

Alexander J. Williams, PhD

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EXPERIENCE

Psychology Program Director, Edwards Campus 2016 – present
Associate Teaching Professor
University of Kansas
Lawrence, KS & Overland Park, KS

- Supervise other psychology professors, adjuncts and graduate teaching assistants
- Conduct research on psychotherapy
- Develop course and program curricula
- Teach multiple upper-level undergraduate psychology courses each semester, as well as Campus Honors Capstone Seminar and interdisciplinary Liberal Arts & Sciences Senior Capstone Seminar
- Instruct 7 graduate students per semester in provision of clinical services
- Student course evaluations are consistently above department average and over 4.5 on 5-point scale
- Oversee program budget
- Coordinate with Student Success Coach
- Advise students

Director of Psychological Clinic 2017 – present
University of Kansas – Edwards Campus
Overland Park, KS

- Founded, developed, and administer clinic for 2000+ student campus
- As practicing psychologist, provide evidence-based psychotherapy and assessments for variety of referral concerns
- Supervise other psychologists as well as PhD students in provision of services
- Consult with other medical professionals (physicians, nurse practitioners, etc.)
- Create new programming
- Licensed Psychologist, State of Kansas (License #: LP 2568)
- Licensed Psychologist, State of Missouri (License #: 2019017416)
- PsyPACT (Mobility #: 5252)

PEER-REVIEWED PUBLICATIONS

Williams, A.J., Botanov, Y., Giovanetti, A.K., Perko, V.L., Sutherland, C.L., Youngren, W., & Sakaluk, J.K. (2023). A metascientific review of the evidential value of Acceptance and Commitment Therapy for depression. *Behavior Therapy*, 54(6), 989-1005.
<https://doi.org/10.1016/j.beth.2022.06.004>

Sakaluk, J. K., De Santis, C., Kilshaw, R., Pittelkow, M. M., Brandes, C. M., Boness, C. L., Botanov, Y., Williams, A.J. ... & van Ravenzwaaij, D. (2023). Reconsidering what makes syntheses of psychological intervention studies useful. *Nature Reviews Psychology*, 2, 569–583. <https://doi.org/10.1038/s44159-023-00213-9>

Sakaluk, J. K., Williams, A.J., & Botanov, Y. (2021). Prioritization, evaluation, and promotion of replicability for clinical psychology research: a comment on Pittelkow et al. (2021). *Clinical Psychology: Science and Practice*, 28(2), 222–225. <https://doi.org/10.1037/cps0000029>

Williams, A. J., Botanov, Y., Kilshaw, R. E., Wong, R. E., & Sakaluk, J. K. (2021). Potentially harmful therapies: a meta-scientific review of evidential value. *Clinical Psychology: Science and Practice*, 28(1), 5-18. <https://doi.org/10.1111/cpsp.12331>

Sakaluk, J.K.*, Williams, A.J.*, Kilshaw, R.E., & Rhyner, K.T. (2019). Evaluating the evidential value of empirically supported psychological treatments (ESTs): a meta-scientific review. *Journal of Abnormal Psychology*, 128, 500-509. <https://doi.org/10.1037/abn0000421> (*co-first authors)

Hartz, S. M., Oehlert, M., Horton, A. C., Gruzca, R. A., Fisher, S. L., Culverhouse, R. C., ... Williams, A.J. ... (2018). Daily drinking is associated with increased mortality. *Alcoholism: Clinical and Experimental Research*, 42(11), 2246-2255.

Sakaluk, J.K., Williams, A.J., & Biernat, M.R. (2014). Analytic review as a solution to the misreporting of statistical results in psychological science. *Perspectives on Psychological Science*, 9(6): 652-660.

Christenson, K.M., Williams, A.J., Williams, R.H., Hawkins, G.A., Boothe, D.B.R., & Sampson, K.M. (2012). Can a simulation game change adolescent cystic fibrosis patients' attitudes toward medical adherence? *Games for Health Journal*, 1(2): 129-133.

Ferguson, B., Williams, A.J., Williams, R.H., Bingham, P., & Christenson, K.M. (2012). Games for cystic fibrosis: creating the will to get better. *Games for Health Journal*, 1(2): 90-95.

Williams, A.J., & Williams, R.H. (2011). Multiple identification theory: attitude and behavior change in a simulated international conflict. *Simulation & Gaming*, 42(6): 733-747.

Williams, R.H., & Williams, A.J. (2010). One for all and all for one: building cooperative attitudes and behaviors in a Middle Eastern scenario with simulation games and multiple identification theory. *Simulation & Gaming*, 41(2): 187-207.

Williams, A.J., & Williams, R.H. (2008). Red light, green light: Altering attitudes about climate change with a “game practice” simulation game. *Spanish Journal of Political Psychology*, 19(2): 71-84.

Williams, R.H., & Williams, A.J. (2007). In pursuit of peace: Attitudinal and behavioral change with simulations and multiple identification theory. *Simulation & Gaming*, 38(4): 453-471.

BOOK CHAPTERS

Botanov, Y., Williams, A. J., Sakaluk, J. K., & Kilshaw, R. E. (2024). Harmful mental health interventions. In Stea, J. N., & Hupp, S. (Eds.), *Investigating clinical psychology: Pseudoscience, fringe science, and controversies*. Routledge.

Sharp, K.L., Williams, A.J., Rhyner, K.T., & Ilardi, S.S. (2013). The clinical interview. In K.F. Geisinger (Ed.), *APA Handbook of Testing and Assessment in Psychology: Vol. 2, Testing and Assessment in Clinical and Counseling Psychology* (pp. 103-117). American Psychological Association.

SELECTED NON-PEER REVIEWED PUBLICATIONS

Williams, A.J. (2023, April 26). Bailey's rules will needlessly and callously hurt people. *St. Louis Post-Dispatch*. https://www.stltoday.com/article_05778d9a-e3ab-11ed-b63d-0356b5390977.html

Botanov, Y., Williams, A.J., & Sakaluk, J.K. (2022, May 19). Bad therapy. *Aeon Magazine*. <https://aeon.co/essays/psychotherapy-is-meant-to-help-but-what-about-when-it-harms>

Sakaluk, J.K., Williams, A.J., & Botanov, Y. (2021, September 14). Some psychological interventions are more harmful than helpful. *Scientific American*. <https://www.scientificamerican.com/article/some-psychological-interventions-are-more-harmful-than-helpful/>

Williams, A.J., & Sakaluk, J.K. (2020, February 24). The evidence for evidence-based therapy is not as clear as we thought. *Aeon Magazine*. <https://aeon.co/ideas/the-evidence-for-evidence-based-therapy-is-not-as-clear-as-we-thought>

Sakaluk, J.K., Williams, A.J., Kilshaw, R.E., & Rhyner, K.T. (2020, January 2). Making meaning of mixed evidential value for research on Empirically Supported Treatments (ESTs). *Society of Clinical Psychology Blog*. <https://www.div12.org/making-meaning-of-mixed-evidential-value-for-research-on-empirically-supported-treatments-ests/>

SELECTED CONFERENCE PRESENTATIONS

Kirk, S.B., & Williams, A.J. (2022, August). Learning that last: use of deliberate practice in teaching spaces [Conference session]. University of Kansas Teaching Summit, Lawrence, KS, United States.

Williams, A.J. (2022, May). Lessons learned from syntheses of evidential value in psychotherapy research [Conference session]. Association for Psychological Science Annual

Convention, Chicago, IL, United States.

<https://www.psychologicalscience.org/conventions/2022-aps-annual-convention>

Williams, A.J. (2021, November). A metascientific review of the evidential value of Acceptance and Commitment Therapy for depression [Conference session]. Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA, United States. <https://www.abct.org/2021-convention/>

Williams, A.J., & Cheng, C.A. (2020, June 10–13). Don't just talk at 'em! Putting together engaging case presentations [Conference session]. Big 12 Teaching & Learning Conference, Overland Park, KS, United States. <https://edwardscampus.ku.edu/big-12> (Presentation accepted; conference canceled)

Williams, A.J., & Braitman, K. (2020, June 10–13). The student and the shadow: mental health in the classroom [Conference session]. Big 12 Teaching & Learning Conference, Overland Park, KS, United States. <https://edwardscampus.ku.edu/big-12> (Presentation accepted; conference canceled)

Williams, R.H., & Williams, A.J. (2020, June 10–13). The play's the thing: transferring theory to practice in the classroom with simulation games [Conference session]. Big 12 Teaching & Learning Conference, Overland Park, KS, United States. <https://edwardscampus.ku.edu/big-12> (Presentation accepted; conference canceled)

Williams, A.J., Sakaluk, J.K., Kilshaw, R.E., & Rhyner, K.T. (2020, May 21–24). How credible is the evidence for empirically supported psychological treatments? A meta-scientific review [Poster session]. Association for Psychological Science Convention, Chicago, IL, United States. <https://psychologicalscience.org/conventions/annual> (Poster accepted; conference canceled)

Thakur, H., Oni, O., McCloskey, C., Singh, V., Sharma, M., Maalouf, S., Burns, D.M., Sharma, R., Williams, A.J., & Oehlert, M. (2017, May). VA data on cost versus effectiveness of PTSD/TBI treatment: is evidenced based therapy working? [Poster session]. VA Eastern Kansas Health Care System Research Week, Leavenworth, KS, United States.

Oehlert, M., Ben-Porath, Y., Lichtenberg, J., Sumerall, S., Nelson, K., Chen, G., Neal, C., Regnier, P., & Williams, A.J. (2016, August). Mental Health Assistant: Large scale study of sustainable psychological tests [Poster session]. American Psychological Association Convention, Denver, CO, United States.

Tsai, M.T., Calkins, A., Williams, A.J., Litzenburg, C.C., North, R., & Rapoff, M.A. (2014, October). Development and validation of the Barriers Questionnaire – Juvenile Idiopathic Arthritis, Patient- and Parent-report Measures [Poster session]. National Conference in Clinical Child and Adolescent Psychology, Lawrence, KS.

Williams, A.J., Williams, R.H., & Christenson, K.M. (2012, November). Simulation games and attitudes toward treatment adherence [Poster session]. Association for Behavioral and Cognitive Therapies Convention, National Harbor, MD.

Williams, A.J., Williams, R.H., Hawkins, G.A., Christenson, K.M., Boothe, D.B.R., & Sampson, K.M. (2012, May). Can a simulation game change adolescent cystic fibrosis patients' attitudes toward medical adherence? [Poster session]. Association for Psychological Science Convention, Chicago, IL.

Rapoff, M.A., Karlson, C.W., Lootens, C.C., Williams, A.J., Lindsley, C.B., Belmont, J.M., & Lovell, D. (2012, April). Jointstrong pilot study: a cognitive-behavioral CD-ROM intervention for juvenile arthritis [Poster session]. Midwest Regional Conference on Pediatric Psychology, Milwaukee, WI.

Rapoff, M.A., Lootens, C.C., Lindsley, C.B., Tsai, M.S., Williams, A.J., & Wright, S. (2012, April). Adherence Strong for juvenile arthritis [Poster session]. Midwest Regional Conference on Pediatric Psychology, Milwaukee, WI.

Christenson, K.M., & Williams, A.J. (2009, October). The effects of a simulation game on decision making and medical adherence [Conference session]. North American Cystic Fibrosis Conference, Minneapolis, MN.

Williams, A.J. (2009, February). Creating cooperative attitudes in a simulated Middle Eastern conflict [Conference session]. University of Kansas Graduate Research Colloquium, Lawrence, Kansas.

Williams, A.J., & Williams, R.H. (2008, November). Conflict resolution: participatory learning with simulation games [Conference session]. National Learning Communities Conference, Kansas City, MO.

Williams, A.J., & Williams, R.H. (2007, July). Recasting conflict with simulation games: changing competitive attitudes and behaviors to cooperative ones [Conference session]. International Society of Political Psychology, Portland, OR.

Williams, R.H., & Williams, A.J. (2007, February). Teaching the skills of conflict management with simulation gaming [Conference session]. Enhancing Teaching & Learning Conference (sponsored by the Kansas City Professional Development Council), Parkville, MO.

Williams, A.J., & Williams, R.H. (2006, November). The dynamics of group conflict resolution and the Ocean Wind simulation [Conference session]. National Learning Communities Conference, Bay City, MI.

Williams, R.H., & Williams, A.J. (2006, November). Building the culture of cooperation through simulation gaming [Conference session]. National Learning Communities Conference, Bay City, MI.

Williams, R.H., & Williams, A.J. (2006, October). Making peace, not war: teaching the attitudes and behaviors of peace and cooperation through simulation gaming [Conference session]. Peace & Justice Studies Association Annual Conference, New York.

SELECTED INVITED PRESENTATIONS

Unlocking minds: a glimpse into clinical psychology. High School Clinic in the Psychological Sciences, Kansas City Kansas Community College, March 2024.

Evaluating the evidence behind evidence-based treatments. Clinical psychology graduate seminar, University of Kansas, February 2024.

Psychological services: three keys to student access. Presentation to faculty and staff, University of Kansas – Edwards Campus, February 2024.

Treatment selection among evidence-based treatments. Clinical psychology graduate seminar, University of Kansas, February 2023.

When therapy harms. *The Academic Minute*, August 2022.

<https://academicminute.org/2022/08/alexander-williams-university-of-kansas-when-therapy-harms/>

PTSD and sleep problems among firefighters. Kansas Fire & Rescue Training Institute, March 2022.

A metascientific approach to clinical psychology. Clinical psychology graduate seminar, University of Kansas, February 2022.

Self-care and mental health. Presentation to students, University of Kansas – Edwards Campus, January 2022.

Research in psychology. *Psi Beta*, Kansas City Kansas Community College, October 2021.

Understanding and engaging today's student: on mental health and classroom teaching. Keynote address, University of Arkansas at Monticello, August 2021.

Who'd have thought they'd lead you back here where we need you? Isolation from COVID & socializing again on campus. Professional development, University of Kansas – Edwards Campus (KUEC), August 2021.

Potentially harmful therapies. *Very Bad Therapy* podcast, February 2021.

Empirically supported treatments and potentially harmful therapies: is the bird the word? Clinical psychology graduate seminar, University of Kansas, February 2021.

Why introspection is key to good therapy. *TEDx*, University of Kansas – Edwards Campus, November 2020.

COVID-related student concerns. Faculty professional development, University of Kansas – Edwards Campus, September 2020.

Research design and analysis. Graduate research methods course, Avila University, September 2020.

Mental health during a pandemic. *Leadership Daily*, University of Kansas, May 2020.

Schmalzried, R., & Williams, A.J. (2020, May). Two truths and a lie: workplace responses to crises. Destination Talent (hosted by the University of Kansas – Edwards Campus), Overland Park, KS, United States.

The replication movement in psychology. Continuing education, VA Eastern Kansas Health Care System, May 2020. (Event canceled due to COVID-19)

Self-care 101. Presentation to students, University of Kansas – Edwards Campus, March 2020.

Classroom management foundations. Faculty professional development, University of Kansas – Edwards Campus, March 2020.

Empirically supported treatments: where are we going, where have we been? Clinical psychology graduate seminar, University of Kansas, February 2020.

The replication crisis and psychotherapy: how should clinicians react? Continuing education, University of Kansas, June 2019.

A meta-scientific review of empirically supported treatments. Clinical psychology program proseminar, University of Kansas, May 2019.

Ten lessons learned from “When: The Science of Timing.” Faculty professional development, University of Kansas – Edwards Campus, April 2019.

What you need to know about intro psychology . . . before you take intro psychology. Pacific Psychology Conference, University of Victoria, May 2018.

Taking arms against a sea of troubles: mental health offerings at the KUEC Psychological Clinic. Faculty professional development, University of Kansas – Edwards Campus, March 2018.

Social cognitive models of health behaviors. Clinical health psychology graduate seminar, University of Kansas, March 2017.

Serving our students with PTSD. Faculty professional development, University of Kansas – Edwards Campus, January 2017.

AWARDS & HONORS

KU Public Scholars. Selective admission group that “brings together an inter-disciplinary and diverse cohort of faculty and provides them with training and peer support to use public scholarship platforms for accessible yet research-based communications that enrich public discourse.” \$500 stipend, 2022.

KU Edwards Campus Faculty Teaching Excellence Award. Presented to a faculty member “whose career exemplifies best the commitment to outstanding teaching and long-term success of students,” August 2020.

Outstanding Student Teacher Award, Society for a Science of Clinical Psychology, 2016
Irving/Handelsman Teaching Award, Clinical Psychology Program, Department of Psychology, University of Kansas, 2015

SERVICE

KU Psychology Honors Poster Reviewer	04/2024
KUEC Hawk Talks Student Research Symposium Committee	02/2024 – 04/2024
KU Clinical Psychology Program & Clinic Awards Committee	04/2023, 04/2024
Teaching review of exercise science professor Ashley Herda	02/2024
Kansas City Kansas Community College Psychology Advisory Board	07/2022 – present
KUEC Tunnel of Oppression/Our Social Reality Facilitator	04/2022, 04/2024
Psychology Academic Misconduct Hearings	02/2022 – 02/2022
Search Committee for Psychology Department Chair	10/2021 – 05/2022
Search Committee for Psychology Academic Success Coach	10/2021 – 11/2021
LGBTQ+ & Allies Group (University of Kansas – Edwards Campus)	10/2021 – present
Dept. of Psychology Diversity Committee	01/2021 – present
COVID Mental Health Teams for KUEC & Johnson/Miami Counties	07/2020 – 09/2020
Annual review of sociology instructor Kevin McCannon	04/2019 – 04/2020
Chair of Search Committee for Longterm Lecturer in Psychology	04/2019 – 12/2019
Co-Lead on Athena Program with KUEC & MCC-Maple Woods	01/2019 – 04/2019
Co-Lead of KUEC Faculty/Student Task Force for WHEN	01/2019 – 04/2019
KUEC Programming Council	10/2018 – 05/2022
KUEC WHEN Innovation Group Task Force	09/2018 – 12/2018
Search Committee for Psychology Academic Success Coach	08/2018 – 10/2018
Supervisor, University of Kansas Psychological Clinic	06/2018 – present
KUEC Academic Program Coordinator Leadership Cohort	10/2016 – 05/2022
KUEC Academic Leadership Council	08/2016 – 05/2022
Center for Teaching Excellent Department Ambassador	08/2016 – 08/2017
KU Online Teaching Working Group	08/2016 – 05/2017

MASTERS THESIS COMMITTEE

Carrie Sutherland, Avila University

JOURNAL ARTICLES REVIEWED

Canadian Journal of Behavioural Science
Games for Health
Journal of Behavioral Medicine
PLOS One
Rehabilitation Psychology

TEXTBOOKS REVIEWED

Schacter, D., Gilbert, D., & Wegner, D. *Psychology*. (2nd ed.). Worth Publishers.
Huffman, K., & Sanderson, C.A. *Real World Psychology*. Wiley.

CONSULTING

Consulting Medical Director, Behavioral Health (Disability) 2022 – present
Dane Street

Consulting Psychologist 2019 – present
Veteran Evaluation Services

ORGANIZATIONAL MEMBERSHIPS

Society for a Science of Clinical Psychology
Association for Psychological Science
Psychologists Opposed to Prescription Privileges for Psychologists
PsychologyKC

EDUCATION

PhD, Clinical Psychology; Health Specialization 2016
University of Kansas, Lawrence

Dissertation: *A better end to exposure? Assessing the effects of the peak-end rule on viewing blood-injection-injury stimuli*

Committee Co-Chairs: Nancy A. Hamilton, PhD & Michael A. Rapoff, PhD

Postdoctoral Residency University of Kansas Psychological Clinic, Lawrence	2017
APA-Approved Predoctoral Internship Dwight D. Eisenhower VA Medical Center, Leavenworth, KS	2016
MA, Clinical Psychology; Health Specialization University of Kansas, Lawrence Thesis: <i>The effect of cognitive anchoring on exposure to blood-injection-injury stimuli</i> Committee Co-Chairs: Nancy A. Hamilton, PhD & Michael A. Rapoff, PhD	2013
MA, Political Science University of Kansas, Lawrence Thesis: <i>Is peace possible? Attitude and behavior change in a simulated international conflict</i> Committee Chair: Juliet Kaarbo, PhD	2010
BA, Majors: Psychology, Political Science, History William Jewell College, Liberty, MO <i>Summa Cum Laude</i>	2008