

CURRICULUM VITAE
R. ROGERS KOBAK

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Department of Psychology
University of Delaware
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Education

University of Virginia, Charlottesville, Virginia
Ph.D. May 1985
Major: Clinical Psychology
Minor: Developmental Psychology
Doctoral dissertation: Attachment and social competence during late
adolescence. Dissertation advisor: Dr. Mary Ainsworth.

Yale University, New Haven, Connecticut
M.A.R., May 1978
Major: Religion

Wesleyan University, Middletown, Connecticut
B.A., May 1974
Major: Philosophy and History

Professional Positions

1995-present Department of Psychology University of Delaware,
Newark, DE

Director of Clinical Training

1993-present Department of Psychology, University of Delaware,
Newark, DE

Associate Professor of Child-Clinical Psychology.

1987-1993 Assistant Professor of Child-Clinical Psychology.

1985-1987 Department of Psychology, University of Denver,
Denver, CO
NIMH Post-Doctoral Fellow in Developmental
Psychology.

Honors and Awards:

1991 Excellence in Teaching Award
Chi Psi, Undergraduate Honor Society, Department of Psychology

Grants

Received:

The Assessment of Affect Regulation in Adult Attachment Relationships Roger Kobak (Principal Investigator) Developmental Psychobiology Research Group, University of Colorado Medical School, Denver, CO February 1986--November 1986	\$1300
The Role of Attachment in Marital Satisfaction Roger Kobak (Principal Investigator) National Institute of Mental Health #RO3 MH44036 (September 1987--August 30, 1988)	\$38,423
The Role of Emotion Regulation in Adolescent Attachment Roger Kobak (Principal Investigator) National Institute of Mental Health #RO3 MH44885 (February 1, 1989--January 30, 1990)	\$37,678
Stress Reactivity in Severely Emotionally Disturbed Children Roger Kobak (Principal Investigator) Wings Foundation September 1, 1999—August 30, 2000)	\$12,000
Attachment and Risk During Early Adolescence Roger Kobak (Principal Investigator) National Institute of Mental Health May 1, 2001-April 30, 2006.	\$1,875,000

Professional Societies

Member, Society for Research in Child Development
Member, American Psychological Association
Member, Society for Research on Adolescence

Reviewer:

Child Development
Developmental Psychology

Journal of Abnormal Psychology
Journal of Personality and Social Psychology
Journal of Family Psychology
Journal of Research on Adolescence
Development and Psychopathology
Developmental Review
Psychological Bulletin
Journal of Consulting and Clinical Psychology

Grant Reviews:

Grant Review Panels:

The Behavioral Sciences Research Review Committee, NIMH, June 14-15, 1990.

The Child and Family Prevention Subcommittee of the Life Course and Prevention Research Review Committee, NIMH, October 12, 1990.

The Adolescent Family Life Study Section, NIH, July 24, 1991.

The Behavioral Sciences Research Review Committee, NIMH, February 6-7, 1992.

The Clinical Psychopathology Review Committee, NIMH, October, 1992.

The Treatment Assessment Review Committee, NIMH, October, 1993.

The Behavioral Sciences Research Review Committee, NIMH, February 17-18, 1995.

The Behavioral Sciences Research Review Committee, NIMH, June 8-9, 1995.

Publications

Articles:

Little, M., & Kobak, R. (in press). Emotional security with teachers and children's stress reactivity: A comparison of special education and regular classrooms. Journal of Clinical Child and Adolescent Psychology.

Kobak, R., Little, M., Race, E., & Acosta, M. (2001). Attachment disruptions in seriously emotionally disturbed children: Implications for treatment. Attachment and Human Development.

Duemmler, S. & Kobak, R. (2001). The development of attachment and commitment in dating relationships: Attachment security as a relationship construct. Journal of Adolescence. 24. 401-415.

- Kobak, R. & Esposito, A. (in press). Attachment based treatment of child psychopathology: A levels of processing model. In Leslie Atkinson (Ed.) Attachment and psychopathology. New York: Brunner/Mazel.
- Kobak, R. (1999). Separation and the Emotional Dynamics of Attachment. In Cassidy, J. & Shaver, P. (Eds.) Handbook of Attachment (pp. 88-105). New York: Guilford Press.
- Kobak, R. (1999). Emotional development during adolescence. In B. Kinsey (Ed.) The Encyclopedia of Human Emotion. London: Macmillian Press.
- Kobak, R., Duemmler, S., Burland, A., & Youngstrom, E. (1998). Attachment and negative absorption states: Implications for treating distressed families. Journal of Systemic Therapies, 17, pp. 80-92.
- Cole, H. & Kobak, R. (1997). The effects of multiple abuse in interpersonal relationships: An attachment perspective. Aggression, Maltreatment, and Trauma. 2:189-207.
- Cole, H. & Kobak, R. (1996). Attachment processes in eating disorder and depression. Journal of Consulting and Clinical Psychology 64: 282-290.
- Kobak, R., & Ferenz-Gillies., R. (1995). Maternal attachment strategies and depressive symptoms in adolescent offspring. Development and Psychopathology.
- Kobak, R., Everhart, E., Seabrook, L., & Ferenz-Gillies, R. (1994). Maternal attachment strategies and emotion regulation with adolescent offspring. Journal of Research on Adolescence, 4, 553-566.
- Kobak, R., Hazan, C., & Ruckdeschel, K. (1994). From symptom to signal: An attachment view of emotion in marital therapy. Chapter for S. Johnson and L. Greenberg (Eds.). Emotions in Marital Therapy (pp. 46-71) Brunner/Mazel.
- Kobak, R. & Duehmler, S. (1994). Attachment and conversation: A discourse analysis of goal-corrected partnerships. In D. Perlman and K. Bartholomew (Eds.). Advances in the Study of Personal Relationships, Vol. 5 (pp. 121-149), London: Jessica Kingsley Publishers.
- Kobak, R. & Cole, C. (1994). Attachment and meta-monitoring: Implications for adolescent autonomy and psychopathology. Chapter for D. Cicchetti (Ed.) Rochester Symposium on Development and Psychopathology Vol. 5: Disorders of the Self, (pp. 267-297), Rochester, NY: Rochester University Press.
- Kobak, R. (1994). Adult attachment: A personality or relationship construct?

- Commentary on Attachment as an organizational framework for research on close relationships. Psychological Inquiry, 5, 42-44.
- Kobak, R., Cole, H., Fleming, W., Ferenz-Gillies, R. & Gamble, W. (1993). Attachment and emotion regulation during mother-teen problem-solving: A control theory analysis. Child Development, 64, 231-245.
- Kobak, R. (1993). Exploring the secure base function of attachment relationships. International Society for the Study of Personal Relationships Bulletin, 10, 4-7.
- Kobak, R. (1993). Attachment and the problem of coherence: Implications for treating disturbed adolescents. Adolescent Psychiatry: Developmental and Clinical Studies, 19, 137-149.
- Dozier, M. & Kobak, R. (1992). Psychophysiology in adolescent attachment interviews: Convergent evidence for deactivating strategies. Child Development, 63, 1473-1480.
- Kobak, R., Sudler, N. & Gamble, W. (1991). Attachment and depressive symptoms during adolescence: A developmental pathways analysis. Development and Psychopathology, 3, 461-474.
- Kobak, R. & Hazan, C. (1991). Attachment in marriage: The effects of security and accuracy of working models. Journal of Personality and Social Psychology, 60, 861-869.
- Izard, C. & Kobak, R. (1991). Emotions system functioning and emotion regulation. In Garber, J. & Dodge, K. (Eds.) The development of affect regulation. Cambridge: Cambridge University Press (pp. 303-321).
- Kobak, R. (1990). Toward a model of relationship dysfunction. Contemporary Psychology, 35, 1037-1038.
- Kobak, R. (1989). Psychodynamics and Cognition. American Scientist, 77, 398.
- Kobak, R., & Sceery, A. (1988). Attachment in late adolescence: Working models, affect regulation, and representations of self and others. Child Development, 59, 135-146.
- Cassidy, J., & Kobak, R. (1988). Avoidance and its relation to other defensive processes. In J. Belsky, & T. Nezworski (Ed.), Clinical implications of attachment Hillsdale, NJ: Erlbaum (pp. 300-323).
- Kobak, R. R. & Waters, D. (1984). Family therapy as a rite of passage: Play's the thing. Family Process, 23: 1, 89-100.

Presentations

Invited Presentations:

- Kobak, R. (2000). Attachment based treatment of child psychopathology. Paper presented at the American Association of Family Therapy, Niagra-on-the-Lake, Ontario, Canada, October 14, 2000.
- Kobak, R. (1999). An attachment approach to the assessment and treatment of distressed families. Paper presented at the Society for Psychotherapy Research, June 16-20, Braga Portugal.
- Kobak, R. (1998). Treating the Insecure Adolescent. Workshop Presented at St. Mary's Hospital, Spokane, WA, April 2, 1998.
- Kobak, R. (1998). Specifying the Construct of Internal Working Models. Presented at the University of Regensburg, Regensburg, Germany, July 6, 1998.
- Kobak, R. (1998). Attachment in Adolescence: A Personality or Relationship Construct, University of Minho, Braga, Portugal, October 2, 1998.
- Kobak, R. (1996). Attachment and discourse. Presented to the Department of Psychology, University of Western Ontario, London, Ontario, Canada, November 22, 1996.
- Kobak, R. (1994). A dimensional analysis of interview discourse. Presented at the Adult Attachment Interview Institute, Gothenberg, Sweden, November 1, 1994.
- Kobak, R. (1994). Attachment and attentional processes. Presented at the Attachment and Psychopathology Symposium, Clarke Institute of Psychiatry, University of Toronto, Toronto, Canada, October 1, 1994.
- Kobak, R. (1993). Developmental pathways through adolescence. Presented at the Robert Wood Johnson Medical School, Rutgers University, New Brunswick, NJ, January 14, 1993.
- Kobak, R. (1993). Personality, parent-teen communication and pathways to adolescent depression. Presented to the Department of Psychology, Penn State University, State College, PA, March 4, 1993.
- Kobak, R. (1993). Attachment and attentional processes in parent-teen relationships. Presented to the Department of Psychology, University of South Carolina,

- Columbia, SC, November 9, 1993.
- Kobak, R. (1992). A fresh look at defensive processes. Presented at the John Bowlby Memorial Conference, "Broadening the Clinical Scope of Attachment," Los Angeles, California, March 7, 1992.
- Kobak, R. (1992). Attachment and meta-monitoring. Presented to the Department of Human Ecology, Cornell University, Ithaca, NY, March, 1992.
- Kobak, R. (1992). Attachment and cognitive autonomy. Presented at the Jean Piaget Society, Montreal, Canada, May, 1992.
- Kobak, R. (1992). Attachment and emotion regulation during parent-teen conflict. Presented at NIMH workshop on "Affective processes in adolescence," Bethesda, Maryland, October 18, 1992.
- Kobak, R. (1992). Maternal attachment strategies and depressive symptoms in adolescent offspring. Presented at NIMH workshop on "Attachment and psychopathology," Bethesda, Maryland, November 17, 1992.
- Kobak, R. Attachment and the problem of coherence. Presented at the Annual Convention of the American Society for Adolescent Psychiatry, New Orleans, LA, May 1991.
- Kobak, R. Updating working models of self and parents: Implications for adolescent autonomy and depression. Presented at the Fifth Annual Symposium on Developmental Psychopathology, "The Self and Its Disorders," University of Rochester, Rochester, New York, October, 1991.
- Kobak, R. (1991). A developmental pathway model of adolescent depression. Presented to the Department of Psychology, University of Maryland, Baltimore County, November, 1991.
- Symposia presentations:
- Kobak, R. R. The transition to work among rural adolescents: An ecological model. Presented at the Conference on Appalachian Children and Families, Knoxville, TN, June, 1981.
- Kobak, R. R. Attachment, affect regulation and defense. Paper presented at the Society for Research in Child Development, Baltimore, Maryland, April, 1987.
- Kobak, R. R. Attachment in late adolescence: Working models, affect regulation and representations of self and others. Paper presented to the Society for Research on Child Development, Baltimore, Maryland, April, 1987.

- Kobak, R. R. & Shaver, P. Continuities in attachment organization: The Role of anxiety regulation strategies. Paper prepared for the Conference on Attachment and Loss in honor of John Bowlby's 80th birthday. Bayswater, England, June, 1987.
- Kobak, R. R. Anxiety and anxiety regulation in adolescent attachment patterns. Paper presented to the Society for Research on Child Development, Kansas City, Kansas, April, 1989.
- Kobak, R. R. Toward an attachment conceptualization of marital distress. Paper presented at the Conference on Social Interaction Processes, Nags Head, North Carolina, June 1989.
- Kobak, R. R. & Hazan, C. A multi-method assessment of caregiving and receiving in marital relationships. Paper presented to the American Psychological Association, New Orleans, Louisiana, August, 1989.
- Kobak, R. R. Parents and spouses: Working models of attachment and marital adjustment. Paper presented to the American Psychological Association, New Orleans, Louisiana, August, 1989.
- Kobak, R. R. Working models in marital relationships: The contribution of models' security and validity to marital functioning. Presented at the International Conference for the Study of Personal Relationships, Oxford, England, 1990.
- Cole, H. & Kobak, R. R. Attachment and psychopathology in late adolescence: A study of depression and eating disorder. Presented at the International Conference for the Study of Personal Relationships, Oxford, England, 1990.
- Kobak, R. Chair: An ethological approach to personality development. Distinguished Scientific Contribution Award to John Bowlby and Mary Ainsworth. Presented at the American Psychological Association Convention, Boston, MA, August, 1990.
- Kobak, R. Attachment strategies in marital relationships. Presented at the Society for Research in Child Development, Seattle, Washington, April, 1991.
- Kobak, R. Attachment strategies, emotion regulation and autonomy in parent-teen relationships. Presented at the Society for Research in Child Development, Seattle, Washington, April, 1991.
- Kobak, R., Ferenz-Gillies, Everhardt, E. & Seabrook, L. (1992). Maternal attachment strategies and autonomy in adolescent offspring. Presented at the Society for Research on Adolescence, Washington, DC, March, 1992.
- Kobak, R. (1992). Autonomy as self-regulation: An attachment perspective. Presented

- at the Society for Research on Adolescence, Washington, DC, March, 1992.
- Kobak, R. & Barbagli, J. (1993). Maternal attachment strategies and emotion regulation with adolescent offspring. Presented at the Society for Research in Child Development, New Orleans, Louisiana, March, 1993.
- Kobak, R. (1993). Attachment processes during parent-teen conversations. Presented at the Society for Research in Child Development, New Orleans, Louisiana, March, 1993.
- Kobak, R. & Ferenz-Gillies (1994). Attentional processes and parenting, Presented at the Society for Research on Adolescence, San Diego California, February 8, 1994.
- Kobak, R. (1995). Attachment and communication. Presented at the Society for Research in Child Development, Indianapolis, IN, March 25, 1995.
- Kobak, R. & Hazan, C. (1995). Attachment and marital communication. Presented at the Association for the Advancement of Behavior Therapy, Washington, D. C., November 18, 1995.
- Kobak, R. & Burland, A. (1998). Attachment and dating competence. Presented at the Society for Research on Adolescence, San Diego: March 21, 1998.
- Kobak, R. & Wallen, A. (1998). Working models and state of mind in adolescent-parent relationships. Presented at the International Society for Behavioral Development, Berne, Switzerland, June 28, 1998.
- Kobak, R. (1999). Working models of attachment among adolescent siblings. Presented at the Society for Research on Child Development, Albuquerque, N. M., March 30, 1999.
- Kobak, R. (1999). Developmental pathways from infancy to adolescence. Presented at the Society for Research on Child Development, Albuquerque, N. M., April 2, 1999.
- Kobak, R. & Burland, A. (2000). Attachment and reactivity in dating couples. Presented at the Society for Research on Adolescence, Chicago, IL, March 6, 2000.