

## CURRICULUM VITAE

Lynn E. O'Connor, Ph.D.

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### **Education**

Ph.D. (1991) The Wright Institute, Berkeley, Clinical Psychology  
Certificate (1986) University of California, Berkeley, Extension, Alcohol Studies  
B.A. (1969) San Francisco State University, Sociology  
(1959-1962) Barnard College, Columbia University

### **Professional Training**

1991-1994 Psychological Assistant, Linda Haskett, Ph.D.  
1989-1991 Psychology Intern, Jewish Family and Children's Services  
1988-1991 Psychology Intern, Mount Zion Crisis Clinic  
1987-1988 Psychology Practicum, McCauley Institute, St. Mary's Hospital, Chemical Dependency Program

### **Professional Experience**

#### Clinical Practice:

1994-present Private psychological services and consultation practice in San Francisco and Berkeley

#### Teaching:

2004-present Professor, The Wright Institute  
2004-present Associate Clinical Professor, University of California, Berkeley  
2002-2004 Associate Professor, The Wright Institute  
2001-2004 Clinical and Research Director, The San Francisco Psychotherapy Training Center and Clinic, The Wright Institute Site  
1994-2002 Assistant Professor, The Wright Institute  
1991-1994 Adjunct Professor, The Wright Institute  
1996-1999 Assistant Clinical Professor, University of California, Berkeley  
1994-1998 Adjunct Faculty, California School of Professional Psychology  
1992 Adjunct Faculty, Pacific Graduate School

1992-2000 San Francisco Psychotherapy Research Group: Ongoing Weekly Seminar in Psychotherapy Process Research, Co-Facilitated with Joseph Weiss

**Academic Administration:**

1998-2004 Director of Evaluation, The Wright Institute

1998-2002 Chair, The Curriculum Committee, The Wright Institute

2002-2004 Faculty Chair, The Wright Institute

**Journal Boards:**

2006-2008 Editorial board of the *Journal of the International Society for Terrorism Research*

**Research:**

1996-present Director, The Emotion, Personality and Altruism Research Group ([www.eparg.org](http://www.eparg.org))

1992-1996 Evaluator/Consultant, Walden House, San Francisco

1992-2005 Board Member, San Francisco Psychotherapy Research Group

1991-1997 Research Associate, The Haight Ashbury Free Clinic Detoxification and Aftercare Project, San Francisco

1991-1992 Research Associate, The Wright Institute

1988-1991 Research Assistant, Andrea Morrison

**Awards and Honors**

2013 Weiss-Samson Award, Outstanding Contributions to Control Mastery Theory, The San Francisco Psychotherapy Research Group

2006 Biographical Entry, *Feminists Who Changed America, 1963-1975*, Barbara J. Love, editor

2001 Raymond D. Fowler Award for Outstanding Contribution to the Professional Development of Graduate Students, The American Psychological Association of Graduate Students, August, San Francisco, California

**Research Funding**

1994-present Miriam F. Meehan, Charitable Trust - Funding for the following research:

Interpersonal guilt and depression;

Interpersonal guilt and psychopathology;

Survivor guilt, empathy, altruism and depression from an evolutionary perspective;

Chimpanzee psychopathology (conducted in conjunction with ChimpanZoo under the auspices of the Jane Goodall Foundation);

Altruism as a fundamental human motivation;

Survivor guilt in the daily life of college students;

Survivor guilt in the work world;

The role of guilt in forgiveness;

Cross cultural studies of empathy-based guilt and altruism;

Contemplative practice across traditions

Other projects conducted in collaboration with students and members of the Emotion, Personality and Altruism Research Group.

## Professional Memberships and Organizations

1993-present American Psychological Association (APA)  
1993-present APA Division 8, Society of Personality and Social Psychology  
1995-present APA Division 12, Society of Clinical Psychology  
1995-present American Psychological Society (APS)  
2001-present APA Division 12, Section III. Society for Scientific Clinical Psychology  
1995-present APA Division of Psychopharmacology and Substance Abuse  
1994-present California Psychological Society (CPS)  
1996-present Cross Species Comparison and Psychopathology Society  
1996-present Human Behavior and Evolution Society (HBES)  
1997-present Society for Exploration of Psychotherapy Integration (SEPI)  
1997-present Society of Psychotherapy Research (SPR)  
1987-present The San Francisco Psychotherapy Research Group (SPRG)  
2001-present International Society of Human Ethology

## Media Appearances

O'Connor, L. E., in Rhian Skirving's, *Kindness of Strangers*. Freemantle, Australia: Prospero Productions. (First aired 2006 August 20, ABC TV)

## Psychology Today Blog

Our Empathic Nature: The Altruistic Side of Evolutionary Psychology (2012-present).  
*Psychology Today*: <https://www.psychologytoday.com/us/blog/our-empathic-nature>

## Publications and Selected Presentations

Keller, A., O'Connor, L.E., Berry, J.W., Stiver, D.J. & Gonzalez, P.H. (2019, April). *The coming out experience...* Poster session at annual meeting, Western Psychological Association, Pasadena, CA.

O'Connor, L.E., & Berry, J.W. (2018). The social and contextual nature of emotion: An evolutionary perspective. In Wilson, D.S., Hayes, S.C. & Biglan, A. (Eds.), *Evolution & contextual behavioral science: An integrated framework for understanding, predicting, & influencing human behavior*. Oakland, CA: Context Press.

O'Connor, L. E., Rangan, R. K., Berry, J. W., Stiver, D. J., Rick, H., Ark, W., & Li, T. (2015). Empathy, compassionate altruism and psychological well-being in contemplative practitioners across five traditions. *Psychology*, 6(08), 989.

Li, T., Li, Y., Berry, J.W., Stiver, D.J., Choya, J., Pham, V.T., & O'Connor, L.E. (2015, May). *The role of guilt in cross-generational conflicts in Asian American families*. Poster session at annual meeting, Western Psychological Association, Las Vegas, NV.

- O'Connor, L.E., & Berry, J.W. (2014, August 26). Invited response to Paul Bloom in Forum Against Empathy, *Boston Review*: <http://www.bostonreview.net/forum/paul-bloom-against-empathy>
- Li, T., Berry, J.W., Chaturabul, S., Li, Y., O'Connor, L.E., Choi, K., Kautiatinen, R.J. (2014, May). *Conflicts in Chinese American families: The role of guilt and anger*. Poster session at annual meeting, Association for Psychological Science, San Francisco, CA.
- Hooper, A.G., Berry, J.W., Stiver, D.J., O'Connor, L.E., Chaturabul, S. Choi, K., Li, Y., & Li, T. (2014, May). *Empathy-based guilt in Latino first-generation college students*. Poster session at annual meeting, Association for Psychological Science, San Francisco, CA.
- O'Connor, L.E., Berry, J.W., Lewis, T., Rangan, R.K., & Poursohrab, N. (2013). The Neurotransmitter Attributes Questionnaire (NAQ). *SAGE Online*.
- Rangan, R.K., O'Connor, L.E., Berry, J.W., Stiver, D.J., Choi, K., Li, Y., Li, T., Ark, W. & Hanson, R. (2013, August). *Compassion, altruism, contemplative practices and psychological well-being*. Poster session at annual meeting, American Psychological Association, Honolulu, HI.
- Li, Y., Choh, K., Choi, K., Stiver, D.J., Berry, J.W., Rangan, R., Li, T., & O'Connor, L.E. (2013, May). *Guilt, empathy, altruism and depression in Mainland Chinese and Asian- and European-Americans*. Poster session at annual meeting, Association for Psychological Science, Washington, D.C.
- O'Connor, L.E., Berry, J.W., Rangan, R., Stiver, D.J., Hanson, R., Ark, W. (2012, July). *Compassionate altruism, guilt, depression, and contemplative practices*. Poster session at C-Care, Stanford U., Telluride CO.
- O'Connor, L.E., Berry, J.W., Stiver, D.J., & Rangan, R.K. (2012). Depression, guilt and Tibetan Buddhism, *Psychology*, 3 (Special Issue).
- Acker, K., Berry, J.W., Chaturabul, S., Stiver, D.J., & O'Connor, L.E. (2012, April). *When do we forgive?* Poster session at annual meeting, Western Psychological Association, Burlingame, CA.
- O'Connor, L. E., Berry, J.W., Lewis, T., & Stiver, D.J. (2011). Empathy-based pathogenic guilt, pathological altruism, and psychopathology. In B. Oakley, A. Knafo, G. Madhavan, & D. S. Wilson (Eds.), *Pathological altruism*. Oxford, UK: Oxford University Press.
- O'Connor, L.E., Berry, J.W., Stiver, D.J., Wong, V., & Nguyend, N. (2011, April). *PTSD in returning soldiers: Guilt and witnessing harm to others*. Poster session at the annual meeting of the Western Psychological Association, Los Angeles, CA.

- O'Connor, L.E., Berry, J.W., Stiver, D.J., Monlam, L., Chaturabul, S., & Janson, M. (2011, April). *Empathy, guilt and altruism: Tibetan Buddhist meditation practices*. Poster session at the annual meeting of the Western Psychological Association, Los Angeles, CA.
- Berry, J.W., O'Connor, L.E., Stiver, D.J. & Crisostomo, P. (2009, May). *Development and evaluation of the dispositional altruism scale*. Poster session at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- O'Connor, L.E., Berry, J.W., Stiver, D.J., & Chaturabul, S. (2009, May). *Responses to corporate lay-offs: Survivor guilt in the workplace*. Poster session at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Sudindranath, M.M., O'Connor, L.E., Berry, J.W., Stiver, D.J., & Banerjee, R.J. (2009, May). *'Green Guilt' and 'Green Behavior' associated with better mental health*. Poster session at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Pole, N., Ablon, J.S., & O'Connor, L.E. (2008). Using psychodynamic, cognitive behavioral, and control mastery prototypes to predict change: A new look at an old paradigm for long-term single-case research. *Journal of Counseling Psychology*, 55(2), 221–232.
- O'Connor, L. E., Berry, J. W., & Lewis, T. (2007, August). *Another perspective on psychopathology: Neurotransmitter Attributes Questionnaire*. Poster session at the annual meeting of the American Psychological Society. San Francisco, CA.
- O'Connor, L.E., Wilson, D.S., Gintis, H. (2007, June). Film screening and discussion of documentary *Kindness of strangers*. In P. Richerson (Chair), *Kindness in film*. Symposium conducted at the annual meeting of the Human Behavior and Evolution Society. Williamsburg, VA.
- O'Connor, L. E., Berry, J. W., Crisostomo, P.S. Chaturabul, S., Hume, A., & Imp, S. (2007, June). *Survivor guilt and altruism: Responses to inequity in the work place*. Poster session at the annual meeting of the Human Behavior and Evolution Society. Williamsburg, VA.
- O'Connor, L. E., Berry, J. B., Lewis, T., Mulherin, K., & Yi, E. (2007). Empathy and depression. In T.F.D. Farrow & P, W, R. Woodruff (Eds.), *Empathy and mental illness*. Cambridge, UK: Cambridge University Press.
- Albertson, E.J., O'Connor, L.E., Berry, J.W. (2006). Religion and interpersonal guilt: Variations across ethnicity and spirituality. *Mental Health, Religion & Culture*, 9 (1), 67-84.
- O'Connor, L. E., Berry, J. W., Lewis, T., & Crisostomo, P.S. (2006, April). *Neurotransmitter Attributes Questionnaire and another perspective on psychopathology*. Paper presented at the annual meeting of the Western Psychological Association. Palm Springs, CA.

- McSherry, N. B., Davison, K. M., Kosoff, A., Berry, J. W., & O'Connor, L. E. (2005, May). *Basketball player personality profiles reveal bias against undercontrolled type individuals*. Poster session at the annual meeting of the American Psychological Society. Los Angeles, CA.
- Crisostomo, P. S., Yi, E., O'Connor, L. E., & Tsai, M. (2005, May). *Cross-cultural studies of empathy based guilt and altruism: Differences among European- and Asian American females*. Poster session at the annual meeting of the American Psychological Society. Los Angeles, CA.
- O'Connor, L. E., Berry, J. W., Lewis, T., Wilson, D. S., & Yi, E. (2005, May). *Neurotransmitter Attributes Questionnaire: Personality on the internet and in the classroom*. Poster session at the annual meeting of the American Psychological Society. Los Angeles, CA.
- Hirsch, J. M., Kosoff, A., Berry, J. W., & O'Connor, L. E. (2005, April). *Survivor guilt transmitted across generations: From Holocaust survivors to their offspring*. Poster session at the annual meeting of the Western Psychological Association. Portland, OR.
- Yi, E., Crisostomo, P. S., O'Connor, L. E., & Tsai, M. (2005, April). *Cross-cultural studies of altruism and empathy-based guilt*. Poster session at the annual meeting of the Western Psychological Association. Portland, OR.
- O'Connor, L. E., Berry, J. W., Lewis, T., Yi, E., & Crisostomo, P. S., (2005 April). *Personality, psychopathology and the Neurotransmitter Attributes Questionnaire (NAQ)*. Poster session at the annual meeting of the Western Psychological Association. Portland, OR.
- Worthington, E.L., Jr., O'Connor, L.E., Berry, J.W., Sharp, C., Murray, R., & Yi, E. (2005). *Compassion and forgiveness: Implications for psychotherapy*. In P. Gilbert (Ed.), *Compassion: Conceptualisations, research and use in psychotherapy* (pp.168-192). London: Brunner-Routledge.
- O'Connor, L.E., Berry, J.W., Crisostomo, P., & Yi, E. (2005, February). *Altruism and empathy-based guilt across five cultures*. In G. Fricchione (Chair), *Identifying altruism*. Symposium conducted at the 34th Annual Conference of the Society for Cross-Cultural Research, Santa Fe, New Mexico.
- O'Connor, L. E., Berry, J. W., Yi, E., Sloan-Wilson, D., Schloss, J., Kyler, N., & Mascardo, T. (2004, August). *Survivor guilt: Surpassing siblings, friends, or strangers*. Poster session at the annual meeting of the American Psychology Association, Honolulu, HI.
- O'Connor, L. E., & Berry, J. W. (2004, May). *Gender differences in interpersonal guilt and acts of altruism*. Poster session at the annual meeting of the American Psychological Society. Chicago, IL.
- O'Connor, L. E. (2004). *Survivor guilt across cultures: The down-side to winning in social comparison*. Invited lecture to the Culture and Cognition/Evolution and Human

Adaptation Program: Evolution, Culture, and Social Emotions series, the Psychology Department at the University of Michigan, Ann Arbor, February 6, 2004.

- O'Connor, L.E. (2003, June). *Altruism as a fundamental motivation: The role of interpersonal guilt and empathy*. Paper presented at Works of Love: Scientific & Religious Perspectives on Altruism, Villanueva, PA.
- Albani, C., Blaser, G., Koerner, A., Geyer, M., Volkart, R., O'Connor, L., et.al. (2003). Der Fragebogen zu interpersonellen Schuldgefühlen (FIS) - Normierung an einer repräsentativen Stichprobe. *Zeitschrift fuer Klinische Psychologie, Psychiatrie und Psychotherapie* [The German short version of the Interpersonal Guilt Questionnaire - results of a representative sample of the German population], 51 (2), 137-143.
- O'Connor, L. E., Thompson, V., Meehan, W., & Randall-Walker, C. (2003). *Stereotype threat and the training of professional psychologists*. Pre-Conference Paper for the National Council of Schools and Programs of Professional Psychology, January Conference, Scottsdale AR.
- Albani, C., Blaser, G., Körner, A., Geyer, M., Volkart, R., O'Connor, L., et.al. (2002). Der Fragebogen zu interpersonellen Schuldgefühlen (FIS) Anwendung in einer repräsentativen Bevölkerungsstichprobe und bei PsychotherapiepatientInnen [The German short version of the Interpersonal Guilt Questionnaire: Validation in a population-based sample and clinical application]. *PPmP – Psychotherapie, Psychosomatik, Medizinische Psychologie*, 52: 189-197.
- O'Connor, L. E., Berry, J. W., Lynch, M., Yi, E., & Stiver, D. (2002). *Interpersonal guilt and responses to terrorism*. Presented at the Annual Convention of the American Psychological Association, Chicago.
- Pole, N., Ablon, J.S., O'Connor, L.E., & Weiss, J. (2002). Ideal control mastery technique correlates with change in a single case. *Psychotherapy: Theory/ Research/ Practice/ Training*, 39, 88-96.
- O'Connor, L.E., Berry, J.W., Weiss, J., & Gilbert, P. (2002). Guilt, fear, submission, and empathy in depression. *Journal of Affective Disorders*, 71, 19-27.
- O'Connor, L.E., Esherick, M., & Vieten, C. (2002). Drug- and alcohol-abusing women. In L.S.A. Straussner & S. Brown (Eds.), *The handbook of addiction treatment for women* (pp.75-98). San Francisco: Jossey-Bass.
- O'Connor, L. E., Berry, J. W., King, J., Landau, V., & Pedersen, A., (2001). *Chimpanzee subjective well-being and psychopathology*. Presented at American Psychological Association, August, 2001, San Francisco California.
- Berry, J.W., Worthington, E.L., Jr., Parrott, L., III, O'Connor, L.E., & Wade, N.G. (2001). Dispositional forgiveness: Development and construct validity of the transgression

- narrative test of forgiveness (TNTF). *Personality and Social Psychology Bulletin*, 27, 1277-1290.
- O'Connor, L.E. (2000). Pathogenic beliefs and guilt in human evolution: Implications for psychotherapy. In P. Gilbert & K. Bailey (Eds.), *Genes on the couch: Explorations in evolutionary psychology* (pp.276-303). London: Brunner-Routledge.
- O'Connor, L.E., Berry, J.W., Weiss, J., Schweitzer, D., & Sevier, M. (2000). Survivor guilt, submissive behaviour and evolutionary theory: The down-side of winning in social comparison. *British Journal of Medical Psychology*, 73, 519-530.
- O'Connor, L. (2000). Male Supremacy. In Crow, B. A. (Ed.), *Radical feminism: A documentary reader* (pp. 171-182). New York: New York University Press. (Reprinted from handout, The Women's Page, 1969, San Francisco.)
- Berry, J.W., Worthington, E.L., Jr., Parrott, L. III, & O'Connor, L. (1999, August). *The Transgression Narrative Test of Forgiveness (TNTF): Psychometric evidence*. Paper presented at the meeting of the American Psychological Association, Boston.
- Worthington, E.L., Jr., Berry, J.W., Parrott, L III, O'Connor, L., Gramling, S., & Nicholson, R. (1999, August). *Studies in trait unforgiveness and states of unforgiveness*. Paper presented at the meeting of the American Psychological Association, Boston.
- King, J., O'Connor, L. E., Berry, J. W., Weiss, A., & Lim, S. (1999, June). *Personality and Psychopathology in Chimpanzees*. Poster presented at the meetings of the Human Behavior and Evolution Society, Salt Lake City, Utah.
- O'Connor, L.E., Berry, J.W., & Weiss, J. (1999). Interpersonal guilt, shame, and psychological problems. *Journal of Social and Clinical Psychology*, 18, 181-203.
- Sohn, N., Jenny, S., Weiss, J., O'Connor, L.E., Berry, J. W., & Meehan, W. (1999). *The changing levels of insight in a psychoanalysis*. Presentation for the San Francisco Psychotherapy Research Group, May, San Francisco, CA.
- O'Connor, L. E., Berry, J. W., Weiss, J., & Gilbert, P. (1998, August). *Gender differences in guilt, depression and submissive behavior*. Poster presented at the meetings of the American Psychological Association, San Francisco California
- O'Connor, L. E., & Berry, J. W. (1997, June). *Survivor guilt, submissive behavior and depression: differences between men and women*. Paper presented at the meetings of the Across Species Comparison and Psychopathology Association, Tucson Arizona.
- O'Connor, L. E., Berry, J. W., Weiss, J., & Sevier, M. (1997, April). *Guilt-based and fear-based submissive behavior: an evolutionary perspective*. Presented at the meetings of the Western Psychological Association Meetings, Seattle, Washington.



- O'Connor, L.E., Berry, J.W., Weiss, J., Bush, M., & Sampson, H. (1997). Interpersonal guilt: The development of a new measure. *Journal of Clinical Psychology, 53* (1), 73-89.
- O'Connor, L.E. (1996, Spring). Altruism as a fundamental unconscious motivation. *SFPRG Process Notes, 10-12*, 19.
- Meehan, W., O'Connor, L.E., Berry, J.W., Weiss, J., Morrison, A., & Acampora, A. (1996). Guilt, shame, and depression in clients in recovery from addiction. *Journal of Psychoactive Drugs, 28*, 125-134.
- Troyer, T.N., Acampora, A.P., O'Connor, L.E., & Berry, J.W. (1995). The changing relationship between therapeutic communities and 12-step programs: A survey. *Journal of Psychoactive Drugs, 27*, 177-180.
- Sampson, H., Weiss, J., & O'Connor, L. (1995, Spring). How psychotherapy works: The findings of the San Francisco Psychotherapy Research Group. *Bulletin of the Psychoanalytic Research Society*.
- O'Connor, L.E., Berry, J.W., Morrison, A., & Brown, S. (1995). The drug-of-choice phenomenon: Psychological differences among drug users who preferred different drugs. *The International Journal of the Addictions, 30*, 541-555.
- O'Connor, L.E., Edelstein, S., Berry, J.W., & Weiss, J. (1994). Changes in the patient's level of insight in brief psychotherapy: Two pilot studies. *Psychotherapy, 31*, 533-544.
- O'Connor, L.E., Berry, J.W., Inaba, D., Weiss, J., & Morrison, A. (1994). Shame, guilt, and depression in men and women in recovery from addiction. *Journal of Substance Abuse Treatment, 11*, 503-510.
- O'Connor, L.E. & Weiss, J. (1993). Individual psychotherapy for addicted clients: An application of control mastery theory. *Journal of Psychoactive Drugs, 25*, 283-291.
- O'Connor, L.E., Berry, J.W., Morrison, A., & Brown, S. (1992). Retrospective reports of psychiatric symptoms before, during, and after drug use in a recovering population. *Journal of Psychoactive Drugs, 24*, 65-68.
- Morrison, A., O'Connor, L. E., & Williams, B. (1991). Is there a core curriculum in graduate programs of psychology? *The Core Curriculum in Professional Psychology*, American Psychological Association, Washington D.C.
- O'Connor, L.E., & Berry, J.W. (1990). The drug-of-choice phenomenon: Why addicts start using their preferred drug. *Journal of Psychoactive Drugs, 22*, 305-311.
- O'Connor, L. E. (1979). Office Politics. In E. Shapiro and B. Shapiro (Eds.), *The women say, the men say*. New York: Dell Publishing Co.

O'Connor, L. E. (1972, Summer). Alternative life styles: The monster in disguise. *Radical Therapist*.

O'Connor, L. E. & Calderaro, N. (1971, June). The behavioral sink: Population 1971, *The Daily Gator*, San Francisco State University.

O'Connor, L. E. (1969, December). Niceness. *Tooth and Nail*.

O'Connor, L. E. (1969). San Francisco Redstockings/ Our politics begin with our feelings. B. Roszak & T. Roszak (Eds.), *Masculine/Feminine: Readings in Sexual Mythology and the Liberation of Women* (pp. 285-290). New York: Harper Colophon Books.

O'Connor, L. E. (1969). The small group. *Tooth and Nail*.