

## CONTACT

## INFORMATION

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## EMPLOYMENT

**Research Psychologist**, Zürich, Switzerland (2020-)

Department of Psychology, University of Zürich

- Both lead and involved in psychotherapy research projects, focused on therapeutic alliance, therapist effects, and statistical methodology.

**Research Psychologist**, San Diego, CA (2018-2020)

Health and Behavioral Sciences, Navy Health Research Center (NHRC)

- Involved in multiple research projects focused on psychological resilience and readiness among active duty military. Contribute to all phases of study life-cycle including initial research ideas, grant-writing, preparing IRB protocols, data analysis, and reporting of findings in multiple formats (co-authoring white papers and published reports in peer-reviewed journals). Consult as statistician for multiple PI's and provide in-house statistical support and presentations/workshops for NHRC staff.

**Statistical Consultant**, San Diego, CA (2009-)

- Statistical consultant for companies and Universities in the USA and Internationally. Utilize various statistical software programs (e.g. R, SQL, SAS) and statistical methods (e.g., meta-analysis, mixed effects models)

**Health Services Program Analyst/Co-Investigator**, Palo Alto, CA (2013-2017)

Office of Mental Health Operations, U.S. Department of Veterans Affairs

- Involved in (and took lead on) multiple program evaluation/research projects and quality improvement studies examining areas of mental health/substance abuse, and healthcare utilization. Contributed to all phases of study life-cycle including grant-writing, preparing IRB

protocols, data analysis, and reporting of findings in multiple formats. Designed, developed and implemented quality metrics, decision support tools, reports and dashboards utilized by VA providers and administrators nation-wide.

- Supervisors: Jodie Trafton, PhD & Alex Harris, PhD

## EDUCATION

**Health Services Research Postdoctoral Fellow**, Palo Alto, CA (2011 - 2013 )

Center for Health Care Evaluation, Department of Veterans Affairs & School of Medicine, Stanford University

- Mentors: Alex Harris, PhD & John Finney, PhD

**University of Wisconsin-Madison**, Madison, WI

PhD, Counseling Psychology, August 2011

- Dissertation topic: *Mindfulness Practice Quality: An important consideration in mindfulness intervention outcome.*
- Advisor: Bruce E. Wampold, PhD

**University of New Mexico**, Albuquerque, NM

MA, Counselor Education, December 2004

- Advisor: Markus P. Bidell, PhD
- Area of Study: Community/Agency Counseling

BA, University Studies, June 2002

PUBLICATIONS [Citations = **5,990**; *h*-index = **26**; *i*10-index = **39**]

53. **Del Re, A. C.**, Flückiger, C., Horvath, A., Wampold, B. E. (*In Press*). Examination of therapist effects on the alliance-outcome relationship: A multilevel meta-analysis. *Journal of Consulting and Clinical Psychology*.
52. Walter, K. H., Otis, N. P., **Del Re, A. C.**, Kohen, C. B., Glassman, L. H., Ober, K. M., & Hose, M. K. (2021). The National Veterans Summer Sports Clinic: Change and Duration of Psychological Outcomes. *Psychology of Sport and Exercise*, 101939.
51. Miller, S. D., Chow, D., Wampold, B. E., Hubble, M. A., **Del Re, A. C.**, Maeschalck, C., & Bargmann, S. (2020). To be or not to be (an expert)? Revisiting the role of deliberate practice in improving performance. *High Ability Studies*, 31(1), 5-15.

50. Boltz, J., **Del Re, A. C.**, Koenig, H., Schmied, E., McRoy, R. M. & Yablonsky, A. M. (2020). Caregiver Health: An Epidemiological Study of Active Duty Parents with Special Needs Children. *Military Behavioral Health*.
49. Flückiger, C., Rubel, J., **Del Re, A. C.**, Horvath, A., Wampold, B. E., ... Barber, J. P. (2020). The reciprocal relationship between alliance and early treatment symptoms: A two-stage individual participant data meta-analysis. *Journal of Consulting and Clinical Psychology*.
48. Van Horn, D., Goodman, J., Lynch, D., Bonn-Miller, M., Thomas, T., **Del Re, A. C.**, Babson, K. & McKay, J. (2020). The predictive validity of the Progress Assessment, a clinician administered instrument for use in measurement-based care approaches to substance use disorders. *Psychiatry Research*
47. Flückiger, C., **Del Re, A. C.**, Wlodech, D., Horvath, A., Solomonov, N. & Wampold, B. E. (2020). Assessing the alliance-outcome association adjusted for patient characteristics and treatment processes: A meta-analytic summary of direct comparisons. *Journal Of Counseling Psychology*.
46. Belding, J. N., Koenig, H. G., McAnany, J. M., **Del Re, A. C.**, Bonkowski, J.F. & Thomsen, C.J. (2020). In the trenches of military epidemiological research: Lessons learned from large-scale archival data projects. *SAGE Research Methods Cases: Medicine & Health*.
45. Flückiger, C., **Del Re, A. C.**, Wampold, B. E. & Horvath, A. O. (2019). The alliance in adult psychotherapy. In J. C. Norcross' *Psychotherapy relationships that work: Volume 1: Evidence-Based Therapist Contributions*. New York, NY: Oxford University Press.
44. Miller, S. D., Chow, D., Wampold, B. E., Hubble, M. A., **Del Re, A. C.**, Maeschalck, C., & Bargmann, S. (2018). To be or not to be (an expert)? Revisiting the role of deliberate practice in improving performance. *High Ability Studies*.
43. Flückiger, C., **Del Re, A. C.**, Barth, J. Hoyt, W. T., Levitt, H., Munder, T., Spielmans, G. I., Swift, J. K., Visla, A., Wampold, B. E. (2018). Considerations of how to conduct meta-analyses in psychological interventions. *Psychotherapy Research*.  
doi:10.1080/10503307.2018.1430390
42. Hoyt, W. T. & **Del Re, A. C.** (2018). Effect size calculation in meta-analyses of psychotherapy outcome research. *Psychotherapy Research*.

41. Flückiger, C., **Del Re, A. C.**, Wampold, B. E. & Horvath, A. O. (2018). The working alliance in psychotherapy *Psychotherapy Research*.
40. Taylor, J., Carr-Lopez, S., Robinson, A., Malmstrom, R., Duncan, K., Maniar, A., **Del Re, A. C.** & Carmichael, J. M. (2017). Determinants of treatment eligibility in veterans with hepatitis C viral infection. *Clinical therapeutics*, 39(1), 130-137.
39. Wampold, B. E., Flückiger, C., **Del Re, A. C.**, Yulish, N. E., Frost, N. D., Pace, B. T. & Hilsenroth, M. J. (2017). In pursuit of truth: A critical examination of meta-analyses of cognitive behavior therapy. *Psychotherapy Research*, 27(1), 14-32.
38. Baldwin, S. A. & **Del Re, A. C.** (2016). Open Access Meta-Analysis for Psychotherapy Research. *Journal of Counseling Psychology*, 63(3), 249.
37. Flückiger, C. & **Del Re, A. C.** (2016). The sleeper effect between psychotherapy orientations: a strategic argument of sustainability of treatment effects at follow-up. *Epidemiology and Psychiatric Sciences*. doi:10.1017/S2045796016000780
36. **Del Re, A. C.** & Flückiger, C. (2016). Meta-analysis. In Norcross, John C. (Ed); VandenBos, Gary R. (Ed); Freedheim, Donald K. (Ed); Olatunji, Bunmi O. (Ed), *APA handbook of clinical psychology: Theory and research* (Vol. 2). APA handbooks in psychology., (pp. 479-491). Washington, DC: American Psychological Association APA, xii, 525 pp. doi:10.1037/14773-022
35. Brennan, P. L., **Del Re, A. C.**, Henderson, P. T., & Trafton, J. A. (2016). Healthcare system-wide implementation of opioid-safety guideline recommendations: the case of urine drug screening and opioid-patient suicide-and overdose-related events in the Veterans Health Administration. *Translational Behavioral Medicine*, 1-8.
34. Flückiger, C., **Del Re, A. C.** & Wampold, B. E. (2016). The Sleeper Effect: Artifact or Phenomenon—A brief comment on "Are the Parts as Good as the Whole? A Meta-Analysis of Component Treatment Studies (Bell, Marcus & Goodlad, 2015)". *Journal of Consulting and Clinical Psychology*. doi:10.1037/a0037220
33. **Del Re, A. C.** (2015). A Practical Tutorial on Meta-analysis in R. *The Quantitative Methods for Psychology*, 11(1), 37-50.
32. Flückiger, C., Horvath, A. O., **Del Re, A. C.**, & Symonds, D. (2015). Wie wichtig ist die Arbeitsallianz in der Psychotherapie? Eine meta analytische übersicht.

31. **Del Re, A. C.**, Frayne, S. M. & Harris, A.H.S. (2014). Anti-obesity Medication Use Across the Veterans Health Administration: Patient-level Predictors of Receipt. *Obesity*. doi:10.1002/oby.20810
30. Harris, A.H.S., Bowe, T., **Del Re, A. C.**, Finlay, A.K., Oliva, E., Rubinsky, A. (2014). Quasi-Experimental Effects of Extended Release Naltrexone in US Veteran Health Administration Patients with Alcohol Use Disorders. *ACER*
29. Flückiger, C., Holtforth, M. G., **Del Re, A. C.** & Lutz, W.(2014). Exploration von Resilienzen und Ressourcen bei Veränderungssprüngen. *Persönlichkeitsstörungen*.
28. Flückiger, C., **Del Re, A. C.**, Munder, T., Heer, S. & Wampold, B. E. (2014). Enduring effects of evidence-based psychotherapies in depression and anxiety versus treatment as usual at follow-up: A longitudinal meta-analysis. *Clinical Psychology Review*, 34, 367-375. doi:10.1016/j.cpr.2014.05.001
27. Goldberg, S. B., **Del Re, A. C.**, Hoyt, W. T. & Davis, J. M. (2014), The secret ingredient in mindfulness interventions? A case for practice quality over quantity. *Journal of Counseling Psychology*.
26. Blodgett, J. C., **Del Re, A. C.**, Maisel, N. C. & Finney, J. W. (2014). A meta-analysis of topiramate for alcohol use disorders. *ACER*.
25. **Del Re, A. C.**, Maciejewski, M. & Harris, A.H.S. (2013). MOVE! Weight Management Program Across the Veterans Health Administration: Patient- and Facility-level Predictors of Utilization. *BMC Health Services Research*. doi:10.1186/1472-6963-13-511
24. **Del Re, A. C.**, Spielman, G. I., Flückiger, C. & Wampold, B. E. (2013). Efficacy of New Generation Antidepressants: Differences seem Illusory. *PLoS ONE* 8(6): e63509. doi:10.1371/journal.pone.0063509
23. **Del Re, A. C.**, Maisel, N. C., Blodgett, J. C. & Finney, J. W. (2013). Intention-to-Treat Analyses and Missing Data Approaches in Pharmacotherapy Trials for Alcohol Use Disorders. *BMJ Open*.
22. **Del Re, A. C.**, Maisel, N. C., Blodgett, J. C. & Finney, J. W. (2013). The declining efficacy of naltrexone pharmacotherapy for alcohol use disorders over time: A multivariate meta-analysis. *Alcoholism: Clinical and Experimental Research*. doi:10.1111/acer.12067

21. **Del Re, A. C.**, Gordon, A. J., Lembke, A. & Harris, A.H.S. (2013). Utilization of Topiramate to Treat Alcohol Use Disorders in the Veterans Health Administration *Addiction Science & Clinical Practice*. doi:10.1186/1940-0640-8-12
20. **Del Re, A. C.**, Maisel, N. C., Blodgett, J. C., Wilbourne, P. & Finney, J. W. (2013). Placebo group improvement in trials of pharmacotherapies for alcohol use disorders: A multivariate meta-analysis examining change over time. *Journal of Clinical Psychopharmacology*. doi:10.1097/JCP.0b013e3182983e73
19. Babson, K. A., **Del Re, A. C.**, Bonn-Miller, M. & Woodward, S. (2013). The Comorbidity of Sleep Apnea and Mood, Anxiety, and Substance Use Disorders among Obese Military Veterans within the Veterans Health Administration. *Journal of Clinical Sleep Medicine*.
18. Flückiger, C., **Del Re, A. C.**, Horvath, A. O., Symonds, D., Ackert, M. & Wampold, B. E. (2013). Substance Use Disorders and Racial/Ethnic Minorities Matter: A Meta-Analytic Examination of the Relation Between Alliance and Outcome. *Journal of Counseling Psychology, 60*, 610-616. doi:10.1037/a0033161
17. Panos, S. E., **Del Re, A. C.**, Thames A. D., Arentsen, T., Patel, S., Castellon, S. A., Singer, E. J. & Hinkin, C. H. (2013). The impact of neurobehavioral features on medication adherence in HIV: Evidence from longitudinal models. *AIDS Care: Psychological and Socio-medical Aspects of AIDS/HIV*. doi:10.1080/09540121.2013.802275
16. Budge, S.L., Moore, J.T., **Del Re, A. C.**, Nienhaus, J.B., Baardseth, T.P. & Wampold, B.E. (2013). The effectiveness of treatments for personality disorders: A meta-analysis of direct comparisons.
15. Flückiger, C., Holtforth, M. G., **Del Re, A. C.** & Lutz, W.(2013). Working along sudden gains - Responsiveness on small and subtle early changes and exceptions. *Psychotherapy*.
14. Panos, S. E., Hinkin, C. H., Singer, E. J., Thames, A. D., Patel S., Sinsheimer, J. S., **Del Re, A. C.**, Gelman, B., Morgello, S., Moore, D. J. & Levine, A. J. (2013). Apolipoprotein-E genotype and human immunodeficiency virus-associated neurocognitive disorder: Modulating effects of older age and disease severity. *Neurobehavioral HIV Medicine*.
13. Baardseth, T. P., Goldberg, S. B., Pace, B. T., Minami, T., Wislocki, A. P., Frost, N. D., Siddiqui, J. R., Lindemann, A. M., Kivlighan, D. M., **Del Re, A. C.**, Laska, K. M. & Wampold, B. E. (2013). Cognitive-Behavioral Therapy versus Other Therapies: Redux. *Clinical Psychology Review*.

12. **Del Re, A. C.**, Flückiger, C., Wampold, B. E. & Horvath, A. O. (2012). Therapist effects in the alliance-outcome relationship: A restricted maximum likelihood meta-analysis. *Clinical Psychology Review, 32*, 642-649.  
doi:10.1016/j.cpr.2012.07.002
11. **Del Re, A. C.**, Flückiger, C., Goldberg, S. & Hoyt W. T. (2012). Monitoring Mindfulness Practice Quality: An Important Consideration in Mindfulness Practice. *Psychotherapy Research, 23*(1), 54-66.  
doi:10.1080/10503307.2012.729275
10. Flückiger, C., **Del Re, A. C.**, Wampold, B. E. & Horvath, A. O. (2012). The therapeutic alliance in the context of empirically supported treatments: A longitudinal meta-analysis. *Journal of Counseling Psychology, 59*(1), 10-17.  
doi:10.1037/a0025749
9. Horvath, A.O., **Del Re, A. C.**, Flückiger, C. & Symonds, D. (2012). L'alleanza nella psicoterapia individuale. In J. C. Norcross' *Quando la relazione psicoterapeutica funziona*. Via Leon Pancaldo, Roma: Sovera Edizioni.
8. Wampold, B. E., Budge, S. L., Laska, K. M., **Del Re, A. C.**, Baardseth, T. P., Flückiger, C., Minami, T., Kivlighan, M. & Gunn, W. (2011). Evidence-based treatments for depression and anxiety versus 'treatment as usual.' *Psychotherapy in Australia, 18*(4), 68-77.
7. Thames, A. D., Panos, S., **Del Re, A. C.**, Schembari, B., Levine, A. J., Castellon, S. A., & Hinkin, C. H. (2011). Longitudinal Changes in Medication Adherence Among HIV-Infected Adults: A Hierarchical Linear Modeling Approach. *Clinical Neuropsychologist, 25*(4), 570-570.
6. Horvath, A.O., **Del Re, A. C.**, Flückiger, C. & Symonds, D. (2011). The alliance. In J. C. Norcross' *Psychotherapy relationships that work*. New York, NY: Oxford University Press.
5. Horvath, A.O., **Del Re, A. C.**, Flückiger, C. & Symonds, D. (2011). The working alliance in psychotherapy *Psychotherapy Research*.
4. Flückiger, C., **Del Re, A. C.**, Znoj, H., Wampold, B. E, Järg, U. & Caspar, F. (2011). Valuing patient's perspective and the effects on the therapeutic alliance: A randomized controlled adjunctive instruction. *Journal of Counseling Psychology*.
3. Wampold, B. E., Budge, S. L., Laska, K. M., **Del Re, A. C.**, Baardseth, T. P., Flückiger, C., Kivlighan, M. & Gunn, W. (2011).

Evidence-based treatments for depression and anxiety: Are they more effective than treatment-as-usual? *Clinical Psychology Review*.

2. Horvath, A.O., **Del Re, A. C.**, Flückiger, C. & Symonds, D. (2010). Alliance in individual psychotherapy. In J. C. Norcross (Eds.), *Evidence-Based Therapy Relationships (Vol. National Registry of Evidence-based Programs and Practices pp. 3)*. Available from <http://www.nrepp.samhsa.gov/Norcross.aspx>
1. Wampold, B. E., Imel, Z. E., Laska, K. M., Benish, S. G., Miller, S. D., Flückiger, C., **Del Re, A. C.**, Baardseth, T. P. & Budge, S. (2010). Determining what works in the treatment of PTSD. *Clinical Psychology Review*, *30(8)*, 923-933.  
doi:10.1016/j.cpr.2010.06.005

#### STATISTICAL SOFTWARE

6. **Del Re, A. C.** (2013). RcmdrPlugin.MA: Graphical User Interface for Meta-Analysis in R.  
<http://cran.r-project.org/web/packages/RcmdrPlugin.MA>
5. **Del Re, A. C.** (2011). compute.es: Compute Effect Sizes.  
<http://CRAN.R-project.org/package=compute.es>
4. **Del Re, A. C.** & Hoyt, W. T. (2010). MAc: Meta-Analysis with Correlations.  
<http://CRAN.R-project.org/package=MAc>
3. **Del Re, A. C.** & Hoyt, W. T. (2011). MAd: Meta-Analysis with Mean Differences.  
<http://CRAN.R-project.org/package=MAd>
2. **Del Re, A. C.** (2010). RcmdrPlugin.MAc: Meta-Analysis with Correlations (MAc) Rcmdr Plug-in. [*Depricated*]
1. **Del Re, A. C.** (2011). RcmdrPlugin.MAd: Meta-Analysis with Mean Differences (MAd) Rcmdr Plug-in. [*Depricated*]

#### SUBMITTED MANUSCRIPTS

4. Hoyt, W. T. & **Del Re, A. C.** (*revise*). Comparison of methods for aggregating dependent effect sizes in meta-analysis. *Research Synthesis Methods*.
3. Boden, M., Babson, K. A., **Del Re, A. C.** & Bonn-Miller (*in submission*). The Comorbidity of Sleep Apnea and Medical Disorders among Obese Military Veterans.



2. Hoyt, W. T., **Del Re, A. C.** & Larson, D. O. (*revise*). The efficacy of grief treatment revisited: A meta-analysis. *Psychology Bulletin*
1. Panos, S.E., Hinkin, C.H., Singer, E.J., Thames, A.D., Patel, S., Sinsheimer, J.S., **Del Re, A. C.**, Valdes-Sueiras, M., Levine, A.J. (*submitted*). Older age and disease severity augment the effect of APOE on cognitive functioning in HIV+ adults. *Journal of Neurovirology*.

## WEB APPLICATIONS

5. **Del Re, A. C.** (2015). Budget for VHA Grants: Calculate salary needs. Developed in R Shiny. [[link](#)]
4. **Del Re, A. C.** (2015). Mental Health Provider Survey for VHA. Developed in Microsoft's Report Builder.
3. **Del Re, A. C.** (2015). Veteran Satisfaction for VHA. Developed in Microsoft's Report Builder.
2. Baldwin, S. A. & **Del Re, A. C.** (2015). Open Access Family Therapy Meta-Analysis Web Applications in R. Developed in R Shiny. [[link](#)]
1. Baldwin, S. A. & **Del Re, A. C.** (2015). Open Access Working Alliance Meta-Analysis Web Applications in R. Developed in R Shiny. [[link](#)]

## WORKSHOPS

7. **Del Re, A. C.** (2017, May). Meta-analysis for psychology researchers: A practical application of meta-analytic procedures in R. *Invited 2-day workshop at the University of Zurich, Zurich, Switzerland.*
6. **Del Re, A. C.** (2013, May). Meta-analysis for psychotherapy researchers: A practical application of basic and advanced meta-analytic procedures using the graphical user interface for meta-analysis in R. *Invited 2-day workshop at the University of Zurich, Zurich, Switzerland.*
5. **Del Re, A. C.** (2012, June). Meta-analysis for psychotherapy researchers: A practical application of basic and advanced meta-analytic methods. *Pre-conference workshop at the Society for Psychotherapy Research, Virginia, USA.*

4. **Del Re, A. C.** (2011, September). Introduction to meta-analysis for psychology researchers: A practical application of basic and advanced meta-analytic procedures. *Invited half-day workshop at the University of Louisville, Louisville, KY.*
3. **Del Re, A. C.** (2011, September). Meta-analysis for psychology researchers: A practical application using the MAd meta-analysis package in R. *Invited half-day workshop at the University of Wisconsin-Madison, Madison, WI.*
2. **Del Re, A. C.** (2011, September). Introduction to meta-analysis for psychology researchers: A practical application using the MAd meta-analysis package in R. *Invited half-day workshop at the University of Wisconsin-Madison, Madison, WI.*
1. **Del Re, A. C.** & Flückiger, C. (2011, June). Meta-analysis for psychotherapy researchers: A practical application of basic and advanced meta-analytic procedures. *Pre-conference workshop at the Society for Psychotherapy Research, Bern, Switzerland.*

## PRESENTATIONS

34. **Del Re, A. C.** (2018, May). Meta-analysis: What, when, why. *Presentation at NHRC, San Diego, CA*
33. **Del Re, A. C.** (2017, May). Experience working as a health services researcher in VHA. *Guest colloquium at University of Zurich, Zurich, Switzerland.*
32. Horvath, A. O., **Del Re, A. C.**, Flückiger, C. (2016, June). Integration across professional domains: The helping relationship. *Presented at the Society for the Exploration of Psychotherapy Integration. Trinity College, Dublin, Ireland.*
31. Harris, A.H.S., Bowe, T., **Del Re, A. C.**, Finlay, A.K., Oliva, E., Rubinsky, A. (2014, October). Quasi-Experimental Effects of Extended Release Naltrexone in US Veteran Health Administration Patients with Alcohol Use Disorders. *Paper presented at the Addiction Health Services Research Conference, Boston, MA, USA.*
30. Hoyt, W. T., **Del Re, A. C.**, Larson, D. (2013, July). Effects of analytic choices on conclusions in meta-analysis. *Poster at American Psychological Association annual conference, Honolulu, HI, USA.*
29. **Del Re, A. C.** (2013, May). Enhancing positive outcomes in psychotherapy: The patient and provider contribution. *Guest colloquium at University of Zurich, Zurich, Switzerland.*

28. **Del Re, A. C.**, & Finney, J. (2012, June). Placebo group improvement in trials of pharmacotherapies for alcohol use disorders: A multivariate meta-analysis examining change over time. *Symposium at the Society for Psychotherapy Research, Virginia Beach, VA, USA.*
27. **Del Re, A. C.**, & Finney, J. (2012, June). Placebo group improvement in trials of pharmacotherapies for alcohol use disorders: A multivariate meta-analysis examining change over time. *Poster at Research Society on Alcoholism, San Francisco, CA, USA.*
26. Panos, S. E., Hinkin, C.H., Thames, A.D., **Del Re, A. C.**, Patel, S.M., Valdes-Sueiras, M., Mathisen, G., Donovan, S., Singer, E.J., & Levine, A. J. (2012). Longitudinal effects of APOE e4 on HIV-Associated Neurocognitive Dysfunction. *Poster presented at the Annual Meeting of the International Neuropsychological Society.*
25. Panos, S. E., Hinkin, C.H., Thames, A.D., **Del Re, A. C.**, Patel, S.M., Valdes-Sueiras, M., Mathisen, G., Donovan, S., Singer, E.J., & Levine, A. J. (2012). Cross-section effects of APOE E4 by Discrete Neurocognitive Domain. *Poster presented at the 40th Annual Conference of the International Neuropsychological Society.*
24. **Del Re, A. C.**, Flückiger, C., Horvath, A. O., Hoyt, W. T., & Symonds, D. (2011, June). Methods in meta-analyses: Handling within-study dependencies at the moderator level. *Symposium at the Society for Psychotherapy Research, Bern, Switzerland.*
23. Flückiger, C., **Del Re, A. C.**, Horvath, A. O., & Symonds, D. (2011, June). Treatment and Design as Moderators of the Relationship of the Alliance and Outcome: A Multilevel Longitudinal Meta Analysis. *Symposium at the Society for Psychotherapy Research, Berne, Switzerland.*
22. Horvath, A. O., **Del Re, A. C.**, Flückiger, C., & Symonds, D. (2011, June). The complex world of alliance assessments: Will the real alliance please stand up? *Symposium at the Society for Psychotherapy Research, Berne, Switzerland.*
21. **Del Re, A. C.**, Hoyt, W. T. (2011, June). A New Look at the Evidence: Grief Counseling is Effective. *9th International Conference on Grief and Bereavement in Contemporary Society, Miami, FL, USA.*
20. Thames, A.D., Panos, S., **Del Re, A. C.**, Schembari, B., Levine, A.J., Castellon, S.A. & Hinkin, C.H. (2011, June). Longitudinal Changes in Medication Adherence among HIV-Infected Adults: A

Hierarchical Linear Modeling Approach. *Presented at the 2011 annual meeting of the American Academy of Clinical Neuropsychology, Washington DC, USA.*

19. Panos, S. E., **Del Re, A. C.**, Thames A. D., Levine, A. J., Streiff, V., Castellon, S., & Hinkin, C. H. (2011, June). Predictors of longitudinal medication adherence: Evidence from an integrative model. *Poster presented at the 9th annual meeting of the American Academy of Clinical Neuropsychology, Washington, DC.* Abstract in *The Clinical Neuropsychologist*, 25(4), p. 556.
18. **Del Re, A. C.** (2011, March). Therapist effects in the alliance/outcome relationship: A restricted maximum likelihood meta-analysis. *Grand Rounds presentation at Long Beach VAHCS, Long Beach, CA, USA.*
17. **Del Re, A. C.** (2011, March). Mindfulness practices for VA patients and treatment providers. *In-service presentation for Long Beach VAHCS medical and clinical staff, Long Beach, CA, USA.*
16. **Del Re, A. C.**, Flückiger, C., Horvath, A. O., & Symonds, D. (2010, June). Therapist effects in the alliance/outcome relationship: A meta-analysis. *Symposium at the Society for Psychotherapy Research, Asilomar, CA, USA.*
15. Flückiger, C., **Del Re, A. C.**, Horvath, A. O., & Symonds, D. (2010, June). The Relation of the alliance and outcome: An international perspective. *Symposium at the Society for Psychotherapy Research, Asilomar, CA, USA.*
14. Horvath, A. O., **Del Re, A. C.**, Flückiger, C., & Symonds, D. (2010, June). The Therapeutic Alliance. *Symposium at the Society for Psychotherapy Research, Asilomar, CA, USA.*
13. Baardseth, T., & **Del Re, A. C.** (2010, June). The relative efficacy of psychotherapeutic treatments for anxiety disorders. *Symposium at the Society for Psychotherapy Research, Asilomar, CA, USA.*
12. Horvath, A. O., **Del Re, A. C.**, Flückiger, C., & Symonds, D. (2010, June). Alliance Research 1976-2010. *Invited Address at the University do Minho (Braga, Portugal).*
11. Flückiger, C., Znoj, H., Caspar, H, **Del Re, A. C.** (2010, June). Developing the therapeutic relationship - A randomized controlled process-study. *Paper presentation at the International Federation for Psychotherapy World Congress, KKL Lucerne, Switzerland.*

10. **Del Re, A. C.** (2010, March). Self-awareness and ethical decision-making. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
9. **Del Re, A. C.** (2010, February). Self-awareness and ethical decision-making. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
8. **Del Re, A. C.** (2010, January). Self-awareness and ethical decision-making. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
7. **Del Re, A. C.** (2008, November). Mindfulness techniques for stress reduction. *Invited presentation for School of Veterinary Medicine at University of Wisconsin-Madison, Madison, WI, USA.*
6. **Del Re, A. C.** (2008, October). The art of forgiveness through mindfulness meditation. *Presentation at the University of Wisconsin Paul P. Carbone Comprehensive Cancer Center's Seventh Annual Symposium, Advances in Multidisciplinary Cancer Care, Madison, WI, USA.*
5. **Del Re, A. C.** (2008, April). Coping with stress as a student of veterinary medicine. *Invited presentation for School of Veterinary Medicine at University of Wisconsin-Madison, Madison, Wisconsin.*
4. **Del Re, A. C.** (2008, March). Integrating awareness and ethics in psychology. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
3. **Del Re, A. C.** (2008, February). Empirical support for Mindfulness-Based Stress Reduction. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, Wisconsin.*
2. **Del Re, A. C.** (2008, January). Why self-awareness is important for ethical decision-making. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
1. **Del Re, A. C.,** Clark, L. L., Dvorscek, M. J., Estrada, Y., Gloria, A. M., Howard, C. M., Killinger, S. L., Lin, M. M., & Siewert, J. J. (2006, April). Doctoral students' perceptions of support in APA-accredited counseling psychology programs: An exploratory study.

*Paper presented at the meeting of the Great Lakes Regional Counseling Psychology Conference, West Lafayette, IN, USA.*

MEDIA  
INTERVIEWS

1. **Del Re, A. C.** (2013, June). Win the War in Your Belly. Fight back against microscopic marauders sabotaging your weight-loss efforts. *Mens Health Magazine*. <http://www.menshealth.com/weight-loss/win-war-gut>.

PROFESSIONAL  
ACTIVITIES

**Peer Review (publons)**

- **Co-editor for Special Section on Meta-Analysis in Psychotherapy Research (2017-2018)**
- **Advisory Editorial Board of Psychotherapy Research (2016 - 2019)**
- **Ad Hoc Reviewer (2010 - )**
  - Clinical Psychology Review
  - Preventive Medicine
  - BMC Psychiatry
  - Journal of Counseling Psychology
  - Addiction
  - Behavior Research Methods
  - Psychotherapy Research
  - Group Dynamics
  - Methods in Ecology and Evolution
  - The Quantitative Methods for Psychology

TEACHING  
EXPERIENCE

**University of Wisconsin-Madison, Counseling Psychology Department**

*Teaching Assistant/Lab Instructor*

- **Meta-Analysis in the Social Sciences** Summer 2009 & 2010
  - Weekly guest lecturer and lab instructor for doctoral students learning fundamental procedures for conducting fixed- and random-effects meta-analyses.
  - Co-created statistical programs, files, scripts, and syntax in R, excel, and SPSS to assist students in conducting their meta-analysis projects.
  - Supervisor: **William T. Hoyt, PhD**

- Multiple Regression and Correlation Fall 2009
  - Weekly guest lecturer and lab instructor for regression methods to doctoral students in the social sciences.
  - Co-created statistical programs, files, scripts, and syntax in R, excel, and SPSS used for learning MR/C formulas and analyzing data sets .
  - Supervisor: William T. Hoyt, PhD
- Theory and Practice of Interviewing 2006 & 2007
  - Created syllabus and provided instruction to advanced undergraduates in interviewing, communication, and counseling theory and skills.
  - Supervisors: Alberta Gloria, PhD; Teresa Bear, PhD

**University of Wisconsin-Madison, School of Veterinary Medicine**

*Teaching Assistant/Lab Instructor*

- Art of Clinical Communication Fall 2008
  - Co-taught, with a psychologist and veterinarian, a communication skills course designed to assist advanced veterinary students' effectively manage interpersonal communication with clients.
  - Supervisor: Corissa Lotta, PhD; Ruthanne Chun, DVM

CLINICAL  
EXPERIENCE

**VA Long Beach Healthcare System**, Long Beach, California (*40 hours/wk*)

*Pre-doctoral internship*

August 2010 to August 2011

- Conducted psychological assessments and individual and group psychotherapy with military veterans in five specialized rotations: *PTSD & Mindfulness, Home-Based Primary Care, Spinal Cord Injury, Smoking Cessation & Weight Loss, and Neuropsychology.*
- Supervisors: John Huang, PhD; Angela Lau, PhD; Barry Rabin, PhD; Linda Mona, PhD; Jeffery Webster, PhD

**Waisman Laboratory for Brain Imaging and Behavior**

**William S. Middleton Memorial VA Medical Center**

**UW Health, Integrative Medicine**, Madison, Wisconsin (*5 hours/wk*)

*Mindfulness in Psychotherapy and Research Practicum*

September

2007 to May 2010

- Co-facilitated Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction groups with a medically-based outpatient population.
- Created a practice quality measure, now added as a standard clinical measure at UW Integrative Medicine.
- Supervisors: Donal MacCoon, PhD; Carmen Alonso, PhD; Katherine Bonus, MA

**UW Madison School of Veterinary Medicine**, Madison, Wisconsin  
(8 hours/wk)

*Advanced Practicum*

September 2008 to May 2009

- Provided individual therapy to veterinary students and support for veterinary hospital clients. Clinical work involved short-term grief counseling, decision-making assistance around euthanasia, and anxiety management.
- Co-led weekly clinical communication rounds for oncology staff in the veterinary hospital and acted as a consultant for interpersonal concerns that emerged with clients in day-to-day clinical work.
- Supervisor: Corissa Lotta, PhD

**UW Madison Counseling Psychological Training Clinic**, Madison, Wisconsin  
(8 hours/wk)

*Assistant Director*

September 2008 to May 2009

- Assisted in the organizing and promoting of a new psychotherapy training clinic for the department of counseling psychology.
- Created clinic brochure, intake forms, and assisted in selection of outcome systems for tracking client progress in therapy.
- Supervisor: Teresa Bear, PhD

*Supervisor-in-Training*

Spring 2008

- Provided weekly individual and group supervision focused on the clinical and professional development of first year Master's students in Counseling Psychology.
- Supervisor: Mary Lee Nelson, PhD

*Group Practicum Counselor*

Spring 2007

- Led a weekly interpersonal process group composed of undergraduate students.
- Supervisor: William Hoyt, PhD

**Wisconsin Psychiatric Institute and Clinics**, Madison, Wisconsin  
(20 hours/wk)

*Foundational Practicum*

September 2006 to August 2007

- Conducted weekly intakes, individual therapy, and facilitated a Dialectical Behavioral Therapy Group with an outpatient psychiatric population.
- Supervisor: Alan Gurman, PhD; Pauline Thome, PhD



**Turquoise Lodge Alcohol and Drug Treatment Hospital, Madison, Wisconsin** (*20 hours/wk*)

*Masters-level Internship* 2004

- Administered ASI assessments and conducted weekly individual and group therapy in an inpatient drug and alcohol treatment hospital with a diverse adult population.
- Supervisor: Gene Coffield, PhD

RELATED  
PROFESSIONAL  
EXPERIENCE

**Body Evolution, Santa Fe, New Mexico** (*30 hours/wk*)

*Personal Fitness Trainer (Self-Employed)* May 1998 to May 2002

- Created and ran a personal fitness training and nutrition consultation business.
- Conducted individual and group health training sessions with an integrated mind and body focus, tailored to clients' personal goals.
- Competed in and won several bodybuilding competitions, including Mid-USA & New Mexico titles.

**Basic Rights New Mexico, Santa Fe, New Mexico** (*5 hours/wk*)

*Human Rights Advocate* May 2003 to May 2004

- Involved in political campaign planning and advocacy work to uphold the New Mexico anti-discrimination laws for the lesbian, gay, bisexual, and transgendered community.

ADDITIONAL  
EDUCATION

- Make Money with Machine Learning, *machinelearning.io*, 2020, 10-Week Web Training.
- Introduction to Machine Learning, *Stats Camp*, 2019, 5-Day Intensive Training, Abq, NM.
- Python: Intermediate Training, *pluralsight.com*, 2017, 12 hour Web Training.
- Python: Beginner Training, *pluralsight.com*, 2017, 8 hour Web Training.
- Querying Microsoft SQL Server 2014, *360Training.com*, 2016, 40 hour Live Web Training.
- SAS SQL 1: Essentials, *SAS Institute*, 2013, Live Web Training.
- SAS Statistical Programming 1: Essentials, *SAS Institute*, 2012, San Francisco, CA.
- SAS Statistical Programming 2, *SAS Institute*, 2012, San Francisco, CA.
- Workshop: Multi-level modeling using the 'lme4' package for the R statistical software program, *2010 UserR International Conference*, Gaithersburg, Maryland.

- Workshop: A crash course in efficient R programming, *2010 UserR International Conference*, Gaithersburg, Maryland.
- Workshop: Introduction to the R Statistical Computing Environment (2-day intensive), Madison, Wisconsin.
- Professional training in Acceptance and Commitment Therapy (2-day intensive), Nashville, Tennessee.
- Professional training in Mindfulness-Based Cognitive Therapy (5-day intensive), Rhinebeck, New York.
- Professional training in Mindfulness-Based Stress Reduction (7-day intensive), Watsonville, California.
- Professional training in Dialectical Behavioral Therapy, Madison, Wisconsin.

#### AWARDS

- **APA Division 17 Outstanding Graduate Student Award** nominee
- **Rothney Award** for doctoral research
- **Advanced Opportunity Fellowship** for doctoral studies

#### PROFESSIONAL AFFILIATIONS

- American Psychological Association - Division 5 (Evaluation, Measurement, & Statistics)
- Society for Psychotherapy Research