

# John Chambers Christopher

Health and Human Development  
220 Herrick Hall  
Montana State University  
Bozeman, MT 59717  
☎ Office (406) 581-6215  
✉ E-mail [jcc@montana.edu](mailto:jcc@montana.edu)

## EDUCATION

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- Ph.D.**      **The University of Texas at Austin**      1987-1992  
Counseling Psychology (APA-accredited program)  
Dissertation Title: *The role of individualism in psychological well-being:  
Exploring the interplay of ideology, culture, and social science.*
- M.Ed.**      **Harvard University**      1986-1987  
Counseling and Consulting Psychology
- B.A.**      **The University of Michigan at Ann Arbor**      1980-1984  
The Psychological and Philosophical Foundations of Culture  
(An Independent Concentration through the Honors Program)  
Graduated with *High Distinction*

## ACADEMIC POSITIONS

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- Montana State University, Department of Health and Human Development (7/04 - present)  
**Professor of Counseling Psychology**  
Responsibilities: Research; graduate teaching and clinical supervision; community service and outreach.
- Montana State University, Department of Health and Human Development (8/95 – 1/00,  
**Mental Health Counseling Program Leader**      8/03 – 8/04, 1/08 – present)  
Responsibilities: Coordination of CACREP-approved Master's Degree program in Mental Health Counseling
- University of Washington, School of Medicine, Department of Psychiatry and Behavioral Sciences  
**Affiliate Professor**      (8/09 - present)  
Responsibilities: Teach first-year medical students in the WWAMI Medical Program. Course Title: Systems of Human Behavior
- Montana State University, Division of Health Sciences (8/05 - present)  
**Affiliate Faculty Member**  
Responsibilities: Promote, support and expand the institutional capacity to meet health-related needs for the people of Montana.

- Montana State University, University College of Liberal Studies (8/09 - present)  
**Doctoral Program in American Studies, Committee Member**  
Responsibilities: Student admissions, teaching, doctoral committee member
- Montana State University, Department of Health and Human Development (7/98 – 6/04)  
**Associate Professor of Counseling Psychology**  
Responsibilities: Research; graduate teaching and clinical supervision; community service and outreach.
- Montana State University, Department of Health and Human Development (8/95 – 7/98)  
**Assistant Professor of Counseling Psychology**  
Responsibilities: Research; graduate teaching and supervision; community service and outreach.
- The University of Guam, Department of Clinical and Human Services (8/92 - 5/95)  
**Assistant Professor of Counseling Psychology**  
Responsibilities: Research; graduate teaching in counseling psychology; supervising theses; development of practica program; extension classes in Micronesia; member, EAP committee; Chair, Spiritual and Emotional Wellness Committee; member, Wellness Council; member, College of Education Academic Affairs Committee

## CLINICAL POSITIONS

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- Montana State University, Counseling & Psychological Services (8/95 - present)  
**Senior Staff Psychologist**  
Responsibilities: Individual, couples, and group therapy; supervision of doctoral and master's level interns at an APA accredited internship site; supervision of supervision; doctoral research supervision.
- Habits of the Heart: Psychotherapy, Consultation, and Counseling (12/95 – present)  
**Psychologist and Owner**  
Responsibilities: Provide psychotherapy and counseling for individuals and couples; Mindfulness-Based Self-Care groups; coaching and consultation services.
- Three Rivers Montana: Outdoor Behavioral Healthcare (5/04 – 4/06)  
**Clinical Director**  
Responsibilities: Psychological assessment, consultation, clinical supervision.
- Awareness Interventions, Bozeman, Montana (3/98 – 5/03)  
Behavioral Medicine Programs for Stress, Chronic Pain, and Anxiety  
**Co-Founder & Director**
- The Superior Court of Guam, Division of Client Services and Family Counseling (11/92- 5/94)  
**Clinical Psychologist**  
Responsibilities: Individual (adult, adolescent and child) psychotherapy; couples counseling; group counseling; assessment and evaluation; inter-agency treatment team member.

- Child & Family Services, Austin, Texas (10/90 - 8/91)  
**Contract Therapist** for individuals and couples  
Responsibilities: Provided counseling and assessment for individuals and couples.
- Child & Family Services, Austin, Texas (3/89 - 8/91)  
**Family Violence Diversion Network, Group leader**  
Responsibilities: Group leader of 18-week structured group intervention for perpetrators of family violence. Topics included anger management, sex-role biases and stereotypes, and communication skills.
- Austin Stress Clinic Austin, Texas (11/89 - 8/91)  
**Assault Prevention Program, Group Leader**  
Responsibilities: Worked with the Austin Municipal Courts to offer psycho-educational programs to prevent repeat offenses. Led 8 and 20-hour group interventions for working with individuals arrested on assault charges.
- The University of Texas Telephone Counseling and Referral Service (8/87 - 7/89)  
**Counseling Specialist**  
Responsibilities: Provided crisis counseling and backup for the Counseling and Mental Health Center; provided ongoing support for chronic clients; community and university outreach programs; developed self-help telephone tapes; coordinated community mental health resources and referrals.

## PUBLICATION AND RESEARCH RECORD

### *EDITED VOLUMES*

Christopher, J. C., Slife, B. D., & Richardson, F. C. (Eds.). (2008). Thinking through positive psychology [Special issue]. *Theory & Psychology, 18*(5).

Hoshmand, L. T., & Christopher, J. C. (Eds.). (2008). Theorizing on the Cultural [Special issue]. *Journal of Theoretical & Philosophical psychology, 27*.

### *JOURNAL ARTICLES*

Christopher, J. C., Chrisman, J., Trotter, M., Schure, M., Dahlen, P. & Christopher, S. (in press). The long-term influence of mindfulness training on counselors and psychotherapists: A qualitative inquiry. *Journal of Humanistic Psychology*.

Christopher, J. C. & Maris, J. (2010). Integrating Mindfulness As Self-Care Into Counselling and Psychotherapy Training. *Counselling and Psychotherapy Research, 10*, 114-125.

Chrisman, J. A., Christopher, J. C., & Lichtenstein, S. J. (2009). Qigong as a mindfulness practice for counseling students: A qualitative inquiry. *Journal of Humanistic Psychology, 49*, 236-257.

- Christopher, J. C. (2008). Culture, moral topographies, and interactive personhood. *Journal of Theoretical & Philosophical psychology, 27*, 168-191.
- Christopher, J. C., & Campbell, R. C. (2008). An interactivist-hermeneutic metatheory for positive psychology. *Theory & Psychology, 18*, 675-697.
- Christopher, J. C., & Hickinbottom, S. (2008). Positive psychology, ethnocentrism, and the disguised ideology of individualism. *Theory & Psychology, 18*, 563-589.
- Christopher, J. C., Slife, B. D., & Richardson, F. C. (2008). Thinking through positive psychology. *Theory & Psychology, 18*, 555-561.
- Hoshmand, L. T., & Christopher, J. C. (2008). Theorizing on the cultural. *Journal of Theoretical & Philosophical psychology, 27*, 141-145.
- Schure, M., Christopher, J. C., Christopher, S. E. (2008). Mind/body medicine and the art of self-care: Teaching mindfulness to counseling students through yoga, meditation and qigong. *Journal of Counseling & Development, 86*, 47-56.
- Christopher, J. C., & Bickhard, M. H. (2007). Culture, self, and identity: Interactivist contributions to a metatheory for cultural psychology. *Culture & Psychology, 13*, 259-295.
- Smith, K. D., Türk-Smith, S., & Christopher, J. C. (2007). What Defines the Good Person? Cross-Cultural Comparisons of Experts' Models with Lay Prototypes. *Journal of Cross-Cultural Psychology, 38*, 333-360.
- Christopher, J. C., Christopher, S. E., Dunnagan, T., & Schure, M. (2006). Teaching self-care through mindfulness practices: The application of yoga, meditation and qi gong to counselor training. *Journal of Humanistic Psychology, 46*, 494-509.
- Newsome, S., Christopher, J. C., Dahlen, P., & Christopher, S. (2006). Teaching counselors self-care through mindfulness practices: the application of mindfulness-based stress reduction to counselor training. *Teachers College Record. 108*, 1881-1900.
- Christopher, S., Knows His Gun McCormick, A., Smith, A., & Christopher, J. C. (2005). Development of an interviewer training manual for a cervix health project on the Apsáalooke reservation. *Health Promotion Practice, 6*, 414-422.
- Christopher, J. C., Nelson, T., & Nelson, M. D. (2004). Culture and character education: Problems of interpretation in a multicultural society. *Journal of Theoretical and Philosophical Psychology, 23*, 81-101.
- Christopher, J. C., Richardson, F. C., & Christopher, S. E. (2003). Philosophical Hermeneutics: A Metatheory to Transcend Dualism and Individualism in Western

Psychology. *History & Theory of Psychology Eprint Archive (HTP Prints)*.  
<http://htpprints.yorku.ca/>.

Campbell, R. L., Christopher, J. C., & Bickhard, M. H. (2002). Values and the self: An interactivist foundation for moral development. *Theory & Psychology, 12*, 795-823.

Christopher, J. C., Manaster, G. J., Campbell, R. L., & Weinfeld, M. (2002). Peak experiences, social interest, and moral reasoning: An exploratory study. *The Journal of Individual Psychology, 58*, 35-51

Christopher, J. C. (2001). Culture and psychotherapy: Toward a hermeneutic approach. *Psychotherapy: Theory, Research, Practice, and Training, 38*, 115-128.

Christopher, J. C., Bickhard, M. H., & Lambeth, G. S. (2001). Otto Kernberg's object relations theory: A metapsychological critique. *Theory & Psychology, 11*, 687-711.

Christopher, S., Christopher, J. C., & Dunnagan, T. (2000). Culture's impact on health risk appraisal psychological well-being questions. *American Journal of Health Behavior, 24*, 338-348.

Campbell, R. L., and Christopher, J. C. (1999). Factional science, intradisciplinary cooperation, and the study of mind. *Dialogues in Psychology* [Online], 15.0, 56 paragraphs. Available: <http://hubcap.clemson.edu/psych/Dialogues/1.0.html> [1999, September 11].

Christopher, J. C. (1999). Situating psychological well-being; Exploring the cultural roots of its theory and research. *Journal of Counseling and Development, 77*, 141-152.

Christopher, J. C., & Fowers, B. J. (1998). Placing culture at the center of multiculturalism: Moral visions and intercultural dialogue. *Dialogues in Psychology* [Online], 1.0, 56 paragraphs. Available: <http://hubcap.clemson.edu/psych/Dialogues/1.0.html> [1998, September 14].

Lightsey, O. R., & Christopher, J. C. (1997). Stress buffers and dysphoria in a non-Western population. *Journal of Counseling and Development, 75*, 451-459

Schmitz, S. E., & Christopher, J. C. (1997). Trouble in Smurftown: The moral visions of youth gangs on Guam. *Child Welfare, 76*, 411-428 .

Campbell, R. L., & Christopher, J. C. (1996). Moral development theory: A critique of its Kantian presuppositions. *Developmental Review, 16*, 1-47.

Campbell, R. L., & Christopher, J. C. (1996). Beyond the noumenal self: Eudaimonism and the prospects for moral personality. *Developmental Review, 16*, 108-123.

Christopher, J. C. (1996). Counseling's inescapable moral visions. *Journal of Counseling and Development, 75*, 17-25.

Bickhard, M. H., & Christopher, J. C. (1994). The influence of early experience on personality development. *New Ideas in Psychology, 12*, 229-252.

Christopher, J. C., & Bickhard, M. H. (1994). The persistence of basic mistakes: Rexploring psychopathology in Individual Psychology. *Individual Psychology, 50*, 223-231.

Richardson, F. C., & Christopher, J. C. (1993). Social theory as practice: Metatheoretical options for social inquiry. *Journal of Theoretical and Philosophical Psychology, 13*, 137-153.

Stark, K. D., Humphrey, L. L., Laurent, J., Livingston, R., Christopher, J. C. (1993). Cognitive, behavioral, and family factors in the differentiation of depressive and anxiety disorders during childhood. *Journal of Consulting and Clinical Psychology, 61*, 878-886.

Christopher, J. C., & Bickhard, M. H. (1992). Remodeling the *as if* in Adler's concept of the life style. *Individual Psychology, 48*, 76-85.

Christopher, J. C., Bickhard, M. H., & Lambeth, G. S. (1992). Splitting Kernberg; A critique of Otto Kernberg's notion of splitting. *Psychotherapy, 29*, 481-485.

Christopher, J. C. (1993). The role of individualism in psychological well-being: Exploring the interplay of ideology, culture, and social science. *Dissertation Abstracts International, 53*(12-A), 4206.

Spradling, V., & Christopher, J. C. (1990). Working with shyness. In *The clearing house for structured thematic groups and innovated programs in mental health*. Richmond: George Mason University Press.

Christopher, J. C. (1985). The mind-body relationship and its influence upon lifestyles. *Synthesis, 1*, 14-17.

#### BOOK CHAPTERS

Christopher, J. C. (in press). Situating positive psychology. In *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*, 2nd Edition. C. R. Snyder, S. Lopez & Teramoto-Pedrotti (Eds). Thousand Oaks, CA: Sage.

Türk Smith, S., Smith, K. D., Christopher, J. C. (in press). Respecting the complexity of values systems: Psychological realism and the case of Turkish culture. In S. J. Kulich & M. H. Prosser (Eds.). *Intercultural research Vol. 3: Cross cultural values research – Domains, applications and regional values systems*. Shanghai: Shanghai Foreign Language Education Press.

- Christopher, J. C. (2010). Peak experiences, mindfulness practices, and the search for meaning. In M. Trotter-Mathison, J. M. Koch, S. Sanger, & T. M. Skovholt (Eds.) (In Press). *Voices from the field: Defining moments in counselor and therapist development* (pp. 37-40). New York: Routledge.
- Christopher, J. C., Foster, G., & James, S. (2009). A hermeneutic approach to culture and psychotherapy. In H. D. Friedman & P. K. Revera (Eds.), *Abnormal psychology: New research* (pp. 225-261). New York: Nova Science Publishers.
- Smith, A. J., Thorngren, J., Christopher, J. C. (2008). Rural mental health counseling. In I. Marini & M. A. Stebnicki (Eds.), *The Professional counselor's desk reference* (pp. 263-274). New York: Springer.
- Christopher, J. C. (2007). Situating positive psychology. In C. R. Snyder & S. Lopez (Eds.), *Positive psychology: The scientific and practical explorations of human strengths* (pp. 90-91). Thousand Oaks, CA: Sage.
- Christopher, J. C., Foster, G., & James, S. (2007). A hermeneutic approach to culture and psychotherapy. In A. Columbus (Ed.), *Advances in Psychology Research, Volume 48* (pp. 1-38). New York: Science Publishers.
- Christopher, J. C. (2006). Hermeneutics and the moral dimension of cultural psychotherapy. In L. T. Hoshmand (Ed.), *Culture, Psychotherapy, and Counseling: Critical and Integrative Perspectives* (pp. 179-203). Thousand Oaks, CA: Sage.
- Christopher, J. C., & Smith, A. (2006). A hermeneutic approach to culture and psychotherapy. In R. Moody, & S. Palmer (Eds.), *Race, culture and psychotherapy: Critical perspective in multicultural practice* (pp. 265-280). New York: Brunner/Routledge.
- Christopher, J. C. (2004). Moral visions of developmental psychology. In B. Slife, J. S. Reber, & F. C. Richardson (Eds.), *Critical thinking about psychology: Hidden assumptions and plausible alternatives* (pp. 207-231). Washington, D. C.: APA Press.
- Smith, K. D., Christopher, J. C., Richardson, F. C., Christopher, S. E., Della Fave, A., Massimini, F, Bhawuk, D. P. S. (2002). Post-Newtonian metatheories in the natural sciences and in cross-cultural psychology: Post-Newtonian worldviews. In P. Boski, F. J. R. van der Vijver, and A. M. Chodyncka (Eds), *New directions in cross-cultural psychology* (pp. 107-125). Warsaw: Polish Psychological Association.
- Richardson, F. C., & Christopher, J. C. (1999). Clashing views of social inquiry. In F. C. Richardson, B. J. Fowers, & C. Guignon, *Re-envisioning psychology: Moral dimensions of theory and practice* (173-198). San Francisco: Jossey-Bass.
- Christopher, J. C., & Fowers, B. J. (1996). Multiculturalism, culture and moral visions. In *What is Multiculturalism in Psychology and Education? Proceedings of the 12th Annual*

*Teachers College Roundtable Discussion on Cross-Cultural Psychology and Education* (pp. 11-22). New York: Columbia University.

Stark, K. D., Christopher, J. C., & Dempsey, M. (1993). Depression. In A. Bellack & M. Hersen (Eds.), *Handbook of behavior therapy in the psychiatric setting* (pp. 427-452). New York: Plenum.

Stark, K. D., Dempsey, M., & Christopher, J. C. (1993). Depressive disorders. In R. T. Ammerman, C. G. Last, & M. Hersen (Eds.), *Handbook of prescriptive treatment for children and adolescents* (pp. 115-143). Boston: Allyn & Bacon.

#### *BOOK REVIEWS, NEWSLETTERS, ETC.*

Christopher, J. C. (2005, Spring). Situating positive psychology. *Naming & Nurturing: The e-Newsletter of the Positive Psychology Section of the American Psychological Association's Counseling Psychology Division* 17, 2.

Christopher, J. C. (1995). Not just another book on the self. *Contemporary Psychology*, 40, 1060-1061.

#### *SUBMITTED FOR PUBLICATION*

Christopher, J. C. (submitted). Culture and the moral topographies of the self.

#### *ARTICLES AND MANUSCRIPTS IN PREPARATION*

Campbell, R. L., & Christopher, J. C. (in press). Fragmentation and hyperspecialties in psychology and the study of mind. *New Ideas in Psychology*.

Christopher, J. C. (book manuscript in preparation). Moral visions in psychology and psychotherapy: Recognizing the role of cultural presuppositions about the self and the good life.

Christopher, J. C., & Campbell, R. L., & Bickhard, M. H. (article in preparation). A metatheory for psychology: Interactivism and hermeneutics.

Christopher, J. C., Richardson, F. C., & Christopher, S. E. (article in preparation). Philosophical hermeneutics: A metatheory to transcend dualism and individualism in Western Psychology.

Christopher, J. C., & Christopher, S. E. (article in preparation). Snooze buttons and hot showers: Teaching an interpretive view of culture.

Christopher, J. C., Smith, K. D., Türk-Smith, S. (article in preparation). Mapping Taylor's moral sources across cultures: Implications for positive psychology and mental health.

#### *RESEARCH IN PROGRESS*

Christopher, J. C., Miles, M., Christopher, S., & Dunnagan, T. (in preparation). Physiological and psychological influences of mindfulness practices on stress and well-being among counseling students.

Smith, K. D., & Christopher, J. C. (in preparation). Indigenous conceptions of evil in seven cultures. Data collected and manuscripts in preparation.

Smith, K. D., Christopher, J. C., Türk-Smith, S. (in preparation). Gender, boundaries and intimacy: Cross-cultural commonalities in how women and men select goals for counseling.

#### *UNPUBLISHED WORK*

Knudson-Martin, C., & Christopher, J. C. (1998). *Parenting Through Divorce; Helping Children Through Your Divorce*. A structured thematic intervention distributed by Montana State University Extension Services.

Christopher, J. C., Bickhard, M. H., & Lambeth, G. S. (1992). Cognitive constraints on object relations theory; Models of internalization.

Christopher, J. C. (1992). *The role of individualism in psychological well-being: Exploring the interplay of ideology, culture, and social science*. Unpublished doctoral thesis, University of Texas at Austin.

Christopher, J. C. (1989). *Timing in adoption placement as a factor in the psychopathology of adopted adolescents: An object relations theory perspective*. Unpublished prospectus, The University of Texas at Austin.

Christopher, J. C. (1984). *Concepts of the mind and the question of cultural relativity*. Unpublished senior honors thesis, The University of Michigan, Ann Arbor.

#### *GRANTS, AWARDS & PARTICIPATION IN FUNDED RESEARCH*

American Heart Association. A stress Reduction Strategy for Decreasing Cardiovascular Disease (CVD) Risk by Reducing C-reactive Protein. Principal Investigator: Mary Miles, \$131,352. Role on Project: Co-Investigator.

Montana State University Health & Human Development Special Grant (2008).

Physiological and psychological influences of mindfulness practices on stress and well-being among counseling students. Principal Investigators: John Christopher, Mary Miles, Suzanne Christopher, & Tim Dunnagan. \$10,000.

Montana State University Faculty Short-term Professional Development Leave Program (2007). \$4,000.

Montana State University Health & Human Development Special Grant (2006). Moral Visions of Well-being and Health Among Traditional Healers and Their Patients in Bali and Thailand. Principal Investigators: John Christopher & Suzanne Christopher. \$19,626.

American Cancer Society (2005-2010). Competitive renewal: *Messengers for Health: A Community-Based Participatory Research Project on the Apsáalooke (Crow) reservation*. Principal Investigator: Suzanne Christopher. Role on Project: Consultant. \$1,521,000.

American Cancer Society (2001-2005). *Messengers for Health: A Community-Based Participatory Research Project on the Apsáalooke (Crow) reservation*. Principal Investigator: Suzanne Christopher. Role on Project: Consultant. \$789,000.

Montana State University Faculty Sabbatical (2004-2005).

Montana State University Faculty Short-term Professional Development Leave Program (2004). \$5,000.

Montana State University Faculty International Research & Development Fund (1998). *Indigenous Conceptions of the Good Person*. Principal Investigator: John Christopher. \$3,400.

Montana State University Health Sciences Grant (1996). \$3,500.

University of Guam Faculty Resource Grant (1994). *Indigenous Conceptions of Psychological Well-being*. Principal Investigator: John Christopher. \$2,500.

University of Guam Faculty Travel Grant (1994). *Indigenous Conceptions of Psychological Well-being*. Principal Investigator: John Christopher. \$2,000.

Society for the Psychological Study of Social Issues, Division 9 of the American Psychological Association (1993). *The Role of Individualism in Psychological Well-being*. Principal Investigator: John Christopher. \$2,500.

University of Guam Research Council (1993). *Indigenous Conceptions of Psychological Well-being*. Principal Investigator: John Christopher. \$3,000.

Continental Air Micronesia Travel Grant (1993). *Indigenous Conceptions of Psychological Well-being*. Principal Investigator: John Christopher. \$1,700.

Adoption Research Project: Research Associate (1988-1989). Principal Investigators: Harold Grotevant and Ruth McRoy, The University of Texas at Austin.

Dunedain Institute, Concord, MA: Research Associate & Computer Consultant (1987).

## PRESENTATIONS

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### *National & International Peer-Reviewed Presentations*

Christopher, J. C., Chrisman, J. A., & Trotter, M. J. (2009, October). Transforming ourselves – Transforming our clients: Mindfulness training in counselor education. Presentation at the Association for Counselor Education and Supervision Conference, San Diego.

Campbell, R. C., Christopher, J. C., & Bickhard, M. H. (2009, June). Developmental psychology of the whole person: Transcending false alternatives. Paper presented at the Interactivist Summer Institute, Simon Fraser University, Vancouver, BC.

Christopher, J. C., Chrisman, J., & Trotter, M. (2009, March). Long-term impact of mindfulness-based self-care on psychotherapists and counselors. 7<sup>th</sup> Annual International Scientific Conference for Clinicians, Researchers and Educators: Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Worcester, MA.

Christopher, J. C., & Hickinbottom, S. (2008, August). Mindfulness & well-being In America: Why here? Why now? Paper presented at the annual convention of the American Psychological Association, Boston.

Christopher, J. C., & Richardson, F. C. (2008, August). Mindfulness & psychotherapy: Well-being in cultural context. Symposium developed and chaired at the American Psychological Association Annual Convention, Boston.

Christopher, J. C., Chrisman, J., Dahlen, P., & Christopher, S. (2008, March). mindfulness and indigenous psychologies in counselor training. Paper presented at the 2008 International Counseling Psychology Conference, Chicago.

Christopher, J. C., Hickinbottom, S. (2008, February). Substantive views of well-being: individualism and the challenge of indigenous psychologies. Paper presented at the First Midwinter Meeting of the Society for Theoretical & Philosophical Psychology, Division 24 of the American Psychological Association, Miami.

- Christopher, J. C., Smith, K. D., Türk-Smith, S. (2007, June). Culture as moral topographies of the self. Paper presented at the conference of the International Society For Theoretical Psychology, Toronto.
- Christopher, J. C., & Richardson, F. C. (2006, August). *The Idea of a Positive Psychology*. Symposium developed and chaired at the American Psychological Association Annual Convention, New Orleans.
- Christopher, J. C., Campbell, R. L., & Bickhard, M. H. (2006, August). A metatheory for positive psychology: Interactivism and hermeneutics. Paper presented at the annual convention of the American Psychological Association, New Orleans.
- Hickinbottom, S., & Christopher, J. C. (2006, August). Thinking through positive psychology. Paper presented at the annual convention of the American Psychological Association, New Orleans.
- Campbell, R. L., & Christopher, J. C. (2005, September). Social and ethical beings. Paper presented at the Third Interactivist Summer Institute, Clemson University, Clemson, SC.
- Christopher, J. C. (2005, August). *New Directions in the Evidence-Based Practices & EST Controversy*: A Cross-cutting symposium developed and chaired at the American Psychological Association Annual Convention, Washington, D.C.
- Christopher, J. C. (2005, August). *EST's and EBP: Moving the debate forward*. Symposium developed and chaired at the American Psychological Association Annual Convention, Washington, D.C.
- Smith, K. D., Turk Smith, S., Christopher, J. C., Liu, S., H. Al-Darmaki, F., & Tkel-Sbal, D. (2005, July). Laypersons' Prototypes of the Good Person in Seven Cultures: On the Primacy of Benevolence. Paper presented at the 2005 Regional Congress of the International Association for Cross-Cultural Psychology, San Sebastian, Spain.
- Christopher, J. C. (2004, August). Interactivist contributions to a metatheory for cultural psychology. In A. Fisher Smith (Chair), *Exploring the Intersection of Culture, Context, and Agency*. Paper presented at the annual convention of the American Psychological Association, Honolulu.
- Christopher, J. C. (2003, October). The good in positive psychology. Paper presented at the International Positive Psychology Summit, Washington, D. C.
- Christopher, J. C. (2003, August). Towards a metatheory for cultural psychology and psychotherapy. In J. S. Reber (Chair), *The future of theoretical psychology*. Paper presented at the annual convention of the American Psychological Association, Toronto, Canada.

Türk-Smith, S., Smith, K. D., Christopher, J. C. (2003, July). Identifying character strengths in three cultures. Paper presented at the Regional Congress of the International Association for Cross-Cultural Psychologists, Budapest, Hungary.

Campbell, R. L., & Christopher, J. C. (2001, July). The self and values: An interactivist perspective. Paper presented at the First Interactivist Summer Institute, Lehigh University, Bethlehem, PA.

Christopher, J. C. (2000, August). *Explicating understandings of the good in psychology*. Symposium chaired at the American Psychological Association Annual Convention, Washington, D.C.

Christopher, J. C. (2000, August). The good in positive psychology. In J. C. Christopher (Chair), *Explicating understandings of the good in psychology*. Symposium conducted at the annual convention of the American Psychological Association, Washington, D.C.

Christopher, J. C., & Richardson, F. C. (2000, July). Philosophical hermeneutics: A metatheory to transcend dualism and individualism in Western psychology. In K. D. Smith (Chair), *Metatheories in the natural sciences and in cross-cultural psychology*. Symposium conducted at the International Congress of the International Association for Cross-Cultural Psychologists, Warsaw, Poland.

Smith, K. D., Christopher, J., & Türk-Smith, S. (2000, July). Gender, boundaries, and intimacy: Cross-cultural commonalities in how women and men choose goals for counseling. Paper presented at the International Congress of the International Association for Cross-Cultural Psychologists, Warsaw, Poland.

Smith, K. D., Türk-Smith, S & Christopher, J. (2000, July). Cultural conceptions of evil: Insights from prototype and factor analyses. Paper presented at the International Congress of the International Association for Cross-Cultural Psychologists, Warsaw, Poland.

Smith, K. D., Christopher, J. C., & Türk-Smith, S. (1999, August). Culture and unmet needs: Studies of interdependent and independent persons selecting opportunities for personal growth. Paper presented at the Annual Meeting of the Asian Association for Social Psychology, Taipei, Taiwan.

Campbell, R. L., & Christopher, J. C. (1999, August). Factional science, interdisciplinary cooperation, and the study of mind. Paper presented at the Mind-4 Conference, Dublin City University, Dublin, Ireland.

Christopher, S. E., & Christopher, J. C. (1998, November). The consequences of culture: Using Health Risk Appraisals with individuals from non-Western cultures. Poster presented at the annual meeting of American Public Health Association, Washington, D. C.

- Smith, K. D., Türk-Smith, S., & Christopher, J. C. (1998, August). Prototypes of the ideal person in seven cultures. Poster presented at the International Congress of the International Association for Cross-Cultural Psychologists, Bellingham, Washington.
- Christopher, J. C. (1997, October). What is culture? Paper presented at the Rocky Mountain Association of Counselor Educators and Supervisors, Jackson Hole, Wyoming.
- Smith, K. D., Christopher, J. C., Türk-Smith, S. (1997, August). Prototypes of evil in six cultures. Paper presented at the American Psychological Association Annual Convention, Chicago.
- Campbell, R. L., & Christopher, J. C. (1996, November). Values and the self: An interactivist foundation for moral development. Paper presented at the Annual Convention of the Association for Moral Education, Ottawa.
- Christopher, J. C. (1996, August). Culture and the norms of psychological well-being; A study of the influence of individualism as the moral vision of Western psychology. In S. Kirschner (Chair), *Sociocultural Influences on Clinical Practice*. Symposium conducted at the American Psychological Association Annual Convention, Toronto.
- Lightsey, O. R., & Christopher, J. C. (1995, August). Positive thoughts and emotion: A cross-cultural replication and extension. Paper presented at the American Psychological Association Annual Convention, New York.
- Christopher, J. C., & Fowers, B. (1995, February). Multiculturalism as a moral vision. Paper presented at *What is Multiculturalism in Psychology and Education?: The 12th Annual Teachers College Roundtable Discussion on Cross-Cultural Psychology and Education*, Columbia University, New York.
- Pedersen, P., & Christopher, J. C. (1994, August). *Multiculturalism and feminism as visions of the good life*. Symposium conducted at the American Psychological Association Annual Convention, Los Angeles.
- Christopher, J. C. (1994, August). Psychology's inescapable moral visions. Paper presented at the American Psychological Association Annual Convention, Los Angeles.
- Richardson, F. C., & Christopher, J. C. (1993, August). Beyond scientism and decisionism. In F. C. Richardson, Chair, *Inescapable moralities: Psychology as public philosophy*. Symposium conducted at the American Psychological Association National Convention, Toronto.
- Stevens, M., Garrett, J. C., Christopher, J. C., & Good, G. E. (1992, August). The modern man: An introductory workshop. In G. E. Good, Chair, *The Psychology of Men: Recognizing*

*and Affirming Healthy Conceptualizations of Masculinity*. Symposium conducted at The American Psychological Association National Convention, Washington D.C.

Campbell, R. L., & Christopher, J. C. (1992, May). Moral development theory: A critique of its Kantian presuppositions. Jean Piaget Society Symposium, Montréal.

### *Invited Presentations*

Christopher, J. C. (2011, May). The impact of mindfulness in clinical training. Meditation and Psychotherapy Conference. Harvard Medical School. Boston.

Christopher, J. C. (2010, February). Towards An International Psychology: A Personal and Professional Quest. Invited address at the Family Institute, Northwestern University, Evanston, Illinois.

Christopher, J. C. (2010, February). Culture and the good in positive psychology. Invited address at the Department of Psychology, The University of Alaska, Anchorage.

Christopher, J. C. (2010, February). Making indigenous psychology practical: The long-term impact of mindfulness-based self-care on psychotherapists. Invited address at the Department of Psychology, The University of Alaska at Fairbanks.

Christopher, J. C. (2009, October ). Multicultural awareness. Invited address at Guangxi Traditional Chinese Medical University, Nanning, People's Republic of China.

Christopher, J. C. (2009, October). Promoting indigenous understandings of well-being and mental health. Invited address at Guangxi Traditional Chinese Medical University, Nanning, People's Republic of China.

Christopher, J. C. (2007, October). Culture, self, and Identity. Invited address at Brigham Young University, Department of Psychology, Provo, Utah.

Christopher, J. C. (2006, December). Culture, self, and Identity: Implications for creativity. Invited address at The Center for Creativity and Innovation Studies, National Cheng-Chi University, Taipei, Taiwan.

Christopher, J. C. (2006, September). Moving beyond dualism in positive psychology. Invited address at The University of Calgary, Department of Psychology.

Christopher, J. C. (2004, October). Caring about culture. A one-day workshop sponsored by the Co-Occurring Disorders Institute, Wasilla, Alaska.

*Regional, State, & Community Presentations*

- Christopher, J. C., (2009, September). Graduate Training in Clinical and Counseling Psychology. Invited presentation for the Department of Psychology, Montana State University.
- Christopher, J. C. & Maris, J. (2008, February). Mindfulness in psychotherapy, behavioral medicine and self-care for therapists and health care providers. Workshop conducted for the Human Development Clinic, Bozeman, Montana.
- Hickinbottom, S. & Christopher, J. C. (2007, October). Positive psychology: Ethnocentrism and disguised ideologies. Invited address at Symposium in Honour of Jack Martin's Contributions to Educational Psychology, Simon Fraser University, Burnaby, BC.
- Christopher, J. C. & Maris, J. (2007, December). Mindfulness and psychotherapy. Workshop conducted for the Livingston Mental Health Center, Montana.
- Christopher, J. C. (2006, November). Mindfulness-based stress reduction. Continuing Education seminar conducted for the Student Health Services, Montana State University.
- Christopher, J. C. (2005, November). The CCRT approach to brief psychodynamic psychotherapy. Workshop conducted at Montana State University.
- Christopher, J. C. (2002, October). Culture, ideology, and psychotherapy. Workshop conducted at Montana State University.
- Christopher, J. C. (2002, September). The core conflictual relationship theme method approach to brief psychodynamic psychotherapy. Workshop conducted at Montana State University.
- Christopher, J. C. (2000, October). Yoga in self-care and behavioral medicine. Presentation conducted at the Montana Counseling Association State Conference, Whitefish.
- Christopher, J. C. (1997, May). Culture's Moral Visions: Implications for Nutritional Counseling. Paper presented at the Annual Convention of the Montana Dietetics Association, Whitefish.
- Christopher, J.C. (1996, October). What is culture? Paper presented at the Montana Counseling Association State Conference, Bozeman.
- Christopher, J. C., Smith, K. D., Turk Smith, S., Koshiba, G., Polloi, S., & Willyander, C. (April, 1996). The Ideal Person in Four Cultures. Paper presented at the 1996 College of Arts and Sciences Research Conference, University of Guam.

- Smith, K. D., Turk Smith, S., Christopher, J. C., Koshiba, G., Polloi, S., & Willyander, C. (April, 1996). Concepts of evil in five cultures. Paper presented to the 1996 College of Arts and Sciences Research Conference, University of Guam.
- Christopher, J. C. (1995, October). Counseling's inescapable moral visions. Paper presented at the Montana Counseling Association State Conference, Great Falls.
- Christopher, J. C. (1994, October). Psychology's inescapable moral visions. Presentation at the University of Guam, Health and Behavior Sciences Colloquium.
- Cruz, A. C., & Christopher, J. C. (1994, September). Beyond directive and non-directive approaches to counseling Micronesian populations. Presentation conducted for the Guam Association of Individual, Marriage, and Family Therapists.
- Christopher, J. C. (1993, December). Exploring cultural diversity and the training of school guidance counselors. Invited two-day workshop for the Public School System, Saipan, Commonwealth of the Northern Marianas Islands.
- Christopher, J. C. (1993, November). Cultural differences in psychological well-being. Invited address at the College of Education, National Chengchi University, Taipei, Taiwan.
- Christopher, J. C. (1993, November). Individualistic and collectivistic views of psychological well-being. Invited address at Chang Hwa National University, Chang Hwa Taiwan.
- Christopher, J. C. (1993, October). Social science as moral inquiry. Presentation at the University of Guam, Health and Behavior Sciences Colloquium.
- Christopher, J. C. (1993, October). Rape: When will men say no? Presentation at the University of Guam, Colloquium on Dating, Sex and Sexuality.
- Christopher, J. C. (1993, October). The search for wholeness and the healthy relationship. Presentation at the University of Guam, Colloquium on Dating, Sex and Sexuality.
- Bellis, K., Christopher, J. C., Roberto, J. P., Sganbelluri, A., & Weisenberger, J. (1993, March). Men against rape and child molestation. Symposium conducted at the Guam Association of Social Workers Conference.
- Christopher, J. C. (1992, November). Spirituality and psychological wholeness. Presentation conducted at the University of Guam.
- Christopher, J. C. (1992, September). The influence of early experiences on personality development. Presentation conducted at the Guam Association for the Education of Young Children.

## STUDENT ACCOMPLISHMENTS

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- Ferris, A. C., Huntoon, M., Heintz, T., Christopher, J., Miles, M., & Smith, J. L. (2010, April). Would you be kind enough to tune in and stop stressing? Exploring Mindfulness as a Mediator between Stress and Well-being. Paper presented at the National Undergraduate Research Conference, Missoula, MT.
- Christopher, J. C. & Maris, J. (in press). Integrating Mindfulness As Self-Care Into Counselling and Psychotherapy Training. *Counselling and Psychotherapy Research*.
- Chrisman, J. A., Christopher, J. C., & Lichtenstein, S. J. (2009). Qigong as a mindfulness practice for counseling students: A qualitative inquiry. *Journal of Humanistic Psychology*. 49, 236-257.
- Maris, J. (2009). The impact of a mind/body medicine class on counselor training: A personal journey. *Journal of Humanistic Psychology*. 49, 229-235.
- Christopher, J. C., Chrisman, J. A., & Trotter, M. J. (2009, October). Transforming ourselves – Transforming our clients: Mindfulness training in counselor education. Presentation at the Association for Counselor Education and Supervision Conference, San Diego.
- Christopher, J. C., Chrisman, J., & Trotter, M. (2009, March). Long-term impact of mindfulness-based self-care on psychotherapists and counselors. 7<sup>th</sup> Annual International Scientific Conference for Clinicians, Researchers and Educators: Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Worcester, MA.
- Schure, M., Christopher, J. C., Christopher, S. E. (2008). Mind/body medicine and the art of self-care: Teaching mindfulness to counseling students through yoga, meditation and qigong. *Journal of Counseling & Development*, 86, 47-56.
- Christopher, J. C., & Hickinbottom, S. (2008, August). Mindfulness & well-being In America: Why here? Why now? Paper presented at the annual convention of the American Psychological Association, Boston.
- Christopher, J. C., Chrisman, J., Dahlen, P., & Christopher, S. (2008, March). mindfulness and indigenous psychologies in counselor training. Paper presented at the 2008 International Counseling Psychology Conference, Chicago.
- Christopher, J. C., Hickinbottom, S. (2008, February). Substantive views of well-being: individualism and the challenge of indigenous psychologies. Paper presented at the

First Midwinter Meeting of the Society for Theoretical & Philosophical Psychology, Division 24 of the American Psychological Association, Miami.

Hickinbottom, S. & Christopher, J. C. (2007, October). Positive psychology: Ethnocentrism and disguised ideologies. Invited address at Symposium in Honour of Jack Martin's Contributions to Educational Psychology, Simon Fraser University, Burnaby, BC.

Newsome, S., Christopher, J. C., Dahlen, P., & Christopher, S. (2006). Teaching counselors self-care through mindfulness practices: the application of mindfulness-based stress reduction to counselor training. *Teachers College Record*. 108, 1881-1900.

Hickinbottom, S., & Christopher, J. C. (2006, August). Thinking through positive psychology. Paper presented at the annual convention of the American Psychological Association, New Orleans.

Christopher, J. C., Nelson, T., & Nelson, M. D. (2004). Culture and character education: Problems of interpretation in a multicultural society. *Journal of Theoretical and Philosophical Psychology*, 23, 81-101.

## HONORS & AWARDS

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- Fellow, The American Psychological Association (2009)
- *Charles & Nora L. Wiley Faculty Award for Meritorious Research*, Montana State University (2007)
- Bozeman Peacemaker Award (2007)
- *Influential Educator Award*, Montana State University (2004)
- *Sigmund Koch Award for Early Career Contribution to Psychology*, The Society for Theoretical and Philosophical Psychology, a Division of the American Psychological Association (2003)
- *Honors Fellow*, Montana State University (1997)
- *Henderson-Hewlett Scholarship*, The University of Texas (1989-1992)
- *Department of Educational Psychology Scholarship*, The University of Texas (1989-1990)
- *University Fellowship*, The University of Texas (1988-1989)
- Awarded *High Distinction* on Senior Honors Thesis, The University of Michigan (1984)

- *Class Honors*, The University of Michigan (1983)
- *Sophomore Honors*, The University of Michigan (1982)
- College Honors Program, The University of Michigan (1980-1984)

## PROFESSIONAL SERVICE

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President-Elect, Society for Theoretical and Philosophical Psychology, Division 24 of the American Psychological Association (2009 – 2010)

Board of Editors, *Journal of Theoretical & Philosophical Psychology* (2009 - )

Task Force on *Indigenous Psychology*, Division 32 of the American Psychological Association  
–Member

Ad Hoc Reviewer:

*Theory & Psychology*,  
*New Ideas In Psychology*  
*Journal of Happiness Studies*  
*Journal of Social & Personality Psychology*  
*Journal of Positive Psychology*  
*Asian Journal of Social Psychology*  
*Asia Pacific Education Review*  
*British Journal of Social Work*

Society for Theoretical and Philosophical Psychology, Member-At-Large—American Psychological Association (2005 – 2008)

Montana Psychological Association—Continuing Education Committee (2005 – 2007)

The Network Against Sexual & Domestic Abuse—Board Member (2004 – 2007)

Society for Theoretical and Philosophical Psychology, Program Chair—American Psychological Association (2004 – 2005)

Society for Theoretical and Philosophical Psychology Liaison—American Psychological Association (2003 – 2006)

Society for Theoretical and Philosophical Psychology Cluster Representative—American Psychological Association (2003– 2006)

Program Review Committee Member, Society for Theoretical and Philosophical Psychology, American Psychological Association (2000 – 2003)

Continuing Education Committee—American Psychological Association, Society for Theoretical & Philosophical Psychology (1998 – 2000)

Healthy Communities (Gallatin Valley), Initiating Committee & Stakeholder (1996-2002)

President—Montana Association for Counselor Education and Supervision (1996 – 1998)

Executive Board Member—Montana Counseling Association (1996 – 1998)

Executive Board Member—Association for Counselor Education and Supervision (1996 – 1998)

Governor’s Task Force on Domestic Violence, Guam (1993 – 1995)

## CLINICAL TRAINING

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The Counseling Center, The University of Missouri at Columbia (8/91 - 7/92)

Clinical Internship (APA Accredited)

Responsibilities: Individual, couples, and group counseling; individual and group practicum supervision; intakes and assessment; employee assistance counselor; crisis intervention; teaching; outreach; workshops; stress management and biofeedback group leader; committee memberships.

The Counseling and Mental Health Center (9/89 - 5/90)

The University of Texas at Austin

Practicum in Individual Psychotherapy

Responsibilities: Individual counseling of graduate and undergraduate students with personal, social, and vocational concerns.

Austin Child Guidance Center Austin, Texas (5/89 - 9/89)

Practicum in Assessment

Responsibilities: Conducted child and family assessment with batteries of tests including the MMPI, WISC-R, WAIS-R, Bender-Gestalt, Rorschach, TAT, and various achievement tests as needed; report writing; consultation with primary therapists and staff.

The Counseling and Mental Health Center (8/88 - 5/89)

The University of Texas at Austin

Practicum in Group Psychotherapy

Responsibilities: Co-facilitated a year-long co-ed general therapy group; co-designed and implemented *Working with Shyness*, a structured thematic therapy group; provided process observation to other therapy groups.

## PROFESSIONAL AFFILIATIONS

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- American Psychological Association
  - Division 17: Society of Counseling Psychology
  - Division 24: Society for Theoretical & Philosophical Psychology
  - Division 26: History of Psychology
  - Division 29: Psychotherapy
  - Division 32: Humanistic Psychology
  - Division 38: Health Psychology
  - Division 39: Psychoanalysis
  - Division 45: Society for the Psychological Study of Ethnic Minority Issues
  - Division 52: International Psychology
- American Counseling Association
  - Association for Counselor Education and Supervision
  - Association for Multicultural Counseling
- American Anthropological Association
  - Society for Psychological Anthropology
  - Society for Medical Anthropology
  - Society for the Anthropology of Consciousness
- International Society for Theoretical Psychology
- The Institute for Interactivist Studies, Affiliate Member
- International Association for Cross-Cultural Psychology
- International Society for Self and Identity
- Montana Counseling Association
- Montana Association for Counselor Education and Supervision
- Montana Psychological Association
- Psychologists for Social Responsibility

- Association for Contemplative Mind in Higher Education (ACMHE)
- International Chronic Illness Self-Management Research Network

#### PROFESSIONAL LICENSES & CERTIFICATIONS

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Licensed Psychologist, State of Montana (#313)

Certificate of Professional Qualification in Psychology (#4212), Association of State and Provincial Psychology Boards

Licensed Clinical Professional Counselor, State of Montana (LCPC #619)

Licensed Individual, Marriage, and Family Therapist by the Guam Board of Allied Health Examiners (IMF License No. 039)

Certified Yoga Instructor, International Sivananda Yoga Vedanta Centre (2005)

Certified Yoga Instructor, Universal Great Brotherhood (1984)