

# CURRICULUM VITAE

## Seymour Epstein

### Title:

Professor Emeritus

### University Address:

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### Place and Date of Birth:

Brooklyn, New York  
July 15, 1924

### Marital Status:

Married, two children

### Military Service:

U.S. Army (1943-1946)

### Degrees:

B.A., psychology major, Brooklyn College, 1948  
M.A., clinical psychology, Univ.of Wisconsin, 1951  
Ph.D., clinical psychology, Univ.of Wisconsin, 1953

### Areas of Interest:

- Development of a unified theory of personality
- Preconscious constructive vs. destructive information-processing (i.e., "constructive thinking")
- Methodology in personality research
- Stress and coping

### Honors:

- Phi Kappa Phi Honorary Society
- Sigma Xi
- USPHS Post-doctoral fellowship
- Diplomate in Clinical Psychology, American Board of Examiners in Professional Psychology
- Fellow, American Psychological Association
- Clarke-Lecky Memorial National Award, 1981, for outstanding research and theory on the self- concept.
- University of Massachusetts Chancellor's Award for outstanding accomplishment in research and scholarship.
- University of Massachusetts Faculty Fellowship Award for outstanding accomplishment in research and scholarship.
- NIMH Research Scientist Award, 1985-1990. Five years release time to devote full time to

research.)

- NIMH Research Scientist Award, 1990-1995.(Five year renewal)
- NIMH Merit Award, 1988-1993(to qualify, must be rated in upper 5% of NIMH research grants)
- NIMH Merit Award, 1993-1998 (Five-year renewal)
- NIMH continuous research support from 1956-1999 (44 years for the same project; possibly a record)
- Murray Award, 2001, for contributions to personality psychology (\$1,000 honorarium, expenses for APA convention, invited address at APA convention).

### **Most Recent Grant Support**

The Measurement of Drive and Conflict. *National Institute of Mental Health Research Grant R01 MH 01293*, \$203,000.00 per year for 5 years (1993-1998). (This grant has been funded for 44 consecutive years and has received Merit Awards for 1988-93 and 1993-98. I did not apply for renewal as I wished to devote full time to writing following my retirement.

## **Selected Publications**

Arranged by Topic

### ***COGNITIVE-EXPERIENTIAL SELF-THEORY***

- Catlin, G., & Epstein, S. (1992). Unforgettable experiences: The relation of life-events to basic beliefs about self and world. *Social Cognition, 10*, 189-209.
- Epstein, S. (1973). The self-concept revisited or a theory of a theory. *American Psychologist, 28*, 404-416.
- Epstein, S. (1983). The unconscious, the preconscious and the self-concept. In J. Suls & A. Greenwald (Eds.), *Psychological perspectives on the self* (Vol. 2, pp. 219- 247). Hillsdale, NJ: Erlbaum.
- Epstein, S., & Erskine, N. (1983). The development of personal theories of reality. In D. Magnusson & V. Allen (Eds.), *Human development: An interactional perspective* (pp. 133-147). New York: Academic Press.
- Epstein, S. (1989). Values from the perspective of Cognitive-experiential Self-theory. In N. Eisenberg, J. Reykowski, & E. Staub (Eds.), *Social and moral values* (pp. 3-22). Hillsdale, NJ: Lawrence Erlbaum Associates.
- Epstein, S. (1990). Cognitive-experiential Self-theory. In L. Pervin (Ed.), *Handbook of personality theory and research: Theory and research* (pp. 165-192). NY: Guilford Publications, Inc.
- Epstein, S. (1991). Cognitive-experiential Self-theory: Implications for developmental psychology. In M. Gunnar & L.A. Sroufe (Eds.), *Self-processes and development, Vol. 23. Minnesota Symposia on Child Psychology* (pp. 79-123). Hillsdale, NJ: Erlbaum.
- Epstein, S. (1991). Cognitive-experiential Self-theory: An integrative theory of personality. In R. Curtis (Ed.), *The relational self: Convergences in psychoanalysis and social psychology* (pp. 111-137). NY: Guilford.

- Epstein, S. (1992). The cognitive self, the psychoanalytic self, and the forgotten selves. Comment on Drew Westen, The cognitive self and the psychoanalytic self: Can we put our selves together? *Psychological Inquiry*, 3, 34-37.
- Epstein, S. (1993). Implications of cognitive-experiential self-theory for personality and developmental psychology. In D. Funder, R. Parke, C. Tomlinson-Keasey, & K. Widaman (Eds.), *Studying lives through time: Personality and development* (pp. 399-438). Washington, DC: American Psychological Association.
- Epstein, S. (1993). Bereavement from the perspective of cognitive-experiential self-theory. In M. S. Stroebe, W. Stroebe, & R. O. Hansson (Eds.), *Handbook of bereavement: Theory, research, and intervention* (pp. 112-125). NY: Cambridge University Press.
- Epstein, S. (1994). Integration of the cognitive and the psychodynamic unconscious. *American Psychologist*, 49, 709-724.
- Epstein, S. (1998). Cognitive-experiential self-theory: A dual process personality theory with implications for diagnosis and psychotherapy. In R.F. Bornstein and J. M. Masling (Eds.), *Empirical research on the psychoanalytic unconscious* (Vol. 7, pp. 99-140). Washington, D.C.: American Psychological Association.
- Epstein, S. (1998). Cognitive-experiential self-theory. In D. Barone, M. Hersen, & V. B. VanHasselt (Eds.), *Advanced Personality* (pp. 211-238) NY: Plenum.
- Epstein, S. (1998). Personal control from the perspective of cognitive-experiential self-theory. In M. Kofta, G. Weary, & G. Sedek (Eds.), *Personal control in action: Cognitive and emotional mechanisms* (pp. 5-26). New York: Plenum.
- Epstein, S. (1999). The interpretation of dreams from the perspective of cognitive-experiential self-theory. In Singer & Salovey (Eds.), *At play in the fields of consciousness: Essays in honor of Jerome L. Singer* (pp.59-82) Mahway, NJ: Lawrence Erlbaum Associates, Inc.
- Epstein, S. (in press). Cognitive-experiential self-theory: An integrative, psychodynamic theory of personality. In T. Millon & M. J. Lerner (Eds.), *Comprehensive handbook of psychology, Vol. 5: Personality and Social Psychology*.
- Epstein, S. The rationality debate from the perspective of cognitive-experiential self-theory. *Behavioral and Brain Science*, 23, 671-673.
- Epstein, S., & Pacini, R. (1999). Some basic issues regarding dual-process theories from the perspective of Cognitive-experiential Self-theory. In S. Chaiken & Y. Trope (Eds.), *Dual process theories in social psychology* (pp. 462-482). New York: Guilford Publishers.
- Epstein, S., & Pacini, R. (in press). A comparison of the influence of imagined and unimagined information on intuitive and analytical information processing. *Imagination, Cognition, & Personality: Consciousness in Theory, Research, and Clinical Practice*.
- Epstein, S., Pacini, R., Denes-Raj, V., & Heier, H. Individual differences in intuitive-experiential and analytical-rational thinking styles. *Journal of Personality and Social Psychology*, 71, 390-405.
- Pacini, R., & Epstein, S. (1999). The relation of rational and experiential information processing styles to personality, basic beliefs, and the ratio-bias phenomenon. *Journal of Personality and Social Psychology*, 76, 972-987.

Teglasi, H., & Epstein, S. (1998). Temperament and personality theory: The perspective of cognitive-experiential self-theory. *School Psychology Review, 27*, 534-550.

### **CONSTRUCTIVE THINKING**

*Papers on the efficacy, or intelligence of the experiential-intuitive system)*

- Epstein, S. (1992). Constructive thinking and mental and physical well-being. In L. Montada, S. H. Filipp, & M. J. Lerner (Eds.), *Life crises & experiences of loss in adulthood* (pp. 385-409). Hillsdale, NJ: Erlbaum.
- Epstein, S. (1992). Coping ability, negative self- evaluation, and overgeneralization: Experiment and theory. *Journal of Personality and Social Psychology, 62*, 826-836.
- Epstein, S.(1998). *Constructive thinking: The key to emotional intelligence*. Westport, CT: Greenwood Publishing.
- Epstein, S. (in press). *Manual for the Constructive Thinking Inventory*. Odessa, FL: Psychological Assessment Resources.
- Epstein, S., & Katz, L. (1992). Coping ability, stress, productive load, and symptoms. *Journal of Personality and Social Psychology, 62*, 813-825.
- Epstein, S., & Meier, P. (1989). Constructive thinking: A broad coping variable with specific components. *Journal of Personality and Social Psychology, 57*, 332-349.
- Katz, L., & Epstein, S. (1991). Constructive thinking and coping with laboratory-induced stress. *Journal of Personality and Social Psychology, 61*, 789-800.
- Scheuer, E., & Epstein, S. (1997). Coping ability, reactions to a laboratory stressor, and symptoms in everyday life. *Anxiety, Stress, and Coping, 10*, 269-303.

### **METHODOLOGY IN PERSONALITY RESEARCH**

- Epstein, S. (1962). Theory and experiment on the measurement of drive and conflict. In *Nebraska Symposium on Motivation*, M. R. Jones (Ed.). Lincoln: University of Nebraska Press, 127-209.
- Epstein, S. (1966). Some theoretical considerations on the nature of ambiguity and the use of stimulus dimensions in projective techniques. *Journal of Consulting Psychology, 30*, 183-192.
- Epstein, S. (1979). Explorations in personality today and tomorrow: A tribute to Henry A. Murray. *American Psychologist, 34*, 649-653.
- Epstein, S. (1983). A research paradigm for the study of personality and emotions. In M. M. Page (Ed.), *Personality--Current Theory & Research: 1982 Nebraska Symposium on Motivation* (pp. 91-154). Lincoln: University of Nebraska Press. (Note.- Discusses and illustrates the advantages of a combined idiographic-nomothetic procedure.)
- Epstein, S. (1984). A procedural note on the measurement of broad dispositions. *Journal of Personality, 52*, 318-325.

- Epstein, S. (1985). The implications of cognitive- experiential self-theory for research in social psychology and personality. *Journal for the Theory of Social Behaviour*, 15, 283-310.
- Epstein, S. (1997). This I have learned from over forty years of conducting personality research. *Journal of Personality*, 65, 3-32.
- Epstein, S.(1987). The relative value of theoretical and empirical approaches for establishing a psychological diagnostic system. *Journal of Personality Disorders*, 1, 100-109.
- Epstein, S. (1990). Comment on the effects of aggregation across and within occasions on consistency, specificity, and reliability. *Methodika*, 4, 95-100.
- Epstein, S. (1994). Trait theory as personality theory: Can a part be as great as the whole? *Psychological Inquiry*, 5, 120-122.
- Epstein, S. (1995). What can be done to improve the journal-review process? *American Psychologist*, 50, 883-885.
- Epstein, S. (1996). Recommendations for the future development of personality psychology. Commentary in *Journal of Research in Personality: Special Edition*, 30, 435- 446.
- Epstein, S., & Kaplan, W.(1983). The relationship of headaches and stomach aches to negative emotions: A study of intrasubject relations. In C. D. Spielberger & J. N. Butcher (Eds.), *Advances in personality assessment* (Vol. 3, pp. 79-103). Hillsdale, NJ: Erlbaum.
- Epstein, S., & Smith, R. (1956). Repression and insight as related to reactions to cartoons. *Journal of Consulting Psychology*, 20, 391-395.
- Fenz, W. D., & Epstein, S. (1962). Measurement of approach-avoidance conflict by a stimulus dimension in a test of thematic apperception. *Journal of Personality*, 30, 613-632.
- O'Brien, E.J., & Epstein, S. (1998). *The Multidimensional Self-esteem Inventory*.  
Odessa, FL: Psychological Assessment Resources, Inc.

### ***THE PERSON-SITUATION DEBATE***

- Epstein, S. (1977). Traits are alive and well. In S. Magnusson & N. S. Endler (Eds.). *Personality at the crossroads: Current issues in interactional psychology* (pp. 83-98). Hilldale, NJ: Lawrence Erlbaum Associates
- Epstein, S. (1979). The stability of behavior: I. On predicting most of the people much of the time. *Journal of Personality and Social Psychology*, 37, 1097-1126.
- Epstein, S. (1980). The stability of behavior: II. Implications for psychological research. *American Psychologist*, 35, 790-806.
- Epstein, S. (1983). Aggregation and beyond: Some basic issues on the prediction of behavior. *Journal of Personality*, 51, 360-392.
- Epstein, S. (1984). The stability of behavior across time and situations. In R. Zucker, J. Arnoff, & A. I. Rabin (Eds.), *Personality and the prediction of behavior* (pp. 209- 268). San Diego, CA: Academic Press.
- Epstein, S. (1986). Does aggregation produce spuriously high estimates of behavior stability? *Journal of Personality and Social Psychology*, 50, 1199-1210.

- Epstein, S. (1986). The person-situation debate. In Edward E. Roskam (Ed.), *Measurement and testing in psychology*. North Holland: Elsevier Science Publishers, B.V.
- Epstein, S. (1989). Comment on the effects of aggregation across and within occasions on consistency, specificity, and reliability. *Methodika*, 4, 95-100.
- Epstein, S., & O'Brien, E. J. (1985). The person-situation debate in historical and current perspective. *Psychological Bulletin*, 98, 513-537.
- Epstein, S., & Teraspulsy, L. (1986). The perception of cross-situational consistency. *Journal of Personality and Social Psychology*, 50, 1152-1160.

### **EMOTIONS, PSYCHOPATHOLOGY, STRESS, AND CONFLICT**

- Epstein, S. (1967). Toward a unified theory of anxiety. In B. Maher (Ed.), *Progress in experimental personality research* (Vol. 4 pp. 1-89). New York: Academic Press, Inc.
- Epstein, S. (1970). Anxiety, reality and schizophrenia. *Schizophrenia*, 2, 11-35.
- Epstein, S. (1972). The nature of anxiety with emphasis upon its relationship to expectancy. In C. D. Spielberger (Ed.), *Anxiety: Current trends in theory and research* (pp. 292- 338). New York: Academic Press, pp. 292-338.
- Epstein, S. (1978). Approach-avoidance, the fifth basic conflict. *Journal of Consulting and Clinical Psychology*, 46, 1016-1022.
- Epstein, S. (1979). Natural healing processes of the mind: I. Acute schizophrenic disorganization. *Schizophrenic Bulletin, National Institute of Mental Health*, 5, 313-321. (Also reproduced in the Digest of Neurology and Psychiatry. Hartford: The Institute of Living.)
- Epstein, S. (1979). The ecological study of emotions in humans. In P. Pliner, K. R. Blankstein, & I. M. Spigel (Eds.), *Advances in the study of communication and affect, Vol. 5: Perception of emotions in self and others* (pp. 47- 83). New York: Plenum.
- Epstein, S. (1982). Conflict and stress. In S. Breznitz & L. Goldberger (Eds.), *Handbook of stress* (pp. 49-68). New York: The Free Press of MacMillan.
- Epstein, S. (1983). Natural healing processes of the mind: II. Graded stress inoculation as an inherent coping mechanism. In D. Meichenbaum & M. Jaremko (Eds.), *Stress prevention and management: A cognitive behavioral approach* (pp. 39-66). New York: Plenum.
- Epstein, S. (1984). Controversial issues in emotion theory. In P. Shaver (Ed.), *Annual review of research in personality and social psychology* (pp. 64-87). Beverly Hills, CA: Sage Publications.
- Epstein, S. (1991). The self-concept, the traumatic neurosis, and the structure of personality. In D. Ozer, J. M. Healy, Jr., & A. J. Stewart (Eds.), *Perspectives in personality* (Vol. 3A, pp. 63-98). London: Jessica Kingsley Publishers Ltd.
- Epstein, S. (1993). Emotion and self-theory. In M. Lewis & J. M. Haviland (Eds.), *Handbook of Emotions* (pp. 313-326). New York: The Guilford Press.
- Epstein, S. (1998). Emotions and psychopathology from the perspective of cognitive-experiential self-theory. In W. E. Flack & J. D. Laird (Eds.), *Emotions and psychopathology: Theory and research* (pp. 57-69). New York: Oxford University Press.

### ***MASTERY OF STRESS IN SPORT-PARACHUTING***

- Epstein, S., & Fenz, W. D. (1963). Steepness of approach and avoidance gradients in humans as a function of experience. *Journal of Experimental Psychology*, 70, 1-12.
- Epstein, S., & Fenz, W. D. (1965). Theory and experiment on the measurement of approach-avoidance conflict. *Journal of Abnormal and Social Psychology*, 64, 97-112.
- Epstein, S., & Fenz, W. (1967). The detection of areas of stress through variations in perceptual threshold and physiological arousal. *Journal of Experimental Research in Personality*, 2, 191-199.
- Fenz, W. D., & Epstein, S. (1962). The measurement of approach-avoidance conflict by a stimulus dimension in a test of thematic apperception. *Journal of Personality*, 30, 613-632.
- Fenz, W., & Epstein, S. (1967). Gradients of physiological arousal of experienced and novice parachutists as a function of an approaching jump. *Psychosomatic Medicine*, 29, 33-51.
- Fenz, W. D., & Epstein, S. (1968). Specific and general inhibitory reactions associated with the mastery of stress. *Journal of Experimental Psychology*, 77, 52-56
- Fenz, W. D., & Epstein, S. (1969). Stress: In the air. *Psychology Today*, September, 27-29.

### ***CONDITIONING AND PSYCHOPHYSIOLOGY***

- Burstein, K., & Epstein, S. (1968). Procedure for reducing orienting reactions in GSR conditioning. *Journal of Experimental Psychology*, 78, 369-374
- Epstein, S. (1971). Heart rate, skin conductance, and intensity ratings during experimentally induced anxiety: habituation within and among days. *Psychophysiology*, 8, 319-331.
- Epstein, S. (1973). Expectancy and magnitude of reaction to a noxious UCS. *Psychophysiology*, 10, 100-107.
- Epstein, S., & Alexander, R. (1978). Reactivity to heteromodal stimulation as a function of stimulus intensity and inner arousal. *Psychophysiology*, 15, 387- 393.
- Epstein, S., & Bahm, R. (1971). Verbal hypothesis formulation during classical conditioning of the GSR. *Journal of Experimental Psychology*, 87, 187-197.
- Epstein, S., Boudreau, L., & Kling, S. (1975). Magnitude of the heart rate and electrodermal response as a function of stimulus input, motor output, and their interaction. *Psychophysiology*, 12, 15-24.
- Epstein, S., & Burstein, K. (1966). A replication of Hovland's study of generalization to frequencies of tones. *Journal of Experimental Psychology*, 72, 782-784.
- Epstein, S., Burstein, K., & Smith, B. (1971). Stimulus generalization of the GSR following a variety of conditioning and pseudoconditioning procedures. *Psychophysiology*, 8, 714-726.
- Epstein, S., Burstein, K., & Smith, B. (1967). Primary stimulus generalization of the GSR as a function of objective and subjective definition of the stimulus dimension. *Journal of Experimental Psychology*, 74, 124-131.
- Epstein, S., & Clarke, S. (1970). Heart rate and skin conductance during experimentally induced

anxiety: Effects of anticipated intensity of noxious stimulation and experience. *Journal of Experimental Psychology*, 84, 105-112.

Epstein, S., & Fenz, W. D. (1967). The detection of emotional stress through variations in perceptual threshold and physiological arousal. *Journal of Experimental Research in Personality*, 2, 191-199.

Epstein, S., & Fenz, W. D. (1970). Habituation to a loud sound as a function of manifest anxiety. *Journal of Abnormal Psychology*, 75, 189-194.

Epstein, S., & Roupenian, A. (1970). Heart rate and skin conductance during experimentally induced anxiety: The effect of uncertainty about receiving a noxious stimulus. *Journal of Personality and Social Psychology*, 16, 20-28.

Epstein, S., Rosenthal, S., & Szpiller, J. (1978). The influence of attention upon anticipatory arousal, habituation, and reactivity to a noxious stimulus. *Journal of Research in Personality*, 12, 30-40.

Epstein, S., & Szpiller, J. (1976). Availability of an avoidance response as related to autonomic arousal. *Journal of Abnormal Psychology*, 86, 360-368.

### **PROJECTIVE TECHNIQUES**

Cazavelan, J., & Epstein, S. (1966). Daydreams of female paranoid schizophrenics. *Journal of Clinical Psychology*, 1/1966, 27-32.

Epstein, S. (1955). Unconscious self-evaluation in a normal and a schizophrenic group. *Journal of Abnormal and Social Psychology*, 50, 55-70.

Epstein, S. (1961). Food responses to ambiguous stimuli as related to hunger and ego-strength.. *Journal of Consulting Psychology*, 25, 463-469.

Epstein, S. (1962). The measurement of drive and conflict in humans: Theory and experiment. In *Nebraska Symposium on Motivation*, M. R. Jones (Ed.), Lincoln: University of Nebraska Press (pp. 127-209).

Epstein, S. (1966). Some theoretical considerations on the nature of ambiguity and the use of stimulus dimensions in projective techniques. *Journal of Consulting Psychology*, 30, 183-192.

Epstein, S. (1999). The interpretation of dreams from the perspective of cognitive- experiential self-theory. In Singer & Salovey (Eds.), *At play in the fields of consciousness: Essays in honor of Jerome L. Singer* (pp. 59-82). Mahway, NJ: Erlbaum Associates.

Epstein, S., & Fenz, W. D. (1967). The detection of areas of emotional stress through variations in perceptual threshold and physiological arousal. *Journal of Experimental Research in Personality*, 2, 191-199.

Epstein, S., Nelson, J. V., & Tanofsky, R. (1957). Responses to inkblots as measures of individual differences. *Journal of Consulting Psychology*, 21, 211- 215.

Epstein, S., & Smith, R. (1957). Thematic apperception, Rorschach content, and ratings of sexual attractiveness of women as measures of the sex drive. *Journal of Consulting Psychology*, 21, 473-478.

Epstein, S., & Smith, R. (1957). Thematic apperception as a measure of the hunger drive. *Journal of Projective Techniques*, 20, 372-384.



- Fenz, W. D., & Epstein, S. (1962). Measurement of approach-avoidance conflict along a stimulus dimension by a thematic apperception test.. *Journal of Personality*, *30*, 613-632
- Lebow, K., & Epstein, S. (1963). Thematic and cognitive responses of good premorbid schizophrenics to dimensions of nurturance for mother, father, and peer figures. *Journal of Consulting Psychology*, *27*, 24-33.
- Leiman, A. H., & Epstein, S. (1961). Thematic sexual responses as related to sexual drive and guilt. *Journal of Abnormal and Social Psychology*, *63*, 169-175.
- Losco, J., & Epstein, S. (1975). Humor preference as a subtle measure of attitudes toward the opposite sex. *Journal of Personality*, *43*, 321-334.
- Nelson, J., & Epstein, S. (1962). Relationships among three measures of conflict over hostility. *Journal of Consulting Psychology*, *26*, 345-350.
- Rothstein, R., & Epstein, S. (1963). Unconscious self-evaluation as a function of availability of cues. *Journal of Consulting Psychology*, *27*, 480-485.
- Saltz, G., & Epstein, S. (1963). Thematic hostility and guilt responses as related to self-reported hostility, guilt, and conflict. *Journal of Abnormal and Social Psychology*, *67*, 469-479.
- Smith, R., & Epstein, S. (1956). Repression and insight as related to reaction to cartoons. *Journal of Consulting Psychology*, *20*, 391-395.