

CURRICULUM VITAE

James W. Hopper, Ph.D.

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Office Address: Cambridge, Massachusetts

Education

1988 B.A. *cum laude*, University of Rochester (History)

1997 Ph.D. *summa cum laude*, University of Massachusetts Boston (Clinical Psychology)

Postdoctoral Training

1997-1999 Postdoctoral Fellow, The Trauma Center, Department of Psychiatry, Boston University School of Medicine

2003-2006 Postdoctoral Fellow, Behavioral Psychopharmacology Research Laboratory, Department of Psychiatry, Harvard Medical School, McLean Hospital

Licensure and Certification

2000- Clinical Psychologist, Massachusetts

Clinical Activities

2002- Small private practice including clients with PTSD and complex posttraumatic symptoms and problems associated with child abuse.

Forensic Consulting

2003- Expert witness for child abuse related mitigation in capital cases, various PTSD-related cases, and recovered memories of sexual abuse.

Academic Appointments

1995-2000 Adjunct Instructor, Department of Psychology, University of Massachusetts Boston

1997-2003 Research Associate, Department of Psychiatry, Boston University School of Medicine

2001-2005 Adjunct Instructor, Department of Psychiatry, Faculty of Medicine and Dentistry, University of Western Ontario

2003-2006 Research Fellow in Psychology, Department of Psychiatry, Harvard Medical School

2006- Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Hospital or Affiliated Institution Appointments

1992-1993 Half-time Predoctoral Psychology Intern, Counseling Center, The New England Conservatory of Music, Boston, MA

1993-1994 Half-time Predoctoral Psychology Intern, Outpatient Psychiatry Department, The Cambridge Hospital, Cambridge, MA

1994-1995 Psychology Testing Fellow, Outpatient Psychiatry Department, The Cambridge Hospital, Cambridge, MA

- 1996-1997 Predoctoral Psychology Intern, University Health Services Mental Health Division, University of Massachusetts, Amherst, MA
- 1997-1999 Postdoctoral Psychology Fellow, The Trauma Center and HRI Hospital, Brookline, MA
- 1997-1999 Assistant Director of Research, The Trauma Center and HRI Hospital, Brookline, MA

Awards and Honors

- 1986 Donald Park's "Dexter Perkins Prize" in History, University of Rochester
- 1994 "Book Award" for Excellence on Comprehensive Exam, University of Massachusetts Boston
- 2004-2005 Livingston Fellowship, Harvard Medical School Department of Psychiatry

Editorial Boards

- 2005- Ad hoc reviewer Journal of Traumatic Stress
- 2005- Ad hoc reviewer Psychological Bulletin
- 2007- Ad hoc reviewer Drug and Alcohol Dependence
- 2008- Ad hoc reviewer Biological Psychology
- 2008- Ad hoc reviewer Journal of Psychiatric Research
- 2008- Ad hoc reviewer Psychiatric Research – Neuroimaging

Professional Societies

- 1991- American Psychological Association (Member)
- 1996- International Society for Traumatic Stress Studies (Member)
- 1997- National Organization on Male Sexual Victimization (Member)
- 1999- Society for Psychophysiological Research (Member)

Teaching

Local Contributions

Undergraduate courses, Department of Psychology, University of Massachusetts Boston

- 1994 Personality Theory, Course Director/Instructor (Fall Term)
- 1995 Personality Theory, Course Director/Instructor (Spring Term)
- 1995 Personality Theory, Course Director/Instructor (Fall Term)
- 1995 Abnormal Psychology, Course Director/Instructor (Fall Term)
- 1996 Personality Theory, Course Director/Instructor (Summer, First Term)
- 1996 Personality Theory, Course Director/Instructor (Summer, Second Term)
- 1998 Psychological Trauma, Course Director/Instructor (Summer, First Term)
- 1998 Psychological Trauma, Course Director/Instructor (Summer, Second Term)
- 1999 Psychological Trauma, Course Director/Instructor (Spring Term)
- 2000 Psychological Trauma, Course Director/Instructor (Summer, First Term)
- 2002 Psychological Trauma, Course Director/Instructor (Fall Term)

Invited teaching presentations

- 2000 Lecture, "The Biology of Trauma: Dysregulation of the Embodied Self," Core Seminar for the Certificate Program in Traumatic Stress Studies of The Trauma Center, Brookline, MA.

- 2000 Lecture, "Frameworks for Connecting the Biology of Trauma to Clinical Practice," opening presentation of a one-day public workshop, "Integrative and Eclectic Approaches to Psychological Trauma," Provincetown, MA.
- 2001 Lecture, "Clinical Implications of Traumatic Memory Research: Phenomenology, Symptoms, and Biology," Public Lecture Series, The Trauma Center, Brookline, MA.
- 2001 Lecture, "Posttraumatic Stress Disorder: Diagnosis, Clinical Phenomenology and Treatment," Pfizer-sponsored Clinician Education Series, Beth Israel Hospital, Brookline, MA.
- 2001 Lecture, "Psychological Trauma and Biology," New England Region Public Lecture Series, Ben Gurion University, Public Library, Newton, MA.
- 2002 Lecture, "A Perspective on the Brain and Trauma," Public Lecture Series, The Trauma Center, Brookline, MA.
- 2002 Lecture, "Clinical Implications of Psychophysiology and Neuroimaging and Findings in PTSD," Annual Conference on Psychological Trauma, Boston University School of Medicine, Boston, MA.
- 2003 Lecture, "The Biology of Trauma: Dysregulation of the Embodied Self," Postdoctoral Seminar Series, Victims of Violence Program, Central Hospital, Somerville, MA.
- 2004 Lecture, "Neurobiology of Trauma," Annual Conference on Psychological Trauma, Boston University School of Medicine, Boston, MA.
- 2004 Lecture, "The Biology of Trauma: Dysregulation of the Embodied Self," Postdoctoral Seminar Series, Victims of Violence Program, Central Hospital, Somerville, MA.
- 2005 Lecture, "Clinical Implications of Neuroscience Research for the Treatment of Traumatized Adults," Annual Conference on Psychological Trauma, Boston University School of Medicine, Boston, MA.
- 2005 Lecture, "Psychobiological Measures and Methodologies in Psychological Trauma Research," Postdoctoral Research Seminar Series, Victims of Violence Program, Central Hospital, Somerville, MA.
- 2006 Lecture, "Marijuana Intoxication and 'Cognitive Disinhibition' – An Integrative Model and Clinical Implications," Neurophysiology Seminar Series, Center for Sleep & Cognition, Beth Israel Deaconess Medical Center & Harvard Medical School, Boston, MA.
- 2006 One-day workshop, "Transforming Trauma with Mindfulness and Lovingkindness: Psychological Practices and Brain Processes," with Drs. Deborah Rozelle and Elizabeth Call, The Trauma Center & Boston University School of Medicine, Brookline, MA.
- 2007 One-day workshop, "Mindfulness, Meditation, and Clinical Practice: Traditional Buddhist and Cutting Edge Neuroscience Perspectives," one-day workshop for New Hampshire Mental Health Counselors Association, Manchester, NH.
- 2008 Keynote, "Reconditioning Traumatized Minds and Brains: Parallels Between Neuroscience and Buddhism," Annual Conference on Psychological Trauma, Boston University School of Medicine, Boston, MA.
- 2009 Lecture, "The Marijuana High and How It Works: Cognitive and Brain Processes. Neuroscience Lecture Series, Department of Psychology, Worcester State College, Worcester, MA.

- 2009 Lecture, "Trauma and Biology: Dysregulation of the Embodied Self," Annual Conference on Psychological Trauma, Boston University School of Medicine, Boston, MA.

Regional, national and international contributions

Invited presentations

- 2004 Two-day workshop, "Child Abuse and Problems with Self-Regulation: Research and Treatment." Department of Counseling, Idaho State University, Pocatello, Idaho.
- 2005 Lecture, "Child Abuse-related PTSD, Self-Regulation Deficits and Substance Use in Women." Substance Abuse Seminar Series, Department of Psychiatry, Yale University School of Medicine, New Haven, Connecticut.
- 2006 Plenary, "Male Sexual Assault Victims: Special Issues." Sexual Assault Response Coordinator Conference, United States Department of Defense Sexual Assault Prevention and Response Office, St. Louis, Missouri.
- 2006 Plenary, Dr. Frank Giesber Lecture, "From Posttraumatic Aversion and Addiction to Healing and Love: Brain Processes and Disciplined Practices to Recondition Them." Annual Krost Symposium, Texas Lutheran University, Seguin, Texas.
- 2007 Plenary, "Ecological Momentary Assessment in Substance Abuse Research." NIDA International Forum, Technological Innovations to Build International Research Capacity, Quebec City, Canada.
- 2008 Lecture, "The Neurobiology of Trauma," Michigan Victims Assistance Academy, United States Office for Victims of Crime Training and Technical Assistance Center, Ann Arbor, Michigan.
- 2008 Lecture, "Reconditioning Traumatized Minds and Brains: Parallels Between Neuroscience and Buddhism." Bi-annual conference in "Brain, Mind and Body: Trauma, Neurobiology, and the Healing Relationship," School of Medicine and Dentistry, University of Western Ontario, London, Ontario.
- 2008 One-day workshop, "Trauma and PTSD: Implications for Getting Accurate Victim Testimony." Annual Sexual Assault Investigative Training for law enforcement officers and prosecutors in the Upper Connecticut River Valley of New Hampshire and Vermont, co-hosted by WISE and the Lebanon Police Department, Lebanon, New Hampshire.
- 2008 Lecture, "Successes and Innovations in Treating Trauma: EMDR and Mindfulness." For mental health professionals in the Upper Connecticut River Valley of New Hampshire and Vermont, hosted by WISE, Lebanon, New Hampshire.
- 2009 Plenary, "Male Victims of Sexual Assault: Emotion, Masculinity, and Values." 2nd Annual United States Army Sexual Harassment/Assault Prevention Summit, Arlington, Virginia.
- 2009 Panel presentation, "Outcome: Neurobiological Perspectives." Neurobiology panel of the Transforming Trauma Leaders Forum, Garrison Institute, Garrison, New York.

Workshops and Retreats

- 2009 Five-day Workshop, "Mindfulness, Yoga, and Neuroscience: Transforming Trauma and Addiction," with Dana Moore, M.A.R., M.A. Kripalu Center for Yoga & Health, Stockbridge, Massachusetts.

Bibliography

1. Lisak D, **Hopper J**, Song P. Factors in the cycle of violence: Gender rigidity and emotional constriction. *J Trauma Stress* 1996;9:721-743.
2. Lisak D, Conklin A, **Hopper J**, Miller P, Altschuler L, Smith B. The Abuse-Perpetration Inventory: Development of an assessment instrument for research on the cycle of violence. *Family Viol Sexual Assault Bull* 2000;16:21-30.
3. **Hopper JW**, van der Kolk BA. Retrieving, assessing, and classifying traumatic memories. *J Aggression, Maltreatment, Trauma* 2001;4:33-71.
4. Osterman JE, **Hopper J**, Heran WJ, Keane TM, van der Kolk BA. Awareness under anesthesia and the development of posttraumatic stress disorder. *Gen Hosp Psychiatry* 2001;4:198-204.
5. van der Kolk BA, **Hopper JW**, Osterman JE. Exploring the nature of traumatic memory. *J Aggression, Maltreatment, Trauma* 2001;4:9-31.
6. Lanius RA, **Hopper JW**, Menon RS. Individual differences in a husband and wife who developed PTSD after a motor vehicle accident: A functional MRI case study. *Am J Psychiat* 2003;160:667-669.
7. Lanius RA, Williamson PC, **Hopper JW**, Boksman K, Densmore M, Gupta MA, Neufeld RWJ, Gati JS, Menon R. Recall of emotional states in posttraumatic stress disorder: An fMRI investigation. *Biol Psychiatry* 2003;53:204-210.
8. Sack M, **Hopper JW**, Lamprecht F. Low respiratory sinus arrhythmia and prolonged psychophysiological arousal in PTSD: Heart rate dynamics and individual differences in arousal regulation. *Biol Psychiatry* 2004;55:284-290.
9. **Hopper JW**, Karlsgodt KH, Adler CM, Macklin EA, Lukas SE, Elman I. Effects of acute cortisol and cocaine administration on attention, recall and recognition task performance in individuals with cocaine dependence. *Hum Psychopharmacol* 2004;19:1-6.
10. **Hopper JW**, Spinazzola J, Simpson WB, van der Kolk BA. Preliminary evidence for parasympathetic influence on basal heart rate in posttraumatic stress disorder. *J Psychosom Res* 2006;60:83-90.
11. **Hopper JW**, Su Z, Looby AR, Ryan ET, Penetar DM, Palmer CM, Lukas SE. Incidence and patterns of polydrug use and craving for ecstasy in regular ecstasy users: An ecological momentary assessment study. *Drug Alcohol Depend* 2006;85:221-235.
12. van der Kolk BA, Spinazzola J, Blaustein M, **Hopper J**, Hopper E, Korn D, Simpson W. A randomized clinical trial of EMDR, fluoxetine and pill placebo in the treatment of PTSD: Treatment effects and long-term maintenance. *J Clin Psychiatry* 2007;68:37-46.
13. **Hopper JW**, Frewen PA, Sack M, Lanius RA, van der Kolk BA. The Responses to Script-Driven Imagery Scale (RSDI): Assessment of state posttraumatic symptoms for psychobiological and treatment research. *J Psychopathol Behav Assess* 2007;20:249-268.
14. **Hopper JW**, Frewen PA, van der Kolk BA, Lanius RA. Neural correlates of reexperiencing, avoidance, and dissociation in PTSD: Symptom dimensions and emotion dysregulation in responses to script-driven trauma imagery. *J Trauma Stress* 2007;22:713-725.
15. Frewen PA, Lanius RA, Dozois DJA, Neufeld RWJ, Pain C, **Hopper JW**, Densmore M, Steven TK. Clinical and neural correlates of alexithymia in PTSD. *J Abnorm Psychol* 2008;117:171-181.
16. **Hopper JW**, Pitman RK, Zhaohui S, Heyman GM, Lasko NB, Macklin LM, Orr SP, Lukas SE, Elman IE. Probing reward function in posttraumatic stress disorder: Expectancy and satisfaction with monetary gains and losses. *J Psychiatr Res* 2008;42;10:802-807.

Web Publications

1. www.1in6.org; September 2008-
1in6, Inc. is a new nonprofit organization that serves men (especially age 18-30) with histories of childhood sexual abuse and people who care about them. I created the structure of this comprehensive web resource, and continue writing virtually all of its written content as well as making revisions based on focus group and survey research on users of the site.
2. Child abuse: Statistics, research, and resources for recovery. www.jimhopper.com/abstats, 55 printed pages. 1996-
Scholarly information and critical thinking tools related to child abuse statistics from the major English-speaking countries, as well as the potential psychological and behavioral effects of child abuse. Also provides recommendations about where to find additional information and help for a variety of relevant issues. Assigned reading for undergraduate courses. Public education impact is suggested by its usual top-four ranking for the phrase "child abuse" on Google and its 500,000+ annual visitors.
3. Recovered memories of sexual abuse: Scientific research and scholarly resources. www.jimhopper.com/memory, 65 printed pages. 1996-
Scholarly information and critical thinking tools related to recovered memories of sexual abuse. Includes seminal research on the existence of this phenomenon, while acknowledging the complexity of the issue. Assigned reading for undergraduate courses. Public education impact is suggested by number one ranking on Google for the phrase "recovered memories," top-ten for "repressed memory" and "repressed memories," and its 80,000+ annual visitors.
4. Sexual abuse of males: Prevalence, possible lasting effects, and resources. www.jimhopper.com/male-ab, 31 printed pages. 1996-
Research and clinical information related to the sexual abuse of males. Audiences are adult and adolescent males with histories of sexual abuse, as well as their spouses, partners, family members and friends. Top 3 Google ranking for the phrases "sexual abuse of males" and "sexual abuse of boys," top-ten for "sexual abuse," and 100,000+ visitors annually.
5. Mindfulness and kindness: Inner source of freedom and happiness. www.jimhopper.com/mindfulness, 35 printed pages. 2005-
Defines mindfulness, explains how the attentional, cognitive, and emotional capacities associated with mindfulness can benefit people, and provides resources for learning to be more mindful. Audiences are adults and mental health professionals. Ranks 3 to 5 on Google for the phrase "mindfulness" and receives 20,000 visitors annually.

Abstracts/Conference Presentations:

1. Hopper JW. Relationships between childhood abuse and perpetration in men. Poster presented at the 9th Annual Meeting of the International Society for Traumatic Stress Studies, San Antonio, Texas, October, 1993.
2. Hopper JW. Masculine gender socialization as a mediator of abuse and perpetration. Poster presented at the 11th Annual Meeting of the International Society for Traumatic Stress Studies, Boston, Massachusetts, November, 1995.
3. Hopper JW. Child abuse, masculine gender socialization, and core emotional incompetencies: Treatment implications of a study of perpetration outcomes in male adolescents. Paper presented at the 13th Annual Conference of the National Adolescent Perpetrator Network. Cherry Hill, New Jersey, April, 1997.

4. Hopper JW. Child abuse, masculine gender socialization, and emotional incompetencies associated with perpetration of violence. Paper presented at the 14th Annual Meeting of the International Society for Traumatic Stress Studies, Washington, D.C., December, 1998.
5. Hopper JW, van der Kolk BA. Evidence for Biological Distinctions Between PTSD and Disorders of Extreme Stress. Paper presented at the 16th Annual Meeting of the International Society for Traumatic Stress Studies, San Antonio, Texas, November, 2000.
6. Hopper JW, van der Kolk BA. Exploring the consequences of approaches to PTSD psychophysiology data. Paper presented at the 18th Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, Maryland, November, 2002.
7. Hopper JW, van der Kolk BA, Spinazzola J, Blaustein M, Simpson W. Transforming traumatic memories: Differential effects of EMDR and fluoxetine and a new treatment outcome measure. Paper presented at the 19th Annual Meeting of the International Society for Traumatic Stress Studies, Chicago, Illinois, October, 2003.
8. Hopper, JW. Treating intrusive PTSD memories: Differential effects of standard psychological and pharmacological interventions assessed with symptom provocation. Paper presented at the 59th Annual Scientific Convention of the Society of Biological Psychiatry, New York, May 2004.
9. Hopper JW. Internet research options and issues: A brief overview (Introduction to "Abuse.com" Symposium). Oral presentation at the 66th Annual Meeting of the College of Problems on Drug Dependence, San Juan, Puerto Rico, June, 2004.
10. Hopper, JW, Sack, M, Lanius, RA, van der Kolk, BA. Development of the Responses to Script-Driven Imagery Scale (RSDI). Paper presented at the 20th Annual Meeting of the International Society for Traumatic Stress Studies, New Orleans, Louisiana, November, 2004.
11. Hopper JW, Cote M, Lukas, SE. Self-medication in women with Posttraumatic Stress Disorder and marijuana and/or alcohol use disorders: A laboratory study of drug effects. Poster presented at the 67th Annual Meeting of the College of Problems on Drug Dependence, Orlando, Florida, June, 2005.
12. Hopper, JW, Spinazzola, J, van der Kolk, BA. Evidence for parasympathetic influence on basal heart rate and heart rate reactivity in PTSD. Paper presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies, Toronto, Canada, November, 2005.
13. Hopper JW, Su Z, Looby AR, Ryan ET, Penetar DM, Palmer CM, Lukas, SE. Incidence and patterns of polydrug use and craving for ecstasy in regular ecstasy users: An ecological momentary assessment study. Poster presented at the 68th Annual Meeting of the College of Problems on Drug Dependence, Scottsdale, Arizona, June, 2006.
14. Hopper JW, Tracy AJ, Lukas SE. Development of a model-based self-report measure of marijuana's subjects effects: A preliminary web-based study. Poster presented at the 69th Annual Meeting of the College of Problems on Drug Dependence, Quebec City, Canada, June, 2007.