

Peta Stapleton, PhD, MAPS, MCCLP, MCHP

Clinical & Health Psychologist
Assistant Professor, Program Director Masters of Clinical Psychology
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Summary of Qualifications

- Conferred April 2003 Griffith University (Gold Coast) - academic record available on request
Doctor of Philosophy - Psychology
- Conferred 1995 Bond University - academic record available on request
Postgraduate Diploma of Professional Psychology
- Conferred 1994 University of Queensland – academic record available on request
Bachelor of Arts (Psychology)

Current and Previous Appointments

- Organisation: Bond University, School of Psychology
Position Held: Assistant Professor + Program Director, Clinical Masters of Psychology
Dates: Adjunct September – December 2011; Full-time January 2012 to present
- Organisation: Griffith University, School of Medicine (Primary Health Care)
Position Held: Senior Lecturer
Dates: December 2007 to December 2009
- Organisation: Griffith University, School of Medicine
Position Held: Senior Research Assistant
Dates: 2003 to January 2007
- Organisation: Psychology Central
Position Held: Clinical & Health Psychologist, Private Practice
Dates: 2011 to present
- Organisation: The Lakeside Rooms, Robina
Position Held: Clinical Psychologist, Private Practice
Dates: 2001 to 2011
- Organisation: Griffith University, School of Nursing and Health Sciences
Position Held: Lecturer, Course Convenor
Dates: 1997 to 2003

Organisation: Australian Institute of Professional Counselling
Position Held: National Assessor
Dates: July 2001 to April 2005

Professional Positions and Memberships

Organisation: The Australian Psychological Society Ltd – College of Clinical Psychologists
Position Held: Full Member – September 2010 to Present

Organisation: Australian Expert Advisory Panel - GlaxoSmithKline Australia Pty Ltd,
Position Held: Expert Panel Member – October 2009 to Present

Organisation: The Australian Psychological Society Ltd – College of Health Psychologists
Position Held: Full Member – September 2008 to Present

Organisation: The Australian Psychological Society Ltd – College of Health Psychologists National Committee
Position Held: September 2014 to Present

Organisation: The 15th International Mental Health Conference, Australian and New Zealand Mental Health Association
Position Held: Chair - Peer Review Panel

Organisation: The Australian Psychological Society Ltd – Executive Organising Committee 2014 Annual Conference
Position Held: August 2014 to Present

Organisation: The Australian Psychological Society – Psychology and Complementary Therapies Interest Group
Position Held: National Convenor – November 2008 to Present

Organisation: Australian Institute of Professional Counsellors
Position Held: Member of Academic Board – Brisbane, November 2003 to Present

Organisation: The Psychologists Board of Queensland (APRHA)
Position Held: Psychologist Full Registration, May 1996 to Present

Organisation: The Australian Psychological Society Ltd
Position Held: Full Member, March 1995 to Present

Organisation: The Australian Psychological Society + International Congress of Applied Psychology — Conference July 2010, Melbourne
Position Held: National Ambassador – September 2009 to July 2010

Organisation: The Australian Psychological Society Ltd – College of Health Psychologists
Position Held: Full Member, 2008 to June 2010

Organisation: Eating Disorders Association – Brisbane
Position Held: President, November 2006 to May 2008

Organisation: The Australian Psychological Society – Conference Organising Committee
Annual Conference September 2002 Gold Coast
Position Held: Member, October 2001 to September 2002

Organisation: Association of Professionals Concerned with Eating Disorders (APCED)
Position Held: Committee Member (Brisbane) and Gold Coast Chapter President, 2000 to 2001

State Representation

Business Events Ambassador, Gold Coast Tourism, 2014 to present

General Practice Gold Coast. 2010. Consultant for Development of Eating Disorders Service Referral Pathways for General Practitioners.

Eating Disorders Association – Brisbane. Immediate Past President, November 2006 to May 2008

Member Eating Disorders Association – Queensland. Secretary / Committee member, September 1998 to September 1999

Queensland Association for Mental Health. Committee Member, 1995

Eating Disorders Association – Brisbane. Committee Member / Guest Speaker, 1994 to 1995

Griffith University representative for the Clinical Governance Committee of Headspace - Australia's National Youth Mental Health Foundation. The Headspace mission is to deliver improvements in the mental health, social wellbeing and economic participation of young Australians aged 12-25. Entire 2008 to December 2009.

Griffith University Innovation Challenge. Griffith University: Industry Mentor. 2008.

National Representation

Academic Assessor - The Australian Psychological Society Ltd – College of Clinical Psychologists, March 2012 to Present

Australian Expert Advisory Panel - GlaxoSmithKline Australia Pty Ltd, Expert Panel Member – October 2009 to Present

The Australian Psychological Society – Psychology and Integrative Therapies Interest Group. National Convenor– November 2008 to Present

Australian Institute of Professional Counsellors. Member of Academic Board – Brisbane, November 2003 to Present

The Australian Psychological Society + International Congress of Applied Psychology — Conference July 2010, Melbourne. National Ambassador – September 2009 to July 2010

Consultation for postgraduate program - Clinical Trials Research - NHRMC Clinical Trials Centre, University of Sydney. December 2009

The Australian Psychological Society – Conference Organising Committee – Annual Conference September 2002 Gold Coast

Academic Contribution:

Editorial Board	Current Research in Psychology Journal Online International Journal of Arts and Humanities International Journal of Healing and Caring
Member:	ACEP APA Foundation Task Force Div 29 (Psychotherapy) USA World Health Organization - Global Clinical Practice Network (GCPN)
Manuscript Reviewer:	Journal Cognitive Psychotherapy Association of Comprehensive Energy Psychology – Grant Reviewer Australian Journal of Psychology Australian Psychologist International Journal of Arts and Humanities Australian Psychological Society, Clinical College – Bridging Program Assessor Current Research in Psychology Journal Online Journal of Arts and Humanities
Thesis/Dissertation Examiner:	Griffith University Bond University
Committee Member	Australia Psychological Society Annual Conference 2015 Eating Disorders and Obesity Conference 2015
Postgraduate Program Advisory Committee	Bond University, 2012 to present
Clinical Masters Selection Committee and Panel	Bond University, 2012 to present
Careers Exhibitions	Bond University, 2012 to present
External Engagement and International Committee	Bond University, 2014 to present

Supervision of PhD Students:

2015 to Present. Primary Supervisor - School of Humanities and Social Sciences, Bond University, Laura Love (Master of Arts)

2015 to Present. Primary Supervisor - School of Humanities and Social Sciences, Bond University, Amy Bannatyne (Doctor of Philosophy)

2014 to Present. Primary Supervisor - School of Humanities and Social Sciences, Bond University, Rebecca Mailli (Doctor of Philosophy)

2014 to Present. Primary Supervisor - School of Humanities and Social Sciences, Bond University, Amanda Pain (Doctor of Philosophy)

2013 to Present. Primary Supervisor - School of Humanities and Social Sciences, Bond University, Rebecca Campbell (Doctor of Philosophy)

2011 to present. Principal Supervisor – School of Humanities and Social Sciences, Bond University, Melissa Whitehead (Masters of Clinical Psychology) **Conferred August 2013**

2012 to present. Principal Supervisor – School of Humanities and Social Sciences, Bond University, Amy Bannatyne (Masters of Clinical Psychology) **Conferred April 2014**

2012 to present. Principal Supervisor – School of Humanities and Social Sciences, Bond University, Timothy McIntyre (Masters of Clinical Psychology) **Conferred April 2014**

2012 to present. Principal Supervisor – School of Humanities and Social Sciences, Bond University, Sharon Devine (Masters of Clinical Psychology) **Conferred December 2014**

2012 to present. Principal Supervisor – School of Humanities and Social Sciences, Bond University, Tristram Forest Brown (Masters of Clinical Psychology) **Conferred April 2014**

2012 to present. Principal Supervisor – School of Humanities and Social Sciences, Bond University, Kate Leitch (Masters of Clinical Psychology) **Conferred April 2014**

2011 to present. Secondary Supervisor - School of Humanities and Social Sciences, Bond University, Karen Kearney (Doctor of Philosophy) **Submitted 2014**

2008 to November 2010. Associate Supervisor - School of Psychology, Griffith University, Gold Coast. Kerrie Woods (Master of Applied Psychology). **Conferred November 2010**

Achievements

- 1998. Achiever of the Year. Winner - Gold Coast Junior Chamber of Commerce
- 2000. Millennium Womens' Gold Coast Business and Community Awards Community Category Finalist
- 2001. Australian Psychological Society Women Interest Group Award. Winner- Elaine Dignan Award
- 2014. Business Events Ambassador, Gold Coast Tourism
- 2014. Harvey Baker Research Award for research in energy psychology (USA)

Expert Interviews

February 2012. Freelance Journalist. Psychological Effects of Divorce on Children.

April 2012. Freelance Health & Lifestyle Magazine Journalist. Effects of Volunteering on Wellbeing and Health.

May 2012. University of Queensland. Mood swings in adolescence and psychosocial impacts.

May 2012. University of Technology Sydney. Anorexia and Binge Drinking.

May 2012. Dolly Magazine. Social networking and adolescent exclusion: Psychological effects

June 2012. Seasonal Affective Disorder. ABC Radio + Gold Coast Bulletin

June 2012. The Language of Love. Body and Soul Magazine.

July 2012. Invited Editorial, Gold Coast Bulletin. Mental Health Effects of Volunteering.

July 2012. Invited Explainer. The Conversation. Anorexia and Bulimia Nervosa.
<https://theconversation.edu.au/explainer-anorexia-and-bulimia-7776>

August 2012. Live Teleseminar. Emotional Freedom techniques for Food Cravings.

August 2012. Maddison Magazine. Health effects of Loneliness.

October 2012. Media Release – Bond University. Mental Health Week.

October 2012. QUT News. 10 year old dieting behaviour.

Summer 2012/2013. HAIR BIZ Magazine – What your Hair Really Says About You – Expert Interview

February 2013. Grazia Magazine. Eating Amnesia. Expert Interview

March 2013. Coast FM Radio. Food cravings. Expert Interview

March 2013. Courier Mail. Food cravings. Expert Interview

March 2013. Hallett Cove School. Bulimia Nervosa. Expert Interview

March 2013. ABC Radio National. Pica – Eating Disorder. Expert Interview

April 2013. Stages of Recovery in Anorexia Nervosa. Focus on Mental Health - Medical Observer <http://www.medicalobserver.com.au/news/identifying-the-cause-may-aid-anorexia>

April 2013. 4BC Health and Wellbeing Show. Psychological acupuncture for food cravings

April 2013. Be Institute. USA Radio. Emotional eating and cravings.
<http://toginet.com/podcasts/beinstituteradio/?s=beinstituteradio>
<https://itunes.apple.com/us/podcast/beinstituteradio/id596775714>

May 2013. Invited Interview. The Conversation. Anorexic individuals' disturbed body image influences unconscious movements. <http://theconversation.com/anorexia-study-shows-how-doorways-reveal-body-image-clues-14760>

June 2013. Gold Coast Bulletin. Teens and apps. Expert Interview.

July 2013. Bond University Journalism. Hair styles, social desirability and community perception

July 2013. Gold Coast Bulletin Expert Interview. Eating Disorders and Allergies.

July 2013. Jessica Ortner, USA The Tapping Solution. Expert Interview – EFT and Clinical Research.

August 2013. Gold Coast Bulletin. Complementary Therapies for Depression.

August 2013. ABC. Explainer – Eating Disorders.

October 2013. Expert Interview - *upstart magazine* (Melbourne)- 'skinny' tea's for eating disorders - <http://www.upstart.net.au/2013/11/01/weight-loss-tea-fighting-against-anorexia/>

November 2013. Expert Interview Gold Coast Bulletin. Social media usage during schoolies week: Developmental stages of teens

February 2014. Gold Coast Bulletin, 18 February. Expert Interview – Skinny Cocktails.

February 2014. ABC Radio North Queensland. Expert Interview – Food as Rewards for Children

February 2014. Weight Watchers Magazine. Expert Interview – Yo Yo Dieting.

February 2014. Gold Coast Bulletin. Expert Interview – Modelling Industry and Body Mass Index

March 2014. Expert Interview. Treatment of Eating Disorders.

March 2014. ABC Radio North Queensland. Expert Interview, Emotional Freedom Techniques.
 March 2014. 4CRB Radio. 2 x Expert Interviews. Emotional Eating / Overweight and Obesity.
 April 2014. News Bulletin Staffordshire Unievrstiy. <http://www.staffs.ac.uk/news/australian-health-psychologist-delivers-public-health-lecture.jsp>
 May 2014. ABC Radio Expert Interview. Psychological Acupuncture School Trial.
 May 2014. Channel 9 News. Psychological Acupuncture School Trial.
 June 2014. Gold Coast Bulletin. Psychological Acupuncture School Trial.
 June 2014. Pica. Expert Interview. Fairfax parenting site, Essential Baby.
<http://www.essentialbaby.com.au/pregnancy/pregnancy-nutrition-and-wellbeing/eating-chalk-and-other-extreme-cravings-during-pregnancy-20140630-3b34w.html>
 July 2014. EFT for Academic Fear and Failure in Students. Bond University Digital Marketing Department, blog post
 September 2014. Eating Disorders and Treatment. <http://thecityjournal.net/news/feeding-off-the-innocent-how-eating-disorders-weigh-young-people-down/>
 September 2014. Women's Health and Fitness Magazine.
 November 2014. EFT Radio (USA). Research into EFT for food cravings.
<http://www.eftradioonline.com/the-science-behind-eft-for-weight-loss-with-special-guest-dr-peta-stapleton/>
 December 2014. Research cited in Huffington Post. Fat Could Be the New Smoking in Terms of Life Expectancy. http://www.huffingtonpost.com/dawson-church/fat-new-smoking_b_6358164.html
 December 2014. Expert Interview – Gold Coast Bulletin.
<http://www.goldcoastbulletin.com.au/lifestyle/ever-wondered-why-time-flies-faster-as-we-get-older-we-have-the-answers/story-fnj94iqm-1227145917432>

Current Research

2012-15. Treatment of Food Cravings: A Comparison of Emotional Freedom Techniques, Cognitive Behavioural Therapy and a Control Group with 12-month follow-up
 CI – Peta Stapleton, Terri Sheldon

2013-14. Delivery of Motivational Interviewing training and peer support, with a specific focus on physical activity and healthy eating behavioural risk factors, for Gold Coast Health and Community Services workforce. Tender. Gold Coast Medicare Local.

2014. Emotional Freedom Techniques for healthy food choices, physical activity and resilience in 14-15 year olds with 3-month follow-up
 CI – Peta Stapleton

2014. Emotional Freedom Techniques for academic fear and failure in 14-15 year olds with 3-month follow-up
 CI – Peta Stapleton

2013-14. Emotional Freedom Techniques versus Cognitive Behaviour Therapy for Depression in Adults with 12-month follow-up
 CI – Peta Stapleton

2014. An international study of psychosocial stressors, resilience, anxiety and depression in University students
 CI – Peta Stapleton, Aileen Pidgeon

Publications

2014

Under Review (9)

Pidgeon, A.M., Bales, T., Lo, B., Stapleton, P., & Magyar, H.B. (2014). The Effects of Academic Coping Strategies and Campus Connectedness on Psychological Distress: A Cross-Cultural Perspective of Individualism and Collectivism. *Journal of Cross-Cultural Psychology*, under review

Pidgeon, A.M., Davies, N., Rowe, N.F., Magyar, H.B., Stapleton, P., & Lo, B. (2014). Factors Influencing Student Academic Experience at University: An International Study. *Australian Psychologist*, under review.

Stapleton, P.B., McIntyre, T., & Bannatyne, A. (2014). Predicting Body Image Avoidance and Eating Pathology in Male Gym Users. *Psychology of Men & Masculinity*, under review.

Published (18)

Stapleton, P.B., & Leitch, K. (2014). Beliefs about causes and solutions to obesity: A comparison of doctors, psychologists and community members. *Journal of Obesity & Weight Loss Therapy*, accepted 16 February 2015

Stapleton, P.B. & Farr, S. (2014). Size Does Matter: Perceptual Distortion of Body Size in Females and the Relationship Between BMI, Depression, Lifestyle Behaviours and Body Dissatisfaction. *Journal of Women's Health Care*, under review, accepted 16 February 2015

Kelly, J. & Stapleton, P. (2015). What is more likely to predict prejudicial attitudes towards overweight individuals: Gender, locus of control or social dominance orientation? *Journal of Psychology and the Behavioral Sciences*, 24, 33-42.

Murphy, R. M. & Stapleton, P. (2015). Anxiety, stress, and self-esteem across genders in a university sample: Exploring the role of body avoidance. *Journal of Psychology and the Behavioral Sciences*, 24, 49-56.

Bannatyne, A., & Stapleton, P.B. (2014). Eating Disorder Patient Experiences of Volitional Stigma within the Health ('care') System and Views on Biogenetic Framing: A Qualitative Perspective. *Australian Psychologist*, accepted December 2014.

Edwards, E. J., Stapleton, P. B., & Williams, K., & Ball, L (in press). Building skills, knowledge and confidence in eating and exercise behaviour change: Brief motivational interviewing training for healthcare providers. *Patient Education and Counseling*.

Pidgeon, A.M., McGrath, S., Magyar, H., Stapleton, P. & Lo, B. (2014) Psychosocial moderators of perceived stress, anxiety and depression in University students: An international study. *Open Journal of Social Sciences*, 2014, 2, 14-<http://dx.doi.org/10.4236/jss.2014.211003>

- Pidgeon, A. , Rowe, N. , Stapleton, P. , Magyar, H. and Lo, B. (2014) Examining Characteristics of Resilience among University Students: An International Study. *Open Journal of Social Sciences*, 2, 14-22. doi: 10.4236/jss.2014.211003
- Bannatyne, A., & Stapleton, P. (2013). The effectiveness of educational interventions in reducing negative attitudes and stigmatisation toward patients with anorexia nervosa. *Journal of Eating Disorders*, 1, O38. doi: 10.1186/2050-2974-1-S1-O38
- Stapleton, P.B., & Jacques, M. (2014). The Influence of Gender, Anxiety and Food Cravings on Alcohol Use within a University Population. *The New School Psychology Bulletin*, accepted October 2014.
- Stapleton, P.B., & Mackay, E. (2014). Psychological determinants of emotional eating: The role of attachment, psychopathological symptom distress, love attitudes, and perceived hunger. *Current Research in Psychology*, 5(2), 5-16.
- Stapleton, P.B., & Bannatyne , A. (2014). Treatment for anorexia nervosa: Are we missing the mark? *Current Research in Psychology*, 5(2): 73-76. doi:10.3844/crsp.2014.73.76
- Stapleton, P.B., Chatwin, H. Boucher, E., Crebbin, S., Scott, S., Smith, D., & Purkis, G. (2014). Use of complementary therapies by registered psychologists: An international study. *Professional Psychology: Research and Practice*, accepted October 2014.
- Bannatyne, A., & Stapleton, P. (2014). Educating medical students about anorexia nervosa: A potential method for reducing the volitional stigma associated with the disorder. *Eating Disorders: The Journal of Treatment and Prevention*, 00, 1-19. doi: 10.1080/10640266.2014.976102
- Stapleton, P.B., McIntyre, T., & Bannatyne, A. (2014). Body Image Avoidance, Body Dissatisfaction and Eating Pathology: Is there a difference between male gym and non-gym users?" *American Journal of Men's Health*, 1-10. doi: 10.1177/1557988314556673
- Stapleton, P.B., & Whitehead, M. (2014). Dysfunctional Eating in an Australian Community Sample: The Role of Emotional Regulation, Impulsivity and Reward and Punishment Sensitivity. *Australian Psychologist*, 49, 358-368. doi:10.1111/ap.12070
- Stapleton, P.B., & Yamaoka, T. (2014). Exploring the Links between Culture, Locus of Control and Self-Compassion and their Roles in the Formation of Weight Stigmatization. *The New School Psychology Bulletin*, accepted May 2014
- Narra, L., Sahama, T., & Stapleton, P.B. (2014). Clinical Data Warehousing for Evidence Based Decision Making. *Conferences in Research and Practice in Information Technology*, accepted November 2014.
- Stapleton, P.B., Porter, B., Devine, S., & Sheldon, T. (2014). A feasibility study: Emotional Freedom Techniques for depression in adults. *Current Research in Psychology*, 5(1), 19-33.
- Stapleton, P.B., & Hodgson, K. (2014). Predicting Food Cravings: A Piece of Cake or a Hard Nut to Crack? *The New School Psychology Bulletin*, 11(1), 30-41.

Stapleton, P.B. (2014). Long-term weight loss. In D. Church & S. Marohn (Eds.), *The clinical EFT handbook: A definitive resource for practitioners, scholars, clinicians, and researchers* (pp. 377-388). USA: Energy Psychology Press (Hay House).

Stapleton, P.B. & Dzodz, N. (2014). Body dissatisfaction and surveillance, exercise frequency, depression and self-esteem in a University population. *International Journal of Healing and Caring*, 5, 1-12.

2013 (7)

Stapleton, P.B. & Empson, S. (2013). The Interplay between Depression, Anxiety, Interpersonal Problems and Self-weighting on the Overall Eating Styles of University Students. *The New School Psychology Bulletin*, 10(2), 39-50.

Stapleton, P.B., & Doyle, W. (2013). Mood and Food Cravings in Overweight and Obese Australian Adults: Clues to Treatment in Food Diaries. *Current Research in Psychology*, 4(1), 6-15, doi:10.3844/crsp.2013.6.15

Stapleton, P.B., Church, D., Sheldon, T., & Porter, B. (2013). Depression Symptoms Improve after Successful Weight Loss with Emotional Freedom Techniques. *ISRN Psychiatry*, 1, 1-7.

Stapleton, P.B. & Brunetti, M. (2013). The Effects of Somatisation, Depression, and Anxiety on Eating Habits among University Students. *International Journal of Healing and Caring*, 13(2), 24-41.

Stapleton, P.B. & Smith, H.I. (2013). Health Locus of Control, Self-Awareness, and Integrative Eating Styles in University Students. *International Journal of Healing and Caring*, 13(2), 1-23.

Stapleton, P.B., & Nikalje, A. (2013). Constructing Body Image in University Women: The Relationship between Self-Esteem, Self-Compassion, and Intuitive Eating. *International Journal of Healing and Caring*, 13(2), 1-17.

Stapleton, P.B., Porter, B. & Sheldon, T. (2013). Quitting Smoking: How to Use Emotional Freedom Techniques. *International Journal of Healing and Caring*, 13(1), 1-16.

2012 (7)

Stapleton, P.B., Sheldon, T., & Porter, B. (2012). Practical Application of Emotional Freedom Techniques for Food Cravings. *International Journal of Healing and Caring*, 12(3), 1-9.

Stapleton, P.B., Sheldon, T., & Porter, B. (2012). Clinical Benefits of Emotional Freedom Techniques on Food Cravings at 12-months follow-up: A randomised controlled trial. *Energy Psychology: Theory, Research, and Treatment*, 4(1), 1-12.

Stapleton, P.B., Sheldon, T., Porter, B., & Whitty, J. (2011). A Randomised Clinical Trial of a Meridian-Based Intervention for Food Cravings with Six Month Follow-up. *Behaviour Change*, 28 (1), 1-16.

Henderson A.J., Alexander, H., Haywood, A., Stapleton, P.B., Cooke, M., Patterson, E., Dalton, M., & Creedy, D.K. (2010). Promoting and Providing Expert Guidance in Work-intensive Clinical Settings. *Vocations and Learning*, 3(2), 141-156.

Henderson A., Twentyman M., Creedy D., Eaton E., Stapleton P. and Lloyd B. (2008). Creating supportive clinical learning environments: An intervention study. *Journal of Clinical Nursing*, 1-6.

Stapleton PB, Henderson A, Creedy DK, Cooke M, Patterson E, Alexander H, Haywood A, & Dalton M. (2007). Boosting Morale and Improving Performance in the Nursing Setting. *Journal of Nursing Management*, 15, 811-816.

Hartmann*, PB & Muller, J. (1995). Personality characteristics associated with driving while intoxicated: A study of male offenders. *Journal of Applied Social Behaviour*, 2, 1-9.

* Hartmann was maiden name

Other Publications (3)

Stapleton, PB. 100% (2007). *Your Mind Power: Strategies for Behaviour Change*. Hybrid Publishers: Melbourne.

Stapleton PB. 100% (2006). *Attract Money Subconsciously: DIY*. Michelle Anderson: Melbourne.

Stapleton, PB. 100% (2005). *DIY: How to Change Subconsciously*. Zeus: QLD.

Conference Presentations (37)

Scott, E. J., Stapleton, P. B., & Williams, K. (2014, October). Brief motivational interviewing training for allied health professionals: Targeting eating behaviour change. Paper presented at the 49th Australian Psychological Society Annual Conference, Hobart, Australia.

Scott, E. J., & Stapleton, P. B. (2104, August). Health behaviour change counselling for healthy eating and physical activity: An examination of brief motivational interviewing training. Poster presented at 13th International Congress of Behavioral Medicine, Groningen, Netherlands.

Scott, E. J., Stapleton, P. B., & Williams, K. (2013, November). Brief motivational interviewing for healthy eating and physical activity: a training initiative for health and community staff. Paper presented at Gold Coast Health and Medical Research Conference, Gold Coast, Australia.

Stapleton, P.B. (2014, 14 September). Treatment of Food Cravings in Overweight and Obese Adults: A Comparison of Emotional Freedom Techniques and Cognitive Behavioural Therapy with 6-month follow-up. Australian Hypnotherapists Association 65th Anniversary World Conference, Sydney.

Research Symposium. Association of Comprehensive Energy Psychology, 16th Annual International Energy Psychology Conference, Arizona, USA. Brief Oral Presentation, Treatment of Food Cravings in Overweight and Obese Adults: A Comparison of Emotional Freedom

Techniques and Cognitive Behavioural Therapy with 6-month follow-up. 29 May – 1st June 2014.

Research Symposium. Association of Comprehensive Energy Psychology, 16th Annual International Energy Psychology Conference, Arizona, USA. Brief Oral Presentation, Emotional Freedom Techniques versus Cognitive Behavioural Therapy for Depression in Adults. 29 May – 1st June 2014.

Treatment of Food Cravings in Overweight and Obese Adults: A Comparison of Emotional Freedom Techniques and Cognitive Behavioural Therapy with 6-month follow-up. Eating Disorders & Obesity Conference: A Shared Approach. 26 -27 May 2014, QT Hotel, Surfers Paradise

Patient experiences of volitional stigmatisation within the healthcare system: A qualitative perspective. Eating Disorders & Obesity Conference: A Shared Approach. 26 -27 May 2014, QT Hotel, Surfers Paradise

Emotional Freedom Techniques for Healthy Eating and Weight Issues. Workshop, APS Health College. 9th May 2014

Eating Disorders and Obesity in Youth and Children. Association of Counsellors of Catholic Secondary Schools of Queensland Conference. Workshop. 1 May 2014.

Emotional Freedom Techniques: Overview and Research Evidence. Research Seminar. University of Staffordshire, UK, 17th April 2014.

Stapleton, P. & Scott, E. (2014). Brief Motivational Interviewing for Healthy Eating and Physical Activity: A Training Initiative for Health and Community Staff. Presented at 11th conference of the European Academy of Occupational Health Psychology, London, 14-16 April, 2014.

Treatment of Food Cravings in Overweight and Obese Adults: A Comparison of Emotional Freedom Techniques and Cognitive Behavioural Therapy with 6-month follow-up. Presented at 11th conference of the European Academy of Occupational Health Psychology, London, 14-16 April, 2014.

Energy Medicine Exchange Conference. Panel Member – Research on Energy Psychology, New York. 12th January 2014, 2 hours.

Queensland Education. Keynote speech, Guidance Officers Professional Development, 2nd December 2013, 1 hour

Trinity Lutheran College 2013 Awards Ceremony, 15th November 2013

Scott, E. & Stapleton, P. (2013). Brief Motivational Interviewing for Healthy Eating and Physical Activity: A Training Initiative for Health and Community Staff. 2013 Gold Coast Health and Medical Research Conference, Surfers Paradise, 28-29 November.

Bannatyne, A., & Stapleton, P. (2013). The effectiveness of educational interventions in reducing negative attitudes and stigmatisation toward patients with anorexia nervosa. Paper presented at

the 11th Annual Conference of the Australia and New Zealand Academy for Eating Disorders, Melbourne, 22-24 August 2013.

Stapleton, P. B. & Scott, E. J. (2013, April 9, May 9, 30, August 29, September 5). Brief motivational interviewing training. Workshops presented at Bond University, Gold Coast, Australia.

Careers in Psychology. Headstart Series, 6 August 2013, 1 hour

Open Day, Psychology Representative, 14th July. Talk on Windows into the Mind: Understanding Human Psychology.

Williams, K., Ball, L., Scott, E., & Stapleton, P. (2013, June). Supporting people to make healthy choices – a capacity building initiative for community service staff and organisations. Poster presented at 21st National Australian Health Promotion Association Conference, Sydney, Australia.

Research Symposium. Association of Comprehensive Energy Psychology, 15th Annual International Energy Psychology Conference, Brief Oral Presentation, Reston, Virginia, May 30, 2013. Depression Symptoms Improve After Successful Weight Loss with EFT (Emotional Freedom Techniques): A Randomized Controlled Trial.

Careers in Psychology. Headstart Series, All Saints School, 19 June 2013, 1 hour

5 Stages of Recovery in Eating Disorders: Are we Falling Short of Stage 5, complete recovery? Brief Oral Presentation, Inaugural Health Psychology Conference *Improving Community and Individual Health*, Cairns, 5th-6th April, 2013

Careers in Psychology. Bluesky series, Brisbane Boys Grammar School, 26 July 2012, 1 hour

Research Symposium. Association of Comprehensive Energy Psychology, 14th Annual International Energy Psychology Conference, San Diego, June 1-3, 2012. “A Randomised Clinical Trial of a Meridian-Based Intervention for Food Cravings: 12 month Follow-up and Pilot Results of Emotional Freedom Techniques versus Cognitive Behavioural Therapy versus Waitlist for Food Cravings”

Careers in Psychology. Headstart Series, Bond University, 11 April 2012, 2 hours

Assessment in Eating Disorders, Professional Development series, Bond University Psychology Clinic, 11 April 2012, 2 hours

5 Stages of Recovery in Eating Disorders: Are we Falling Short of Stage 5, complete recovery? Bond University Psychology Professional Development and Research Series, 24 February 2012, 2 hours

Working with Children, Seminar presented for Griffith University Faculty of Medicine, Teddy Bear Hospital community placement, 1 hour, 22nd February 2012

Research Symposium. Association of Comprehensive Energy Psychology, June 2, 2011, Reston, Virginia, USA. “A Randomised Clinical Trial of a Meridian-Based Intervention for Food Cravings: 12 month Follow-up”

Brief Oral Presentation. International Congress of Applied Psychology 2010, Melbourne July 2010. Division/Theme: 008. IAAP Division 8 Health Psychology / APS College of Health Psychologists “A Randomised Clinical Trial of a Meridian-Based Intervention for Food Cravings: 12 month Follow-up”

Brief Oral Presentation at Health Services and Policy Research Conference – 25 November 2009. “A Randomised Clinical Trial of a Meridian-Based Intervention for Food Cravings with Six-Month Follow-up”

Keynote speaker - Annual General Meeting Complementary and Alternative Medicine Interest Group of the Australian Psychological Society, 13 November 2009. “A Randomised Clinical Trial of a Meridian-Based Intervention for Food Cravings with Six-Month Follow-up”

Pathways, Principles, and Partnerships – International Drug Education in Schools Conference, Noosa, September 15-16 2003. “Gold Coast Youth – A Survey of Alcohol and Drug Use”

Association of Professionals Concerned with Eating Disorders, October 2001. “Assessment and Treatment of Anorexia Nervosa”

Reports

2008. Independent review of the Gold Coast Drug Council’s DRASTIC program (Drama, Rhythm, Ritual, Self Therapy inspired creations) for the Department of Juvenile Justice. DRASTIC works with young people to develop their strengths and skills through an Arts and Activity Based Program. Participants are referred through Gold Coast Drug Council and Gold Coast Youth Service.

2008. Invited to submit to Parliamentary Inquiry into Obesity in Australia. Available on request.

Clinical Training

1. 19 November 2013, Participation and consultation in Internet-Based Field Study for ICD-11 Mental and Behavioural Disorders: Feeding and Eating Disorders - The World Health Organization Department of Mental Health and Substance Abuse
2. Complementary and Alternative Medicine: Ethical and Legal Issues for Medical Practice, 7th August 2013, Professor Michael Weir, 1 hour
3. Motivational Interviewing and Health Behaviour Change workshop, Dr Helen Lindner, Australian Psychological Society, 6th April 2013, 4.5 hours
4. Neurosequential Model of Therapeutics, monthly training, October 2012 – September 2013, total hours 20, Dr Bruce Perry, The Child Trauma Academy, USA
5. Practitioner training – child sexual assault, 13-14 February 2013, 16 hours, Bravehearts
6. Evidence Based Psychological Approaches in the Treatment of Adult Obesity, 16 June 2012, 7 hours, Melbourne, Dr Leah Brennan
7. 7th Annual Happiness and It’s Causes Conference, Sydney 1-2 March 2012, Vajrayana Institute, 14 hours

8. Illicit drugs in Sport Training, Australian Psychological Society, 10 hours, 13 February 2012
9. Professional Practice Management Standards Self-Assessment, Australian Psychological Society, 13 February 2012, 2 hours
10. Collaborative Care in Mental Health & Substance Abuse Presentations, The Mental Health Professionals Network, 7th February 2012, 1.5 hours
11. Evidence-based On-line Training Course for Using Trauma-Focused Cognitive-Behavioural Therapy with Childhood Traumatic Grief, University of South Carolina, February 2011, 6 continuing education contact hours
12. Evidence based On-line Training Course for Trauma Focussed CBT program for Children and Adolescents, University of South Carolina, January-February 2011 – 10 continuing education contact hours
13. Teleseminar - Connecting Science and Spirituality with Epigenetics, October 28, 2010 6:00pm, Dr. Bruce Lipton, Cellular Biologist – 1 hour
14. Suicide Prevention and T-CBT - Working effectively with children, adolescents and their families Peer Networking session on Wednesday, 6th October 2010 – 1.5 hours - Rebecca Mathews, Clinical Psychologist
15. Masters subject, University of Southern Queensland, Semester 1, 2010 (60 hours) – PSY 8045 Clinical Assessment and Intervention I
16. Masters subject, University of Southern Queensland, Semester 1, 2010 (60 hours) – PSY 8040 Individual Assessment
17. Masters Subject, Deakin University, Semester 1, 2010 (48 hours) – HPS 708 Psychological Therapy
18. Suicide Behaviour: An Intervention Framework Training (ATAPS Suicide Prevention Service). February 2010 – 6 hours
19. Masters subject, University of Southern Queensland, Semester 2, 2009 (60 hours) - PSY8050 Clinical Assessment and Intervention II
20. Australian Psychological Society Non Directive Pregnancy Counselling Training Program, 3 March 2009
21. Applying the Principals of Positive Psychology. 20th March 2009, Professor Timothy Sharp, The Happiness Institute, Sydney.
22. Perspectives on Childhood Obesity: Prevention and Treatment. 11th October 2008, Children's Nutrition Research Centre, Royal Children's Hospital, Brisbane.
23. Transdiagnostic Cognitive Behaviour Therapy for Eating Disorders Workshop, 16-17th March 2007, Professor Christopher Fairburn (Oxford University), Brisbane
24. OCD in children and adolescents in 19th August 2006, Dr Chris Weaver (Psychiatrist)
25. Working with Intuition. Jannese Parkes – private practitioner. June 2005
26. Emotional Freedom Techniques. David Nowland, John Asby – private practitioners. August 2005
27. Bridging the Gap Program: Working with Young People and Drug Use. The Prince Charles Hospital Health Service District. 2-day training. 9/10 April 2003
28. CIDI (computerized diagnostic interview for psychiatric diagnosis). The Gold Coast Drug Council. 2003
29. 9th International Conference on Eating Disorders, specifically for training in the Yale Brown Cornell Eating Disorders Scale for use in my PhD, May 4-7, 2000 (approved for 23 hours with the American Psychological Association). Conducted by the Academy for Eating Disorders (USA)
30. Cognitive Behavioural Treatment of Anorexia Nervosa. Australian Association for Cognitive and Behavioural Therapy - Dr Jillian Ball. 23 June 2000

31. Assessment & Treatment of Adults and Children with OCD. Australian College of Clinical Psychologists in 2000
32. Psychologists in the legal system. Gold Coast Branch of the APS. 1995.
33. Lifeline Telephone Counselling Course. 1994

Keynote Speeches or Guest Appearances

1. Bond University Psychology Day – June and August 2014
2. 2014 Student Leadership Conference Celebration Event – 18 January 2014. Alliance of Girls' School Australasia
3. Bond University Academic Presentation – School Award Ceremony. November 15, 2013
4. National Webinar, Australian Psychological Society – Psychology and Complementary Therapies Interest Group – Emotional Freedom Techniques: Evidence and Efficacy, 30 April 2013, 2 hours
5. Bond University Academic Presentation – School Award Ceremony. October 30, 2012
6. Bond University Academic Presentation – School Award Ceremony. December 5, 2012
7. Keynote speaker – “Application of EFT in Schools” - Association of Independent Schools School Counsellors' Professional Development Meeting, November 18th 2010 – 3 hours
8. Keynote speaker – Using EFT for Eating Disorders” - Australian Society of Hypnosis, Members Meeting, MLC Burwood, November 18th 2010 – 2 hours
9. Keynote speaker - Annual General Meeting Complementary and Alternative Medicine Interest Group of the Australian Psychological Society, 13 November 2009. “A Randomised Clinical Trial of a Meridian-Based Intervention for Food Cravings with Six-Month Follow-up”

Expertise Articles

1. Sheldon, T.D and Stapleton, P.B. (2011). Helping Kids Cope with Change. *My Child Magazine*, Autumn issue 20, 142-143.
2. Sheldon, T.D and Stapleton, P.B. (2010). Taming Toddlers. *My Child Magazine*, Spring issue 18, 128-130.
3. Sheldon, T.D. and Stapleton, P.B. (2011). *Helping Kids Cope with Change*. My Child, Autumn issue, pgs 141-2.
4. Sheldon, T.D. and Stapleton, P.B. (2010) *Taming Toddlers*. My Child, Spring issue 18, pgs 128-130
5. Stapleton, P.B. and Sheldon, T.D (2008). *Languages of Love*. My Child, Autumn issue 8 pgs 78-80
6. Stapleton, P.B. and Sheldon, T.D (2007). *What Women Want*. Women's Health and Fitness, Vol 14, No1 pg 102-3
7. Stapleton, P.B. and Sheldon, T.D (2007). *Mummy do I look fat in this?* Women's Health and Fitness, Vol 14, No 2 pg 39-40
8. Stapleton, P.B. and Sheldon, T.D (2006). *What is Body Image*. Women's Health and Fitness, Vol 13 No 7 pg108-9

Referees

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