

CURRICULUM VITAE

KRISTIN D. NEFF

(Fall 2007)

I. Biographical Information

Education

University of California at Berkeley	PhD	1997	Educational Psychology (Human Development)
University of California at Berkeley	MA	1992	Educational Psychology (Human Development)
University of California at Los Angeles	BA	1988	Communications

Professional Experience

August 1999 to Present	Associate Professor Department of Educational Psychology Human Development Area The University of Texas at Austin Austin, Texas
September 1997 - July 1999	Postdoctoral Fellow Department of Developmental Psychology University of Denver Denver, Colorado
Jan 1999 - May 1999	Lecturer Department of Educational Psychology University of Colorado at Denver Denver, Colorado
October 1990 - May 1997	Research Assistant Department of Educational Psychology University of California at Berkeley Berkeley, California
January 1995 - May 1995	Teaching Assistant Department of Psychology University of California at Berkeley Berkeley, California

II. Research, Publications, and Other Scholarly Activities

After my doctoral training in the area of moral development and my postdoctoral training in the area of self-concept development, my research has focused on a few key topics. First, I am interested in the way that variables of gender, culture and power impact concerns with self and other, and have researched this topic in terms of moral judgments, self-concepts, and relationship interactions. Second, I am interested in reasoning about gender inequality, and have conducted research on perceptions of gender inequality among children and adolescents. My interest in self-concepts has also led to a third line of inquiry – the definition and measurement of a new self-attitude construct termed “self-compassion,” in which concerns with self and other are integrated.

Self-compassion involves showing kindness to oneself when one is experiencing suffering, adopting an understanding, nonjudgmental attitude toward one’s own inadequacies and failures, and recognizing that one’s experience is part of shared human experience. I have created a scale to measure self-compassion, and have conducted several research studies with the scale indicating that self-compassion is strongly linked to mental health. I feel that I could fruitfully investigate this topic for much of my research career as self-compassion has so many varied applications in terms of both basic and applied research. The self-compassion construct uniquely combines concerns with self-evaluation, social relatedness, and emotional regulation, and therefore has potential ties to a huge amount of prior work in all three of these fields. The work is also highly cross-disciplinary, and is relevant to the fields of social and personality psychology, developmental psychology, and clinical psychology (this is why I have recently become a member of the Society for Personality and Social Psychology, even though I am trained as a developmental psychologist). While most of my work so far has been done using the Self-Compassion Scale, we are now starting to conduct research using other methodologies such as experimental manipulations of self-compassion. We are also working on developing school-based interventions with adolescents, as self-compassion is especially needed but especially lacking during this time of life.

In summary, although I will continue to conduct research on the larger theme of concerns with self and other as they relate to gender, culture, power, authenticity, etc. (especially when students want to pursue research in these areas), my main focus in the coming years will be exploring the role of self-compassion in mental health.

Book Chapters

Turiel, E. & Neff, K. D. (2000). Religion, culture, and beliefs about reality in moral reasoning. In K. Rosengren, C. Johnson, & P. Harris (Eds.), *Imagining the Impossible: The development of magical, scientific and religious thinking in contemporary society*. Cambridge, England: Cambridge University Press.

Neff, K. D. (in press). Self-Compassion: Moving beyond the pitfalls of a separate self-concept. In H. A. Wayment, & J. J. Bauer (Eds.). *The Quiet Ego: Research and Theory on the Benefits of Transcending Egoistic Self-Interest*. Washington, D.C., American Psychological Association.

Neff, K. D. & Lamb, L. M. (in press). Self-Compassion. In S. Lopez (Ed.), *The Encyclopedia of Positive Psychology*. Blackwell Publishing.

Journal Articles

Published or In Press Manuscripts:

- Neff, K. D. (2001). Judgements of personal autonomy and interpersonal responsibility in the context of Indian spousal relationships: An examination of young people's reasoning in Mysore, India. *British Journal of Developmental Psychology, 19*, 233-257.
- Neff, K. D. & Harter, S. (2002). The authenticity of conflict resolutions among adult couples: Does women's other-oriented behavior reflect their true selves? *Sex Roles, 47*, 403-417.
- Neff, K. D. & Harter, S. (2002). The role of power and authenticity in relationship styles emphasizing autonomy, connectedness, or mutuality among adult couples. *Journal of Social and Personal Relationships, 19*, 827-849.
- Neff, K. D. & Helwig, C. C. (2002). A constructivist approach to understanding the development of reasoning about rights and authority within cultural contexts. *Cognitive Development, 17*, 1429- 1450.
- Neff, K. D. & Terry-Schmitt, L. N. (2002). Youths' attributions for power-related gender differences: Nature, nurture, or God? *Cognitive Development, 17*, 1185-1203.
- Neff, K. D., Turiel, E., & Anshel, D. (2002). Reasoning about interpersonal responsibility when making judgments about scenarios involving close personal relationships. *Psychological Reports, 90*, 723-742.
- Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity, 2*, 223-250.
- Neff, K. D. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity, 2*, 85-102.
- Neff, K. D. (2003). Understanding how universal goals of independence and interdependence are manifested within particular cultural contexts. *Human Development, 312-318*.
- Neff, K. D. & Harter, S. (2003). Relationship styles of self-focused autonomy, other-focused connectedness, and mutuality across multiple relationship contexts. *Journal of Social and Personal Relationships, 20*, 81-99.
- Neff, K. D. (2004). Self-compassion and psychological well-being. *Constructivism in the Human Sciences, 9*, 27-37.
- Neff, K. D., Hsieh, Y., & Dejithirat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity, 4*, 263-287.

Neff, K. D., & Suizzo, M.A. (2006). Culture, power, authenticity and psychological well-being within romantic relationships: A comparison of European American and Mexican Americans. *Cognitive Development, 21*, 441-457.

Neff, K. D., Brabeck, K. M., Kearney, L. K. (2006). Relationship styles of self-focused autonomy, other-focused connection, and mutuality among Mexican American and European American college students. *Journal of Social Psychology, 146*, 568-590.

Neff, K. D., Kirkpatrick, K. & Rude, S. S. (2007). Self-compassion and its link to adaptive psychological functioning. *Journal of Research in Personality, 41*, 139-154.

Neff, K. D., & Rude, S. S., & Kirkpatrick, K. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality, 41*, 908-916.

Neff, K. D., Cooper, C. E. & Woodruff, A. L. (in press). Children's and adolescents' developing perceptions of gender inequality. *Social Development*.

Neff, K. D., Pisitsungkagarn, K., & Hsieh, Y. (in press). Self-compassion and self-construal in the United States, Thailand, and Taiwan. *Journal of Cross-Cultural Psychology*.

Rude, S. S., Little, K. & Neff, K. D. (2007). Paying Attention to Distress: What's Wrong with Rumination? *Cognition and Emotion, 21*, 843-864.

Submitted for Publication:

Neff, K. D. & Beretvas, T. (under review). The link between power, authenticity and psychological well-being within close interpersonal relationships. *Journal of Social Psychology*.

Neff, K. D. & Vonk, R. (under review). *Self-compassion: A healthier alternative to high self-esteem*.

Citations

My publications have been cited 94 times (Source: PsycInfo database).

Conference Presentations and Invited Talks

Invited Presentations:

Neff, K. D. (2007, June). *Opening your heart to self-compassion*. Invited day-long workshop given at the University of Derby, England.

- Neff, K. D. (2007, February). *Self-compassion: A healthier way of relating to oneself*. Invited talk given for the Chautauqua Lecture Series, Eastern Kentucky University.
- Neff, K. D. (2005, November). *Self-compassion: Moving beyond the pitfalls of the separate self-concept*. Invited presentation given at the “Quiet Ego Conference,” organized by Northern Arizona University.
- Neff, K. D. (2004, May). *Self-Compassion: Cultivating inner harmony by recognizing one’s common humanity*. Invited presentation at the 12th Annual International Conference on Conflict Resolution: Sharing Tools for Personal/Global Harmony, St. Petersburg, Russia. Conference co-sponsored by the Common Bond Institute, the Harmony Institute, and the Association for Humanistic Psychology.
- Neff, K. D. (2004, May). *Self-Compassion: A way to help deal with pain and difficulties of life*. Invited presentation at the Ecology for War and Peace Youth Conference, St. Petersburg, Russia. This conference for 11-17 year old youth (run in conjunction with the conference above) was co-sponsored by the Common Bond Institute, the Harmony Institute, and the Association for Humanistic Psychology.
- Neff, K. D. (2003, February). *Self-compassion: An alternative way to conceptualize and measure healthy self-attitudes*. Invited paper presented at the International Society for Self and Identity pre-conference of the 4th Annual Meeting of the Society for Personality and Social Psychology, Los Angeles, California.
- Neff, K. D. (1994, December). *The communication of values: Moral development and theories of learning*. Invited paper presented at the International Conference on Early Childhood Communication. Bhubaneswar, India.

Conference presentations (competitively selected):

- Neff, K. D. (2007, May). *Alone in one’s suffering: The implications of perceived isolation versus recognition of common humanity when confronting personal inadequacies or negative life experiences*. Paper presented at the 37th annual meeting of the Jean Piaget Society, Amsterdam, Netherlands.
- Neff, K. D. (2007, May). *Self-compassion as emotional wisdom*. Paper presented at the 37th annual meeting of the Jean Piaget Society, Amsterdam, Netherlands.
- Neff, K. D. (2007, March). *A comparison of self-compassion and present moment awareness as they relate to positive psychological functioning*. Paper presented at the 5th annual Mindfulness-Based Stress Reduction annual conference, Worcester, MA.
- Neff, K. D. (2006, August). *The role of self-compassion in healthy relationship interactions*. Paper presented at the 114th annual meeting of the American Psychological Association, New Orleans, LA.

- Neff, K. D. & Vonk, R. (2006). *Self-compassion: A healthier alternative to high self-esteem*. Paper presented at the 36th annual meeting of the Jean Piaget Society, Baltimore, MD.
- Neff, K. D. (2006, January). *A study of self-compassion, self-construal, and psychological well-being in three cultural contexts*. Poster presented at the 6th Annual Convention of the Society for Personality and Social Psychology, Palm Springs, California.
- Neff, K. D. (2005, June). *Children's and adolescents' developing perceptions of gender inequality*. Paper presented at the 35th annual meeting of the Jean Piaget Society, Vancouver, Canada.
- Neff, K. D. (2005, June). *Self-compassion and self-construal in the United States, Thailand, and Taiwan*. Paper presented at the 35th annual meeting of the Jean Piaget Society, Vancouver, Canada.
- Cheng, C. & Neff, K. D. (2005, May). *Cultural and gender differences in identity formation in Taiwanese and American college students*. Paper presented at the 17th annual meeting of the American Psychological Society, Los Angeles, California.
- Neff, K. D. (2005, January). *Self-compassion and psychological well-being*. Poster presented at the 6th Annual Convention of the Society for Personality and Social Psychology, New Orleans, Louisiana.
- Brabeck, K. M., Neff, K. D., Kearney, L. K. (July, 2004). *Relationship styles of self-focused autonomy, other-focused connection, and mutuality among Mexican American and European American college students*. Poster presented at the 112th Annual Meeting of the American Psychological Association, Honolulu, Hawaii.
- Neff, K. D. (2004, June). *Inequality and injustice: Implications for social reasoning, autonomy, and relationship interactions*. Symposium organized for the 34th annual meeting of the Jean Piaget Society, Toronto, Canada.
- Neff, K. D. (2004, June). *The link between power inequality, authenticity and psychological well-being within relationships*. Paper presented at the 34th annual meeting of the Jean Piaget Society, Toronto, Canada.
- Neff, K. D., Kirkpatrick, K. Dejitthirat, K. (2004, January). *Self-Compassion: Research on a promising alternative self-attitude construct*. Poster presented at the 5th Annual Convention of the Society for Personality and Social Psychology, Austin, Texas.
- Hsieh, Y., Neff, K. D., & Dejitthirat, K. (2003, August). *Self-compassion and academic motivation*. Poster presented at the 111th Annual Convention of the American Psychological Association, Toronto, Canada.

- Neff, K. D. (2003, August). *Self-compassion: An alternative way to conceptualize and measure self-attitudes*. Poster presented at the 111th Annual Convention of the American Psychological Association, Toronto, Canada.
- Neff, K. D. (2003, June). *Self-compassion: An alternative way to conceptualize and measure self-attitudes*. Paper presented at the 33rd annual meeting of the Jean Piaget Society, Chicago, Illinois.
- Neff, K. D., Woodruff, T. L., & Cooper, C. E. (2003, June). *Children's developing perceptions of gender inequality*. Paper presented at the 33rd annual meeting of the Jean Piaget Society, Chicago, Illinois.
- Kirkpatrick, K., Rude, S. & Neff, K. D. (2002, November). *Self-compassion and accuracy of self-evaluation*. Paper presented at the Texas Psychological Association's Annual Convention, San Antonio, Texas.
- Neff, K. D., Terry, L., & Harder, L. (2001, June). *Adolescents' and young adults' perceptions of gender inequality*. Paper presented at the 31st annual meeting of the Jean Piaget Society, Berkeley, California.
- Neff, K. D. & Harter, S. (2000, June). *The balancing of concerns with autonomy and connectedness across multiple relationship contexts: Consistency or inconsistency?* Paper presented at the 30th annual meeting of the Jean Piaget Society, Montreal, Canada.
- Neff, K. D. (1999, June). *Gender, culture, and hierarchy: Thinking about autonomy and connectedness within the context of unequal power relationships*. Symposium organized for the 29th annual meeting of the Jean Piaget Society, Mexico City, Mexico.
- Neff, K. D. (1999, June). *Reasoning about autonomy and connectedness within the context of unequal power relationships*. Paper presented for the 29th annual meeting of the Jean Piaget Society, Mexico City, Mexico.
- Neff, K. D., & Harter, S. (1999, April). *Autonomy, Connectedness, and Hierarchy in Relationships: Implications for the self*. Poster presented at the bi-annual meeting of the Society for Research in Child Development, Albuquerque, New Mexico
- Neff, K. D. (1997, June). *Americans: Are we really such self-centered individualists?* Poster presented at the 27th annual meeting of the Jean Piaget Society, Los Angeles, CA.
- Neff, K. D. (1997, June). *Reasoning about rights and duties in the context of Indian family life*. Paper presented at the 27th annual meeting of the Jean Piaget Society, Los Angeles, CA.
- Neff, K. D. (1997, April). *Reasoning about rights and duties in the context of Indian spousal relationships*. Poster presented at the bi-annual meeting of the Society for Research in Child Development, Washington, D.C.

Creations Related to Field of Expertise

I have created a 26-item scale to measure self-compassion entitled the Self-Compassion Scale (SCS). This well-validated scale has been published (Neff, 2003), and includes six subscales: self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification.

III. Service

Service within the department. I am currently chair of Area II. I also serve on the Human Development (Area II) Admissions Committee, the Graduate Student Professional Development Award Committee, the Developmental Domain Committee, the Student Affairs Committee, and the Graduate Studies Committee.

Service within the college. I have been a member of the UTeach Liberal Arts Steering Committee since 2003, and consult with the committee to ensure that my undergraduate course in adolescent development (a requirement for all UTeach students) meets the needs of the program.

Service within the university. I have served as a reviewer for the University of Texas at Austin Research Grant competitions (2002 and 2004), and the Graduate School's Outstanding Thesis/Report Award Committee.

Service within the community. I am a board member, research coordinator, and co-founder of the Big Sky Research and Education center in Elgin, Texas (to open Spring 2008). This school provides education to individuals on the autism spectrum and their neuro-typical siblings. As a parent of an autistic child, I am involved in the autism community at a personal as well as professional level, providing consulting and advice where needed.

IV. Professional Service

Board Memberships

Member of the Board of Directors for the Jean Piaget Society, June 2004 - June 2007

Society Memberships

Jean Piaget Society
International Society for Self and Identity
Society for Research in Child Development
Society for Personality and Social Psychology

Journals

Behaviour Research and Therapy

British Journal of Developmental Psychology
Child Development
Clinical Psychology and Psychotherapy
Cognition and Emotion
Cognitive Psychotherapy
Human Development
International Journal of Behavioral Development
Journal of Cross-Cultural Psychology
Journal of Cognitive Psychotherapy
Journal of Research in Adolescence
Journal of Research in Personality
Journal of Personality and Social Psychology
Journal of Social and Personal Relationships
Monographs of the Society for Research in Child Development
New Ideas in Psychology
Personal Relationships
Review of General Psychology
Self and Identity
Sex Roles
Social Development

Academic Publishing Houses

Oxford University Press
Yale University Press

Funding Agencies

National Science Foundation
Israel Science Foundation
Social Sciences and Humanities Research Council of Canada

Conference Programs

Jean Piaget Society annual conference

V. Evidence of Merit

2006-2007:

- Invited to give a one-day workshop at Derby University, England in June 2007.
- Invited to give a lecture at Eastern Kentucky University in February 2007.

2004-2005:

- Elected to the Board of Directors of the Jean Piaget Society.
- Invited by the Jean Piaget Society to submit a proposal for a special issue of its journal, *Cognitive Development*, based on their assessment of the symposium I organized for the 2004 meeting as “best of conference.” (The proposal was accepted.)

- Invited presentation at the “Quiet Ego Conference,” a small invitation-only conference being organized by Northern Arizona University. Travel and lodging funded by the American Psychological Association.

2003-2004:

- Invited speaker at the 12th Annual International Conference on Conflict Resolution and also the Ecology for War and Peace Youth Conference in St. Petersburg, Russia. All travel expenses, lodging and registration fees funded by the Pond Foundation.

2002-2003:

- Invited speaker at the International Society for Self and Identity pre-conference of the 4th Annual Meeting of the Society for Personality and Social Psychology, Los Angeles, California.

2001-2002:

- My 2002 Summer Research Assignment proposal was selected by Dean John Dollard as an example of how to write a successful application for the SRA workshop.

1997-1999:

- Awarded a highly competitive two year Postdoctoral Fellowship from the National Institutes of Health.

1994:

- Invited speaker at the International Conference on Early Childhood Communication. Bhubaneswar, India.
- Awarded a Graduate Division Dissertation Fellowship from the University of California at Berkeley.

1984-1988:

- Awarded a four-year National Merit Scholarship.