

# James O. Prochaska

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#change2thrive

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h-index: 99

## Personal Data:

Born: August 6, 1942, Detroit, Michigan  
Married: September 5, 1966  
Children: Son born December 20, 1971, Newport, Rhode Island  
Daughter born June 6, 1974, Newport, Rhode Island

## Educational History:

**1967-1969 Ph.D.** Wayne State University  
Program: Clinical Psychology  
Dissertation: Symptom and Dynamic Cues in the Implosive Treatment of Test Anxiety  
Major Professor: Gerald Rosenbaum

**1966-1967** Merrill-Palmer Institute, Detroit, Mich.  
Program: Developmental (Part-Time)

**1965-1967 M.A.** Wayne State University  
Program: Clinical Psychology  
Thesis: Academic Achievement and Cognitive Styles.  
Major Professor: Irving Siegel

**1964-1965** Clark University, Worcester, Mass.  
Program: Clinical Psychology

**1962-1964 B.A.** Wayne State University, Detroit, Mich.  
Majors: Sociology and Psychology

**1960-1962** Muskingum College, New Concord, Ohio  
Major: Sociology

## Professional Experience:

**1989 - present** Director of Cancer Prevention Research Center, University of Rhode Island

**1969 - present** Professor of Psychology, University of Rhode Island

**1998 - present** Consultant, Pro-Change Behavior Systems, LLC

**1996 - present** Director of the President's Health Promotion Partnership, University of Rhode Island

**1970 - 1998** Private practice, Kingston, Rhode Island

**1965 - 1967** USPHS Predoctoral Clinical Fellow, Wayne State University.

**1964 - 1965** Woodrow Wilson Fellow at Clark University, Worcester, Massachusetts.

### **Honors and Offices:**

One of the Top 3 Pre-eminent Clinical Psychologists of the Modern Era, Archives of Scientific Psychology, 2014.

State of Rhode Island and Providence Plantations, Governor Lincoln Chafee citation, in recognition of success in changed the way behavioral health services are practiced in Rhode Island, 2014

APA Division 38 Award, Outstanding Contributions to Health Psychology, APA Convention in Hawaii in August, 2013.

SOPHE Honorary Fellow, Highest award to non-member who has made significant and lasting contributions to health education and the public's health, Society for Public Health Education, 2011.

The Elizabeth Beckham Award, Excellence in Education and Inspirational Leadership, Columbia University, 2011.

Bertram Yaffe Award. Outstanding contributions to public health, Rhode Island Public Health Association, 2010.

Lifetime Contribution to Psychology Award, Connecticut Psychological Association, 2009.

Elizabeth Ann Fries Health Education Award, Healthtrac Foundation, Society for Public Health Education 2005.

President's Award, Rhode Island Council of Alcoholism, 2004.

Medal of Honor for Clinical Research, American Cancer Society, 2002.

Innovators Award, Robert Wood Johnson Foundation, 2002.

Norman Zinberg Memorial Lecture on Addictions, Harvard University, 2002.

Rosalie L. Weiss Lecture, American Psychological Association, 2001.

CIANS Annual Honor for Career Contributions to Behavior Medicine (CIANS is Europe's oldest professional society for behavior medicine), 2001.

Council for Extramural Grants Committee, American Cancer Society, 2001-2004.

Society of Prospective Medicine L.C. Robbins Award for Career Contributions to Health Promotion, 2000.

Fellow, Society of Behavior Medicine, 2000.

Disease Management Association of America Award for Best Conference Presentation, 1999.

Fellow, Division of Health Psychology, American Psychological Association, 1996.

One of Top Five Most Cited Authors in Psychology, American Psychological Society, 1990-1995.

Honorary Professor of Medicine, University of Birmingham, Birmingham, England, 1995.

The Virginia S. DeHaan Lecture on Health Promotion and Education, Emory University, 1995.

The Merenda-Musiker Prize for Distinguished Contributors to Mental Health, Rhode Island Psychological Association, 1995.

Scholarly Achievement Excellence Award, University of Rhode Island Foundation, 1992.

Author for the Surgeon General's Report, 1991.

Distinguished Therapist/Researcher in Residence, University of Texas Student Development Center, Austin, Texas, Jan-Feb, 1983.

Fellow, International Academy of Eclectic Therapists, elected 1982.

Board of Directors, Rhode Island Psychological Association, 1972-1974.

Phi Beta Kappa, Wayne State University, June 1964.

Scholar-Athlete of the Year of Michigan, National Football Foundation, 1963.

### **Other Professional Responsibilities:**

- Consulting Editor** - American Journal of Health Promotion, 1994 - 2015
- Consulting Editor** - Journal of Health Psychology, 1995 - 2005
- Consulting Editor** - Journal of Consulting and Clinical Psychology, 1996-1999
- Consulting Editor** - Health Psychology, 1992 - 1994
- Consulting Editor** - Journal of Psychotherapy Integration, 1989-1994
- Consulting Editor** - Psychological Assessment: Journal of Consulting and Clinical Psychology, 1988-1989
- Consulting Editor** - Professional Psychology: Research and Practice, 1987 - 1992
- Associate Editor** - Journal of Integrative and Eclectic Psychotherapy, 1982 - 1986
  
- Member** - Behavioral and Psychosocial Grant Review Committee, American Cancer Society, 1993 - 1996
- Member** - Cancer Prevention and Epidemiology Parent Grant Review Committee, National Cancer Institute, 1994 - 1996

### **Grant Development (\$65,000,000+ in Funding):**

- 2016-2017** **Principal Investigator** on sub project, Department of Homeland Security Coastal Resilience Center. "Communicating Risk to Motivate Individual Action". Funded \$213,768.
- 2012-2017** **Principal Investigator**, National Institutes of Health. "Incentives for Participation Versus Outcomes for Population Cessation of Smoking". Funded for \$2,672,761.
- 2012-2015** **Co-Principal Investigator**, - Living RItE, A Disruptive Solution for Management of Chronic Care Disease. Funder for \$7,817,278.
- 2010-2012** **Co-Principal Investigator**, NOAA Sectoral Applications Research Program. "Integrating Behavioral and Natural Sciences to Enhance Adaptation to the Coastal Impacts of Climate Change." Funded for \$299,968,
- 2009-2010** **Principal Investigator**, Merck. "Phase I HPV Vaccination Trial Among College Age Women." Funded for \$117,587.
- 2008-2013** **Principal Investigator**, National Institutes of Health. "Comparing Population Cessation Services with Emphasis on Unmotivated Smokers." Funded for \$2,969,961.

- 2006-2010**      **Principal Investigator**, National Institute on Aging. "Maintenance in Multiple Behaviors with Emphasis on Aging." Funded for \$700,000.
- 2004-2007**      **Principal Investigator**, Centers for Disease Control. "High Impact Intervention for Employee Health Promotion. Funded for \$1,000,000.
- 2001-2004**      **Principal Investigator**, Robert Wood Johnson Foundation. "Innovative Approaches to Prevention of Addictions." Funded for \$300,000.
- 2001-2004**      **Principal Investigator**, Centers for Disease Control. "Home Based Programs for Parents for Six Cancer Risks." Funded for \$2,700,000.
- 2001-2006**      **Co-Principal Investigator**, National Cancer Institute. "Computerized Population Programs for Three Cancer Risks." Funded for \$883,704.
- 2001-2004**      **Co-Principal Investigator**, NIH/NCRR. "Biomedical Research Infrastructure Network." Funded for \$100,623.
- 2000-2005**      **Co-Principal Investigator**, NIAAA. "A Stage-Matched Alcohol Intervention for Managed Care." Funded for \$549,183.
- 1999-2004**      **Co-Principal Investigator**, National Institute of Aging. "Stage-based Health Promotion with the Elderly." Funded for \$753,982.
- 1999-2003**      **Co-Principal Investigator**, NIAAA. "A Proactive Individualized Program for College Drinkers." Funded for \$328,318.
- 1998-2003**      **Co-Principal Investigator**, NIAID. "Increasing Condom Use with a Stage-Matched Intervention." Funded for \$425,216.
- 2001-2004**      **Principal Investigator**, Centers for Disease Control. "State, Local and Individual Level for Smoking Cessation." Funded for \$2,700,000.
- 2000-2005**      **Principal Investigator**, National Cancer Institute. "School Computer Programs for Teens for Six Cancer Risks." CA 85990-01. Funded for \$2,500,000.
- 1996-2001**      **Principal Investigator**, National Cancer Institute. "Enhanced Self-Help Interventions for Smoking Cessation." CA 27821-16. Funded for \$3,700,000.
- 1994-1999**      **Principal Investigator**, National Cancer Institute. "Accelerating the Process of Change for Cancer Prevention." CA 50087-06. Funded for \$12,000,000.
- 1994-1998**      **Principal Investigator**, National Cancer Institute. "Changing Teen Behaviors: Cervical Cancer Prevention." CA 63745. Funded for \$2,499,514.
- 1993-1998**      **Principal Investigator**, Johnson & Johnson Corporation, Behavior Change Research and Technologies for Health Care Programs and Products. Funded for \$1,500,000.
- 1992-1994**      **Principal Investigator**, American Cancer Society. "Smoking Cessation for Vocational Students by Computer-Assisted Instruction." Funded for \$208,000.
- 1992-1995**      **Principal Investigator**, Brown University Sub-Contract for William Rakowski, Ph.D. "Standardized versus Individualized Interventions for Mammography. RO1-CA/HS55917. Funded for \$453,356.

- 1991-1995**      **Principal Investigator**, National Cancer Institute. "Self-Help Models and Interventions for Smoking Cessation." CA27821-11. Funded for \$3,300,000.
- 1989-1994**      **Principal Investigator**, National Cancer Institute. "Accelerating the Processes of Change for cancer Prevention." CA50087. Funded for \$12,000,000.
- 1983-1985**      **Principal Investigator**, National Cancer Institute. "Self-help Models and Manuals for Smoking Cessation." CA 27821-04, 1983 - 1985, Funded for \$506,000.
- 1980-1983**      **Principal Investigator**, National Cancer Institute. "Informal Self-help Approaches to Smoking Cessation." CA 27821, 1980-1983, Funded for \$650,000.
- 1978-1982**      **Principal Investigator**, National Institute of Mental Health. "Clinical Psychology Training Grant." Funded for \$300,000.

**Teaching Experience:**

**Graduate Seminars Taught:**

1. Research with the Transtheoretical Model
2. The Transtheoretical Approach to Health Promotion
3. Theories of Psychotherapy
4. Marital and Sexual Therapy
5. Research in Clinical Psychology
6. Experimental Psychopathology
7. Advanced Psychopathology
8. Behavior Therapy
9. Psychotherapy Process and Outcome Research

**Undergraduate Courses Taught:**

1. Health Psychology
2. Toward Self-Understanding. Application of psychological principles to critical issues in life. Lecture course to 500 students voted as most valuable course on campus by graduating seniors, 1974.
3. Personality Theories
4. Abnormal Psychology
5. Developmental Psychology
6. Honors Tutorial: Processes and Stages of Change
7. Introduction to Clinical Psychology

**Areas of Clinical Competence: Supervision and Practice of:**

1. Behavior therapy
2. Marital therapy
3. Sexual therapy
4. Transtheoretical therapy
5. Integrated Health care
6. Population Health care

**Administration and Service:**

**1. Administration**

- 1989 - present**      **Director**, Cancer Prevention Research Consortium  
University of Rhode Island

- 1996 – 2001**      **Director**, President's Health Promotion Partnership
- 1979 - present**    **Director**, the Self-Change Laboratory  
University of Rhode Island
- 1978-1979**        **Acting Director**, Psychological Consultation Center  
University of Rhode Island
- 1978 Summer  
Program**        **Director**, Psychological Consultation Center  
University of Rhode Island
- 1976 - 1977**      **Chairman** of the Committee for Development of a  
Family Clinical Specialty Program in Clinical Psychology  
University of Rhode Island
- 1969 - 1970**      **Director** of the Behavioral and Sexual Therapy Clinic, Chapin Hospital, Providence, Rhode  
Island

## **2. Committee Work:**

### **(1) Department:**

- Chairman** of the Research and Grant Committee, 1980 - 2010.
- Chairman** of the Colloquium Committee, 1978-1979, 1984 - 1990.
- Faculty Search Committees**, 1971-1974, 1976-1979, 1980-1982.
- Chairman** of the Developmental Grant Committee, 1975-1976.
- Faculty Affairs Committee**, 1972-1976.
- Chairman** of the Search Committee for a Chairperson, 1973-1974.
- Chairman** of the Graduate Committee, 1970-1973.
- Chairman** of the Applied Training Committee, 1969-1971.

### **(2) Program Area**

- Member** of the Clinical Training Committee, 1969 – present.
- Member** of the NIMH Training Grant Committee, 1977- 1982.
- Member** of the Family Clinical Specialty Committee, 1976 - 1995.
- Chairman** of the Clinical Training Site Committee, 1977-1979.
- Member** of the Admissions Committee, 1970-1976.
- Member** of the APA accreditation Committee, 1971-1972.

### **(3) University**

- Co-Leader** of the Grant Writing Workshop, 2008 – 2010.
- Chairman** of the Provost Search Committee, 2007.
- Member** of the Institutional Review Board for research with human subjects at the University of Rhode Island, 1980 - 1996.
- Member** of the Research Council, 1985-1986.
- Member** of the University Committee for a Healthier University, 1984 - 1986.
- Member** of the Search Committee for the Dean of the College of Human Sciences and Services, 1977-1979.
- Co-Chairman** of the Student Development Committee 1975-1977.
- Member** of the Faculty Senate 1974-1975.

**Consultant** to the Counseling Center, 1972-1974.

**Member** of the Coordinating Committee for Mental Health Programs on Campus, 1971-1973.

## **Publications:**

### **4 Books:**

**Prochaska, J.O.** & Prochaska, J.M. (2016). Changing to thrive: overcome the top risks to lasting health and happiness. Hazelden Publishing, Center City, MN. Trade paperback, ISBN-13: 9781616496296.

**Prochaska, J.O.** & Norcross, J. (2014). Systems of psychotherapy: A transtheoretical analysis (8th edition). Cengage Learning, Stamford CT. Belmont, CA: Brooks Cole. ISBN-13: 978-1285176024.

**Prochaska, J.O.**, Norcross, J.C. & DiClemente, C.C. (1994). Changing for good. New York: Morrow. Released in paperback by Avon, 1995. (Hungarian 2009, Polish 2008, Hebrew 2006, Japanese 2005, German 1997, Korean, Danish, Portuguese, Russian). ISBN: 0-380-72572-X.

**Prochaska, J.O.** & DiClemente, C.C. (1984). The transtheoretical approach: Crossing the traditional boundaries of therapy. Melbourne, Florida: Krieger Publishing Company. ISBN: 13: 978-0894648489.

### **80+ Chapters:**

**Prochaska, J.O.** & Prochaska, J.M. (in press). Self-directed change. In Maddox & Tangney (Eds.) Social Psychological Foundations of Clinical Psychology. New York: Guilford Publications.

**Prochaska, J.O.** (2016). Staging: A Revolution in Changing health risk Behaviors. In Sternberg (Ed). Scientists Making a difference: The greatest living behavioral and brain scientists talk about their most important contributions. Cambridge University Press.

**Prochaska, J.O.** & Prochaska, J.M. (2016). Behavior Change. In: C. Heverling & T. Reilly (Eds.), Population Health creating a Culture of Wellness, second Edition, Jones & Bartlett Learning, LLC. 978-1-284-08630-0(pbk)

**Prochaska, J.O.** & Prochaska, J.M. (2015). Prevention of illness and health promotion intervention. In: Thomas Hadjistavropoulos and Heather Hadjistavropoulos (Eds). Fundamentals of Health Psychology, (54-68). Oxford University Press. Canada.

**Prochaska, J.O.**, Norcross, J.C. & DiClemente, C.C. (2013). Applying the stages of change, G. Koocher, J. Norcross & B. Greene (Eds). Psychologists Desk Reference, (176-181). Oxford University Press.

Prochaska, J.J., Prochaska, J.M. & **Prochaska, J.O.** (2013). Building a science for multiple-risk behavior change. In S. Shumaker, J. Ockene, K. Riekert (Eds). The Handbook of Health Behavior Change Fourth Edition, Springer Publishing Company, LLC. New York, NY.

**Prochaska, J.O.** (2012). Individual dynamics of addiction: Common pathways to change. In D.L. Long, A.T. Rindskopf, & K.J. Sher (Eds.), APA addiction syndrome handbook, Vol. 1: Foundations, influences and expressions of addiction (pp. 663–680). Washington, DC: American Psychological Association

**Prochaska, J.O.** & Prochaska, J.M. (2011). Behavior Change. In: C. Heverling & T. Reilly (Eds.), Population Health creating a Culture of Wellness, Jones & Bartlett Learning, LLC. ISBN: 978-0763780432.

- Prochaska, J.O.** & Prochaska, J.M. (2011). High Impact paradigms for changing behavior to enhance health productivity and well-being. In J. Brown & D.B. Nash (Eds.) Disease Management and Wellness in the Post-Reform Era, (pp. 61-710). Washington, DC.: Atlantic Information Services, Inc.
- Prochaska, J.O.** & Prochaska, J.M. (2011). Recent findings related to the Transtheoretical Model. In J. Trafton & W.P. Gordon
- Prochaska, J.O.** (2010). Enhancing Motivation to Change. In B.B. Wilford, A.W. Graham, & T.K. Schultz (Eds.), Principles of Addiction Medicine (Fourth Edition), 825-838. Chevy Chase, MD: American Society of Addiction Medicine. ISBN: 13: 978-0-7817-7477-2.
- Prochaska, J.O.** (2009). Enhancing Motivation to Change. In R. Ries, D. Fiellin, S.C. Miller, R. Saitz (Eds.), Principles of Addiction Medicine (Fourth Edition), 745-755. Lippincott, Williams & Wilkins, a Wolters Kluwer business, Philadelphia, PA. ISBN: 13: 978-0-7817-7477-2.
- Prochaska, J.O.,** Johnson, S.S. & Lee, P. (2009). The Transtheoretical Model of Behavior Change. In: the handbook of health behavior change, edited by S. Schumaker, Schorn, E., Ockenes, J. and Richert, K. (third edition), Springer. 59-83. ISBN: 0-8261-1545-4, 978-0-8261-1545-4.
- Prochaska, J.O.** & Prochaska, J.M. (2009). Change (stage of). In S.J. Lopez, (Ed.). The Encyclopedia of Positive Psychology. Oxford, UK and Malden, MA: Wiley-Blackwell.
- Prochaska, J.O.,** Redding, C. & Evers, K. (2009). The Transtheoretical Model and stages of change. In K. Glanz, F.M. Lewis and B.K. Rimer (Eds.), Health Behavior and Health Education: Theory, Research and Practice (Fourth Edition). Jossey-Bass Publications, Inc. ISBN: 0-7879-9614-9, 978-0-7879-9614-7.
- Prochaska, J.M. & **Prochaska, J.O.** (2009). Transtheoretical model guidelines for families with child abuse and neglect. In A.R. Roberts (Ed.), 641-646. Second Edition Social Workers' Desk reference. Oxford: Oxford University Press. ISBN: 978-019536937-3.
- Prochaska, J.M., **Prochaska, J.O.**, Evers, K.E., & Tsuda, A. (2009). Transtheoretical-based expert systems guiding youth to have healthier, less stressful lives. In Tsuda, A., Ohya, Y., & Tanno, Y. (Eds.), Clinical Stress Psychology, Tokyo: University of Tokyo. (written in Japanese).
- Prochaska, J.O.** (2008). New Paradigms for Inclusive Health Care: Toward Individual Patient and Population Health. In B.C. Wallace (Ed.), Toward Equity in Health: A New Global Approach to Health Disparities. New York, New York: Springer Publishing Company. ISBN: 0-8261-0313-8, 978-0-8261-0313-0.
- Prochaska, J.O.** & Prochaska, J.M. (2008). High-impact paradigms for changing behaviors to enhance health, productivity and well-being. In J. Brown & D.B. Nash (Eds.). The Next Generation of Disease Management: 2009 and beyond, (pp. 35-43). Washington, DC: Atlantic Information Services, Inc.
- Prochaska, J.O.** & Prochaska, J.M. (2008). Termination at each stage of change. In M. O'Donnell (Ed.), 147-162. A Clinician's Guide to the Termination of Psychotherapy. New York, New York: Burnner-Routledge, Taylor & Francis. ISBN: 13: 978-0-415-95436-5.
- Prochaska, J.M., **Prochaska, J.O.**, Evers, K.E., & Tsuda, A. (2007). A new stress management. In Tsuda, A. & Prochaska, J.O., (Eds.), Modern Esprit, Special Issue for New Practice of Stress Management, Tokyo: Shibundo.
- Prochaska, J.O.** (2007). High-Impact Paradigms for the Treatment of Addiction. In J.E. Henningfield, P.B. Santora, & W.K. Bi kel (Eds.), Addiction Treatment: Science and Policy for the Twenty-first Century. ISBN: 978-080-1886690.



- Prochaska, J.O.**, Johnson, S, & Lee, P. (2007). The Transtheoretical Model of Behavior Change. In S.A. Shumaker, E.B. Schron, J.K. Okene, & W.L. McBee (Eds.), The Handbook of Health Behavior Change (Third Edition). New York: Springer Publishing Company. ISBN: 978-0-8261-1545-4.
- Prochaska, J.O.**, Redding, C. & Evers, K. (2007). The Transtheoretical Model and stages of change. In K. Glanz, F.M. Lewis and B.K. Rimer (Eds.), Health Behavior and Health Education: Theory, Research and Practice (Fourth Edition). Jossey-Bass Publications, Inc. ISBN: 978-0787957155.
- Redding, C.A., Velicer, W.F., Evers, K.E., & **Prochaska, J.O.** (2007). Preventing Postpartum Relapse: Some New Approaches to Meeting the Challenge. In W. Hannover, K. Roske, & J. Rene Thyrian (Eds.), Smoking Cessation and Relapse Prevention in Women Post Partum. Lengerich, Germany: PABST Science Publishers.
- Prochaska, J.O.** & Prochaska, J.M. (2005). Helping patients change unhealthy behaviors. In S. Quinn (Ed.), Textbook of Functional Medicine, Gig Harbor, WA: Institute for Functional Medicine.
- Prochaska, J.O.** & Prochaska, J.M. (2005). An update on maximum impact practices from a transtheoretical approach. In Best Practices in the Behavioral Management of Chronic Disease, Volume 1, Chapter 1. Los Altos, CA: Institute for Disease Management. ISBN: 978-1932745153.
- Prochaska, J.M., Levesque, D.A., & **Prochaska, J.O.** (2005). Skills for mastering change in the workplace. In Kumar Prashant (Ed.), ICFAI Books. Hyderabad, India.
- Prochaska, J.O.** & Prochaska, J.M. (2004). Assessment as intervention within the transtheoretical model. In M.E. Maruish (editor), The Use of Psychological Testing for Treatment Planning and Outcomes Assessment, Third Edition. Lawrence Erlbaum Associates.
- Prochaska, J.O. (2003). Maximum impact practices from a transtheoretical approach. In J.A. Trafton & W.P. Gordon (eds.), Best practices in the behavioral management of chronic disease. Volume I. Institute for Brain Potential.
- Prochaska, J.O.** (2003). Enhancing Motivation to Change. In B.B. Wilford, A.W. Graham, & T.K. Schultz (Eds.), Principles of Addiction Medicine (Third Edition), 825-838. Chevy Chase, MD: American Society of Addiction Medicine.
- Prochaska, J.O.** (2003). Smoking Cessation Strategies: Targeting Populations. In V.T. DeVita, S. Hellman, & S.A. Rosenberg (Eds.), Progress in Oncology 2002, 313-327. Sudsbury, MA: Jones and Bartlett Publishers.
- Prochaska, J.O.** (2002). Staging: A revolution in therapeutic relating. In J. Norcross (Ed.), Psychotherapy Relationships that Work. New York: Oxford University Press.
- Prochaska J.O.** (2002). Brief Therapy as a Growth Industry. In J.F. Zeig, Brief Therapy: Lasting Impressions. Phoenix, AZ: The Milton H. Erickson Foundation Press.
- Prochaska J.O.** (2002). Health and Behavior. In B.A. DeBuono and H. Tilson (Eds.) Advancing Health Populations: The Pfizer Guide to Careers in Public Health. New York, NY: DeVries Public Relations.
- Prochaska, J.O.**, & DiClemente, C.C. (2002). Transtheoretical Therapy. In F.W. Kaslow (Editor-In-Chief), and J. Lebow (Volume Editor), Comprehensive Handbook of Psychotherapy, Vol. 4, Integrative/Eclectic. New York: John Wiley & Sons, Inc.
- Prochaska, J.O.** & Levesque, D. (2002). Enhancing motivation of offenders at each stage of change & phase of therapy. (pp, 57-73), In M. McMurrin (Ed.), Motivating Offenders to Change: A Guide to Enhancing Engagement in Therapy. New York: John Wiley & Sons.

Velicer, W.F., Botelho, R., **Prochaska, J.O.** & Skinner, H. (2002). Computer Systems that Motivate Behavioral Change. In Skinner, H.A., Promoting Health Through Organizational Change. San Francisco: Benjamin Cummings, Pearson Education, Inc.

**Prochaska, J.O.**, & Prochaska, J.M. (2002). Transtheoretical Model Guidelines for Families with Child Abuse and Neglect. In A.R. Roberts & G.J. Greene (Eds.), Social Workers' Desk Reference. New York, NY: Oxford University Press.

**Prochaska, J.O.**, Redding, C. & Evers, K. (2002). The Transtheoretical Model and stages of change. In K. Glanz, F.M. Lewis and B.K. Rimer (Eds.), Health Behavior and Health Education: Theory, Research and Practice (3rd Edition). Jossey-Bass Publications, Inc.

**Prochaska, J.O.** (2000). With Science and Service We can Survive and Thrive. In S. Stoldz & L. McCullough (Eds.), Reconciling Empirical Knowledge and Clinical Experience. Washington, DC; American Psychological Association.

**Prochaska, J.O.** (1999). Change at Differing Stages. In C.R. Snyder and R.E. Ingram (Eds.), Handbook of Psychological Change. New York: John Wiley & Sons.

**Prochaska, J.O.** (1999). How do people change, and how can we change to help many more people? In M.A. Hubble, B.L. Duncan & S.D. Miller (Eds.), The Heart and Soul of Change. Washington, DC: American Psychological Association Press.

**Prochaska, J.O.** (1999). Stages of change approach to treating addictions with special focus on DWI Offenders. In Patricia M. Harris (Ed.), Research to Results: Effective Community Corrections. Lanham, Md: American Correctional Association.

**Prochaska, J.O.** & Congdon, K. (1999). Behavioral change - Getting started and being successful. In L.K. Smith, E.S. Froelicher & P.M. Comoss (Eds.), Cardiac Rehabilitation: A Guide to Practice in the 21st Century. New York: Marcel Dekker, Inc.

**Prochaska, J.O.** & DiClemente, C.C. (1999). Comments, Criteria and Creating Better Models. In W.R. Miller and N. Heath (Eds.), Treating Addictive Behaviors (2<sup>nd</sup> Edition). New York and London: Plenum Press.

DiClemente, C.C. & **Prochaska, J.O.** (1999). Toward a Comprehensive Transtheoretical Model of change: Stages of change and Addictive Behaviors. In W.R. Miller and N.Heath (Eds.), Treating Addictive Behaviors (2<sup>nd</sup> Edition). New York and London: Plenum Press.

Redding, C.A., Rossi, J.S., Rossi, S.R., Velicer, W.F. & **Prochaska, J.O.** (1999). Health behavior models. In Hyner, G.C., Peterson, K.W., Travis, J.W., Dewey, J.E., Foerster, J.J., & Framer, E.M. (Eds.), SPM Handbook of Health Assessment Tools. Pittsburgh, PA: The Society of Prospective Medicine & The Institute for Health and Productivity Management.

**Prochaska, J.O.** DiClemente, C.C., & Norcross, J.C. (1998). Stages of Change: Prescriptive Guidelines for Behavioral Medicine and Psychotherapy. In G.P. Koocher, J.C. Norcross, & S.S. Hill III (Eds.), Psychologists' Desk Reference. New York, Oxford: Oxford University Press.

**Prochaska, J.O.** Johnson, S, & Lee, P. (1998). The Transtheoretical Model of Behavior Change. In S.A. Shumaker, E.B. Schron, J.K. Okene, & W.L. McBee (Eds.), The Handbook of Health Behavior Change (Second Edition). New York: Springer Publishing Company.

Velicer, W.F., Pallonen, U.E. & **Prochaska, J.O.** (1998). Expertensysteme zur Tabakpraevention und Raucherentwöhnung im Jugendalter. Erscheint in: Kolip, P. (Hg.). Programme gegen sucht. Intentionale Lernerfolge durch präventive Intervention im jugendalter. Weinheim: JUVENIA.

- Prochaska, J.O.** (1997). A Revolution in Health Promotion: Smoking Cessation as a Case Study. In R. J. Resnick and R. H. Rozensky (Eds.), Health Psychology Through the LifeSpan: Practice and Research Opportunities. Washington, DC: American Psychological Association Press.
- Prochaska, J.O.**, Redding, C. & Evers, K. (1997). The Transtheoretical Model and stages of change. In K. Glanz, F.M. Lewis and B.K. Rimer (Eds.), Health Behavior and Health Education: Theory, Research and Practice (2nd Edition). Jossey-Bass Publications, Inc.
- Prochaska, J.O.** (1995). Preparation for cessation. In A. Ashman (ed.) Substance Abuse: Ross Roundtable on Critical Issues in Family Medicine. Columbus O. Ross Labs.
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**500+ Major Addresses:**

**Prochaska, J.O.** - "Whole Health for Addictions" and "Integrating Practices of primary Care Providers, Addiction and Behavioral Health Specialties". 42nd Annual School on Addictions and Behavioral Health, Anchorage, Alaska. June 2016.

**Prochaska, J.O.** - "Communicating Risk to Motivate Individuals. 1st Annual Meeting, Costal Resilience Center of Excellence. March 2016.

**Prochaska, J.O.** - "Changing to Thrive". Keynote speaker. 2016 Choices Conference, Dearborn, MI. March 2016.

**Prochaska, J.O.** - "Integrating High Impact Programs and On-Site health Clinics to Reduce Costly Health Risk Behaviors and Enhance Health and Well-Being." 14th Annual Congress, On-Site Employee Health Clinics, Scottsdale, AZ. January 2016.

**Prochaska, J.O.** - "High Impact Digitally Tailored Behavior Change Programs". MIT Media Lab, Well-Being Seminar Series, Cambridge, MA. November 2015.

**Prochaska, J.O.** - "Enhancing Health and Well-Being at Each Stage of Change". 2015 Healthstat University Conference, Healthstat, Inc., Charlotte, NC. September 2015.

**Prochaska, J.O.** - "Changing for Life: Using the Stages of Change to enhance Health and Well-Being". Haymarket Center 21st Annual Conference, Chicago, IL. June 2015.

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**Prochaska, J.O.** - "Treating Mental Health Patients and Populations at each Stage of Change". University of Miami/Miller School of Medicine. Miami, FL. December 2014.

**Prochaska, J.O.** - "Increasing Program Impacts to Enhance the Health and Well-being of Employee Populations". Healthstat University Forward Series. Charleston, SC. November 2014.

**Prochaska, J.O.** - "High Impact Paradigms to enhance Health and Productivity". 28th National Conference on health Productivity and Human Capital. Dallas TX. September 2014.

**Prochaska, J.O.** - "Helping employees Change for Good". Provant Client Meeting. Providence, RI. June 2014.

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**Prochaska, J.O.** - "An Integrative Model of Change: Enhancing the Health and Well-being of Patients at Each Stage of Change". Southwest Symposium 2014, AOMA Graduate School of Integrative Medicine. Austin, TX. April 2014.

**Prochaska, J.O.** - "High Impact Programs to Enhance Health and Well-being" and "Changing for Life: Using the Stages of Change to Support the Recovery Process". 22nd Annual Art and Science of Health Promotion Conference. Colorado Springs, CO. March 2014.

**Prochaska, J.O.** - "Applying the Transtheoretical Model of Change in our Mental Health World". Clinical Update and Psychopharmacology Review 2014. Raleigh, SC. February 2014.

**Prochaska, J.O.** - "Changing for Good: Implementing Transtheoretical Model Programs within On-site Employee Health clinics. Keynote Speaker, 10th Annual Congress On-site Employee Health Clinic. Scottsdale, AZ. January 2014.

**Prochaska, J.O.** - "Changing for Life: Using the Stages of Change to Support the Recovery Process". Behavioral Health Governor's Council (BHDDH-RI) Department of Health. Rhode Island College, North Providence, RI. January 2014

**Prochaska, J.O.** – “Applying the Transtheoretical Model with Individuals and Populations”. US Army, Joint Base Lewis-McChord, Tacoma, WA. September 2013.

**Prochaska, J.O.** – “High Impact Programs to Enhance Health and Well-Being”. Keynote, Carevolution, Sao Paulo, Brazil. September 2013.

**Prochaska, J.O.** – “Enhancing the Health and Well-being of Populations at Each Stage of Change”. Keynote, Mental Health America’s 2013 Annual Conference, National Harbor, MD. June 2013.

**Prochaska, J.O.** – “Enhancing the Health and Well-being of Patients at Each Stage of Change”. Keynote, American Association of Occupational Health Nurses, Las Vegas, NV. April 2013.

**Prochaska, J.O.** – “Helping Individual Patients and Populations Change for Good”. Keynote, Medecision, Washington, DC. April 2013.

**Prochaska, J.O.** – “Progressing through the Stages of Change for Sustainability”. RARE Conservation, Fairfax, VA. April 2013.

**Prochaska, J.O.** – “Strategies for Changing Multiple Behaviors to Help Manage Chronic Pain”. Paradigm Management Services, Miami, FL. November 2012.

**Prochaska, J.O.** – “High Impact Programs to Enhance Health and Well-Being”. 2012 Fall Wellness Conference, Northeast Human Resources Association, Waltham, MA. November 2012.

**Prochaska, J.O.** – “Enhance Health and Well-being at Each Stage of Change”. Featured Speaker, 24<sup>th</sup> Annual Convention, LA Psychological Association, Culver City, CA. October 2012.

**Prochaska, J.O.** – “Producing Progress at Each Stage of Change” and “Changing for Good: Lessons Learned from the Successes of Ordinary People.” Live Health Summit, Live Healthy Appalachia, Ohio University, Athens, OH. September 2012.

**Prochaska, J.O.** – “Evidence Based Treatments for Changing Single and Multiple Behaviors” and “Strategies for Helping Patients and Professionals at Each Stage of Change”. Distinguished Visiting Professor, Brooke Army Medical Center, Fort Sam, Houston, TX. May 2012.

**Prochaska, J.O.** – “Linking Natural, Behavioral” and “Communication Sciences to Enhance Community Well-Being in the Face of Climate Change”. Lecture Series, University of Rhode Island. February 2012.



- Prochaska, J.O.** - “Enhancing Patient Adherence”. Guest speaker, Beth Israel Deaconess Medical Center, Rehab Grand Rounds, Boston, MA. February 2012.
- Prochaska, J.O.** – “Seeking Synergy to Enhance Health, Well-Being and Performance”. SOPHE 62<sup>nd</sup> Annual Meeting, 2011 Honorary Fellow Award, Washington, DC. October 2011.
- Prochaska, J.O.** – “Strategies to Maximize Impacts in chemical Dependency Patients”. Inova CATS October workshop, Fairfax, VA. October 2011.
- Paiva, A. L., Redding, C. A., Velicer, W.F., Meier, K.S., Mauriello, L.M., & **Prochaska, J.O.** 24-Month Outcomes of a Multimedia Energy Balance Behavior Change Program for Middle School Students. In W.F. Velicer (Chair), Tailored Interventions to Prevent Substance Abuse by Adolescents. Symposium presented at the 19<sup>th</sup> Annual meeting of the Society of Prevention Research, Washington, D.C., June 2011.
- Prochaska, J.O.** - "Compassionate Caring for Patients at Each Stage of Change". Keynote, American Association for Nurse Practitioners. Scottsdale, AZ 2011.
- Prochaska, J.O.** – “Breakthroughs in the Practice of Health Behavior Change Applying the Transtheoretical Model” and “Breakthroughs in the Science of Health Behavior Change Applying the Transtheoretical Model”. Health Promotion Conference, Colorado Springs, CO. March 2011.”
- Prochaska, J.O.** – “Addiction and Stages of Change”. Harvard Medical School, Department of Psychiatry at Cambridge Health Alliance, Annual Conference – “Treating the Addictions”, Boston, MA. March 2011
- Prochaska, J.O.** – “Helping Patients and Populations at Each Stage”. Brief Therapy Conference: Lasting Solutions, Lake Buena Vista, FL. December 2010.
- Prochaska, J.O.** – “Principles of Behavior Change to Prevent and Manage Chronic Diseases”. Yale University, Yale Preventive Medicine Residency Program, Derby, CT. December 2010
- Prochaska, J.O.** – “Alternative Strategies for Changing Multiple Behaviors”. Invited Address, 44<sup>th</sup> Annual ABCT Convention, San Francisco, CA. November 2010.
- Prochaska, J.O.** – “The Impact of Medical/Behavioral Intervention on Lifestyles and on Health Care Outcomes”. 4<sup>th</sup> Annual Medical Director Forum, Optum Health, Austin, TX. November 2010.
- Prochaska, J.O.** – “Doctor/Patient Relationship III: Facilitating Patient Cooperation and Behavioral Change Using the Transtheoretical Model (Stages of Change)”. Distinguished Lecturer, Des Moines University, Des Moines, IA. August 2010.
- Prochaska, J.O.** – “Doctor/Patient Relationship II: Assessing Patient Readiness to Change Using the Transtheoretical Model (Stages of Change).” Distinguished Lecturer, Des Moines University, Des Moines, IA. August 2010.
- Prochaska, J.O.** “Helping Patients at Each Stage of Change”. Harvard CME Course, Lifestyle Medicine: Tools for promoting Healthy Change. Boston, MA June 2010.
- Prochaska, J.O.** & Thomas, B. “The Transtheoretical Model of Behavior Change : Theory, research and practice.” Business Health Care Group Seminar, Milwaukee, WI. May 2010.
- Prochaska, J.O.** “The Science of Well Being: Focus on the Emotional and Financial aspects of Well Being and Why the Audience Should Care”. 2010 Well-Being Summit. Lansdowne, VA. April 2010.
- Prochaska, J.O.** “Helping Youth and Adults at each Stage of Change for Substance Abuse”. Central MA Addiction Consortium, Worcester, MA. April 2010.

**Prochaska, J.O.** “Behavior Change for Health Promotion and Disease Prevention”. Amsterdam, The Netherlands. November 2009.

**Prochaska, J.O.** – “Changing Multiple Behaviors for Prevention and Management of Cancer and other Chronic Diseases”. Maastricht, The Netherlands. November 2009.

**Prochaska, J.O.** – “Enhancing Health and Well-Being of Individuals and Populations at Each Stage of Change”. Keynote Speaker. 23<sup>rd</sup> Annual Convention Connecticut Psychological Association, Windsor, Ct. November 2009.

**Prochaska, J.O.** – “Changing Lifestyles to enhance Health and Well-Being”. Gateway Healthcare, Inc, Providence, Rhode Island. October 2009.

**Prochaska, J.O.** – “Constructing Tomorrow’s Health System with Prevention as the Foundation”. Keynote Speaker. The World Health Care Congress, 4<sup>th</sup> Annual Obesity Congress, Alexandria, Virginia. October 2009.

**Prochaska, J.O.** – “Enhancing Health and Well-Being in Populations with Addictions”. Cleveland Veterans Administration, Independence, Ohio. September 2009.

**Prochaska, J.O.** – “Helping Patients at each Stage of Change”. Present to first year medical students in the Behavioral Medicine Course. Des Moines University, Department of Medical Humanities and Bioethics, Des Moines, Iowa. August 2009.

**Prochaska, J.O.** – “Demoralized, Denial, Doubt and Deciding: Empathy at each Stage of Change”. Invited Address, 17<sup>th</sup> Annual Convention of the American Psychological Association, Toronto, Ontario. August 2009.

**Prochaska, J.O.** – “Translation of Trans-Theoretical Theory to practice in Diabetes Management” and “Therapeutic Educations: to Motivate, to Change and to Sustain”. Keynote Speaker. 4<sup>th</sup> Annual National Diabetes Education Conference, Malaysia. July 2009.

**Prochaska, J.O.** – “Helping Patients and Populations with Addictions at each Stage of Change”. Keynote Speaker. Susan Li Conference, Fairbanks Recovery Center, Indianapolis, Indiana. June 2009.

**Prochaska, J.O.** – “Helping Patients and Populations at each Stage of Change: “Stage of change Interventions for enhancing Health and Mental Health”. Invited Workshop. Kentucky Psychological Association, Spaulding University, Louisville, Kentucky. June 2009.

**Prochaska, J.O.** – “Improving Health through Lifestyle Behavior Change”. 9<sup>th</sup> Annual International Health & Productivity Conference. IHPM, Orlando, Florida. April 2007.

**Prochaska, J.O.** – “Best Paradigms for High Impact Health Promotion Programs”. 19<sup>th</sup> Annual Art & Science of Health, Health Promotion Conference, San Francisco, California. March 2009.

**Prochaska, J.O.** – “High Impact paradigms to Enhance Health and Productivity”. Wellness Reward Conference, Phoenix, Arizona. February 2009.

**Prochaska, J.O.** – “Helping Patients and Populations at Each Stage of Change”. Hildman Colloquium, University of Southern Mississippi, Hattiesburg, Mississippi. February 2009.

**Prochaska, J.O.** – “Exercise Program Failures: Relapse and Beyond”. Distinguished Lecturer. National Science Foundation, Kansas State University, Manhattan, Kansas. January 2009.

**Prochaska, J.O.** – “Transtheoretical Therapy with Clients at Each Stage of Change”. Brief Therapy Conference, San Diego, California. December 2008.

**Prochaska, J.O.** – “Integration from the Physical Health side of the Equation: The Transtheoretical Approach”. Keynote Speaker. 7<sup>th</sup> Annual Behavioral Health Conference, Flushing Hospital Medical Center, Flushing, New York. October 2008.

**Prochaska, J.O.** – “Applying the Science of Behavior Change to Improve Workplace Health and Productivity”. 8<sup>th</sup> Annual International Congress, IHPM, Scottsdale, Arizona. October 2008.

**Prochaska, J.O.** – “Wellness Behavioral approaches to Lifestyle Management”. Optum Health Care-Innovations in Disease Management, Las Vegas, Nevada. October 2008.

**Prochaska, J.O.** – “Helping Patients and Population with Addictions at each Stage of Change”. Keynote, Invited Workshop for Addictions Conference. Ohio State University, Columbus, Ohio. August 2008.

**Prochaska, J.O.** – “Lifestyle Related Disease and Behavior Change”. Keynote address, 10<sup>th</sup> International Congress of Behavioral Medicine (ICBM 2008), Risho University, Tokyo, Japan. August 2008.

**Prochaska, J.O.** - “Computer-Based Tailored Communications for Patients and Populations”. Bridging the Gap between Personal and Population Health: Developing an Interdisciplinary Institute for Emerging Health Technologies (three day meeting), Honolulu, Hawaii. December 2007.

**Prochaska, J.O.** – “Population-based Interventions for Bullies, Victims and Passive Bystanders In Elementary, Middle and High Schools”. 4<sup>th</sup> Annual International Bullying Prevention Conference, Ft. Lauderdale, Florida. November 2007.

**Prochaska, J.O.** – “Enhancing the Health and Well-Being of Employees and Employers”. Bryant College, Smithfield, Rhode Island. October 2007.

**Prochaska, J.O.** – “Multiple Behavior Approaches to Weight Loss”. The 16<sup>th</sup> Annual National Clinical Conference, Minneapolis, Minnesota, September 2007.

**Prochaska, J.O.** – “TTM Tailored Communications: Theory, Practice & Outcome”. 6<sup>th</sup> Annual Information Therapy Conference, Park City, Utah. August 2007.

**Prochaska, J.O.** – “High Impact Treatments for Substance Abuse”. Louisiana Association of Substance Abuse Counselors and Trainers Annual Conference, New Orleans, Louisiana. July 2007.

**Prochaska, J.O.** – “Assess: Is your Patient Ready to Quit?”. ISHIB 2007 Conference: Lifestyle Modification Workshop, Orlando, Florida. June 2007.

**Prochaska, J.O.** – “New Hope through High Impact Programs”. The 8<sup>th</sup> Annual Yankton Area Mental Wellness Conference, Yankton, South Dakota. June 2007.

**Prochaska, J.O.** – “Helping Employees through the Stages of Change”. 2007 Ceridian LifeWorks Client Meeting, St. Paul, Minnesota. May 2007.

**Prochaska, J.O.** – “Changing Health Behaviors in the 21<sup>st</sup> Century: Engaging Even the Uninterested Using Individualized Programs and Advance Analytics”. Fair Issac’s InterAct 2007 Conference, San Francisco, California. May 2007.

**Prochaska, J.O.** – “Passing through the Stages: Are You Ready for Disease Management?”. The 7<sup>th</sup> Disease Management Colloquium, Philadelphia, Pennsylvania. May 2007.

**Prochaska, J.O.** – “Stages of Change Interventions for Individuals and Populations”. Invited Workshop. Mental Health Center of Greater Manchester, Manchester, New Hampshire. April 2007.

**Prochaska, J.O.** – “A Transtheoretical Approach to Patient Compliance”. UT College of Medicine/Erlanger Cancer Center Annual Cancer Symposium, Chattanooga, TN. April 2007.

**Prochaska, J.O.** – “The Transtheoretical Model, Psychotherapy and Tailored Treatments”. Kurume University, Fukuoka Health Promotion Center, Fukuoka, Japan. December 2006.

**Prochaska, J.O.** – “Population Treatments for Smoking Cessation”. Association of Smoking Cessation Conference, University of Kyoto, Kyoto, Japan. December 2006.

**Prochaska, J.O.** – “Population Treatments for Prevention and Management of Diabetes and Other Chronic Diseases”. Nara Women’s University, Nara, Japan. December 2006.

**Prochaska, J.O.** – “Paradigms: Impacting Health & Mental Health through Behavior Change”. Arkansas Psychological Association Fall Conference, Little Rock, Arkansas. November 2006.

**Prochaska, J.O.** - “High Impact Programs for Health Promotion”. Presentation to Fidelity Investors, Seaport Hotel, Boston, Massachusetts. October 2006.

**Prochaska, J. O.** – “Stages of Change Interventions for Individuals and Populations”. Windsor Regional Problem Gambling Services, Windsor, Ontario, Canada. October 2006.

**Prochaska, J. O.** – “The Transtheoretical Model Approach to Decision Making and Behavior Change”. Society for Medical Decision Making 28<sup>th</sup> Annual Meeting, Boston, Massachusetts. October 2006.

**Prochaska, J. O.** – “Helping Unmotivated Patients: Basic Principles for Smoking Cessation with Applications for Weight Control & Medication Compliance”. End Stage Renal Disease Network of New England Meeting, Sturbridge, Massachusetts. October 2006.

**Prochaska, J.O.** – “High Impact Programs for Changing Health Behaviors”. The National Behavior Consortium, Concord, New Hampshire, October 2006.

**Prochaska, J.O.** – “Working with Challenging Clients: Enhancing Motivation for Change”. Mental Health Association of the Greater Westerly Area, Westerly, Rhode Island. September 2006.

**Prochaska, J.O.** – “Staging: A Revolution in Behavior Change”. Wilderness Therapy Symposium, Naropa University, Boulder, Colorado. September 2006.

**Prochaska, J.O.** – “Higher Impact Paradigms for Health Behavior Change”. 4<sup>th</sup> Annual Disease Management Conference, Strategic Research Institute, Boston, Massachusetts. July 2006.

**Prochaska, J.O.** – “High Impact Interventions for Disease Prevention and Management.” Presentation at Mathematical Policy Research Meeting, Princeton, New Jersey. June 2006.

**Prochaska, J.O.** – “Stage-based Lifestyle Management Programs”. The American College of LifeStyle Medicine Symposium, Ontario, California. May 2006.

**Prochaska, J.O.** – “Creating more Inclusive Paradigms for Health Promotion”. Keynote Address, Minnesota Psychological Association Annual Convention, Minneapolis, Minnesota. April 2006.

**Prochaska, J.O.** – “Genealogy of a Grant”. American Cancer Society Providence Research Breakfast, Providence, Rhode Island. April, 2006.

**Prochaska, J.O.** – “Keys to Improve Corporate Performance by Changing Consumer Behaviors: An Integrated Approach to Behavior Change for Employers’, Employees, and Their Dependents”. Institute for Health and Productivity Management. Orlando, Florida, March 2006.

- Prochaska, J.O.** – “Increasing Impacts of Behavior Medicine by Multiple Behavior Interventions”. Society of Behavioral Medicine, San Francisco, California. March 2006
- Prochaska, J.O.** – “Inclusive Care to Reduce Health Disparities”. Keynote Speaker. First Annual Health Disparities Conference, “The Decade of Health disparity Reduction: Toward Evidence-Based Models”. Columbia College, New York. March 2006.
- Prochaska, J.O.** – “Healthier Populations through Behavior Change”. Pfizer Health Solutions. Orlando, Florida, February 2006.
- Prochaska, J.O.** - “Transtheoretical Model of Therapeutic and Practical Interventions”. Ontario Psychiatric Association 86<sup>th</sup> Conference, Toronto, Ontario, Canada, January 2006.
- Prochaska, J.O.** - “Increasing Impacts of Health Education”. Department of Social Services, Directorate of Health and Social Services. Invited Presentation. Oslo, Norway, January 2006.
- Prochaska, J.O.** - “Stage-based Lifestyle and Disease Management Programs”. “Increasing Impacts of Health Education”. Tobacco and Smoking Cessation sponsored by Pfizer Norway. Oslo, Norway, January 2006.
- Prochaska, J.O.** - “Increasing Psychology’s Impacts on Health and Mental Health”. Kentucky Psychological Association 2005 Convention, “Mind Body Health – Integrated Health Care: Psychology’s Next Wave”. Louisville, Kentucky, November 2005.
- Prochaska, J.O.** – “Psychology for Healthy Workplaces”. Keynote Address. Healthy Workplace Award Luncheon, Hawaiian Psychological Association. Honolulu, Hawaii October, 2005.
- Prochaska, J.O.** – “New Paradigms: Impacting Our Health and Mental Health Through Behavior Change”. Convention Workshop, Hawaiian Psychological Association. Honolulu, Hawaii October 2005.
- Prochaska, J.O.** – “Stage-based Programs for Individual Patient and Entire Populations”. Meridian Series at St. Rita’s Medical Center. Lima, Ohio October 2005.
- Prochaska, J.O.** – “How to Enhance Health Behaviors”. The Medco 2005 Best Practices Workshop. New York, New York, October 2005.
- Prochaska, J.O.** – “Increasing Impacts on Employees’ Health”. Rhode Island Worksite Wellness Conference. Providence, Rhode Island, October 2005.
- Prochaska, J.O.** – “How to Enhance Health Behaviors”. The Medco 2005 Best Practices Workshop. Las Vegas, Nevada September 2005.
- Prochaska, J.O.** – “The Transtheoretical Model and Stages of Change – Implications for Prevention and Treatment for Substance Abuse and Related Risks”. 6<sup>th</sup> Annual Michigan Substance Abuse Conference. Detroit, Michigan, September 2005.
- Prochaska, J.O.** – “Expert Advice on Engaging Consumers”. 25<sup>th</sup> Annual Conference - Midwest Business Group on Health. Chicago, Illinois, September 2005.
- Prochaska, J.O.** – “How to Enhance Health Behaviors”. The Medco 2005 Best Practices Workshop. Chicago, Illinois, September 2005.
- Prochaska, J.O.** “Using the Transtheoretical Model and Individual Tailoring in a Universal Bullying Prevention Program”. Annual National Prevention Network Research Conference. New York, New York, August 2005.

**Prochaska, J.O.** – “Stage-based Financial Well-being Programs.” Featured Speaker. National Endowment for Financial Education’s 2005 Financial Literacy Symposium. Denver, Colorado, August 2005.

**Prochaska, J.O.** – “Applying the Stage of Change Model to Respiratory Disease.” The 1<sup>st</sup> World Congress Leadership Summit on Advances in Treating and Managing the Cost of Respiratory Disease. Las Vegas, Nevada, June 2005.

**Prochaska, J.O.** “What the Counselor Brings to the Task: Stage of Change”. 36<sup>th</sup> Annual New England School of Addiction Studies. Bridgewater State College, Massachusetts, June 2005.

**Prochaska, J.O.** “Helping Patients and Populations Change Health Risk Behaviors”. Workforce Development Series, Rhode Island Department of Health. Providence, Rhode Island, June 2005.

**Prochaska, J.O.** “Insights in Information Therapy: Influencing Behavior Changes in Patients”. Roche Access Program, INSIGHTS Program. Lebanon, New Hampshire, May 2005.

**Prochaska, J.O.** “Helping Patients and Populations at Each Stage of Change”. Keynote Address. Montana Cardiovascular Health Summit. Big Sky, Montana, April 2005.

**Prochaska, J.O.** “Applying Stages of Change Concepts to Health Promotion Programs”. Training Seminar. Art and Science of Health Promotion Conference. San Francisco, California, March 2005.

**Prochaska, J.O.** “Helping Patients and Populations at Each Stage of Change”. Keynote Address. 20<sup>th</sup> Annual Seminar by the Sea. University of Rhode Island Pharmacy Department of Continuing Education. Kingston, Rhode Island, March 2005.

**Prochaska, J.O.** “Stage-based Lifestyle and Disease-Management Programs”. Presentation. Care-Focused Disease Management at Work: Designing Benefits and Programs for Functional Outcomes. Institute for Health and Productivity Management. Orlando, Florida, March 2005.

**Prochaska, J.O.** “Helping Patients and Populations Change Lifestyles for Disease Prevention and Management”. Presentation. Healthy People 2005 Lifestyle Science: Integrating Prevention and Intervention. Loma Linda University. Loma Linda, California, March 2005.

**Prochaska, J.O.** Plenary Speaker. “A Blueprint for Change: Psychology’s Path Toward Health and Wellness.” 2005 State Leadership Conference: Health and Behavior: Taking Psychology Back to the Future. American Psychological Association. Washington, DC, March 2005.

**Prochaska, J.O.** “Helping Patients and Populations at Each Stage of Change”. Grand Rounds. Department of Psychiatry, New Jersey Medical School, University of Medicine & Dentistry of New Jersey. Newark, New Jersey, March 2005.

**Prochaska, J.O.** “Changing for Good”. Featured Guest Speaker. Global Teleconference Series at the University of Chicago. February 2005.

**Prochaska, J.O.** “High Impact Tools for Health Promotion”. Presentation. Foundation for American Healthcare Leadership Meeting: “Promoting and Enabling Healthy Choices: Linking the Desire for Health with the Decisions & Tools that Support Health”. Colorado Spring, Colorado, December 2004.

**Prochaska, J.O.** “Stages by Processes”. Participant in Unilever Workshop, Behavior Change through Automated Dialogue. Boston, Massachusetts, November 2004.

**Prochaska, J.O.** “Factors that Motivate Consumers to Make Permanent Behavior Changes”. Presentation. Whole Grains Go Mainstream Conference organized by the Whole Grains Council and Oldways Preservation Trust. New Orleans, Louisiana, November 2004.

**Prochaska, J.O.** “Helping Patient at Each Stage of Change.” Keynote Address. Massachusetts General Hospital Patient Education Committee Conference, Healthy Behaviors: Coaching Your Patients to Success. Boston, Massachusetts, November 2004.

**Prochaska, J.O.** “Stage-based Lifestyle and Disease Management Programs. Presentation at the Annual Rhode Island Psychological Association Conference, Brown University. Providence, Rhode Island, November 2004.

**Prochaska, J.O.** “Smoking Cessation Programs Targeted to Pregnant Women”. Grand Rounds, Women’s & Infants Hospital. Providence, Rhode Island, October 2004.

**Prochaska, J.O.** “Changing Multiple Behaviors for High Impact Case Management”. Roche Access Program, The Case Management Society of New England. Wellesley, Massachusetts, October 2004.

**Prochaska, J.O.** “Stage-based Lifestyle and Disease Management Programs.” Keynote address. Institute for Health and Productivity Management 4<sup>th</sup> Annual Conference: “Health & Productivity: The Ultimate Outcomes.” Phoenix, Arizona, October 2004.

**Prochaska, J.O.** “Applying the Transtheoretical Model to Increase Impacts on Health Behaviors.” Keynote address. British Psychological Society Annual Conference, Health Psychology: A Positive Perspective. Edinburgh, Scotland, September 2004.

**Prochaska, J.O.** “Using the Transtheoretical Model and Individual Tailoring”. Presentation Universal Bullying Prevention Program, National Prevention Network, Kansas City, Missouri, August 2004.

**Prochaska, J.O.** “Maximizing the Impacts of Health Promotion Programs”. Keynote address. 29<sup>th</sup> Annual National Wellness Conference. Stevens Point, Wisconsin, July 2004

**Prochaska, J.O.** “Changing for Good”. Keynote address at Doing the Right Thing Session, 16<sup>th</sup> Annual Meeting of Texas Transplant Society. Austin, Texas, June 2004.

**Prochaska, J.O.** Coastal Resources, University of Rhode Island. Presentation on “Changing Human Behavior” for Human Dimensions of Coastal Management course. URI Bay Campus, Narragansett, Rhode Island, June 2004.

**Prochaska, J.O.** “Stages of Change: Examining the Evidence for the Transtheoretical Model”. Current Issues Speaker at the 64<sup>th</sup> Scientific Sessions of the American Diabetes Association. Orlando, Florida, June 2004.

**Prochaska, J.O.** “Approaches to Behavior Change in Chronically Ill Patients”. Presentation at the Joint Physician Advisory Council Meeting, Blue Cross/Blue Shield of Massachusetts. Waltham, Massachusetts, May 2004.

**Prochaska, J.O.** Guest Speaker for Hospital Community and Community Programs Directors, The Education and Wellness Center, Lancaster General Hospital. Harrisburg, Pennsylvania, May 2004.

**Prochaska, J.O.** “Changing for Good: Motivating Diabetic Patients”. Presentation at the Eleventh International Symposium on Functional Medicine. Vancouver, British Columbia, Canada, May 2004.

**Prochaska, J.O.** “Tailoring Therapy to Stages of Change”. Keynote Address at The American Society of Group Psychotherapy and Psychodrama. Brooklyn, New York, May 2004.

**Prochaska, J.O.** “Processes of Change and Drug Abuse Treatment”. Presentation and Paper presented at the XXII Congreso De La Federacion Mundial de Comunidades Terapeuticas. Palma Mallorca, Spain, April 2004.

**Prochaska, J.O.** & Prochaska, J.M. Effectiveness trials for dissemination. In K.E. Evers (Chair), “Designing for dissemination within schools: Issues of development, research and implementation”. Symposium presentation. Society of Behavioral Medicine. Baltimore, Maryland, March, 2004.

**Prochaska, J.O.** “Helping Populations Progress through Stages of Change”. Presentation at the Hawaii Psychological Association and Forensic and Behavioral Sciences Institute Conference. Honolulu, Hawaii, January 2004.

**Prochaska, J.O.** “Population Health Paradigms”. Presentation to attendees at the Health Enhancement Research Organization on Employee Health Care (HERO). Chicago, December 2003.

**Prochaska, J.O.** “Transtheoretical Stages of Change”. Presentation – 4<sup>th</sup> Annual National Organization of State Impaired Driving programs (NOSIP) Conference. Oklahoma Department of Health, Tulsa, Oklahoma, November 2003.

**Prochaska, J.O.** “Transtheoretical Model of Change Approach and Interaction with Problem Gamblers and The Addictions”. First Annual Provincial Conference, Addiction Services – Providence of New Brunswick. Bathurst, New Brunswick, Canada, November 2003.

**Prochaska, J.O.** “Transtheoretical Model of Behavior Change: Implications for Behavioral Health Practice”. Workshop for CE credits at The University of Rhode Island Counseling Center. Kingston, Rhode Island, October, 2003.

**Prochaska, J.O.** “Motivational Interviewing”. Beacon Health Strategies with continuing education credit to The Boston College and Simmons College Schools of Social Work. Dedham, Massachusetts, September 2003.

**Prochaska, J.O.** “Stages of Change”. Keynote presentation at the 35<sup>th</sup> Annual Southwestern School for Behavioral Health Studies Conference. Tucson, Arizona, September 2003.

**Prochaska, J.O.** “Stages of Change with Problem Gambling”. Presentation at the Discovery 2003 Conference of the Responsible Gambling Council. Toronto, Ontario, Canada, September 2003.

**Prochaska, J.O.** Presentation to the Annual American Cancer Society Staff Conference. Springfield, Massachusetts, September 2003.

**Prochaska, J.O.** “Multiple Behavior Changes for Wellness and Disease Management.” Disease Management Conference, Strategic Research Institute. World Trade Center, Boston, Massachusetts, August 2003.

**Prochaska, J.O.** “Helping Many More People Through the Process of Change.” Invited Address, American Psychological Association. Toronto, Canada, August 2003.

**Prochaska, J.O.** “Stages of Change and Addiction”. Keynote Address at the Second Annual New England School for the Treatment of Opioid Dependence. Salve Regina University, Newport, Rhode Island, July 2003.

**Prochaska, J.O.** Participant: Structured Interactive Discussion: Addressing Multiple Health Risk Behaviors in Primary Care. Annual Meeting. “Innovators in Reducing Substance Abuse”. Robert Wood Johnson Foundation. Philadelphia, June 20, 2003.

**Prochaska, J.O.** “The Transtheoretical Model of Change for Multi-Level Interventions for Alcohol Abuse on Campuses: Applying Theory to Practice”. Presentation with Janice M. Prochaska, Ph.D. to The Network Addressing Collegiate Alcohol and Other Drug Issues. Northern University, Aberdeen, South Dakota, June 2003.

**Prochaska, J.O.** “Stages of Change and Addictions.” Keynote Address. New England Institute of Addiction Studies, Roger Williams University. Newport, Rhode Island, June 2003.



**Prochaska, J.O.** “Staging: A Revolution in Helping People Change.” Principal Speaker. StatusOne Health Systems Annual Innovation Forum. Del Mar, California, May 2003.

**Prochaska, J.O.** “What are the Next Steps in Cancer Control for Rhode Island?” Invited Address. Rhode Island Leadership Council Meeting of the New England Chapter American Cancer Society. Warwick, Rhode Island, May 2003.

**Prochaska, J.O.** “Transforming Dyslipidemia Management: Assessing Clinical Outcomes and Cost.” Faculty Member Participant, 2<sup>nd</sup> Annual Medical Director Colloquy, MediMedia. Chicago, Illinois, May 2003

**Prochaska, J.O.** “Stages of Change Part II: Applying the Stages of Change with Vets”. Satellite Program, Office of Veterans Affairs, April 2003.

**Prochaska, J.O.** “Staging: A Revolution in Behavioral and Mental Health.” Guest Speaker, The Power to Change Conference presented by Dupage County Health Department. Naperville, Illinois, April 2003.

**Prochaska, J.O.** “Changing for Good: Applying Theories of Behavioral Change to Environmental Action.” Conservation Actions: The Power of One, The Power of Many. New England Aquarium, Boston, Massachusetts, April 2003.

**Prochaska, J.O.** “Stages and Mechanisms of Change.” Invited Address. Joint Judicial and Management Training, “Change-for the Individual and the Organization”. District of Columbia Superior Court. Newport News, Virginia, April 2003.

**Prochaska, J.O.** “Harnessing the Transtheoretical Model for Effective Behavior Change.” American Journal of Health Promotion Art and Science of Health Promotion Conference, “Transforming the Vision into Reality”. Washington, DC, February 2003.

**Prochaska, J.O.** “Readiness and Stages of Behavioral Change”. Speaker at 6<sup>th</sup> Annual Disease Management Conference of the National Managed Health Care Congress. Boston, Massachusetts, October 2002.

**Prochaska, J.O.** “Best Practices in Behavior Change”. Greater Kalamazoo Community Wellness Conference. Michigan Department of Community Health. Kalamazoo, Michigan, September 2002.

**Prochaska, J.O.** “Multiple Behavior Change for Cancer Prevention.” Presentation at the Society of Behavioral Medicine 22<sup>nd</sup> Annual Meeting. Washington, DC, April 2002.

**Prochaska, J.O.** “Stages of Change Research.” Presentation, Center for Research in Chronic Disorders, School of Nursing, University of Pittsburgh. Pittsburgh, Pennsylvania, April 2002.

**Prochaska, J.O.** “TTM Models, Measures and Intervention Methods.” 19<sup>th</sup> Annual Issues in Nursing Research Conference. Park City, Utah, March 2002.

**Prochaska, J.O.** “Stage-based Interventions for Health Behavior Change”. Presenter, Self-Regulation of Health Behaviors Conference for the College of Pharmacy, The University of Michigan. Ann Arbor, Michigan, March 2002.

**Prochaska, J.O.** “Staging: A Revolution in Clinical and Health Psychology.” Presenter to the New Jersey Hospital Association Behavior Health Conference. January 2002.

**Prochaska, J.O.** “Staging: A Revolution in Helping People Change.” Presenter Seminar “Transtheoretical Therapy for Health and Mental Health Patients and Populations”. Sisters of Providence Behavioral Healthcare, Brightside for Families and Children. West Springfield, Massachusetts, December 2001.

**Prochaska, J.O.** "Transtheoretical Model of Change: A Stage Model of Behavior Change": Conference Speaker. Annual Education Conference, "Change Strategies for Improving Health Outcomes". Texas Medical Foundation, Austin, Texas, November 2001.

**Prochaska, J.O.** "Lifestyle-Behavior-Change in Occupational Health and Safety Management". Key Lecture at the International Commission on Occupational Health European National Secretaries Meeting. Prague, Czech Republic, October 2001.

**Prochaska, J.O.** "Staging: A Population Approach to Addictions and Mental Health." Keynote. 23<sup>rd</sup> Conference of the Canadian Mental Health Association. Toronto, Ontario, Canada, October 2001.

**Prochaska, J.O.** "Stage Change from the Perspective of the Patient". Presenter, Facilitating Change in Patient and Physician Behavior Conference. Harvard Medical School, Division on Addictions, Newton-Wellesley Hospital. Newton, Massachusetts, October 2001.

**Prochaska, J.O.** "The Transtheoretical Model and the Stages of Change: How They Apply to Diabetes Care, Education and Management." Annual Meeting, "Behavior Change in Diabetes: From Theory to Practice." Rhode Island Department of Health, Diabetes Control Program. Warwick, Rhode Island, September 2001.

**Prochaska, J.O.** "Psychotherapy for Each Stage of Change". Rosalee G. Weiss Lecture Presenter. 109<sup>th</sup> Convention of the American Psychological Association. San Francisco, California, August 2001.

**Prochaska, J.O.** "Individual Behavior Change." Presentation in the Essentials of Clinical Medicine Course at Medical College of Georgia. Augusta, Georgia, February 2001.

**Prochaska, J.O.** "Stages of Change." Presentation at the College of Nursing, University of South Florida. Tampa, Florida, February 2001.

**Prochaska, J.O.** "Population technologies for smoking cessation". Keynote address. Invited Conference for Leaders of Regional Health Authorities. London, England, December 2000.

**Prochaska, J.O.** "Motivating patients to change for the good". Primary Care Internal Medicine Principles and Practice, Harvard Medical School, Massachusetts General Hospital. Cambridge, Massachusetts, November 2000.

**Prochaska, J.O.** "Behavior change comes of age with the Internet and Interactive Technology". Keynote address. 2<sup>nd</sup> Annual Disease Management Leadership Forum, Disease Management Association of America. Baltimore, Maryland, November 2000.

**Prochaska, J.O.** "Helping smokers at each stage of change." Managing the smoking gun: The Physiology and Behavior of Addiction as it Relates to Smoking Cessation. Keynote address. Southwestern Vermont Health Care and the University of Vermont College of Medicine. Bennington, Vermont, November 2000.

**Prochaska, J.O.** Toward a "society" of prospective medicine: Population approaches to health promotion. Keynote address at 36<sup>th</sup> Annual Meeting of the Society of Prospective Medicine. Pittsburgh, Pennsylvania, September, 2000. Received *L.C. Robbins Award* for Career Contribution to Health Promotion. Pittsburgh, Pennsylvania, November 2000.

**Prochaska, J.O.** How to prevent cancer and health care costs. Keynote address. Third Annual Cape Breton Cancer Symposium, Cancer Care Nova Scotia. Sydney, Nova Scotia, Canada, October 2000.

**Prochaska, J.O.** Behavior change for health care professionals. Presentation to healthcare employees of the Union Pacific Railroad and the University of Nebraska College of Medicine. Denver, Colorado, October 2000.

**Prochaska, J.O.** Stages of change for managing cardiovascular and pulmonary diseases on a population basis. Keynote, American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting. Tampa, Florida, September 2000.

**Prochaska, J.O.** Stage model of behavior change. Keynote address at New York State Association of County Health Officials. Albany, New York, June, 2000.

**Prochaska, J.O.** “The Application of the Transtheoretical Model in Behavioral Medicine”. Keynote. Second Annual Conference Fallon Health Care System. Framingham, Massachusetts, May 2000.

**Prochaska, J.O.** The mind game of disease management: Preventing cardiovascular disease and strokes by helping patients change behavior. TEXMED2000, Texas Medical Association. San Antonio, Texas, May 2000.

**Prochaska, J.O.** “Stage Matched Prevention Programs.” Plenary Address, 13<sup>th</sup> Texas HIV/STD Conference. Austin, Texas, April 2000.

**Prochaska, J.O.** “Transtheoretical Model Responses to Top Questions of Our Time”. Presentation, Society of Behavioral Medicine Annual Meeting. Seattle, Washington, March 2000.

**Prochaska, J.O.** An elementary overview of health behavior change. President's Speaker, The Robert Wood Johnson Foundation. Princeton, New Jersey, January 2000.

**Prochaska, J.O.** The Transtheoretical Model of Change. Grand Rounds. Regional Cancer Center, Waukesha Memorial Hospital. Waukesha, Wisconsin, January 2000.

**Prochaska, J.O.** The Transtheoretical Model of Change. Keynote address. 25<sup>th</sup> Anniversary Conference: Addiction Services, Northern Region. Northern Regional Health Board. Nova Scotia, Canada, November 1999.

**Prochaska, J.O.** The stages and processes of change motivation, Preparation and Interventions. Influencing Behavior Change: Impact on Cardiovascular Disease. Highmark Blue Cross Blue Shield and The Western Pennsylvania Hospital, December 1999.

**Prochaska, J.O.** Promoting positive lifestyle change in your patients. 2<sup>nd</sup> Annual Primary Care Symposium, Promedica Health Group. Buffalo, New York, November 1999.

**Prochaska, J.O.** The Transtheoretical Model of Change. 25<sup>th</sup> Anniversary Conference: Addiction Services, Northern Region. Northern Regional Health Board. Nova Scotia, Canada, November 1999.

**Prochaska, J.O.** Innovative approaches to habit control. Harvard Medical School, Primary Care Program, Massachusetts General Hospital. Cambridge, Massachusetts, November 1999.

**Prochaska, J.O.** A dialogue on teen smoking cessation. American Lung Association of Vermont, Vermont Department of Health. South Burlington, Vermont, November 1999.

**Prochaska, J.O.** The mind game of disease management. Disease Management Association of America Inaugural Leadership Forum. San Francisco, California, October 1999.

**Prochaska, J.O.** The stages of change model. The VIP Seminar Series, Society of Prospective Medicine. Pittsburgh, Pennsylvania, June 1999.

**Prochaska, J.O.** A model for achieving behavior change in cardiovascular health promotion. Third Maine Governor's Summit on Cardiovascular Health. Bowdoin College, Brunswick, Maine, June 1999.

**Prochaska, J.O.** Stages of Change (Part 1) and Change Model Application (Part 2). Speaker for Phase I Behavioral Science/Psychiatry Course, Medical College of Georgia. Augusta, Georgia, May, 1999.

**Prochaska, J.O.** Stages of Change (Part 1) and Change Model Application (Part 2). Keynote address for The Patient Education Challenge Promoting Positive Lifestyle Changes, Concurrent Diabetes Education and General Patient Education. Lehigh Valley Hospital, Allentown, Pennsylvania, April 1998.

**Prochaska, J.O.** Maximizing impacts of health promotion programs. Keynote address for The Association for Worksite Health Promotion. Hartford, Connecticut, April 1998.

**Prochaska, J.O.** Behavior change in diabetes: A stage-based approach. Improving Care, Improving Lives: Diabetes Today conference, Department of Health and Human Services, Office of Health Management, State of New Hampshire. Concord, New Hampshire, April 1998.

**Prochaska, J.O.** Stages of behavioral change. Medical Grand Rounds, Lahey Hitchcock Clinic. Burlington, Massachusetts, April 1998.

**Prochaska, J.O.** The Transtheoretical Model of behavior change. Midwest Nursing Research Society 22nd Annual Research Conference. Columbus, Ohio, March 1998.

**Prochaska, J.O.** Behavioral change model. Women's Agenda for the New Century/FORUM98. Long Beach, California, March 1998.

**Prochaska, J.O.** The Transtheoretical Model of behavior change: A research update. Keynote address for the Minnesota Nutrition Council. Minneapolis, Minnesota, March 1998.

**Prochaska, J.O.** Staging a therapeutic revolution with entire populations. Train the Trainer Workshop for Solutions Training Institute, Quinco Behavioral Health Systems. Nashville, Indiana, March 1998.

**Prochaska, J.O.** Targeting wellness for success. Healthy Hearts Through Healthy Living Program, Mercy Hospital. Pittsburgh, Pennsylvania, February, 1998.

**Prochaska, J.O.** Targeting readiness for health care compliance for the citizens we serve. The New Leadership Challenge for Hospitals in America Conference. Williamsburgh, Pennsylvania, February 1998.

**Prochaska, J.O.** The Transtheoretical Model of Change. 25<sup>th</sup> Anniversary Conference: Addiction Services, Northern Region. Northern Regional Health Board. Nova Scotia, Canada, November 1999.

**Prochaska, J.O.** Stages of Change (Part 1) and Change Model Application (Part 2). Speaker for Phase I Behavioral Science/Psychiatry Course, Medical College of Georgia. Augusta, Georgia, May, 1999.

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**Prochaska, J.O.** Stages of behavioral change. Medical Grand Rounds, Lahey Hitchcock Clinic. Burlington, Massachusetts, April 1998.

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**Prochaska, J.O.** Behavior change in diabetes: A stage-based approach. Improving Care, Improving Lives: Diabetes Today conference, Department of Health and Human Services, Office of Health Management, State of New Hampshire. Concord, New Hampshire, April 1998.

**Prochaska, J.O.** Stages of behavioral change. Medical Grand Rounds, Lahey Hitchcock Clinic. Burlington, Massachusetts, April 1998.

**Prochaska, J.O.** The Transtheoretical Model of behavior change. Midwest Nursing Research Society 22nd Annual Research Conference. Columbus, Ohio, March 1998.

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**Prochaska, J.O.** Maximizing impacts of health promotion programs. Keynote address for The Association for Worksite Health Promotion. Hartford, Connecticut, April 1998.

**Prochaska, J.O.** Behavior change in diabetes: A stage-based approach. Improving Care, Improving Lives: Diabetes Today conference, Department of Health and Human Services, Office of Health Management, State of New Hampshire. Concord, New Hampshire, April 1998.

**Prochaska, J.O.** Stages of behavioral change. Medical Grand Rounds, Lahey Hitchcock Clinic. Burlington, Massachusetts, April 1998.

**Prochaska, J.O.** The Transtheoretical Model of behavior change. Midwest Nursing Research Society 22<sup>nd</sup> Annual Research Conference. Columbus, Ohio, March 1998.

**Prochaska, J.O.** Behavioral change model. Women's Agenda for the New Century/FORUM98. Long Beach, California, March 1998.

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**Prochaska, J.O.** Staging a therapeutic revolution with entire populations. Train the Trainer Workshop for Solutions Training Institute, Quinco Behavioral Health Systems. Nashville, Indiana, March 1998.

**Prochaska, J.O.** Targeting wellness for success. Healthy Hearts Through Healthy Living Program, Mercy Hospital. Pittsburgh, Pennsylvania, February, 1998.

**Prochaska, J.O.** Targeting readiness for health care compliance for the citizens we serve. The New Leadership Challenge for Hospitals in America Conference. Williamsburg, Pennsylvania, February 1998.

**Prochaska, J.O.** From theory to methods in research on health behavior change. Living Longer with New HIV Treatment: Opportunities for Health Promotion and Symptom Management, Ohio State University, College of Nursing. Columbus, Ohio, January, 1998.

**Prochaska, J.O.** Behavior Change Theory, Health Promotion Disease Prevention Curriculum. Visiting Professor for inaugural Health Promoted Disease Prevention Course for Freshman Medical Students, Medical College of Georgia. Augusta, Georgia, January, 1998.

**Prochaska, J.O.** Choices and changes. Keynote address Choices and Changes Conference, Center for Health Promotion, Health Partners. Minneapolis, Minnesota, December 1997.

**Prochaska, J.O.** Chair, WHO Working Group on Lifestyles and Behavior Change. A world Health Organization Meeting to Discuss the Best Science on Lifestyles and Behavior Change. Stratford upon Avon, England, November 1997.

**Prochaska, J.O.** Channeling our energies - Targeting wellness for success - Willing, ready and able. Riverside Health System Sixth Annual Wellness Conference. Williamsburg, Virginia, November 1997.

**Prochaska, J.O.** The Transtheoretical Model of Behavior Change. Major Lecture Series, Center of Alcohol Studies, Rutgers University. Piscataway, New Jersey, October 1997.

**Prochaska, J.O.** Social and behavioral aspects of donor consent. The Sharing Network, New Jersey Organ & Tissue Sharing Network. East Brunswick, New Jersey, September 1997.

**Prochaska, J.O.** Staging: A revolution in health promotion. New Hampshire Blue Cross. Manchester, New Hampshire, September 1997.

**Prochaska, J.O.** Staging: A revolution in behavioral health. Howard Conference on Behavior Medicine. Boston, Massachusetts, November 1995.

**Prochaska, J.O.** Thriving in New Health Care Systems. Keynote address Michigan Psychological Association. Detroit, Michigan, October 1995.

**Prochaska, J.O.** Staging: A revolution in worksite health. Keynote address for Kentucky Wellness Council. Louisville, Kentucky, October 1995.

**Prochaska, J.O.** Staging: A revolution in diabetes self-management. Keynote address Canadian Diabetes Education Association. Toronto, Ontario, Canada, September 1995.

**Prochaska, J.O.** Staging: A revolution in behavior health. Midwest Association for Health Educators. Milwaukee, Wisconsin, September 1995.

**Prochaska, J.O.** A revolution in health promotion. Invited address for President's mini-conference on Psychology and Health. American Psychological Association. New York, New York, August 1995.

**Prochaska, J.O.** Staging: A revolution in wellness. Invited workshop for the National Conference on Wellness. Stevens Point, Wisconsin, July 1995.

**Prochaska, J.O.** The future of cancer prevention. American Cancer Society invited conference on planning for cancer prevention. Denver, Colorado, July 1995.

**Prochaska, J.O.** Partners in Health. Invited address to International Pharmaceutical Partnership. Quebec, Ontario, Canada, June 1995.

**Prochaska, J.O.** Staging the addictions. Howard Conference on the Addictions. Boston, Massachusetts, June 1995.

**Prochaska, J.O.** Behavior change and health. Keynote address New Hampshire Conference on Health Promotion. Salem, New Hampshire, May 1995.

**Prochaska, J.O.** Staging: A revolution in the addictions. Massachusetts Society for the Addictions. Cambridge, Massachusetts, May 1995

**Prochaska, J.O.** Behavior change technology. Invited address to World Conference of V.P.'s for Research. Orlando, Florida, May 1995.

**Prochaska, J.O.** Staging: A revolution in public health. Annual Lecture on Health Promotion for Emory University. Atlanta, Georgia, April 1995.

**Prochaska, J.O.** Health promotion in primary care. Keynote address for St. Clair County Medical Association. Port Huron, Michigan, April 1995.

**Prochaska, J.O.** The Health of Psychology. Keynote address Rhode Island Psychological Association, Providence, Rhode Island, April 1995.

**Prochaska, J.O.** Staging: A revolution in psychology. Colloquium for Clark University. Worcester, Massachusetts, March 1995.

**Prochaska, J.O.** Population-based health promotion. Keynote address for Illinois Conference on Health Promotion. Springfield, Illinois, February, 1995.

**Prochaska, J.O.** Staging: A semester in applied psychology. Colloquium for University of Arizona. Tucson, Arizona, January 1995.

**Prochaska, J.O.** Prevention in primary practice. Grand Rounds lecture for Beaumont Hospital. Detroit, Michigan, January, 1995.

**Prochaska, J.O.** Staging: A revolution in population health promotion. Keynote address for Air Force's Conference on Health Promotion. Denver, Colorado, November 1994.

**Prochaska, J.O.** Transtheoretical model for treatment of addictions. Keynote address for Quebec Association of Addiction Counselors. Montreal, Quebec, Canada, November 1994.

**Prochaska, J.O.** Stages of change for Addictions. Keynote address for Maine Psychological Association. Portland, Maine, November 1994.

**Prochaska, J.O.** Stages of change for Addictions. Ground Rounds for Elizabeth Hospital. Elizabeth, New Jersey, November 1994.

**Prochaska, J.O.** Stages of change in smoking behaviors. World Congress on Tobacco on Health. Paris, France, October 1994.

**Prochaska, J.O.** Stage approach to tobacco control. Invited symposium World Congress on Tobacco on Health. Paris, France, October 1994.

**Prochaska, J.O.** Population approach to behavior medicine. Keynote address, Howard Conference on Behavior Medicine. Boston, Massachusetts, October 1994.

**Prochaska, J.O.** Stage paradigm for diabetes self-management. Keynote address for Washington Association of Diabetes Educators. Seattle, Washington, October 1994.

**Prochaska, J.O.** Staging: A revolution in worksite health promotion. Keynote address for West Virginia Wellness Council Annual Conference. Charleston, West Virginia, October 1994.

**Prochaska, J.O.** Change process approach to weight control. Keynote address for Midwest Association of Health Educators. St. Louis, Missouri, September 1994.

**Prochaska, J.O.** Counseling Campuses. Keynote address to New England Associates of College Counselors. Newport, Rhode Island, September 1994.

**Prochaska, J.O.** A population approach to physical activity. Keynote Address to Governor's Council on Physical Activity. Lansing, Michigan, September 1994.

**Prochaska, J.O.** Staging: A revolution in treating the addictions. Invited workshop for Spanish Association of Addiction Counselors. Madrid, Spain, August 1994.

**Prochaska, J.O.** Staging: A revolution in healthier life styles. Keynote address for the American Association of Sports Medicine. Indianapolis, Indiana, June 1994.

**Prochaska, J.O.** Staging: A revolution in population health. Keynote address for United States Army's Conference on Health Promotion. Baltimore, Maryland, June 1994.

**Prochaska, J.O.** Changing behaviors for diabetes self-management. Invited symposium American Diabetic Association. New Orleans, Louisiana, June 1994.

**Prochaska, J.O.** Population based wellness programs. Keynote address for Wellness Council of America. Washington, DC, May 1994.

**Prochaska, J.O.** A stage paradigm for diabetes self-management. Keynote address for Diabetes Educators Leadership Council of Canada. Toronto, Ontario, Canada, May 1994.



**Prochaska, J.O.** A strategy for psychology thriving in new health care systems. Keynote address, Nevada Psychological Association, Las Vegas, Nevada, May 1994.

**Prochaska, J.O.** A stage approach to healthier diets. Keynote address for Canadian Dietetic Association. New Brunswick, Canada, May 1994.

**Prochaska, J.O.** Staging: A revolution in health promotion. Master scientific lecture presented at 15th Meeting of the Society for Behavioral Medicine. Boston, Massachusetts, April 1994.

**Prochaska, J.O.** Stage approach to treatment of addictions. Invited address to the New Jersey Society of Addictive Medicine. New Brunswick, New Jersey, April 1994.

**Prochaska, J.O.** Prevention in primary practice. Invited lecture Michigan Medical Association. Mount Pleasant, Michigan, April 1994.

**Prochaska, J.O.** A stage model for time effective psychotherapy. Grand Rounds Lecture, Harvard Community Health Plan. Boston, Massachusetts, April 1994.

**Prochaska, J.O.** Strategy of survival of psychology in new health care systems. Keynote address to the Ontario Psychological Association. Toronto, Ontario, Canada, March 1994.

**Prochaska, J.O.** New models of health and humanity. Keynote address to the Ontario Directors of Psychology Association. Toronto, Ontario, Canada, March 1994.

**Prochaska, J.O.** A stage paradigm for cancer prevention and control. Grand Rounds lecture to Memorial Sloane Kettering Cancer Center. New York, New York, January 1994.

**Prochaska, J.O.** A stage paradigm for community health. Invited workshop for the Annual Meeting of the Society for Ohio Public Health Education. Columbus, Ohio, October 1993.

**Prochaska, J.O.** A stage approach to social marketing. Invited symposium at the Association for Consumer Behavior Annual Conference. Nashville, Tennessee, October 1993.

**Prochaska, J.O.** Preparation for cessation. Invited address to the Second Ross Roundtable for Critical Issues in Family Medicine: Substance Abuse. Washington, DC, October 1993.

**Prochaska, J.O.** How people behave. Keynote address to the McBain Conference of the Canadian Heart Association. Vancouver, British Columbia, Canada, October 1993.

**Prochaska, J.O.** From an action to a stage paradigm. Invited address 101st annual convention of the American Psychological Association. Toronto, Ontario, Canada, August 1993.

**Prochaska, J.O.** Assessing stages of change for psychotherapy. Invited presentation for Harvard Community Health Program, Boston, Massachusetts, May 1993.

**Prochaska, J.O.** A stage paradigm for health promotion. Colloquium at University of Alberta, Alberta, Ontario, Canada, April 1993.

**Prochaska, J.O.** A stage paradigm for health promotion. Colloquium at University of Calgary, Calgary, Canada, April 1993.

**Prochaska, J.O.** Stage predictors of therapy drop-outs. Invited paper at Society for the Exploration of Psychotherapy Integration, New York, New York, April 1993.

- Prochaska, J.O.** The Transtheoretical approach to health and mental health. Invited workshop for the Ontario Psychological Association, Toronto, Ontario, Canada, February 1993.
- Prochaska, J.O.** Pathways to change. Invited presentation at the American Health Promotion Conference, Hilton Head, South Carolina, February, 1993.
- Prochaska, J.O.** A Transtheoretical Model of Behavior Change: Implications for Diet Interventions. Invited presentation at Promoting Dietary change in communities: Applying Existing Models of Dietary Change to Population-Based Interventions, Cancer Prevention Research Program, Fred Hutchinson Cancer Research Center, Seattle, 1992.
- Prochaska, J.O.** In search of how people change. Invited address at the Convention of the Rocky Mountain Psychological Association, Denver, Colorado, April 1991.
- Prochaska, J.O.** How people change. Visiting scholar lecture at the Community College of Rhode Island, Warwick, Rhode Island, April 1990.
- Prochaska, J.O.** From recruitment to recovery in cancer prevention. Invited paper at the International Conference on Cancer Prevention sponsored by the Victoria Anti-Cancer Council, Melbourne, Australia, April 1990.
- Prochaska, J.O.** How people change with and without psychotherapy. Colloquium given at the University of New Brunswick, Fredericton, New Brunswick, Canada, March 1990.
- Prochaska, J.O.** A model of change for the addictions. Invited lecture sponsored by CODAC, Cranston, Rhode Island, March 1990.
- Prochaska, J.O.** How people change in psychotherapy. Invited address at the Second International Conference on Eclectic Psychotherapy, Guadalajara, Mexico, January 1990.
- Prochaska, J.O.** Transtheoretical analysis of a borderline personality. Clinical symposium at the Second International Conference on Eclectic Psychotherapy, Guadalajara, Mexico, January 1990.
- Prochaska, J.O.** From recruitment to recovery. Invited lecture at the Centers for Disease Control, Atlanta, Georgia, December 1989.
- Prochaska, J.O.** Innovative approaches to cancer prevention research. Invited paper at American Cancer Society's Second Conference on Research Methodologies for Behavioral Research for Cancer Control, Santa Monica, California, December 1989.
- Prochaska, J. O.** What causes people to change? Invited address at American Cancer Society's Consensus Conference on Unmet Research Needs for Cancer Prevention, Bloomington, Indiana, August 1989.
- Prochaska, J.O.** Transtheoretical Therapy. Invited workshop at the International Conference of Eclectic Psychotherapy, San Miquel, Mexico, December 1988.
- Prochaska, J.O.** (Moderator). Special Forum, Three Faces of Behavior Therapy, presented at the 22nd annual convention of the Association for the Advancement of Behavior Therapy, New York, New York, November 1988.
- Prochaska, J.O.** How people change smoking and other health behavior problems. Invited workshop at International Course on Methods in Smoking Cessation, University of Kuopio, Kuopio, Finland, June 1988.
- Prochaska, J.O.** How people change health related behaviors. Invited presentation at the Primary Physician and Prevention Programs. Fall River, Massachusetts, November 1987.

**Prochaska, J.O.** Decision rules for a Transtheoretical approach to individual therapy. Presented at a symposium at the Third Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Evanston, Illinois, May 1987.

**Prochaska, J.O.** Characteristics and affiliations of contemporary clinical psychologists. Presented at a symposium at the Eastern Psychological Association Annual Meeting. Arlington, Virginia, April 1987.

**Prochaska, J.O.** The Transtheoretical model for smoking cessation. Colloquium at Department of Preventive Medicine, University of Massachusetts School of Medicine, Worcester, Massachusetts, March 1987.

**Prochaska, J.O.** A comprehensive model of change for health psychology. Invited address at the Third Annual University of Scranton Psychology Research Conference, Scranton, Pennsylvania, February, 1987.

**Prochaska, J.O.** Transtheoretical therapy. Invited workshop at Third Annual University of Scranton Psychology Research Conference, Scranton, Pennsylvania, February 1987.

**Prochaska, J.O.** How people change in psychotherapy: An integrative model. Invited address to the Psychoneurological Institute, Warsaw, Poland, October 1986.

**Prochaska, J.O.** Integrating the psychotherapies. Invited address at Department of Psychiatry, Cracow, Poland, October 1986.

**Prochaska, J.O.** Patterns of change in smoking cessation. Invited address at National Institute for Drug Abuse's Consensus Conference, Ames, Iowa, October 1986.

**Prochaska, J.O.** How people change in psychotherapy. Symposium presented at American Psychological Association Annual Meeting, Washington, D.C., August 1986.

**Prochaska, J.O.** Training integrative marital therapists. Presented at the Second Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Toronto, Canada, May 1986.

**Prochaska, J.O.** Toward a comprehensive model of smoking cessation. Colloquium at Harvard University, Cambridge, Massachusetts, December 1985.

**Prochaska, J.O.** The NHLBI Relapse Conference. Presented at the National Cancer Institute's Conference on Self-help Approaches to Smoking Cessation, Chapel Hill, North Carolina, November 1985.

**Prochaska, J.O.** The Transtheoretical approach: An integrative eclecticism. Colloquium at Fairleigh-Dickerson University, Teasdale, New Jersey, September 1985.

**Prochaska, J.O.** Patterns of relapse. Presented at the National Heart Institute's Conference on Relapse, Bethesda, Maryland, July 1985.

**Prochaska, J.O.** Clinical training from a Transtheoretical approach. Presented at a symposium at the First Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Annapolis, Maryland, June 1985.

**Prochaska, J.O.** Integrating the integrative dimensions of psychotherapy. Presented at a symposium at the First Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Annapolis, Maryland, June 1985.

**Prochaska, J.O.** A comprehensive model of change for health risk behaviors. Grand Rounds Lecture at Cook County Hospital, Chicago, Illinois, May 1985.

- Prochaska, J.O.** Applying the Transtheoretical model to three health risk behaviors. Workshop given at Cook County Hospital, Chicago, Illinois, May 1985.
- Prochaska, J.O.** Psychotherapists and laypersons treating themselves for psychological distress. Presented at a symposium at the Eastern Psychological Association Annual Meeting, Boston, Massachusetts, March 1985.
- Prochaska, J.O.** Self-help models and manuals for smoking cessation. Presented at the National Cancer Institute Conference on Self-help Approaches to Smoking Cessation. Bethesda, Maryland, October 1984.
- Prochaska, J.O.** Toward a comprehensive model of change. Keynote address given to the Third International Conference on the Treatment of Addictive Behaviors, North Berwick, Scotland, August 1984.
- Prochaska, J.O.** The full-time independent practitioner: A national survey. Presented at a symposium at the American Psychologist Association Annual Meeting. Toronto, Canada, August 1984.
- Prochaska, J.O.** The Transtheoretical approach to integrative eclectic. Workshop presented at Fairfield Hills Hospital, Newtown, Connecticut, June 1983.
- Prochaska, J.O.** Transtheoretical therapy. A two-week workshop presented at the University of Texas Counseling Center, Austin, Texas, January - February 1983.
- Prochaska, J.O.** How we change ourselves. Presentation to the Annual Board Meeting of Child and Family Services of Newport County, November 1982.
- Prochaska, J.O.** The Transtheoretical approach to health psychology. Colloquium presented to the College of Nursing, University of Rhode Island, October 1982.
- Prochaska, J.O.** Transtheoretical therapy as an integrative eclectic approach to health psychology. Colloquium presented at West Haven Veteran's Administration Hospital, May 1982.
- Prochaska, J.O., & Prochaska, J.M.** Transtheoretical approach to sexual dysfunctions. Invited workshop for the Annual Meeting of the Massachusetts Association of Social Workers, Boston, Massachusetts, April 1981.
- Prochaska, J.O.** Systems of Psychotherapy: A Transtheoretical Approach. Invited workshop for the New Hampshire Society for Psychologists, Bedford, New Hampshire, October 1979.
- Prochaska, J.O.** The stages and processes of quitting smoking. WPRO FM Radio, half hour interview show, April 1979.
- Prochaska, J.O., & Prochaska, J.M.** Sexual counseling for the family practitioner. Invited address at Brown University, Continuing Education for Family Practitioners, Providence, Rhode Island, April 1979.
- Prochaska, J.O., & Prochaska, J.M.** Marital and sexual therapy integrated. Invited workshop sponsored by Family Services of Greater Boston, Boston, Massachusetts, April 1979.
- Prochaska, J.O., & Prochaska, J.M.** From marriage to divorce and beyond: Therapy through adult stages of relationships. Invited workshop for Armstrong State College's Continuing Education Consortium, Savannah, Georgia, March 1979.
- Prochaska, J.O.** Chairperson of Clinical and Community Psychology paper session. Eastern Psychological Association, March 1979.
- Prochaska, J.O.** Predicting success and failure in treating chronic sexual dysfunctions. Invited workshop sponsored by Newport Mental Health Clinic, Newport, Rhode Island, March 1979.

**Prochaska, J.O.** Recent developments in psychotherapy. Invited address at the Rhode Island Psychological Association's Fourth Annual Association Day, February 1979.

**Prochaska, J.O., & Prochaska, J.M.** Marriage crises and counseling in the 1970's. Face the News, WPRO TV, half hour feature show, November 1978.

**Prochaska, J.O.** Sexual Dysfunctions of college students. Invited talk to the Sex Information and Counseling Service, Rhode Island College, Providence, Rhode Island, October 1978.

**Prochaska, J.O.** Toward a Transtheoretical model of therapy. Invited paper for Newport Mental Health Clinic, Newport, Rhode Island, September 1978.

**Prochaska, J.O.** Successes and failures in the treatment of chronic sexual problems. Colloquium for Psychology Department, University of Rhode Island, September 1978.

**Prochaska, J.O.** Sexual attitudes and issues for staff working with handicapped children. Invited workshop for Meeting Street School, December 1977.

**Prochaska, J.O.** Counter-conditioning approaches to behavior therapy with emphases on anxiety management. Invited workshop sponsored by Child and Family Services of Newport County, Newport, Rhode Island, November 1977.

**Prochaska, J.O.** Sexual dysfunctions and treatment. Invited workshop for SIS workers. Rhode Island College, October 1977.

**Prochaska, J.O.** Sexual dysfunctions and treatment. Invited workshop for SIS workers. Rhode Island College, October 1977.

**Prochaska, J.O.** Marital and sexual issues in marriages with multiple sclerosis. Invited address to Multiple Sclerosis Society, September 1977.

**Prochaska, J.O., & Prochaska, J.M.** Twentieth century trends in marriage and marital therapy. Invited paper at two-day symposium. Butler Hospital and Brown Medical School Spring Symposium, May 1977.

**Prochaska, J.O., & Prochaska, J.M.** Marital and sexual therapy. Invited workshop co-sponsored by Kings College and Family Services of Wilkes-Barre, Wilkes-Barre, Pennsylvania, May 1977.

**Prochaska, J.O.** Advances in the treatment of sexual dysfunctions. Invited workshop sponsored by the Community Services Consortium of Fall River. Fall River, Mass., November 1976.

**Prochaska, J.O., and others.** Assertiveness training. Invited workshop sponsored by Child and Family Services of Newport County, October 1976.

**Prochaska, J.O.** Homosexuality: Illness or life-style? Invited participant in Symposium on Contemporary Sexual Issues. Providence College, Rhode Island, September 1976.

**Prochaska, J.O., & Prochaska, J.M.** Effective social work with clients with sexual dysfunctions and sexual deviations. Invited two-day workshop sponsored by the R.I. Consortium for Social Workers, April 1976.

**Prochaska, James O., & Prochaska, J.M.** Marriage, sex, intimacy, children and work. Invited six-session workshop sponsored by Child and Family Services of Newport County, January - February 1976.

**Prochaska, J.O.** Beginning sexual therapy. Invited workshop sponsored by Family Services of Erie County, Erie, Pennsylvania, January 1976.

**Prochaska, J.O.** Understanding our own sexuality. Invited talk for staff and parents of the Meeting Street School, December 1975.

**Prochaska, J.O., & Prochaska, J.M.** Sexual problems in young alcoholics. Invited six-session workshop at Newport Naval Hospital Alcoholism Division, November - December 1975.

**Prochaska, J.O.** Advances in sexual therapy. Invited workshop sponsored by Child and Family Services of Newport County, Rhode Island, November 1975.

**Prochaska, J.O., & Prochaska, J.M.** Marriage, sex, intimacy, children and work: Are they compatible? Invited week-long workshop at Eastern Unitarian Educational Conference, Star Island, New Hampshire, July 1975.

**Prochaska, J.O., & Prochaska, J.M.** Intimacy and sexuality. Invited talk at the Second Annual URI Alumni Vacation College, July, 1975.

**Prochaska, J.O., & Prochaska, J.M.** Issues in intimacy and sexual therapy. Invited talk at Northwestern Mental Health Association Annual Meeting, June 1975.

**Prochaska, J.O., & Prochaska, J.M.** Toward a comprehensive prevention and treatment program for sexual problems. Invited paper delivered at the R.I. Association of Social Workers Annual Meeting, May 1975.

**Prochaska, J.O., & Prochaska, J.M.** Approaches to sexual and marital counseling. Invited workshop at the American Academy of Family Physicians Annual Scientific Meeting, Newport, Rhode Island, May 1975.

**Prochaska, J.O.** Advances in the treatment of sexual dysfunctions. Workshop for staffs of Washington County, Warwick and Kent County Community Mental Health Centers, January - March 1975.

**Prochaska, J.O.** Primary non-orgasmic problems. Invited talk at the Attleboro Mental Health Center, Attleboro, Massachusetts, October 1974.

**Prochaska, J.O.** Ethics and effectiveness of sex therapy. Invited talk to the R.I. Psychological Association, October 1974.

**Prochaska, J.O.** Socio-sexual law and implications for the family. Invited paper presented at Conference on Victimless Crime, Rhode Island College, May 1974.

**Prochaska, J.O.** An integrative eclectic approach to sexual dysfunctions and deviations. Invited workshop sponsored by Child and Family Services of Newport, May 1974.

**Prochaska, J.O.** Behavior therapy approaches to helping homosexuals. Invited talk at the Butler-Bradley Education Center, May 1974.

**Prochaska, J.O.** Issues in intimacy and sexual counseling. Workshop for Rhode Island clergy, A Day of Sharing, March 1974.

**Prochaska, J.O.** Issues in intimacy therapy. Invited talk at Providence V.A. Hospital, January 1974.

**Prochaska, J.O.** Intimacy and sexual therapy. Invited six-month workshop at the URI Counseling Center, October, 1973 - April, 1974.

**Prochaska, J.O., & Prochaska, Janice M.** Intimacy and sexuality therapy. Invited talk at the Butler-Bradley Education Center, November 1973.

**Prochaska, J.O., & Prochaska, Janice M.** Intimacy and sexual therapy. Invited talk sponsored by the R.I. Associates for Sex Education, November 1973.

**Prochaska, J.O.** Desensitization with retardates. Invited workshop at Cranston Regional Center for Mental Retardation, October 1973.

**Prochaska, J.O.** Issues on childhood and adolescent sexuality. Invited talk at the Butler-Bradley Education Center, September 1973.

**Prochaska, J.O.** Issues in childhood and adolescent sexuality. Invited talk sponsored by R.I. Associates for Sex Education, September 1973.

**Prochaska, J.O.** Organizer and moderator for Behavior Therapy Workshop at University of Rhode Island, June 1973.

**Prochaska, J.O.** Workshop on integrating behavior therapy and psychotherapy. Behavior Therapy Workshop at University of Rhode Island, June 1973.

**Prochaska, J.O.** Etiology and treatment of sexual dysfunctions and deviation problems. Invited workshop sponsored by Family and Child Services of Newport County, Spring 1973.

**Prochaska, J.O., & Prochaska, Janice M.** New programs for sex information and sexual therapy. Invited workshop at the Northeast Regional Conference for Child Welfare League of America, Boston, Massachusetts, March 1973.

**Prochaska, J.O.** Behavior modification approaches to selective problems of children. Invited workshop at the Northeast Regional Conference for Child Welfare League of America, Boston, Massachusetts, March 1973.

**Prochaska, J.O.** Behavior therapy techniques. Invited workshops for URI Counseling Center, November-December 1972.

**Prochaska, J.O., & Marzilli, Robert.** Use of Masters and Johnson's approach to marital sexual problems within a behavior therapy program. Sixth Annual Meeting of the Association for the Advancement of Behavior Therapy, New York, New York, October 1972.

**Prochaska J.O.** Moderator of Clinical Roundtable: Innovative Behavioral Techniques. Sixth Annual Meeting of the Association for the Advancement of Behavior Therapy, New York, New York, October 1972.

**Prochaska, J.O.** Homosexuality: Behavior disorder or alternative life style. Invited paper presented at workshop on homosexuality at Annual Conference of Rhode Island Social Workers, Bristol, Rhode Island, April 1972.

**Prochaska, J.O.** Short-term treatment of marital sexual problems. Invited workshop presented at the Annual Conference of R.I. Social Workers, Bristol, Rhode Island, April 1972.

**Prochaska, J.O.** Sexual dysfunctions and sexual therapy. Conversation with Dr. James Prochaska. Presentation on WJAR-TV, February 1972.

**Prochaska, J.O.** Principles and practice of behavior therapy. Year-long workshop for community mental health professionals sponsored by Rhode Island Department of Mental Health, 1971-1972.

**Prochaska, J.O.** The establishment of a comprehensive behavior therapy program in Rhode Island. Invited talk presented to the Rhode Island Association of Social Workers, Providence, Rhode Island, December 1971.

**Prochaska, J.O.** Establishing a comprehensive behavior therapy out-patient service. Invited talk to the Attleboro Community Mental Health Clinic, Attleboro, Massachusetts, April 1971.

**Prochaska, J.O.** Sexual therapy in an out-patient clinic. Invited talk. Providence V.A. Hospital, February 1971.

**Prochaska, J.O.** An empirical and theoretical comparison of systematic desensitization and implosive therapy. Invited paper presented to the Annual Scientific Meeting of the Rhode Island Psychiatric Association, February 1970.

**Prochaska, J.O.** Alternatives to Goldiamond's approach to behavioral analysis. Symposium on Behavioral Analysis, Rhode Island Hospital, October 1969.

**Prochaska, J.O.** Symptom and dynamic cues in the implosive treatment of test anxiety: Preliminary findings. Psychology Department Colloquium, Penn State University, April 1969.

**Prochaska, J.O.** Symptom and dynamic cues in the implosive treatment of test anxiety: Preliminary findings. Psychology Department Colloquium, University of Rhode Island, March 1969.

**Prochaska, J.O.** Implosive therapy with a severe obsessive-compulsive patient. Clinical Psychology Division Colloquium, University of Michigan, May 1968.

**Prochaska, J.O.** Implosive therapy with a severe obsessive-compulsive patient. Psychology Department Colloquium, Lafayette Clinic, May 1968.

### **100 Other Papers Presented:**

Mundorf, N., Redding, C.A., Paiva, A., Brick, L., **Prochaska, J.O.** & Fu, T. (2013). Promoting sustainable transportation across campus communities using the Transtheoretical model of change. Paper presented at the Conference on communication and the Environment, Uppsala, Sweden. June 2013.

Prokhorov, A.V., Pallonen, U.E., **Prochaska, J.O.**, Alexandrov, A.A., Velicer, W.F., & Allard, G.A. Readiness to Change Smoking Behavior in Different Social Environments: A survey among USA and Russian Vocational-Technical students. Paper presented at the 9th World Conference on Tobacco and Health, Paris France, October, 1994.

Rossi, J.S., Rosenbloom, D., Monti, P.M., Rohsenow, D.J., **Prochaska, J.O.**, & Martin, R.A. Transtheoretical model of behavior change for cocaine use. Paper presented at the 101st annual convention of the American Psychological Association. Toronto, Ontario, Canada, August 1993.

Snow, M.G., **Prochaska, J.O.**, Rossi, J.S., & Coffey, T.T. Stages within maintenance: Is termination a possibility for alcohol problems? Paper presented at the 101st annual convention of the American Psychological Association. Toronto, Ontario, Canada, August 1993.

Tsoh, J.Y., Rossi, J.S., & **Prochaska, J.O.** Predictors of clients' perceived value of drug addiction treatment. Paper presented at the 101st annual convention of the American Psychological Association. Toronto, Ontario, Canada, August 1993.

Velicer, W.F., Fava, J.L., **Prochaska, J.O.**, Abrams, D.B., & Goldstein, M.G. Design for a small state. Paper presented at the Society of Behavioral Medicine, San Francisco, California, March 1993.

Pallonen, U.E., Rossi, J.S., Smith, N.F., **Prochaska, J.O.**, & Almeida, P.M. Applying the stages of change and processes of change concepts to adolescent smoking cessation. Paper presented at the 14th annual meeting of the Society of Behavioral Medicine, San Francisco, California, March 1993.

Rossi, S.R., Greene, G.W., Reed, G., **Prochaska, J.O.**, Velicer, W.F., & Rossi, J.S. A comparison of four stage of change algorithms for dietary fat reduction. Paper presented at the 14th annual meeting of the Society for Behavioral Medicine, San Francisco, CA, March 1993.



**Prochaska, J.O.** & Rossi, J.S. Strong and weak principles for progressing from precontemplation to action. In S. Curry (Chair), Motivation for addictive behavior change: Models, measures, and interventions. Symposium presented at the 26th annual convention of the Association for the Advancement of Behavior Therapy, Boston, MA, November 1992.

**Prochaska, J.O.** Transtheoretical approach to phobias. In J. Norcross, Chair, Symposium on Prescribing for the Phobias. Paper presented at the 100th annual convention of the American Psychological Association, Washington, DC, August 1992.

Hughes, S.L., Fava, J.L., Velicer, W.F., & **Prochaska, J.O.** Measuring the impediments to behavior change: scale development and confirmation. Paper presented at the 100th annual convention of the American Psychological Association, Washington, D.C., August 1992.

Norcross, J.C., **Prochaska, J.O.**, & DiClemente, C.C. Stages and processes of change: Two replications with weight control. Paper presented at the 100th annual convention of the American Psychological Association, Washington, DC, August 1992.

Tsoh, J.Y., Rossi, J.S., & **Prochaska, J.O.** Stages of change: Comparing clusters across four health behaviors. Paper presented at the 100th annual convention of the American Psychological Association, Washington, DC, August 1992.

Velicer, W.F., Rossi, J.S., & **Prochaska, J.O.** Expert systems as cost-effective individual interventions. In D.B. Abrams (Chair), Integrating individual and public health channels for smoking cessation interventions. Symposium presented at the 2nd International Congress of Behavioral Medicine, Hamburg, Germany, July 1992.

Rossi, S.R., Rossi, J.S., **Prochaska, J.O.**, & Velicer, W.F. Application of the Transtheoretical model of behavior change to dietary fat reduction. paper presented at the 25th International Congress of Psychology, Brussels, Belgium, July 1992.

Velicer, W.F., Pallonen, U.E., Fava, J.L., & **Prochaska, J.O.** An Expert system intervention appropriate for the problems of relapse and recycling. Paper presented at 8th World Conference on Tobacco or Health, Buenos Aires, Argentina, March 1992.

**Prochaska, J.O.** & DiClemente, C.C. (1982). Transtheoretical Therapy: Toward a more integrative model of change. Psychotherapy: Theory, Research and Practice, 19, 276-288.

Fava, J.L., Velicer, W.F., **Prochaska, J.O.**, & Pallonen, U.E. A proactive approach to recruitment and retention of smokers at all stages of change. Paper presented at 8th World Conference on Tobacco or Health, Buenos Aires, Argentina, March 1992.

**Prochaska, J.O.**, Fava, J.L., Velicer, W.F., & Pallonen, U.E. Stages of change in a representative sample of smokers: Developing relevant interventions. Paper presented at 8th World Conference on Tobacco or Health, Buenos Aires, Argentina, March 1992.

Pallonen, U.E., Salonen, J.T., Kaariainen, R., & **Prochaska, J.O.** Intervention in a total population of smokers: Three-, six-, and 12-Month Results from the Kuopio Smoking Cessation Project. Paper presented at the 13th Annual Meeting of the Society of Behavioral Medicine, New York, New York, March 1992.

Pallonen, U.E., Smith, N.F., Velicer, W.F., & **Prochaska, J.O.** A transtheoretical intervention approach to adolescent smoking: Stages and processes of behavior change. Paper presented at 8th World Conference on Tobacco or Health, Buenos Aires, Argentina, March 1992.

Pallonen, U.E., Salonen, J.T., Kaariainen, R., & **Prochaska, J.O.** Smoking cessation in a total population of smokers: Experiences from the Kuopio Smoking Cessation Project. Paper presented at 8th World Conference on Tobacco or Health, Buenos Aires, Argentina, March 1992.

**Prochaska, J.O.** A stage perspective on women's health issues. In Sheryle J. Gallant (Chair), Women's health issues and directions for the future. Symposium at the 99th annual conference of the American Psychological Association, San Francisco, California, August 1991.

Bellis, J.M., Rossi, J.S., **Prochaska, J.O.**, & DiClemente, C.C. Relapse ideology profiles: A cluster analytic approach. Presentation at the 99th annual conference of the American Psychological Association, San Francisco, California, August 1991.

**Prochaska, J.O.**, Castonguay, L., & Goldfried, M.R. The future of psychotherapy integration. In J.C. Norcross (Chair), The Future of Psychotherapy -- On the eve of our centennial. Symposium at the 99th annual conference of the American Psychological Association, San Francisco, California, August 1991.

Fava, J.L., Rossi, J.S., Velicer, W.F., & **Prochaska, J.O.** Structural confirmation of short-form instruments for the transtheoretical model. Presentation at the 99th Annual Conference of the American Psychological Association, San Francisco, California, August 1991.

Rossi, S.R., Rossi, J.S., & **Prochaska, J.O.** Processes of change for weight control: A follow-up study. Presentation at the 99th annual conference of the American Psychological Association, San Francisco, California, August 1991.

Rossi, J.S., Marcus, B.A., Rossi, S.R., Snow, M.G., Velicer, W.F., & **Prochaska, J.O.** Processes of change for smoking, exercise, weight, and alcohol abuse. Presentation at the 99th annual conference of the American Psychological Association, San Francisco, California, August 1991.

Fava, J.L., Velicer, W.F., Hughes, S.L., & **Prochaska, J.O.** Action stage subtypes for smoking cessation within the transtheoretical model. Presentation at the 99th annual conference of the American Psychological Association, San Francisco, California, August 1991.

Norcross, J.C., Brust, A.M., & **Prochaska, J.O.** Psychometric properties of the Typology of Psychic Distress (PSYDIS). Paper presented at the 62nd annual meeting of the Eastern Psychological Association, New York, New York, April 1991.

Rossi, J.S., **Prochaska, J.O.**, Velicer, W.F., & DiClemente, C.C. Stages of change of smoking cessation: A contrast effect size analysis. Paper presented at the Society of Behavior Medicine Meeting, Washington, DC, March 1991.

Velicer, W.F., **Prochaska, J.O.**, Rossi, J.S., & Snow, M. Assessing outcome in smoking cessation studies. Paper presented at the Society of Behavior Medicine Meeting, Washington, DC, March 1991.

Velicer, W.F., **Prochaska, J.O.**, DiClemente, C.C., & Rossi, J.S. A comparison of four minimal interventions for smoking cessation. An outcome evaluation. Paper presented at the Society for Multivariate Behavioral Research, Newport, Rhode Island, October 1990.

Bellis, J.M., Rossi, J.S., & **Prochaska, J.O.** Structural invariance of the processes of change. Presentation at the 98th annual conference of the American Psychological Association, Boston, Massachusetts, August 1990.

Rossi, J.S., Velicer, W.F., & **Prochaska, J.O.** Interactive interventions for smoking cessation: A computer-based expert system. Paper presented at the 7th World Conference on Tobacco and Health, Perth, Australia, April 1990.

Velicer, W.F., **Prochaska, J.O.**, & Rossi, J.S. Measures and a model of change for smoking cessation. Paper presented at the 7th World Conference on Tobacco and Health, Perth, Australia, April 1990.

Rossi, S.R., Rossi, J.S., Velicer, W.F., & **Prochaska, J.O.** Dietary fat reduction among smokers and ex-smokers. Paper presented at the 7th World Conference on Tobacco and Health, Perth, Australia, April 1990.

Hughes, S.L., Velicer, W.F., & **Prochaska, J.O.** Cluster analytic delineation of contemplators in a self-help program for smoking cessation. Society of Behavioral Medicine, Chicago, Illinois, April 1990.

**Prochaska, J.O.**, & DiClemente, C.C. Stages of change: Assessment and Interventions. Workshop presented at the 23rd annual convention of the Association for the Advancement of Behavior Therapy, Washington, D.C., November 1989.

Fitzgerald, T.E., & **Prochaska, J.O.** Longitudinal typologies of smoking cessation: A cross-sequential approach to understanding self-directed behavior change. Poster presentation at the 23rd annual convention of the Association for the Advancement of Behavior Therapy, Washington, D.C., November 1989.

**Prochaska, J.O.** Prescribing to the stage level of phobic patients. In J.C. Norcross (Chair). Psychoanalysis for simple phobias? Status and future of prescriptive psychotherapies. Symposium presented at the 97th annual meeting of the American Psychological Association, New Orleans, Louisiana, August 1989.

Bellis, J.M., Rossi, J.S., **Prochaska, J.O.**, & DiClemente, C.C. A relapse ideology measurement model: Structural invariance over time and samples. Paper presented at the 97th annual meeting of the American Psychological Association, New Orleans, Louisiana, August 1989.

Fitzgerald, T.E., Rossi, J.S., & **Prochaska, J.O.** Static and process models of self-change of smoking behavior. Paper presented at the 97th annual meeting of the American Psychological Association, New Orleans, Louisiana, August 1989.

Snow, M.G., Rossi, J.S., & **Prochaska, J.O.** Cigarette dependence, substance use, and efficacy to abstain from smoking. Paper presented at the 97th annual meeting of the American Psychological Association, New Orleans, Louisiana, August 1989.

Redding, C.A., Rossi, J.S., Velicer, W.F., & **Prochaska, J.O.** The pros and cons of safer sex: A measurement model. Paper presented at the 97th annual meeting of the American Psychological Association, New Orleans, Louisiana, August 1989.

Rossi, S.R., Rossi, J.S., Rossi-DelPrete, L.M., **Prochaska, J.O.**, Banspach, S.A., Lefebvre, R.C., & Carleton, R. Processes of change for weight control: A measurement model. Paper presented at the 97th annual meeting of the American Psychological Association, New Orleans, Louisiana, August 1989.

Rossi, J.S., Redding, C.A., Snow, M.G., Fava, J., Rossi, S.R., Velicer, W.F., **Prochaska, J.O.**, & DiClemente, C.C. Smoking habit strength during maintenance: A termination stage for smoking cessation? Paper presented at the 97th annual meeting of the American Psychological Association, New Orleans, Louisiana, August 1989.

Bozman, A.W., DiClemente, C.C., Hughes, S., & Havner, H. Weight gain and the stages of smoking cessation. Paper presented at the 97th annual meeting of the American Psychological Association, New Orleans, Louisiana, August 1989.

Bellis, J., Rossi, J.S., **Prochaska, J.O.**, & DiClemente, C.C. A measurement model for relapse ideology. Paper presented at the 60th annual meeting of the Eastern Psychological Association, Boston, Massachusetts, April 1989.

Rossi, J.S., Velicer, W.F., **Prochaska, J.O.**, & DiClemente, C.C. Integrating relapse situations and self-efficacy: An hierarchical structural model. Paper presented at the 10th annual meeting of the Society for Behavioral Medicine, San Francisco, California, April 1989.

Snow, M.G., Rossi, J.S., **Prochaska, J.O.**, & DiClemente, C.C. Concurrent substance usage amongst light, intermediate, and heavy smokers. Paper presented at the 10th annual meeting of the Society for Behavioral Medicine, San Francisco, California, April 1989.

Redding, C.A., Rossi, J.S., Fava, J., Snow, M.G., Rossi, S.R., **Prochaska, J.O.**, Velicer, W.F., & DiClemente, C.C. Dynamic factors in the maintenance of smoking cessation: A naturalistic study. Paper presented at the 10th annual meeting of the Society for Behavioral Medicine, San Francisco, California, April 1989.

Rossi, S.R., Rossi, J.S., Redding, C.A., Fava, J.L., Snow, M.G., **Prochaska, J.O.**, Velicer, W.F., & DiClemente, C.C. Beyond maintenance: A termination stage for smoking cessation. Paper presented at the 60th annual meeting of the Eastern Psychological Association, Boston, Massachusetts, April 1989.

**Prochaska, J.O.** Conclusions from Self-initiated smoking cessation research with implications for interventions. In M.P. Carey (Chair), Self-initiated risk factor reduction. Symposium presented at the 22nd annual convention of the Association for the Advancement of Behavior Therapy, New York, New York, November 1988.

**Prochaska, J.O.**, & DiClemente, C.C. Stages of Change: Assessment and Interventions. Invited workshop presented at the 22nd annual convention of the Association for the Advancement of Behavior Therapy, New York, New York, November 1988.

**Prochaska, J.O.**, DiClemente, C.C., & Velicer, W.F. Comparative analysis of self-help programs for four stages of smoking cessation. In T.J. Glynn (Chair), Four National Cancer Institute-funded self-help smoking cessation trials: Interim results and emerging patterns. Symposium presented at the 22nd, annual convention of the Association for the Advancement of Behavior Therapy, New York, New York, November 1988.

**Prochaska, J.O.** Stages and processes of personal change. In J.D. Fisher (Chair), Initiation and maintenance of personal change: The change-seekers perspective. Symposium presented at the 96th annual meeting of the American Psychological Association, Atlanta, Georgia, August 1988.

Rossi, J.S., **Prochaska, J.O.**, & DiClemente, C.C. A cluster-analytic approach to defining light and heavy smoking. Paper presented at the 96th annual meeting of the American Psychological Association, Atlanta, Georgia, August 1988.

Rossi, J.S., Harlow, L.L., Wilcox, N.S., Fava, J.L., & **Prochaska, J.O.** Factor structure of the Reasons for Smoking Scale. Paper presented at the 96th annual meeting of the American Psychological Association, Atlanta, Georgia, August 1988.

**Prochaska, J.O.**, & DiClemente, C.C. Stages of change as a special need in smoking cessation programs. Invited paper presented at National Cancer Institutes Conference on Minimal Interventions for Smoking Cessation, Bethesda, Maryland, May 1988.

Rossi, J.S., **Prochaska, J.O.**, & DiClemente, C.C. Processes of change in light and heavy smokers: A cluster-analytic approach to defining light and heavy smoking. Paper presented at the 9th annual meeting of the Society for Behavioral Medicine, Boston, Massachusetts, April 1988.

Missar, D., Mahoney, M., Norcross, J., & **Prochaska, J.O.** Characteristics of psychological development: Current perspectives. Presented at Eastern Psychological Association Annual Meeting, Buffalo, New York, April 1988.

**Prochaska, J.O.**, & DiClemente, C. Stages of change and progress in four self-help programs for smoking cessation. Presented at National Cancer Institutes Bi-annual Self-Help Conference, Bethesda, Maryland, December 1987.

Ockene, J., Kristeller, J., & **Prochaska, J.O.** Processes of change in cardiac patients and healthy smokers. Presented at the World Congress on Smoking. Tokyo, Japan, November 1987.

Valasquez, M., DiClemente, C., Grossman, A., & **Prochaska, J.O.** An analysis of efficacy evaluations in smoking cessation maintenance. Presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy. Boston, Massachusetts, November 1987.

Velicer, W., DiClemente, C., Rossi, J., & **Prochaska, J.O.** Relapse situations and self-efficacy: An integrative model. Presented at the Annual Meeting of the Society for Multivariate Behavioral Research. Vancouver, British Columbia, Canada, October 1987.

Rossi, J., **Prochaska, J.O.**, & DiClemente, C. Processes of change in heavy and light smokers. Presented at the American Psychological Association Annual Meeting, New York, New York, August 1987.

DiClemente, C., Grossman, A., **Prochaska, J.O.**, & Verdi, M. Maintaining self-initiated smoking cessation: Intervening in the process. Presented at the American Psychological Association Annual Meeting, New York, New York, August 1987.

Rouland, P., **Prochaska, J.O.**, & Norcross, J. Eclectic views revisited. Paper presented at the Eastern Psychological Association Annual Meeting. Arlington, Virginia, April 1987.

DiClemente, C.C., & **Prochaska, J.O.** Sex differences in smoking cessation. Presented at NCI's Bi-annual Self-Help Conference, Newport, Rhode Island October 1986.

DiClemente, C., **Prochaska, J.O.**, and Grossman, A. Contemplation and Action: Treatment matching for stages of smoking cessation. Presented at American Psychological Association Annual Meeting, Washington, D.C., August 1986.

Harlow, L., Rossi, J., Perrin, K., & **Prochaska, J.O.** Social support, demoralization and quitting smoking. Presented at American Psychological Association Annual Meeting, Washington, D.C., August 1986.

Grossman, A., Fumes, D., DiClemente, C., & **Prochaska, J.O.** Sex differences and smoking cessation: Processes of change. Presented at American Psychological Association Annual Meeting, Washington, D.C., August 1986.

DiClemente, C.C., & **Prochaska, J.O.** Self-help materials for contemplation and action stages of smoking cessation. Presented at the National Cancer Institute's Conference on Self-help Approaches to Smoking Cessation, Chapel Hill, North Carolina, November 1985.

**Prochaska, J.O.**, & DiClemente, C. Self-help models and materials for smoking cessation: Phase II research. Presented at the National Cancer Institute Conference on Self-help Approaches to Smoking Cessation, Bethesda, Maryland, May 1985.

Stern, R., **Prochaska, J.O.**, Velicer, W., & Elder, J. Stages of acquisition of cigarette smoking. Paper presented at the Eastern Psychological Association Annual Meeting, Boston, Massachusetts, March 1985.

Wilcox, N., Rossi, J., & **Prochaska, J.O.** Phone survey of women suffering from psychological distress. Paper presented at the Eastern Psychological Association Annual Meeting, Boston, Massachusetts, March 1985.

**Prochaska, J.O.** & DiClemente, C. The transtheoretical approach to systematic eclecticism. Presented at a symposium at the American Psychological Association Annual Meeting, Toronto, Canada, August 1984.

Cohen, R. & **Prochaska, J.O.** Attribution styles of distressed and non-distressed couples. American Psychological Association Annual Meeting, Anaheim, California, August 1983.

**Prochaska, J.O.** & DiClemente, C. Self-change processes, self-efficacy and decisional balance across five stages of smoking cessation. Conference on Advances in Cancer Control - 1983, Denver, Colorado, June 1983.

**Prochaska, J.O.** Self-help approaches to smoking cessation. Paper presented at the National Cancer Institute, Conference on Self-help and Smoking Cessation, Bethesda, Maryland, May 1983.

**Prochaska, J.O.**, DiClemente, C., Wilcox, N., & Norcross, J. Self-change and therapy change. Symposium presented at the Annual Meeting of the Eastern Psychological Association, Philadelphia, Pennsylvania, April 1983.

**Prochaska, J.O.** & Norcross, J.C. Psychologists in independent practice: Implications of a national survey. Symposium presented at the American Psychological Association Annual Meeting, Washington, D.C., August 1982.

**Prochaska, J.O.** & Norcross, J.C. Contemporary clinical psychologists and psychotherapists: Implications for a changing discipline and a discipline of change. American Psychological Association Annual Meeting, Washington, D.C., August 1982.

**Prochaska, J.O.** & Norcross, J.C. A national survey of clinical psychologists. Symposium presented at the Eastern Psychological Association, Baltimore, Maryland, April 1982.

DiClemente, C.C. & **Prochaska, J.O.** Self-efficacy and the stages of self-change of smoking. Symposium presented at the American Psychological Association Annual Meeting, Los Angeles, California, August 1981.

**Prochaska, J.O.**, DiClemente, C.C., Velicer, W.F., and Zwick, W. Measuring the processes of change used in smoking cessation. Paper presented at the Annual Meeting of the International Council of Psychologists, Los Angeles, California, August 1981.

**Prochaska, J.O.** & Norcross, J.C. The future of psychotherapy: A Delphi poll. American Psychological Association Annual Meeting, Los Angeles, California, August 1981.

DiClemente, C.C. & **Prochaska, J.O.** Self-efficacy and the stages of self-change of smoking. Symposium presented at the American Psychological Association Annual Meeting, Los Angeles, California, August 1981.

**Prochaska, J.O.**, DiClemente, C.C., Velicer, W.F., & Zwick, W. Measuring the processes of change used in smoking cessation. Paper presented at the Annual Meeting of the International Council of Psychologists, Los Angeles, California, August 1981.

**Prochaska, J.O.** & Norcross, J.C. The future of psychotherapy: A Delphi poll. American Psychological Association Annual Meeting, Los Angeles, California, August 1981.

DiClemente, C.C. & **Prochaska, J.O.** Change processes in self-quitting from smoking. Annual meeting of the Southwestern Psychological Association, Houston, Texas, April 1981.

**Prochaska, J.O.**, & DiClemente, C.C. Processes and stages of change in self-quitting from smoking. Eastern Psychological Association, New York, New York, April 1981.

DiClemente, C.C., & **Prochaska, J.O.** Self-change and therapy change in the successful cessation of smoking. Rocky Mountain Psychological Association, Las Vegas, Nevada, April 1979.

Wilson, W., & **Prochaska, J.O.** The impact of military mobility on marriage. American Psychological Association Annual Meeting, Toronto, Canada, September 1978.

Heckerman, Carol & **Prochaska, J.O.** Evaluation of weight reduction procedures in a HMO. Paper presented at the Eighth Banff International Conference on Behavior Modification, Banff, Alberta, Canada, March 1976.

**Prochaska, J.O.**, Marzilli, R., Donovan, W., Smith, N. and Colby, J. Remote-control aversive conditioning of head-banging. Sixth Annual Meeting of the Association for the Advancement of Behavior Therapy, New York, New York, October 1972.

**Occasional Consulting Editor for:**

Addictive Behavior  
American Psychologist  
The Clinical Psychologist  
Health Psychology  
Journal of Consulting and Clinical Psychology  
Professional Psychology: Research and Practice  
Psychotherapy: Theory, Research, and Practice

**Ad Hoc Grant Reviewer for:**

American Cancer Society  
 National Cancer Institute  
 National Heart, Lung and Blood Institute.  
 National Institute on Drug Abuse  
 National Institute of Mental Health  
 Veterans Administration

**Task Force Membership:**

American Cancer Society-Blue Ribbon Committee for Research & Health Professional Training Grants, 1999.  
 American Cancer Society's Consensus Conference on Innovative Methodologies for Cancer Prevention Research, 1996.  
 American Cancer Society's Committee for Technology Transfer for Cancer Prevention, 1994.  
 American Cancer Society's Consensus Conference on Unmet Research Needs for Cancer Prevention, 1989.  
 National Cancer Institute's Task Force on Self-help programs for smoking cessation, 1985 - 1986.  
 National Heart, Lung & Blood Institute's Task Force on Relapse in smoking and other health behaviors, 1986.  
 National Institute of Mental Health's Task Force on integrating the psychotherapies, 1985.  
 National Institute for Drug Abuse's Consensus Conference on Tobacco Use and Abuse, 1985.  
 American Cancer Society's Consensus Conference on Unmet Research Needs for Cancer Prevention, 1989.  
 American Cancer Society's Consensus Conference on Innovative Methodologies for Cancer Prevention Research.  
 American Cancer Society's Committee for Technology Transfer for Cancer Prevention

**Professional Affiliations:**

American Psychological Association.  
 American Association of University Professors.  
 Association for the Advancement of Behavior Therapy.  
 New England Psychological Association  
 Rhode Island Psychological Association.  
 Society for the Exploration of Psychotherapy Integration  
 Society for Behavior Medicine

**Dissertation, Thesis and Research Competency Direction:**  
**40 Dissertations Directed:**

Kyle Faust. Applying the transtheoretical model to problematic digital game use. 2016.

Simay Gokbayrak. Mental health, health behaviors, social support, self-efficacy and disease: An integrative. 2016.

Miryam Yusufov. Do Psychologists help? Assessment and evaluation of an integrative care approach to cancer treatment. 2016.

Lipschitz, Jessica. Expanding the foundation for population based anxiety management interventions. 2015

Anne Fernandez. Readiness for HPV vaccination among male compared to female college students. 2013.

Lindsey Hellmann. Refining what works in tailoring: analyses of computer-tailored interventions. 2011.

Paul Krebs. Composition and comparison of stage effects for smoking cessation, dietary fat reduction, and sun protection. 2006.

Norma Perez. Exploring naturalistic health behavior change processes: Examining four risky health behaviors in minority and non-minority college students. 2004.

Julie Wright. Predictive power of TTM applied to dietary fat intake. 2002

Sara Johnson. Oral contraceptive use: The application of the Transtheoretical Model. 1995.

Janice Y. Tsoh. Stages of change, dropouts, and outcome in substance abuse treatment. 1995.

Diane M. Grimley. Contraceptive and condom use for the prevention of pregnancy, STDs, and AIDS: A transtheoretical approach. 1994.

Stanley Hughes. Levels of change attributions in smoking cessation. 1991.

Matthew Snow. A transtheoretical analysis of strategies in the recovery process from alcohol problems. 1991.

Army Costa. A transtheoretical analysis of stages and processes in psychotherapy. 1990.

Terrance Fitzgerald. Longitudinal typologies of smoking cessation. 1990.

Kathy Harvey. A transtheoretical analysis of brief therapy cases. 1990.

Mary Medeiros. Predicting drop out in psychotherapy: A transtheoretical analysis. 1989.

Ann Begin. Levels of change attribution in alcoholics, their spouses and therapists. 1988.

Dana Penny. Levels of change attributions in distressed women. 1988.

Daniel O'Connell. An observational coding scheme for therapeutic processes of change. 1988.

Pamela Olcott. Change processes in successful weight reduction. 1987.

Nancy S. Wilcox. Levels of attribution in psychotherapy. 1986.



- Duane Lapsanski. The impact of personality and systems variables on smoking cessation and recidivism: An extension of the transtheoretical model of change. 1984.
- Eileen McConaughy. Relationships among stages of change, types of psychopathology, and psychotherapy outcome. 1984.
- John Norcross. Women coping with psychological distress: The self-change and therapy-change experiences of psychologists, counselors, and laypersons. 1984.
- Robert Cohen. Attribution styles of distressed and non-distressed couples. 1982.
- Katherine C. Haspel. Decreasing the dropout rate at a community mental health center. 1981.
- John J. Kenny. A cognitive behavioral remotivation program for children with reading difficulties. 1980.
- Carlo DiClemente. Perceived change processes in the successful cessation of smoking behavior. 1978.
- Dolph Prinz. Reduction of internal anxiety vs. reduction of external stress in the early intervention with essential hypertension. 1978.
- William Wilson. Adult developmental issues at ages 30-34 for mobile and non-mobile married couples. 1977.
- Normal DuPont. Expectancy effects and experimenter blindness in the desensitization of test anxiety. 1976.
- Carol Heckerman. Internal and external controls added to the self-control procedures for treating obesity. 1976.
- William Merkel. Expectancy effects of therapists and subjects in the desensitization of snake phobias. 1976.
- Robert Frazier. Behavior therapy and attitude change toward mental illness. 1975.
- Judye Hess. Sex-role development in psychiatrically disturbed female adolescents and their parents. 1975.
- William Hancur. A comparison of the effectiveness of symptom, dynamic and a combination of symptom and dynamic cues in the desensitization of test anxiety. 1974.
- Allan Schor. Acute grief in adulthood: Toward a theory of normal and pathological mourning. 1974.
- Arnold Small. Sex-role development in psychiatrically disturbed male adolescents and their parents. 1974.
- Donald Spring. The effect of extended blocking motivation, chain flooding, and safety testing on approach measured fear reduction following response prevention in rats. 1973.
- Thesis and Research Competency Direction**  
**28 Master Theses Directed –**
- Stephen Matsko. Predictors of treatment completion and study retention of smokers across three population-based, tailored multiple risk behavior interventions. 2016.
- Southey Saul. Predictors of successful behavior change within and across multiple health risk behaviors. 2016.
- Miryam Yusufov. Baseline predictors of singular action among participants with multiple health behavior risks. 2013
- Simay Gokbayrak. Exploring predictors of relapse and maintenance among smokers. 2013.

- Lipschitz, Jessica. Co-occurrence and Co-variation of Stress Management with other Health Risk Behaviors. 2011.
- Charlotte Denton. Therapists attributions of causality for their own and their client's problems. 1986.
- Mary Mederios. Coping Strategies of psychotherapists with stressful clients. 1986.
- Dana Penny. Levels of change attribution in alcoholic and general psychiatric inpatients. 1985.
- Robert Stern. Stages of acquisition of smoking in adolescents. 1984.
- Nancy Wilcox. Subject characteristics as predictors of self-change approaches to smoking cessation. 1983.
- John C. Norcross. A national survey of clinical psychologists. 1982.
- Eileen A. McConaughy. Stages of change in psychotherapy: Measurement and sample profiles. 1981.
- Kit Haspel. The effects of priming and subliminal Oedipal-related stimuli on competitive behavior in college males. 1978.
- Leesa Mann. Sensation seeking as related to golomer, skin response scanning of stimuli and self-pacing of stimulation. 1974.
- William Hancur. The effectiveness of symptom and dynamic cues in the systematic desensitization of test anxiety. 1973.
- Howard Benesch. Two cognitive styles, strong vs. weak automatization and field dependence vs. field independence, their relationships to sex-role identification and to each other. 1971.
- Allan Schor. A psychometric comparison of creativity in schizophrenics, artists and the general college population. 1971.
- Arnold Small. The effects of auditory and shock stimulation experienced in infancy on subsequent emotionality and learning in the rat. 1971.
- Matthew Snow. Concurrent substance use amongst light, intermediate and heavy smokers. 1989.
- Terrence Fitzgerald. Nonprogressing profiles in smoking cessation: What keeps people from changing. 1988.
- Pamela Crimi. Processes of change in relapsers and long term maintainers of smoking cessation. 1981.
- Maria Lifrak. Spouses interventions with self-change approaches and smoking cessation. 1981.
- Les Martel. Self-efficacy in relapsers and long-time maintainers of smoking cessation. 1981.
- Duane Lapsanski. Prognostic variables in the successful treatment of sexual dysfunctions. 1979.
- Valerie Brewer. Developments in cognitive styles and personal autonomy during the college years. 1977.
- Dolph Prinz. An empirical model for maximizing the effectiveness of assertiveness training. 1975.
- William Merkel. The use of remote control aversive conditioning in the treatment of a case of chronic stuttering. 1975.

### **5 Research Competency Projects (Theses Equivalents) Directed:**

Carol Heckerman. Operant vs. respondent conditioning and over-eating vs. activity level as critical variables in the treatment of obesity: An integrative review. 1974.

Judye Hess. Comparative attitudes of mothers of delinquents and schizophrenics toward child rearing. 1972.

Robert Marzilli. Modification of Masters and Johnson's approach to marital sexual problems for use within an outpatient clinic. 1972.

Norman DuPont. Semantic generalization for two levels of trait and state anxiety. 1972.

Leslie McCardell. The effect of growth and academic group experience on self-alienation and purpose in life. 1971.

**BRIEF CV HIGHLIGHTS, James O. Prochaska, PhD, Director: Cancer Prevention Research Center, URI**

Home Phone: (401) 360-2971, Work Phone: (401) 874-2830, FAX: (401) 874-5562, E-Mail: jop@uri.edu

**EDUCATION**

PhD, Wayne State University, Clinical Psychology

MA, Wayne State University, Clinical Psychology

BA, Wayne State University, Majors: Psychology and Sociology

**PRIMARY EMPLOYMENT**

Director, Cancer Prevention Research Center, and Professor of Psychology, University of Rhode Island

Director, President's Health Promotion Partnership, University of Rhode Island

**AWARDS/HONORS**

Among Top 10 Most Eminent Clinical Psychologists of Modern Era, Archives of Scientific Psychology, 2014

State of Rhode Island and Providence Plantations, Governor Lincoln Chafee citation in behavioral health, 2014

APA Division 38 Award, Outstanding Contributions to Health Psychology, 2013

Society for Public Health Education Honorary Fellow, 2011

Elizabeth Beckham Award, Excellence in Education and Inspirational leadership, Columbia University, 2011

Bertram Yaffe Award: Outstanding contributions to public health, RI Public Health Association, 2010

Lifetime Contribution to Psychology Award, Connecticut Psychological Association, 2009

Elizabeth Ann Fries Health Education Award, Society for Public Health Education 2005

President's Award, Rhode Island Council of Alcoholism, 2004

Medal of Honor for Clinical Research, American Cancer Society, 2002

Innovators Award, Robert Wood Johnson Foundation, 2002

Norman Zinberg Memorial Lecture on Addictions, Harvard University, 2002

Rosalie L. Weiss Lecture, American Psychological Association, 2001

CIANS Annual Honor for Career Contributions to Behavior Medicine, 2001

Society of Prospective Medicine L.C. Robbins Award for Career Contributions to Health Promotion, 2000

Fellow, Division of Health Psychology, American Psychological Association, 1996

Merenda-Musiker Prize for Distinguished Contributors to Mental Health, RI Psychological Association, 1995

One of Top Five Most Cited Authors in Psychology, American Psychological Society, 1990-1995

Scholarly Achievement Excellence Award, University of Rhode Island Foundation, 1992

Author for the Surgeon General's Report, 1991

Board of Directors, Rhode Island Psychological Association, 1972-1974

**SCHOLARLY ACTIVITY**

\$65,000,000+ in grant funding

300+ published articles

80+ published chapters

4 published books

**TEACHING**

9 Graduate Courses: Research with Transtheoretical Model, Theories of Psychotherapy, etc.

7 Undergraduate Courses: Health Psychology, Toward Self-Understanding, Personality Theories, etc.

**ADVISING**

40 Doctoral Student Dissertations Directed

28 Master's Student Theses Directed

5 Master's Research Competencies Directed

**SERVICE**

Consulting Editor for 7 Journals and Associate Editor for *Journal of Integrative and Eclectic Psychotherapy*

Grant Review Committee for American Cancer Society, and National Cancer Institute

Co-Leader of the Grant Writing Workshop, University of Rhode Island, 2008 – present

Chair or Director of 15 University/Departmental Committees/Units, University of Rhode Island