduate Council
 2003-2013 Member, Graduate Program Directors Committee, Graduate School
 2013-2013 Member, Campus Review Team, Department of Biology
 2012-2012 Member, Campus Review Team: Department of Art & Art History
 2002-2010 Member, Faculty Grievance Panel
 2010-2010 Member, ad personam committee for Dr. Tom Meuser, School of Social Work
 2003-2006 Director of Gerontology Programs
 2005-2006 Member, Search Committee for Dean of the College of Nursing
 2005-2005 Member, Scholarship Committee, Institute for Women & Gender Studies
 2002-2005 Member, Faculty Senate
 1994-2002 Member, Gerontology program curriculum committee
 1998-1999 Member, development committee, Graduate Certificate in Gerontological Counseling

Service to University of Missouri System

2020-2025 Member, Equity Resolution Hearing Panel, University of Missouri System
 2012-2015 Member, Advisory Committee, UM Presidential Award for Innovative Teaching
 2012-2015 Member, Advisory Committee, UM Presidential Awards for Intercampus Collaboration
 2012-2015 Member, Advisory Committee, UM Presidential Award for Student Entrepreneur
 2013-2014 Member, UM Research Board
 2013-2014 Member, UM-System "Mental Health-Caring for Missourians" proposal committee
 2009 Comprehensive Program Assessment Reviewer, School of Biological Sciences, UM-Kansas City
 2008 Comprehensive Program Assessment Reviewer, School of Dentistry, Dental Hygiene, UM-Kansas City
 2007 Comprehensive Program Assessment Reviewer, College of Nursing, UM-St. Louis
 2006 Comprehensive Program Assessment Reviewer, Department of History & Political Science, UM-Rolla
 2003 Leadership Development Program, UM President's Academic Leadership Institute

Professional & Community Service

2025-present Member, Credentials Committee, American Board of Geropsychology (ABGERO)
2022-present Examiner, American Board of Behavioral & Cognitive Psychology
2021-present Building Bridges for Geropsychology Consultation Models, Society of Clinical Geropsychology
2010-present Community Educator and Support Group Facilitator, Missouri Chapter, Alzheimer's Association
2005-2017 Member, Scientific Advisory Board, St. Louis Alzheimer's Association
2012-2013 Moderator, Eli Lilly Community Conversations on Early Dementia Detection
2009-2013 Program Services & Performance Improvement Committee, St. Louis Alzheimer's Association
2010-2011 Member, St. Louis County Government Problem Properties Committee
2010-2011 Member, St. Louis County Executive's Aging Initiatives Action Team
2010 Member, Search Committee for President, St. Louis Alzheimer's Association
2003-2006 Member, Board of the St. Louis Breakthrough Coalition
2003-2005 Member, Advisory Board of St. Andrews Resources for Seniors
2002-2004 Vice-Chair, Executive Board of Directors, St. Louis Alzheimer's Association
1997-2004 Member, Board of Directors of the St. Louis Alzheimer's Association
1998-2000 Chair, Family Services Steering Committee, St. Louis Alzheimer's Association
1995-1998 Chair, Program Evaluation Committee, St. Louis Alzheimer's Association
1995-1999 Member, African American Outreach Committee, St. Louis Alzheimer's Association
1994-1997 Member, Program Evaluation/Family Services Committees, St. Louis Alzheimer's Association