

# David Fresco

## Professor

University of Michigan, Department of Psychiatry, 2559 Rachel Upjohn Building,  
4250 Plymouth Road, Ann Arbor, Michigan, 48109-2435, United States  
fresco@umich.edu

## Education and Training

### Education

09/1986-05/1990 BA, Temple University, Philadelphia, PA  
08/1991-05/1994 MA, Clinical Psychology, University of North Carolina, Chapel Hill, NC  
08/1991-12/1999 PhD, University of North Carolina, Chapel Hill, NC

### Postdoctoral Training

07/1995-06/1996 Internship, Clinical Psychology, Temple University Hospital, Philadelphia, PA  
01/2000-08/2001 Postdoctoral Fellow, Clinical Psychology, Temple University, Philadelphia, PA,  
Richard G. Heimberg

## Certification And Licensure

### Licensure

02/2008-09/2020 Ohio, Psychologist License  
10/2018-Present Michigan, Psychologist License

## Work Experience

### Academic Appointment

08/2001-05/2020 Professor, Kent State University, Kent, OH  
06/2011-05/2020 Adjunct Associate Professor, Case Western Reserve University School of  
Medicine, Cleveland, OH  
06/2020-Present Professor, Department of Psychiatry, University of Michigan, Ann Arbor, MI  
06/2020-05/2021 Faculty Affiliate, Institute for Social Research, University of Michigan, Ann Arbor,  
MI  
07/2021-Present Research Professor, Survey Research Center - Quantitative Methods, University  
of Michigan, Ann Arbor, MI

### Visiting Professor

06/2018-05/2020 Visiting Scholar, Institute for Social Research, University of Michigan, Ann Arbor,  
MI

## Research Interests

- Basic, translational, and treatment development research related to mood and anxiety disorders
- Developing/evaluating mindfulness-based interventions for chronic medical and psychiatric disorders
- Elucidating and mitigating the impact of distress in the course of chronic medical and psychiatric conditions

## Grants

### Current Grants

*Development of a Patient Reported Outcomes (PRO) Instrument for Diabetic Retinal Disease (DRD):*  
Co-I (Principal Investigator:Kanishka Jayasundera)  
Boehringer Ingelheim Pharmaceu  
08/2024 - 02/2026  
\$457,111

K23MH133063:*Neurofeedback-enhanced cognitive reappraisal training for young adults with anxiety:*  
Consultant on (Principal Investigator:Stefanie Russman Block)  
NIH-DHHS-US  
06/2024 - 05/2029  
\$903,315

R01EY035016:*Determining optimal vision care for emotionally distressed patients with inherited retinal diseases:*  
Co-I (Principal Investigator:Kanishka Jayasundera)  
NIH-DHHS-US  
03/2024 - 02/2029  
\$3,391,472

*Functional vision limitations and distress quantification in diabetic retinal diseases:*  
Consultant on (Principal Investigator:Kanishka Jayasundera)  
International Retinal Research sourced funding through The Macula Society  
03/2024 - 08/2025  
\$35,000

R21MH134035:*Targeting large-scale networks in depression with real-time fMRI neurofeedback:*  
Consultant on (Principal Investigator:Stephan Taylor)  
NIH-DHHS-US  
09/2023 - 09/2025  
\$429,000

K23MH131601:*Affective and Cognitive Mechanisms of Emotion-Based Impulsivity in Bipolar Disorder: Linking Neural Oscillatory Dynamics to Real-World Outcomes:*  
Consultant on (Principal Investigator:Sarah Sperry)  
NIH-DHHS-US  
08/2023 - 07/2028  
\$963,166

*Neurofeedback-enhanced cognitive reappraisal training for anxiety:*  
Consultant on (Principal Investigator:Stefanie Russman Block)  
Brain & Behavior Research Foun  
01/2023 - 07/2025  
\$70,000

R34MH130562:*Improving Negative Stressful Perseverations in Insomnia to Revitalize Expecting Moms (INSPIRE):*  
PI  
NIH-DHHS-US-SubK sourced funding through Henry Ford Health System  
09/2022 - 06/2025  
\$127,457

P50DA054039:*Center for Methodologies for Adapting and Personalizing Prevention, Treatment and Recovery Services for SUD and HIV (MAPS Center):*  
Co-I  
Daniel Almirall(MPI);Inbal Nahum-Shani(MPI)

NIH-DHHS-US  
09/2021 - 06/2026  
\$13,208,081

R01CA244185:*A Randomized Controlled Trial of Emotion Regulation Therapy for Cancer Caregivers: A Mechanism-Targeted Approach to Addressing Caregiver Distress:*

PI  
NIH-DHHS-US-SubK sourced funding through Memorial Sloan-Kettering Cance  
09/2020 - 05/2025  
\$365,779

R01MH118218:*Emotion Regulation in Distress Disorders: Elucidating the Role of Cognitive Processes and Person-Situation Fit in the Laboratory and Daily Life:*

PI  
NIH-DHHS-US-SubK sourced funding through The University of Western Aust  
12/2019 - 05/2025  
\$291,108

### **Submitted - Open**

R01:*Resolving emotional distress and increasing physical activity in women after cardiac events:*

PI  
NIH-DHHS-US-SubK sourced funding through Indiana University  
12/2025 - 11/2030  
\$616,871

R01:*Strong Minds and Enhanced Vision: An integrative, multilevel, community engaged program to characterize and resolve the challenges and emotional distress in vision loss:*

MPI  
Kanishka Jayasundera(MPI);Sherry Day(MPI)  
NIH-DHHS-US  
12/2025 - 11/2030  
\$4,534,207

UG3MH137657:*Predicting Remission: Implementation of an algorithm for Structured therapy or Medications for Depression (PRISM-D):*

PI  
NIH-DHHS-US-SubK sourced funding through The Ohio State University  
07/2025 - 06/2030  
\$2,975,651

*Optimizing the integration between human and digital support in a meditation app for depression and anxiety:*

Co-I (Principal Investigator:Inbal Nahum-Shani)  
NIH-DHHS-US-SubK sourced funding through University of Wisconsin  
04/2025 - 03/2029  
\$248,793

### **Past Grants**

R61AT009867:*Neural Mechanisms of Mindfulness-based Cognitive Therapy (MBCT) for Posttraumatic Stress Disorder (PTSD):*

PI  
NIH-DHHS-US-SubK sourced funding through The Ohio State University  
09/2021 - 06/2022  
\$160,508

R61AT009867: *Neural Mechanisms of Mindfulness-based Cognitive Therapy (MBCT) for Posttraumatic Stress Disorder (PTSD) Supplement:*

PI

NIH-DHHS-US-SubK sourced funding through The Ohio State University

06/2021 - 06/2022

\$83,886

R01HL119977: *Mindfulness-Based Stress Reduction for High Blood Pressure: A Two-Site RCT:*

Funded by

National Heart Lung and Blood Institute

09/2014 - 05/2021

\$3,770,259

## Honors and Awards

### International

2019 Outstanding contributions to the field of cognitive and behavioral psychotherapies, Romanian Association of Cognitive and Behavioral Psychotherapies, Romania, Award for Outstanding Contributions to the field of Cognitive and Behavioral Psychotherapies, Romanian Association of Cognitive and Behavioral Psychotherapies, Cluj-Napoca, Romania

### Institutional

1986 - 1990 Honors Program, Temple University, United States, Honors Program, Temple University, Philadelphia, PA, USA

2017 Outstanding Research and Scholarship Award, Kent State University, United States, Outstanding Research and Scholarship Award, Kent State University, Kent, OH, USA

## Study Sections, Editorial Boards, Journal & Abstract Review

### Study Sections

#### International

2008 Reviewer, ZonMw Health Care Efficiency Research Programme, Netherlands, (Ad Hoc)

2008 Reviewer, Swiss National Science Foundation, Switzerland, (Ad Hoc)

2010 Reviewer, Medical Research Council, United Kingdom, (Ad Hoc)

2012 Reviewer, University of Ottawa Medical Research Fund Grants/Awards Competition, Canada, (Ad Hoc)

#### National

2007 - 2008 Temporary Member, Interventions for Anxiety and Mood Disorders (ITMA), National Institute of Mental Health, United States, (Ad Hoc)

2008 Reviewer, Louisiana Board of Regents, Research Competitiveness Program, United States, (Ad Hoc)

2008 Reviewer, Francisco Varela Research Awards, The Mind and Life Institute, United States, (Ad Hoc)

2008 Reviewer, Research Competitiveness Program, Louisiana Board of Regents, United States, (Ad Hoc)

2008 Reviewer, Francisco Varela Research Awards, The Mind and Life Institute, United States, (Ad Hoc)

2012 - 2013 Member, Fellowships and Dissertation Grants, National Institute of Mental Health, United States, (Ad Hoc)

2013 Member, Merit Review Panel for Clinical Trials (CLNA), Veterans Administration, (Ad Hoc)

2013 Reviewer, Francisco Varela Research Awards, The Mind and Life Institute, United States, (Ad Hoc)

2013 Reviewer, Francisco Varela Research Awards,, The Mind and Life Institute, United States, (Ad Hoc)

2015 - 2016 Temporary Member, Mechanisms of Stress and Health (MESH), National Institutes of Health, United States, (Ad Hoc)

2015 - 2016 Member, Training Grants SEP, National Institute for Complementary and Integrative Health, United States, (Ad Hoc)

2015 - 2019 Member, RDoC/Experimental Therapeutics SEP, National Institute of Mental Health, United States, (Ad Hoc)

2016 Chair, Training Grants SEP, National Institute for Complementary and Integrative Health, United States, (Ad Hoc)

2016 Member, SEP Adult Maturational Changes in Emotion Regulation, National Institute of Mental Health, United States, (Ad Hoc)

2017 - 2019 Member, Exploratory Clinical Trials of Mind and Body Interventions, National Center for Complementary and Integrative Health, United States, (Ad Hoc)

2018 Member, Center of Excellence for Research on Complementary and Integrative Health, National Center for Complementary and Integrative Health, United States, (Ad Hoc)

2018 Chair, RDoC/Experimental Therapeutics SEP, National Institute of Mental Health, United States

2019 Member, Training Grants SEP, National Institute for Complementary and Integrative Health, United States, (Ad Hoc)

2019 Member, HEAL Initiative Limited Competition: Behavioral Research to Improve MAT, National Center for Complementary and Integrative Health, United States, (Ad Hoc)

2019 Member, HEAL Initiative: Behavioral and Social Interventions to Improve Adherence to MAT for Opioid Use Disorders, National Center for Complementary and Integrative Health, United States, (Ad Hoc)

2020 Member, 2020/08 ZRG1 BBBP-Y (50) R PAR Panel: Research on Psychosocial Factors of Social Connectedness and Isolation on Health, Well-Being, Illness, and Recovery, National Institutes of Health, United States, (Ad Hoc)

2021 Member, 2021/05 ZMH1 ERB-G(05) Early Phase Clinical Trials for Psychosocial Interventions, National Institute of Mental Health, United States

2021 Member, 2021/08 ZRG1 BBBP-C (55) Research on Psychosocial Factors of Social Connectedness and Isolation on Health, Well-Being, Illness, and Recovery, National Institutes of Health, United States

2021 Member, 2021/05 ZMH1 ERB - B (02) Optimizing Digital Mental Health Interventions, National Institute of Mental Health, United States

2022 Member, 2022/05 ZMH1 ERB-R (01) S Non-Pharmacological Clinical Trials, National Institute of Mental Health, United States

2022 Temporary Member, ZAT1 PS(07) NCCIH Training and Education Review Panel, National Center for Complementary and Integrated Health, United States, (Ad Hoc)

2022 2022/08 ZMH1 ERB-Q (07) R Optimizing Digital Mental Health Interventions (R01), National Institute of Mental Health, United States

2024 Exploratory Clinical Trials of Mind and Body Interventions  
panelist on the grant app reviews. Mind and Body MQ(02), National Center for  
Complementary and Integrative Health, United States, (Standing Member)

## **Editorial Boards / Journal & Abstract Reviews**

### **Editorial Boards**

2000 - Present Member, American Journal of Psychiatry  
2000 - Present Member, Anxiety Stress & Coping  
2000 - Present Member, Assessment  
2000 - Present Member, Behavior Therapy  
2000 - Present Member, Behavior Research and Therapy  
2000 - Present Member, Biological Psychiatry  
2000 - Present Member, Behavioral and Brain Function  
2000 - Present Member, Archives of General Psychiatry  
2000 - Present Member, British Journal of Clini  
2002 - Present Member, American Psychologist  
2005 - Present Editorial Board, Behavior Therapy  
2007 - Present Editorial Board, Cognitive Therapy and Research  
2009 - 2013 Associate Editor, Behavior Therapy  
2010 - Present Editorial Board, Journal of Consulting and Clinical Psychology  
2010 - 2012 Editorial Board, Journal of Abnormal Psychology  
2012 - 2016 Associate Editor, Journal of Consulting and Clinical Psychology  
2013 - Present Associate Editor, Cognitive Therapy and Research

2000 - Present

## **Teaching**

### **Teaching Activity**

#### **International**

10/2014-10/2014 Faculty, Science for Monks, Dharamsala, Himachal Pradesh, India  
12/2015-Present Faculty/Embedded Scientist, Science for Monks, Bylakuppe, Karnataka, India

#### **Institutional**

08/1993-12/1994 Introduction to Personality, University of North Carolina at Chapel Hill, Course  
Instructor  
08/2001-05/2005 Introduction to Personality, Kent State University, Course Instructor  
05/2002-05/2012 Clinical Research Methods, Kent State University, Course Instructor  
01/2003-05/2012 Integration Practicum, Kent State University, Course Instructor  
01/2003-05/2017 Cognitive Behavior Therapy, Kent State University, Course Instructor  
01/2005-12/2016 Abnormal Psychology, Kent State University, Course Instructor  
12/2007-05/2009 Theories of Emotion, Kent State University, Course Instructor  
09/2020-Present "These mountains that you are carrying, you were only supposed to climb:  
Understanding and resolving the burden of distress" QMP Seminar, University of  
Michigan, Institute for Social Research

## Dissertation Committees

|                 |  |
|-----------------|--|
| 01/2006-Present | Stephanie Wolfson, Psychology, Kent State University, Department of Psychological Sciences, Committee Member   |
| 01/2006-Present | Michael T. Moore, Doctoral Candidacy: Depressive Realism: A meta-analytic review, Kent State University, Department of Psychological Sciences, Chair   |
| 01/2007-Present | Erin Young, Psychology, Kent State University, Department of Psychological Sciences, Committee Member  |
| 01/2007-Present | Nina Rytwinski, Doctoral Candidacy: Is depression associated with a negative attentional bias?: A meta-analytic review, Kent State University, Department of Psychological Sciences, Chair   |
| 01/2009-Present | Michael Arney, Psychology, Kent State University, Department of Psychological Sciences, Committee Member   |
| 01/2009-Present | Michael T. Moore, Memory Biases and Depressive Realism, Kent State University, Department of Psychological Sciences, Chair   |
| 01/2009-Present | Emily A. P. Haigh, Relationship of depressive rumination and decentering to mood repair in the context of an emotion evocation paradigm, Kent State University, Department of Psychological Sciences, Chair                                |
| 01/2009-Present | Nina K. Rytwinski, Do People with Symptoms of Depression Exhibit a Negative Attentional Bias or Depressive Evenhandedness?", Kent State University, Department of Psychological Sciences, Chair  |
| 01/2009-Present | Eftihia Linardatos, Doctoral Candidacy: Emotional Face Recognition in Depression: A Meta-Analytic Review, Kent State University, Department of Psychological Sciences, Chair   |
| 01/2009-Present | Brittain Lamoureux, Doctoral Candidacy: Treating Comorbid Posttraumatic Stress and Substance Use Disorders: A Meta-Analytic Review, Kent State University, Department of Psychological Sciences, Chair                                     |
| 01/2010-Present | Jennifer Aakre, psychology, Kent State University, Department of Psychological Sciences, Committee Member  |
| 01/2010-Present | Katherine Blackbird, Comparative Literature, Kent State University, Department of English, Committee Member  |
| 01/2010-Present | Brittain Lamoureux, Predictors of Psychological Well-Being in Inner City Women: Examining Trajectories of Resistance, Resilience, and Distress, Kent State University, Department of Psychological Sciences, Chair                         |
| 01/2011-Present | Kerri Pinna, Psychology, Kent State University, Department of Psychological Sciences, Committee Member   |
| 01/2011-Present | Eftihia Linardatos, Facial emotion recognition in generalized anxiety disorder and major depressive disorder", Kent State University, Department of Psychological Sciences, Chair  |
| 01/2011-Present | Shauna L. Clen, Association of Meta-Cognitive Reactions to Negative Emotions to Anxiety and Depressive Pathology, Kent State University, Department of Psychological Sciences, Chair   |
| 01/2011-Present | Shauna Clen, Doctoral Candidacy: The experimental induction of sadness: A meta-analytic review, Kent State University, Department of Psychological Sciences, Chair   |
| 01/2013-Present | Jessica J. Flynn, Getting Stuck in Fear as a Marker of one Anxiety Disorder: Generalized Social Phobia, Kent State University, Department of Psychological Sciences, Co-Chair  |
| 01/2014-Present | Kathrine Shepherd, Doctoral Candidacy: Stepping back to get a better view: A review of salutary effects of metacognitive interventions in the classroom and the clinic, Kent State University, Department of Psychological Sciences, Chair |

|                 |  |
|-----------------|--|
| 01/2015-Present | Kathrine Shepherd, Validation of a self-distancing task in experienced meditators and meditation naïve individuals, Kent State University, Department of Psychological Sciences, Chair   |
| 01/2017-Present | Ryan Lackner, Doctoral Candidacy: Integrating Resting-State Functional Connectivity Findings with a Proposed Model of Self-referential Dysfunction in Depression and Anxiety, Kent State University, Department of Psychological Sciences, Chair |
| 01/2018-Present | Lindsay Matt, Psychology, Kent State University, Department of Psychological Sciences, Committee Member  |
| 01/2018-Present | Ryan Lackner, Out of the mind and into the body: Does switching modes of self-reference reduce perseverative cognition?, Kent State University, Department of Psychological Sciences, Chair  |

## **Memberships in Professional Societies**

|                |  |
|----------------|--|
| 1999 - Present | Member, Association for Behavioral and Cognitive Therapies (ABCT) (formerly Association for Advancement of Behavior Therapy) |
| 2002 - Present | Member, Mindfulness and Acceptance Special Interest Group within ABCT  |
| 2010 - Present | Member, Mind and Life Institute  |
| 2014 - Present | Member, Association for Psychological Science  |
| 2014 - Present | Member, Anxiety and Depression Association of America  |

## **Committee/Service**

### **National**

|                |   |
|----------------|---|
| 2004 - 2006    | Interventions Review committee (ITV), National Institute of Mental Health, Other, Ad Hoc temporary membee |
| 2005 - 2008    | Publications Committee, Association for Behavioral and Cognitive Therapies, Member                        |
| 2009 - Present | Interventions review committee, National Institute of Mental Health, Other, Temporary Member Ad Hoc       |
| 2012 - 2013    | Interventions Review Committee (ITV), National Institute of Mental Health, Other, Temporary member ad hoc |

### **Institutional**

|             |   |
|-------------|---|
| 2001 - 2020 | Department of Psychological Sciences, Kent State University, Clinical Training Committee (CTC), Member                    |
| 2006 - 2007 | Psychopathology Search Committee, Department of Psychological Sciences, Kent State University, Member                     |
| 2006 - 2008 | Mass Testing, Department of Psychological Sciences, Kent State University, Faculty Convener                               |
| 2006 - 2008 | Resources and Development Committee, Department of Psychological Sciences, Kent State University, Member                  |
| 2006 - 2008 | Psychology Department Colloquium Series, Department of Psychological Sciences, Kent State University, Member, Coordinator |
| 2007 - 2008 | Department Webpage Committee, Department of Psychological Sciences, Kent State University, Member                         |
| 2007 - 2008 | APC Review Committee, Ad Hoc, Department of Psychological Sciences, Kent State University, Member                         |
| 2007 - 2008 | APC Review Committee, Ad Hoc, Department of Psychological Sciences, Kent State University, Member                         |
| 2008        | Department of Psychological Sciences, Kent State University, Kent State Public  |

|             |  |
|-------------|--|
|             | Health Group, Ad Hoc, Member   |
| 2008        | Kent State Public Health Group, Ad Hoc, Department of Psychological Sciences, Kent State University, Member                        |
| 2008 - 2009 | Undergraduate Curriculum Committee, Department of Psychological Sciences, Kent State University, Member                            |
| 2009        | Committee on Transfer Credits and Course Equivalences, Ad Hoc, Department of Psychological Sciences, Kent State University, Member |
| 2009 - 2010 | Subject Pool, Department of Psychological Sciences, Kent State University, Faculty Convener  |
| 2009 - 2017 | Resources and Development Committee, Department of Psychological Sciences, Kent State University, Member                           |
| 2010 - 2011 | Department Art Committee, Department of Psychological Sciences, Kent State University, Member                                      |
| 2011        | Committee to develop fMRI research capabilities, Ad Hoc, Department of Psychological Sciences, Kent State University, Member       |
| 2011 - 2017 | Psyche, Department of Psychological Sciences, Kent State University, Other, Cub Reporter   |
| 2014 - 2015 | Undergraduate Research Symposium, Kent State University, Other, Judge  |
| 2018 - 2020 | Undergraduate Curriculum Committee, Department of Psychological Sciences, Kent State University, Member                            |
| 2019 - 2020 | Development Committee, Department of Psychological Sciences, Kent State University, Member   |

## Scholarly Activities

### Presentations

#### Extramural Invited Presentation

##### Keynote

1. "Seeing clearly in the mind's eye: The relationship of decentering to mood and anxiety disorders and health behavior change.", **Fresco DM**, Invited Keynote Address at the Conferinta Nationala Psihoterapia Cognitiv-Comportamentala, Universitatea Babes-Bolyai, 09/2018, Cluj-Napoca, Romania

##### Speaker

1. "Third Wave Behavior Therapies: Making room in the black box for Emotion, Mindfulness, and Acceptance", **Fresco DM**, Department of Psychiatry, Summa Health System, 07/2005, Akron, OH

2. "A Brief Introduction to Mindfulness Based Cognitive Therapy for Depression", **Fresco DM**, Shaw Jewish Community Center, Summa Health System, 04/2008, Akron, OH

3. "Explanatory Flexibility: A Potential Antidote to Emotional Reactivity", **Fresco DM**, Department of Psychology, Baldwin-Wallace College, 09/2008, Berea, OH

4. "An emotion regulation framework for treating generalized anxiety disorder: Rationale and preliminary findings", **Fresco DM**, Department of Psychology, Drexel University, 10/2011, Philadelphia, PA

5. "Emotion Regulation Therapy for complex and refractory presentations of anxiety and depression", **Fresco DM**, Department of Psychiatry, Summa Health System, 02/2012, Akron, OH, USA

6. "An Emotion Regulation-Based Approach to Treating Generalized Anxiety and Co-Occurring Depression.", **Fresco DM**, Department of Psychology, Case Western Reserve University, 01/2013, Cleveland, OH

7. "Beyond the DSM: Delineating behavioral and biological markers associated with mood and anxiety disorders.", **Fresco DM**, Department of Psychiatry, Case Western Reserve University, 01/2013, Cleveland, OH

8. "An Emotion Regulation-Based Approach to Treating Generalized Anxiety and Co-Occurring Depression.", **Fresco DM**, Frances Payne Bolton School of Nursing, Case Western Reserve University,

02/2013, Cleveland, OH, USA

9. "An Emotion Regulation-Based Approach to Treating Generalized Anxiety and Co-Occurring Depression." The Morley-Mather Lecture in Neuropsychiatry, **Fresco DM**, Departments of Neurology and Psychiatry, Case Western Reserve University, 03/2013, Cleveland, OH
10. "An Emotion Regulation-Based Approach to Treating Generalized Anxiety and Co-Occurring Depression.", **Fresco DM**, Frances Payne Bolton School of Nursing, Case Western Reserve University, 03/2013, Cleveland, OH
11. "Emotion Regulation Therapy for complex and refractory presentations of anxiety and depression.", **Fresco DM**, Invited colloquium, Department of Psychology, University of Arizona, 02/2014, Tucson, AZ
12. Emotion Regulation Therapy: An affect science based approach to chronic anxiety and recurring depression, **Fresco DM**, Invited workshop at the annual meeting of the British Association for Behavioural and Cognitive Psychotherapies (BABCP), 07/2014, Birmingham, UK
13. Decentering from distress: Regulating negative emotion by increasing psychological distance., **Fresco DM**, Invited address at the annual meeting of the British Association for Behavioural and Cognitive Psychotherapies (BABCP), 07/2014, Birmingham, UK
14. "Emotion Regulation Therapy: A Psychotherapy for Anxious Depression Enriched with Contemplative Practices", **Fresco DM**, An invited address at Third Cosmology and Consciousness Conference, 11/2014, Dharamsala, India
15. Emotion Regulation Therapy: A new approach for chronic anxiety and recurring depression., **Fresco DM**, Invited workshop at the annual meeting of the Association for Behavioral and Cognitive Therapies, 11/2014, Philadelphia, PA
16. Emotion Regulation Therapy – a new integrative approach for treating emotional disorders, **Fresco DM**, Invited 2-day workshop at the United Centre of Emotional Health and Positive Living (NGO), 12/2014, Hong Kong, China
17. "Emotion Regulation Therapy for complex and refractory presentations of anxiety and depression.", **Fresco DM**, Invited colloquium, Department of Psychiatry, VA Palo Alto Health Care System, 03/2015, Palo Alto, CA
18. Mindfulness Meditation: A review of the neurobehavioral bases and far-reaching health protective benefits of this concentrative practice, **Fresco DM**, Invited address to the Ohio Combined Public Health Conference, 05/2015, Columbus, OH
19. Western conceptualizations of helpful and destructive forms of the self., **Fresco DM**, Invited address at the Sera Jey Monastery, 07/2016, Bylakuppe, India
20. Emotion Regulation Therapy, **Fresco DM**, Invited institute at the annual meeting of the Association for Behavioral and Cognitive Therapies, 10/2016, New York, NY
21. Emotion Regulation Therapy, **Fresco DM**, Invited workshop at the annual meeting of the Anxiety and Depression Association of America, 04/2017, San Francisco, CA
22. "Seeing Clearly in the Mind's Eye: An Affect Science Approach to Depression and Health Behavior Change", **Fresco DM**, Department of Psychiatry, University of Michigan, 05/2017, Ann Arbor, MI
23. "Emotion Regulation Therapy for complex and refractory presentations of anxiety and depression.", **Fresco DM**, National Institute of Mental Health and Neurosciences, 07/2017, Bangalore, India
24. Helpful and destructive conceptualizations of the self from a Western Perspective, **Fresco DM**, Invited address at the Namdroling Monastery, 08/2017, Bylakuppe, India
25. "Helpful and destructive conceptualizations of the self from a Western Perspective", **Fresco DM**, Ngagyur Nyingma Nunnery, 08/2017, Bylakuppe, India
26. Emotion Regulation Therapy, **Fresco DM**, Invited institute at the annual meeting of the Association for Behavioral and Cognitive Therapies, 11/2017, San Diego, CA
27. Emotion Regulation Therapy. Invited workshop at the Conferinta Nationala Psihoterapia Cognitiv-Comportamentala, **Fresco DM**, Universitatea Babes-Bolyai, 09/2018, Cluj-Napoca, Romania
28. Emotion Regulation Therapy for worry, rumination, and other self-referential processes, Part I (8 hours), **Fresco DM**, Invited workshop at The Fourth International Congress of Rational Emotive Behavior Therapy: The Role of "The Classics" in the Present and Future of Psychology Universitatea Babes-Bolyai,

09/2019, Cluj-Napoca, Romania

29. Emotion Regulation Therapy for worry, rumination, and other self-referential processes, Part II (3.5 hours), **Fresco DM**, Invited workshop at The Fourth International Congress of Rational Emotive Behavior Therapy: The Role of "The Classics" in the Present and Future of Psychology, Universitatea Babes-Bolyai, 09/2019, Cluj-Napoca, Romania

30. Emotion Regulation Therapy: Translating Affect Science Principles to Improve Clinical Outcomes for Refractory Disorders, **Fresco DM**, Grand Rounds, School of Psychological Sciences, Tel Aviv University, 12/2019, Tel Aviv, Israel

31. "Emotion Regulation Therapy: Translating Affect Science Principles to Improve Clinical Outcomes for Refractory Disorders", **Fresco DM**, Grand Rounds, Department of Psychiatry, University of Utah, 02/2020, Salt Lake City, UT

32. Emotion Regulation Therapy to reduce and resolve Worry, Rumination, and other Self-Referential Processes, **Fresco DM**, Center for Complicated Grief, Columbia University School of Social Work, 09/2020, New York, NY

33. Emotion Regulation Therapy for informal cancer caregivers, **Fresco DM**, Memorial Sloan Kettering, 12/2020, New York, NY

34. Emotion Regulation Therapy: A Workshop., Mennin DS, **Fresco DM**, Invited Workshop, Bespoke Mental Health: Canada, 12/2024, Remote Workshop

### **Other**

1. "Emotion Regulation Therapy for complex and refractory presentations of anxiety and depression.", Department of Psychiatry, Summa Health System, 02/2012, Akron, OH

2. Emotion Regulation Therapy for Generalized Anxiety Disorder., **Fresco DM**, Mennin DS, Heimberg RG, Ritter M, Despite the success of cognitive behavioral therapies (CBT) for emotional disorders, a sizable subgroup of patients with complex clinical presentations, such as patients with generalized anxiety disorder, fails to evidence adequate treatment response. Emotion Regulation Therapy (ERT) integrates facets of traditional and contemporary CBTs, mindfulness, and emotion-focused interventions within a framework that reflects basic and translational findings in affect science. Specifically, ERT is a mechanism-targeted intervention focusing on patterns of motivational dysfunction while cultivating emotion regulation skills. Open and randomized controlled psychotherapy trials have demonstrated considerable preliminary evidence for the utility of this approach as well as for the underlying proposed mechanisms. This article provides an illustration of ERT through the case of "William." In particular, this article includes a case-conceptualization of William from an ERT perspective while describing the flow and progression of the ERT treatment approach., Workshop presented at CBT-DBT Associates, 08/2013, United States

### **Intramural Invited Presentation**

#### **Speaker**

1. These mountains that you are carrying, you were only supposed to climb: Understanding and resolving the burden of distress, **Fresco DM**, Institute for Social Research, University of Michigan, 09/2020, Ann Arbor, Michigan

2. Which Comes First - the Symptoms or the Diagnosis? Examining the First Symptoms Reported in Patients with Diabetic Retinal Diseases Elicited from In-Depth Interviews, Mayotte T, Farjo R, **Fresco DM**, Jayasundera KT, Abstract and Oral Presentation at The Kellogg Eye Center's 41st Annual Research Day. Ann Arbor MI, Kellogg Eye Center, 05/2025, Ann Arbor Michigan

### **Publications/Scholarship**

(Co-First Author \*; Corresponding author \*\*; Co-Last author \*\*\*)

### **Peer-Reviewed**

#### **Journal Article**

1. Alloy LB, Reilly-Harrington N, **Fresco DM**, Whitehouse WG, Zechmeister JS: Cognitive styles and life events in subsyndromal unipolar and bipolar disorders: Stability and prospective prediction of depressive and hypomanic mood swings. *Journal of Cognitive Psychotherapy: An International Quarterly*.13(1): 21-40, 01/1999

2. **Fresco DM**, Heimberg RG: Empirically supported treatments for social phobia. *Psychiatric Annals*.31: 489-500, 01/2001
3. **Fresco DM**, Sampson WS, Craighead LW, Koons AN: The relationship of sociotropy and autonomy to symptoms of depression and anxiety. *Journal of Cognitive Psychotherapy: An International Quarterly*.15(1): 17-31, 01/2001
4. **Fresco DM**: Empirically supported psychological treatments for social phobia. *Psychiatric Annals*.31(8): 489-496, 01/2001
5. Coles ME, Turk CL, Heimberg RG, **Fresco DM**: Effects of varying levels of anxiety within social situations: relationship to memory perspective and attributions in social phobia. *Behav Res Ther*.39(6): 651-665, 06/2001. PM11400710
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