

CURRICULUM VITAE

I. GENERAL BIOGRAPHICAL INFORMATION

A. Personal

VICTOR R. PENDLETON
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B. Education

B.A.	Mathematics, 1976,	San Jose State University, San Jose, California
M.S.	Exercise Science, 1995,	University of Houston, Houston, Texas
Ph.D.	Counseling Psychology, 1999,	University of Houston, Houston, Texas

Languages: English (first language), Spanish (spoken at home during childhood), JAVA, C

C. License

Registered Psychologist, Texas, USA. Registration number 33018
Registered Psychologist, Queensland Australia. Registration number 1010387
Visiting Medical Officer, Wesley Hospital, Brisbane Australia
Certified Strength and Conditioning Specialist, Nat'l Strength & Conditioning Assoc.

D. Professional Experience - Psychology

1. Psychologist. University Counseling Center, Prairie View A&M University Counseling Center, Prairie View, Texas (Feb2005 – present). The primary duty of this position is to provide individual counseling to university students. Students present with a variety of issues including effects of childhood trauma and abuse, relationship problems, depression, anxiety, sport performance enhancement, and matters related to career choice. I practiced from a holistic, existential perspective using individual and group based interventions. My eclectic theoretical orientation borrows from CBT, Logotherapy, motivational interviewing, client-centered, solution-focused, and Ericksonian positive psychology and hypnosis. I am also a supporter of the ideas of emotional intelligence and provide EI assessment and development frameworks for students. Additional responsibilities include general psychological assessment, group counseling and workshops, research, and participation in center planning and development. I developed the assessment lab which includes instruments for the measurement of personality, and for career planning. I am proficient in the administration and interpretation of a number of psychological assessment instruments including the MMPI, 16PF, and the WAIS-R. I am also involved in collaborative research projects as principle investigator as well as team contributor. My role usually involves some combination of psychological, data-base, or statistical support. I am currently formalizing a multi-factor assessment-driven model that guides the treatment of obesity. The assessment instrument is currently administered over the internet.
2. Lecturer in Sport and Exercise Psychology, The University of Queensland, Brisbane, Australia. (July2000-2005). In this full-time tenure-track appointment I had academic, research, and clinical supervision responsibilities. My areas of concentration were sport and exercise psychology, behavioral medicine, and health psychology. I also had an ongoing interest in weight management and in the use of the internet for the delivery of psychological services. I was responsible for clinical and research supervision of psychology Masters and PhD students. I taught courses in Health Psychology, and in Sport & Exercise Psychology. I also guest lectured at the Medical School and for courses in Health Promotion.
3. Private Psychology Practice, Queensland, Australia (Aug2001 – 2005). I saw 10 clients per week. I worked with clients seeking relief in a variety of areas including trauma recovery, behavioral medicine, interpersonal relationships, stress, anxiety, and depression. My practice was conducted within a general medical practice. Ninety-nine percent of my referrals were from medical doctors. Twenty percent of my individual and group work was delivered using the internet.

4. Research Committee member, Blue Care. Blue Care is a philanthropic organization dedicated to serving the health care needs of elderly Australians (2002-2005).
5. Steering Group Member of the Diabetes and Cardiovascular Intervention Trials (DACIT), (2000-2001).
6. Primary Care Post Doc Fellow. (Sep1999 – July2000). A research appointment investigating issues related to the etiology and management of chronic illnesses such as diabetes, hypertension, and heart disease. In this position I had the opportunity to focus on areas of particular interest and to further develop my research skills in the areas of grant writing, manuscript preparation, statistics and epidemiology. This position also included the opportunity to perform clinical work.
7. Psychology Intern, Miami VA Medical Center. 1998 - 1999. Supervised Clinical Position. Functioned as a psychologist in a behavioral medicine and primary care setting. Nine of the twelve months were focused on Behavioral Medicine and Primary Care. In that capacity I worked with patients struggling with all sorts of problems including PTSD, anxiety, depression, substance abuse, and medical compliance problems. I also performed clinical duties in the areas of smoking cessation, weight management, diabetes management, pain management, stress management, acute medicine, and psychological assessment.
8. Research Associate, Department of Medicine, Baylor College of Medicine, 1996 - 1998. Worked as a member of an multidisciplinary team of research psychologists, dietitians, and physicians in the Behavior Modification Research Center (BMRC) designing and conducting obesity-related research. I participated in projects involving multi-site as well as single site trials. My primary duties involved statistical analysis and informatics. I am proficient in SPSS and have done some work in SAS. My database experience is with Access, Paradox, and Excel. Additional duties included manuscript writing, grant writing, and the evaluation of psychometric properties of psychological instruments.
9. Psychology Practicum, 1997 - 1998. Supervised Clinical Position. I worked for twelve months at the Houston VA hospital: three 4-month rotations. The rotations were Addictions Partial Hospitalization Program, Applied Psychophysiology and Biofeedback/Chronic Pain Clinic, and the Trauma Recovery Program. In the Addictions Partial Hospitalization Program my duties included group therapy, clinical interviewing, anger management, and psycho-education with a culturally diverse population. During the Psychophysiology Rotation I worked as part of the pain management team providing individual and couples counseling, group counseling, biofeedback, and educational seminars. As part of my experience on this rotation I worked with crack cocaine addicts using eeg-biofeedback to augment the addictions treatment. In the Trauma Recovery Program I was involved in a multi-modal approach to treatment which included art therapy, psychodrama, psychoeducation, and process groups. This rotation included extensive individual supervision on the intervention techniques.
10. Counseling and Testing Center, University of Houston, 1996-1997. A twelve month supervised clinical practicum doing individual counseling, couples counseling, educational seminars (see below), intakes, and assessment with a large culturally diverse urban population. There was also a strong career counseling component.
11. Santa Clara Valley Medical Center, Santa Clara California, 1973 - 1976. Worked as an orderly on a rehabilitation ward helping people with severe spinal cord injuries: paraplegics and quadriplegics. Although this was a non-professional job where I earned money to help pay the cost of my education, I include it here because of the tremendous learning experience it provided. Working in close patient care I learned a lot about the psychological impact of traumatic spinal injury on individuals and their families. I also learned about the job pressures experienced by people who work in this environment.

E. Professional Experience - Business

12. Computer Consultant, Digital Equipment Corporation, New Hampshire and Houston, Texas (1978 – 1994). Over the years I was involved in many aspects of computer software design, implementation, and sales. I designed an innovative remote terminal emulator to facilitate the testing of complex multi-user systems. I worked as a systems consultant providing cost estimates and project management of complex automation and upgrade projects. I also worked as a sales executive managing large fortune 100 accounts in Texas.
13. Bendix Field Engineering - NASA Contractor, Mountain View, California, 1976 - 1978. Computer programmer on the Pioneer Jupiter and Pioneer Venus Deep Space projects. Coding in assembler language. Debugging and modifying command and control software.

F. Professional Experience – Add'l Teaching

14. Instructor (part-time), Computer Science Department, Houston Community College, 1983 - 1992. Taught courses in computer programming and UNIX operating system. I was an expert in the C programming language.

G. Military Experience

15. US Army - Honorable Discharge, 1968 - 1970. US Military Advisory Group, Republic of Korea.

II. RESEARCH INFORMATION

A. Research Support

1. THRIVE, Not Survive: A study of personality differences between rural and urban general practitioners (General Practitioner's Education and Training Consortium, 2003) \$60,000. Principle Investigator. A 12-month study involving psychological testing of general practitioners to inform the professional recruitment and retention process. Study involved the use of the SDS, 16PF, and a structured interview.
2. Advance Training Institute in Social Psychology Experiments on the WWW (NSF) \$2000. For study of the use of the Internet for research and to develop collaborative links with others working in this field. This training developed my skills in the areas of online assessment, and website development. I learned JAVA and developed connections with like minded professionals.
3. The Tiger Community. (University of Queensland New Staff Startup Grant, 2001 - 2002) \$10,000. Development of an online weight management community. The purpose was to investigate the efficacy of Internet technology in helping obese people lose weight: online counseling and assessment.
4. Primary Care Post Doctoral Fellowship (NRSA: Primary Care Research Fellowship, 1999 - 2000). Clinical and research position to investigate psychological factors involved in the etiology and management of obesity and chronic illnesses such as diabetes and hypertension.
5. Exercise Adherence in Obese Women (NIH: NIDDK minority supplement, 1996-1998) Ongoing 3-year study to investigate issues involved in obesity and exercise adherence.

B. Professional Societies

1. Member, American Psychological Association
2. Member, Australian Psychological Society
3. Member, Australian Society for the Study of Obesity
4. Member, National Strength and Conditioning Association
5. Member, Australian College of Sport Psychologists

C. Publications

1. **Pendleton, V.R.**, Goodrick, G.K., Poston, W.S.C., Reeves, R.S., & Foreyt, J.P. (2002). Exercise augments the effects of cognitive-behavioral therapy in the treatment of binge eating. *International Journal of Eating Disorders*, 31, 172-184.
2. **Pendleton, V.R.**, Willems, E.P., Swank, P.R., Poston, W.S.C., Goodrick, G.K., Reeves, R.S., Foreyt, J.P. (2001). Stress and the Outcome of Treatment for Binge Eating. *Eating Disorders*, 9, 351-360.
3. **Pendleton, V.R.** & Foreyt, J.P. (2001). Psychological Tests. In C.D. Berdanier (Ed.) *Handbook of Nutrition and Food* (pp. 787-798). New York: CRC Press.
4. **Pendleton, V.R.** (2001). Will healthy behaviour increase among Australians as a result of the Sydney Olympics? *Sports Medicine News*, May, 4-5.
5. **Pendleton, V.R.** & Power, M. (2001). How healthy is sport for youth? A close look at dance. *Sport Health*, 19(4), 14-16.
6. Foreyt, J.P., & **Pendleton, V.R.** 2000. Management of obesity. *Primary Care Reports*, 6(3), 19-

- 30.
7. Goodrick, G.K., **Pendleton, V.R.**, Kimball, K.T., Poston, W.S.C., Reeves, R.S., & Foreyt, J.P. (1999). Binge eating severity, self-concept, dieting self-efficacy and social support during treatment of binge eating disorder. *International Journal of Eating Disorders*, 26, 295-300.
 8. Galloway, R.E., Selwyn, B.J., Heitman, E., Poston, W.S.C., **Pendleton, V.R.**, Reeves, R.S., Goodrick, G.K., & Foreyt, J.P. (1999). An evaluation of behavioral change mechanisms in the treatment of obese and binge-eating women. *The Bariatrician: American Journal of Bariatric Medicine*, 12, 17-21.
 9. Bowen RL, Foreyt JP, Poston WSC, Miller CC, HHyman DJ, **Pendleton VR**, Gangopadhyay S, Haddock CK, Goodrick GK, Lehbar S. Echocardiographic assessment of patients receiving long-term treatment with anorexiatic medications. *Endocr Pract.* 1999;5:17-23.
 10. **Pendleton, V.R.**, Poston, W.S.C., Goodrick, G.K., Willems, E., Swank, P., Kimball, K.T., & Foreyt, J.P. (1998). The predictive validity of the diet readiness test in a clinical population. *International Journal of Eating Disorders*, 24(4), 363-370.

D. Presentations

Australian National Presentations

1. Psychological correlates of general practitioners who choose to practice in rural and remote settings. Poster session at the annual conference of the Australian Society of General Practitioners. 2003.
2. Online Therapy for the Treatment of Obesity. Poster Session at the Australian Psychological Society Annual Conference, 2001

Australian Local Presentations (sampling)

3. Conflict management. Telstra, Brisbane Qld, 2000.
4. Coaching communication. Center for Physical Activity and Sport Education. University of Queensland. 2001.

U.S. National Presentations

5. Psychological Correlates to Binge Eating. Poster session at the American Psychological Association's National Convention, 1998.
6. Stress and Binge Eating. Poster session at the American Psychological Association's National Convention, 1999.

U.S. Local Lectures (sampling)

7. A Model for Counseling Overweight and Obese College Students. Presentation to Texas University College Counseling Center Conference, San Antonio, Texas, 2007.
8. Psychological Aspects of Diabetes Mellitus: Etiology and Treatment. CEU presentation for the Diabetes Care Team Conference, Miami VAMC, 1999.
9. One week workshop preparing personal trainers for the national certification exam. Bally's Total Fitness, 1998. The workshop covered topics in exercise physiology and psychology.
10. Predictive Validity of the Diet Readiness Test, Houston Education Symposium, 1997.
11. Genetics of Obesity, American Counsel on Exercise: Continuing Education for Fitness Professionals, 1995.
12. Co-led an 8-week workshop on pain management which covered physiology of pain, role of medication, meditation, stress management, relaxation, breathing, self hypnosis, autogenics, and biofeedback. Houston VA Medical Center, 1997.
13. Living Without Dieting Workshop - conducted two 1.5 hour workshops on weight management. Sessions focused on factors contributing to the rise in obesity in America, such as high fat foods and sedentary lifestyle, and on ways of managing them. University of Houston, 1996.
14. Career Choice Workshop - conducted two 4-part workshops to assist students with career planning. These workshops consisted of discussions of the career choice process, assessment and interpretations using the Strong Interest Inventory, the Edward's, and the MBTI. These

workshops were conducted using a cognitive information processing approach to career problem solving and decision making. University of Houston, 1996-1997.

15. Group Interpretation - conducted two 2 hour workshops to interpret results of the Strong Interest Inventory, the Edward's, and the MBTI for students who had previously taken the tests. 1996-1997

E. Title of Dissertation

Stress And The Outcome Of Treatment For Binge Eating

F. Referees

Ken Goodrick, Ph.D.,	Former Supervisor at Baylor	goodrick@bcm.tmc.edu
John Foreyt, Ph. D.,	Research Director at Baylor	jforeyt @bcm.tmc.edu
Edwin Willems, Ph.D.,	Research Advisor at U of H	edwillems@pdq.net