

Academic Curriculum Vitae

James N. Kirby, Ph.D.

Personal Details

Professional: C/- School of Psychology
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Educational Background

2008 to 2013

Degree: Ph.D. (Clinical Psychology) awarded June 21st, 2013
The University of Queensland
Thesis: The development and evaluation of the Triple P-Positive Parenting Program for grandparents

2003 to 2006

Degree: Bachelor of Psychological Science with Honours (Class I)
The University of Queensland, Awarded 2006
Thesis: How much is enough? The possibility of a contextual threshold in event-based prospective memory

1994-2001

High School St. Joseph's College, Gregory Terrace
College Vice-Captain

Memberships and Committees

Psychology Board of Australia

- Registered Clinical Psychologist with the Psychology Board of Australia
- Registration Number: PSY0000980082
- Completed the ***Clinical Psychology Registrar*** program to become endorsed as a Clinical Psychologist by the Psychology Board of Australia, Australia Health Practitioner Regulation Agency on the 23rd of December 2014
- Receive Clinical Supervision from Professor Paul Gilbert, O.B.E., founder of Compassion Focused Therapy

Australian Psychological Society

- Member status (2013 to present)
- Associate member status (2009 to 2012)
- Member of Interest Groups:
 - Acceptance & Commitment Therapy & Psychology
 - Child, Adolescent & Family Psychology
 - Supervision in Psychology

Supervisor Training and Approval Program (STAP)

- Accredited supervisor with the Psychology Board of Australia to provide supervision to clinical psychology students

Compassionate Mind Australia

- Member status (2015 to present)

Charter for Compassion

- Member status (2015 to present)

UQ Compassion Symposium

- Committee member (2014 to present)

Compassion Roundtable

- Committee member (2015 to present)

Journal of Family Studies

- Associate Editor (2015 to present)

Association for Contextual Behavioural Science

- Professional member status (2015 to present)
- Special Interest Groups (SIG)
 - Compassion Focused SIG
 - Children, Adolescents, and Families SIG

Society of Prevention Research

- Member status (2012 to present)

Association for Psychological Science

- Member status (2013 to present)

Australian Association for Cognitive Behaviour Therapy

- Member status (2012 to present)
- Queensland Branch Committee Member (2014 to present)

Conferences:

- Committee Member for The 12th Helping Families Change Conference 2010
- Abstract reviewer for Helping Families Change Conferences
- Abstract reviewer for Society of Prevention Research Conferences

Research Program

My focus of research is on understanding how mindfulness and compassion can help enhance nurturing environments. I am specifically interested in three key areas: a) how we understand and measure compassionate action, b) what blocks people from being compassionate to others and towards themselves, and c) the development and evaluation of interventions that aim to cultivate compassion.

I am one of the few psychology researchers in Australia directly examining compassion. I recently completed the very first systematic review and meta-analysis of compassion-based interventions. The results from this paper have led to invitations to present my findings domestically at the UQ Compassion Symposium and at The Queensland Branch of the Australian Association of Cognitive-Behaviour Therapy. The paper has also drawn international recognition, and I have been invited to present at the prestigious *Compassionate Mind Foundation Conference* in London, UK, in 2016. This conference is largest conference on compassion worldwide, and it is rare for an early career researcher to be asked to present.

My research into compassion has also been recognised by the Australian Government, where I was awarded an internationally competitive *Endeavour Research Fellowship*. This funding has secured a 5-month Fellowship for me at *Stanford University*. I will be working at the Center for Compassion and Altruism Research and Education (CCARE). **CCARE** is the world leading research hub on compassion, and I will be collaborating with Professor James R. Doty (Director), Dr Emma Seppala (Assistant Director), and Phillip Zimbardo on projects aimed at enhancing our understanding of compassion. I already work collaboratively with Professor Doty and Dr Seppala, where we are finishing the development of a new measure of compassionate action.

I completed my PhD at The University of Queensland in 2013, where I developed and evaluated a new Triple P parenting program called “*Grandparent Triple P*”. During my PhD studies I was supported by a competitively funded Australian Postgraduate Award. Over the period of my PhD studies I was recognised for my research with awards from the Vice-Chancellor of UQ for the Internationalisation of my research output (Grandparent Triple P in Hong Kong and in the United States of America), and was a finalist for Innovative Program Development with Uniquet for my innovative work with *Grandparent Triple P*.

To date, I have been successful in obtaining approximately \$350,000 to conduct my research into my various fields of interest. I also have plans to submit for future funding by submitting for a Discovery Early Career Research Award and other grant funding bodies (e.g., NHMRC, beyondblue) in order to continue to fund my research.

I am also a Clinical Psychologist working in private practice at Psychology Consultants. I deliver a range of therapeutic approaches, such as Compassion-Focused Therapy, Acceptance and Commitment Therapy, Cognitive-Behaviour Therapy, and Motivational Interviewing. I also provide clinical internship supervision to clinical students at The University of Queensland.

Research Publications

Book Chapters:

Sanders, M.R., & Kirby, J.N. (2009). Parental programs for preventing behavioural and emotional problems in children. In J. Bennett-Levy (Eds.) *Oxford Guide to Low Intensity CBT Interventions* (pp. 399-406). Oxford, England: Oxford University Press.

- (*Google Scholar reported it has been cited 4 times; 03.03.15*)

Journal Articles:

In Preparation or Under Review

Gilbert, P., & Kirby, J.N. (2016). The development and evaluation of compassion focused therapy. Manuscript in preparation.

Slepian, M., & Kirby, J.N. (2016). The weight of secrets and the compassionate friend to lighten the load. Manuscript in preparation.

Kirby, J.N., Baldwin, S., & Lazcko, D. (2016). The acceptability of a Loving-Kindness Meditation in the family context. Manuscript in preparation.

Kirby, J.N., & Lazcko, D. (2016). Self-compassion and young adults living: A micro-trial of a Loving-Kindness Meditation. Manuscript under review.

Kirby, J.N. & Baldwin, S. (2016). Self-compassion and parents: A micro-trial of a Loving-Kindness Meditation. Manuscript under review.

Steindl, S., Garcia, A., & Kirby, J.N. (2016). A Pilot Study of Convergence: The Science, Art and Spirit of Compassion. Manuscript under review.

Kirby, J.N., Tellegen, C.L., & Steindl, S.R. (2016). A Systematic Review and Meta-Analysis of Compassion-Based Interventions: Current State of Knowledge and Future Directions. Manuscript under review.

Published

Kirby, J.N. (2015). The role of mindfulness and compassion in enhancing nurturing family environments. *Clinical Psychology: Science & Practice*. Accepted.

- (*Journal Citation Reported a 5 Year Impact Factor = 3.14; JIF Q1; 26.10.15*)
- Editor currently soliciting commentaries for this paper.

- Sanders, M.R., **Kirby, J.N.**, & Okochi, M. (2015). Triple P-Enhancing the impact of evidence-based parenting and family interventions. *Japanese Society for Prevention of Child Abuse and Neglect*. Accepted, in press.
- Kirby, J.N.** (2015). The potential benefits of parenting programs for grandparents: Recommendations and clinical implications. *Journal of Child and Family Studies*. Accepted. doi: 10.1007/s10826-015-123-9
 • (*Journal Citation Reported 5 Year Impact Factor = 1.324; JIF Q3; 03.03.15*)
- Sanders, M.R., & **Kirby, J.N.** (2014). Treatment guidance for common mental health disorders: Childhood behavioural disorders. *InPsych, APS*, October.
 • <http://www.psychology.org.au/inpsych/2014/october/sanders/>
- Sanders, M.R., & **Kirby, J.N.** (2014). A public health approach to improving parenting and promoting children's well being. *Child Development Perspective*. Accepted. doi: 10.1111/cdep.12086
 • (*GoogleScholar reported it has been cited 6 times; Journal Citation Reports 5 Year Impact Factor = 2.713; JIF Q2; 06.01.16*)
- Haslam, D., Patrick, P.M., & **Kirby, J.N.** (2014). Giving a voice to working parents: A consumer informed study to program design for working parents. *Journal of Child and Family Studies*. Accepted. doi: 10.1007/s10826-014-0049-7
 • (*Journal Citation Reports 5 Year Impact Factor = 1.324; JIF Q3; 03.03.15*)
- Leung, C., Sanders, M.R., Fung, B., & **Kirby, J.N.** (2014). The effectiveness of the Grandparent Triple P program with Hong Kong Chinese families: A randomised controlled trial. *Journal of Family Studies*, 20, 104-117.
 • (*GoogleScholar reported it has been cited 2 times; Journal Citation Reports 5 Year Impact Factor = .390; 06.01.16*)
- Sanders, M.R., **Kirby, J.N.**, Tellegen, C.L., & Day, J.J. (2014). The Triple P-Positive Parenting Program: A systematic review and meta-analysis. *Clinical Psychology Review*, 34, 337-357. doi: 10.1016/j.cpr.2014.04.003
 • (*GoogleScholar reported it has been cited 50 times, Journal Citation Reports 5 Year Impact Factor of 9.86; JIF Q1; is ranked 2nd out of 111 journals in the field of clinical psychology; 06.01.16*)
- Sanders, M.R., & **Kirby, J.N.** (2014). Surviving or thriving: Quality assurance mechanisms to promote innovation in the development of evidence-based parenting interventions. *Prevention Science*. Advanced publication. doi: 10.1007/s11121-014-0475-1
 • (*GoogleScholar reported it has been cited 9 times; Journal Citation Reports a 5 Year Impact of 3.413; ranked 15th out of 143 journals in the field of public health; JIF Q1; 06.01.16*)
- Kirby, J.N.**, & Sanders, M.R. (2014). A randomized controlled trial evaluating a parenting program designed specifically for grandparents. *Behaviour Research and Therapy*, 52, 35-44. doi: 10.1016/j.brat.2013.11.002
 • (*GoogleScholar reported it has been cited 11 times; Journal Citation Reports a 5 year Impact Factor of 4.56; ranked 12th out of 111 journals in the field of clinical psychology; JIF Q1; this paper was reported by international news company Reuters; 06.01.16*)
- Kirby, J.N.**, & Sanders, M.R. (2013). Using a behavioral family intervention to produce a three-generational benefit on family outcomes. *Behaviour Change*, 30, 249-261. doi:10.1017/bec.2013.24
 • (*Journal Citation Reports a 5 Year Impact Factor of .804; Behaviour Change is the official journal for the AACBT, an important outlet to contribute to for Australian professionals*)

Kirby, J.N., & Sanders, M.R. (2013). The acceptability of parenting strategies for grandparents providing care to their grandchildren. *Prevention Science*. Advanced publication. doi: 10.1007/s11121-013-0428-0.

- (GoogleScholar reported it has been cited 4 times; Journal Citation Reports a 5 Year Impact of 3.413; ranked 15th out of 143 journals in the field of public health; JIF Q1; 06.01.16)

Sanders, M.R., Pickering, J.A., **Kirby, J.N.**, Turner, K.M.T., Morawska, A., Mazzucchelli, T., Ralph, A., & Sofronoff, K. (2012). A commentary on evidence-based parenting programs: Redressing misconceptions of the empirical support for Triple P. *BMC Medicine*, 10, 145. doi: 10.1186/1741-7015-10-145.

- (GoogleScholar reported it has been cited 6 times; Journal Citation Reports a 5 Year Impact Factor 7.446; ranked 9th out of 156 journals in the field of Medicine; JIF Q1; 06.01.16)

Kirby, J.N. & Sanders, M.R. (2012). Using consumer input to tailor evidence-based parenting interventions to the needs of grandparents. *Journal of Child and Family Studies*, 21, 626-636. doi: 10.1007/s10826-011-9514-8.

- (GoogleScholar reported it has been cited 17 times; Journal Citation Reports 5 Year Impact Factor = 1.324; JIF Q3; 06.01.16)

Sanders, M.R., & **Kirby, J.N.** (2012). Consumer engagement and the development, evaluation and dissemination of evidence-based parenting programs. *Behavior Therapy*, 43, 236-250. doi:10.1016/j.beth.2011.01.005.

- (GoogleScholar reported it has been cited 43 times; Journal Citation Reports 5 Year Impact Factor = 3.457; ranked 18th out of 111 journals in the field of clinical psychology; JIF Q1; 06.01.16).

Sanders, M.R., & **Kirby, J.N.** (2010). Consumer involvement and population based parenting interventions. *Administration*, 33, 33-50.

- (GoogleScholar reported it has been cited 2 times; 06.01.16).

Research Statistics

- **Google Scholar:** Citations = 155; h-index = 6; i10 index = 4
- **Research Gate:** RG Score = 18.54; Impact Factor = 36.61; Downloads = 1,000

Media:

Conversation: Compassion Focused Therapy to help with Anxiety

- [The Conversation - High anxiety: how I use mental exercises to ease my fear of flying](#)
- (<http://theconversation.com/high-anxiety-how-i-use-mental-exercises-to-ease-my-fear-of-flying-44759>)
 - This article has been read over 24,000 times and is ranked 42nd overall out of 1,122 articles written by UQ staff (as of December 1st, 2015).

Dr Kirby was also interviewed on **612 ABC Brisbane** (20th July 2015). Listen to the full interview here:

- [612 ABC Brisbane: Do you have a fear of flying?](#) (<https://soundcloud.com/612abcbrisbane/do-you-have-a-fear-of-flying-in-a-plane>)

He also was a guest on **ABC RN Afternoons** (21st July 2015). Listen to the full interview here:

- [ABC RN Afternoons - Combating anxiety with compassion](#)
- (<http://www.abc.net.au/radionational/programs/rnafternoons/combating-anxiety-with-compassion/6636238>)

Interview with Reuters concerning the results of the Grandparent Triple P randomised controlled trial.

- <http://www.reuters.com/article/2013/12/16/us-grandparents-child-behavior-idUSBRE9BF1EZ20131216>

Radio interview with 612 ABC Brisbane Local Radio describing Grandparent Triple P. *March, 2012.*

TV story with Chanel 9 News spotlighting Grandparent Triple P. *June, 2011.*

Kirby, J.N. (2009). What is modern grandparenting? *50 Something, April/May, 22-23.*

Reports:

Sanders, M.R., **Kirby, J.N.**, Tellegen, C.L., & Day, J.J. (2013). A systematic review and meta-analysis of The Triple P-Positive Parenting Program: A Brief Report. The Parenting and Family Support Centre, The University of Queensland.

Kirby, J.N., & Sanders, M.R. (2012). Ensuring high quality outcomes at the PFSC: A procedural guide. Parenting and Family Support Centre.
http://www.pfsc.uq.edu.au/page/pdf/pfsc_ensuring_high_quality_research_outcomes.pdf

- This document has been downloaded over 1, 200 times

Sanders, M.R., & **Kirby, J.N.** (2009). Parenting and the prevention and reduction of moral harassment: A brief report. Prepared for the Council of Europe.

Conference Presentations

Invited Addresses:

Kirby, J.N. (2016). Do compassion-based interventions work? The results from the first meta-analysis of compassion-based interventions. The Compassionate Mind Conference to be hosted October 19-21st. London: United Kingdom.

Kirby, J.N. (2015). The science of compassion: Research opportunities. Invited Address at the University of Queensland Compassion Symposium. Brisbane: Australia.

Kirby, J.N. (2015). The potential of compassion based meditations to enhance therapy outcomes in practice. Invited address at the Australian Association for Cognitive Behaviour Therapy Pub Discussion Series. Brisbane: Australia.

Kirby, J.N., & Tellegen, C.L. (2014). A systematic review and meta-analysis of the Triple P System: What does the evidence say and where are we headed. Invited address at the 16th Helping Families Change Scientific Retreat. Sydney: Australia.

Accepted Papers:

Lazcko, D., & **Kirby, J.N.** (2015). Self-compassion and young adults living at home: A micro-trial of a Loving-Kindness Meditation. Poster presented at the UQ Compassion Symposium. Brisbane: Australia.

Baldwin, S., & **Kirby, J.N.** (2015). Self-compassion and parents: A micro-trial of a Loving-Kindness Meditation. Poster presented at the UQ Compassion Symposium. Brisbane: Australia.

Kirby, J.N., & Tellegen, C.L. (2014). The Triple P-Positive Parenting Program: Findings From a Meta-Analysis. Paper presented at the Triple P Seminar Series. Brisbane: Australia.

Kirby, J.N. (2014). Why we needed an update to the evidence-base of Triple P. Paper presented at the 16th Helping Families Change Conference. Sydney: Australia.

Kirby, J.N. (2013). A randomized controlled trial of Grandparent Triple P. Paper presented at the 15th Helping Families Change Conference. Los Angeles: America.

Kirby, J.N. (2012). Grandparent Triple P. Paper presented as part of a Symposium at the 35th Australian Association for Cognitive and Behaviour Therapy (AACBT). Gold Coast: Australia.

Kirby, J.N. (2012). Bake a cake and sit down with grandma: Working with grandparents in Grandparent Triple P. Paper presented at the 14th Helping Families Change Conference. Glasgow: Scotland.

Kirby, J.N. (2011). The development of Grandparent Triple P. Paper presented at the Triple P Seminar Series. Brisbane: Queensland.

Kirby, J.N. (2011). Parenting across the lifespan: Consumer involvement in the development of a grandparenting program. Paper presented at the 13th Helping Families Change Conference. Antwerp: Belgium.

Kirby, J.N., & Sanders, M.R. (2009). Grandparents: Supporting parents and grandchildren. Poster presented at the First Joint Conference of the APS Psychology & Ageing Interest Group (PAIG) and the Royal Australia/New Zealand College of Psychiatrists (RANZCP) Faculty of Psychiatry of Old Age (FPOA). Gold Coast, Australia.

Kirby, J.N. (2009). Grandparent involvement within families. Paper presented at the Parenting and Family Support Centre Seminar Series. Brisbane: Australia.

Community Presentations:

Kirby, J.N. (September, 2015). What is compassion and how can we become more compassionate with our children. Invited by Star of the Sea Primary School. Brisbane: Australia.

Kirby, J.N. (July, 2015). 5-Simple ways to cultivate compassion. Invited by Star of the Sea Primary School. Brisbane: Australia.

Kirby, J.N. (May, 2015). The role of mindfulness: What is it, does it work? Invited by the UQ Red Cross Society: The Merriment Movement. Brisbane: Australia.

Kirby, J.N. (May, 2015). The career path to become a psychologist. Invited by St. Joseph's College, Gregory Terrace. Brisbane: Australia.

Professional Therapy Publications

I am a co-developer and co-author of the Grandparent Triple P program. Grandparent Triple P is owned by The University of Queensland. The University, through its technology transfer company UniQuest Pty Ltd, has licensed Triple P International Pty Ltd, and its subsidiaries, to disseminate Triple P worldwide. Royalties stemming from this dissemination work are paid to UniQuest, which distributes payments to The University of Queensland and the contributory authors in accordance with the University's intellectual property policy.

Below lists a series of professional publications that have resulted as a result of my PhD. My PhD originally involved the development of the Triple P Group program, but since completion of my PhD, Prof Matthew Sanders and I developed the Grandparent Triple P Seminar Series, which is currently being used in the United Kingdom.

Kirby, J.N., & Sanders, M.R. (2010). *Grandparent Triple P Group Workbook*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

Kirby, J.N., & Sanders, M.R. (2010). *Session Presentations for Grandparent Triple P Group*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

Kirby, J.N., & Sanders, M.R., (2012). *Grandparent Seminar Series: Being a Positive Grandparent*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

Kirby, J.N., & Sanders, M.R. (2012). *Session Presentations for Grandparent Triple P Seminar Series: Being a Positive Grandparent*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

Kirby, J.N., & Sanders, M.R. (2013). *Participant Notes for Grandparent Triple P: Provider Training*. Brisbane, QLD, Australia: Triple P International Pty. Ltd.

Current Research Projects

Compassion/Self-Compassion

- **Compassion Meta-Analysis.** I finalised and submitted the first systematic review and meta-analysis of compassion-based interventions. The review included 23 RCT studies, with 12 studies being included in the quantitative analysis. I am the lead author, and my co-authors are Dr Cassandra Tellegen and Dr Stan Steindl from UQ. Paper currently under review.
- **Compassion and Parenting.** I am currently examining the role of self-compassion, through using the Loving-Kindness Meditation, in experimental studies. I supervised two honours students from the University of Queensland where we examined the Loving-Kindness Meditation in two experiments: (1) with parents, and (2) with young adults. One paper from these experiment is currently under review, with the other three in preparation.
- **The Measurement of CFT Process.** This is a collaboration between Professor Paul Gilbert, founder of Compassion Focused Therapy (CFT; The University of Derby) and myself. The study is developing a measure of CFT process, which focuses on the three emotion systems, which therapists can use with clients to document change across the duration of therapy.
- **The Compassion Motivation & Commitment Scale.** This is a collaboration between UQ (Dr Stan Steindl and myself) and Stanford University (Dr James R. Doty and Dr Emma Seppala), and Dr Ania Filus (The University of Southern California) where we are developing a new measure to assess compassion motivation and commitment. We are in the middle of determining the initial psychometric properties for the new scale, which has been informed by motivational interviewing processes.
- **Gone Fishing.** The Gone Fishing program is an immersion unit for corporate individuals to experience life in Africa volunteering in helping in classrooms, medical clinics, and preparation of meals. The research project is a collaboration between the Edmund Rice Foundation (CEO, Mr Anthony Ryan), Dr Sarah Kelly (Director of MBA program at The University of Queensland), and myself. The program is aimed at improving leadership qualities and developing a more compassionate and empathic leadership style.
- **Compassion and Secrets.** Dr Michael Slepian (Columbia University) and myself are collaborating to determine whether compassion acts as the key predictor for who people decide to share secrets with. We are currently in the third phase in our four phase study design, with recruitment occurring to determine differences between 'big' and 'small' secrets.

Triple P

- **Independent Evaluations and Conflicts of Interest.** This is a collaboration between Professor Matthew Sanders and me, with a number of leading psychosocial scientists across Australia including Professor Mark Dadds, Professor Helen Christensen, and Professor Steven Zubrick. We are aiming at developing guidelines for the field of psychosocial intervention developers regarding conflicts of interest.
- **Development of a Measure of Quality Process in Therapy Delivery.** Developing a measurement of fidelity, which examines the quality of therapy process. The study is in collaboration between the University of Queensland, The University of South Carolina, and The Oregon Institute.

Acceptance and Commitment Therapy and Young Adult Congenital Heart Disease

- **Resilience in Every Day Life: READY.** This project is focused on evaluating a program called "Ready" (Resilience for Everyday Life) with young adult patients with congenital heart disease. READY is a mindfulness based program. This project is in collaboration with The Prince Charles Hospital, Chermside, Brisbane and The University of Queensland. My role is an assistant project manager.

Clinical Teaching/Supervisor

Clinical Supervisor

- I am a STAP accredited supervisor and supervise postgraduate students completing professional training in the Clinical Psychology Masters and Doctorate programs.

2013 to present

- Providing clinical supervision and remedial supervision to professional masters and doctorate students during internships at the Child and Family Psychology Clinic & The UQ Psychology Clinic, at The University of Queensland. Supervision entails reviewing of client sessions, assistance with developing skills regarding intake interviews, assessments, formulation, and intervention strategies.
 - Rochelle Brazendale (UQ, Intern Semester 2, 2015)
 - Michele Jordan (UQ, Intern Semester 1, 2015)
 - Sarah Teo (UQ, Intern Semester 1, 2014)
 - Clarissa Lui (UQ, Intern Semester 2, 2014)

2011: Triple P Trainer

- Provided training to 20 nurses in Hong Kong in the delivery of Grandparent Triple P (GTP). This involved providing a 1-day seminar in GTP. The seminar involved presenting the GTP content, facilitating discussion amongst participants, modelling behavioural rehearsal routines, and modelling self-regulation processes.

Thesis Supervision

Honours Student Supervision:

- Supervising two honours students for 2015 examining the role of compassion in families
 - Sarah Baldwin: *Self-compassion and parents*
 - David Laczko: *Self-compassion and young adults living at home*
- Co-supervision with Dr Genevieve Dingle to Honours student, Joseph Hodges, at the University of Queensland in 2014. Thesis titled: *Understanding the emotional rollercoaster: Measuring emotion regulation in adolescents.*
- Provided co-supervision with Dr Divna Haslam to Honours student, Pamela Patrick, at the University of Queensland in 2012. Thesis titled: *Giving Voice to Working Parents.* This honours thesis has been published in *Journal of Child and Family Studies.*

Honours and Awards

Postgraduate:

- 2013 Commendation Award for the Vice-Chancellor's Internationalisation Awards in recognition of Grandparent Triple P (The University of Queensland, 2013)
- 2012 UniQuest Trailblazer Finalist for the development of Grandparent Triple P: A parenting program for grandparents (The University of Queensland, 2012)
- Runner-Up: Postgraduate Student Research Excellence Award (The University of Queensland, 2011)
- Postgraduate Cutting-Edge Research Award: Poster Session (The University of Queensland, 2011)

Undergraduate:

- Dean's Commendation for High Achievement, Semesters 1 and 2: 2003, 2004, 2005, 2006
- Top Performing Student in PSYC4992 Advanced Seminar in Psychology, Semester 2, 2006
- Top Performing Student in PSYC4161 Personnel Training, Semester 2, 2006

Teaching:

- Lecturer evaluation results from Semester 2, 2014 (PSYC3082) indicated an average of 4.75 out of 5 for my abilities to be organised, explain concepts, being approachable, and treating students with respect.
- Tutor evaluation results from Semester 2, 2012 (PSYC3082) indicated an average of 4.80 out of 5 for my preparedness for tutorials, my communication skills, my approachability, encouragement, and ability to give feedback and advice (The University of Queensland).
- Nominated as a “Most Inspiring Teacher” in the SBS Faculty in Semester 2, 2012 (PSYC3082, Lead Tutor, The University of Queensland).
- Commended by Dean's Scholars in the SBS Faculty for teaching in Semester 1, 2012 and Semester 2, 2011 (PSYC2311 Tutor, The University of Queensland).

Journal Editorial Boards and Ad Hoc Reviewer

- I am currently an Associate Editor for the Journal of Family Studies.
- I have reviewed 21 manuscripts as part of the peer review process for publication. Journals I have peer reviewed for are listed below. Being part of the peer review process is something I value, as it enables me the chance to shape the scientific landscape of the areas I find passionate, that being clinical and family psychology.
 - Australian Psychologist
 - Behavior Therapy
 - BMC Psychiatry
 - Child Maltreatment
 - Clinical Child and Family Psychology Review
 - General Hospital Psychiatry
 - International Journal of Ageing and Human Development
 - Journal of Child and Family Studies
 - Journal of Child Health Care
 - Journal of Children's Services
 - Journal of Clinical Child Psychology and Psychiatry
 - Prevention Science

Grant Funding and Scholarships

Kirby, J.N. (2015). Understanding compassion: what blocks and facilitates compassionate action. Endeavour Research Fellowship Award. The Australian Government (**5-months at \$30,000**).

Sanders, M.R., Burke, K., & **Kirby, J.N.**, (2015). *The Knowledge Transfer Project* (**Awarded AU\$18,000/1 year**). The Life Course Centre, The University of Queensland.

Griffin, M., Passfield, L., Price, M., James, M., Appo, L., **Kirby, J.N.**, Tellegen, C.L., & Blondell, S. (2015). *Intensive Early Childhood Development Support Project* (**Awarded AUD\$200,000/2 years**). Department of Education & Department of Communities, Child Safety and Disability Services, QLD Government.

Leung, C., Fung, B, **Kirby, J.N.**, & Sanders, M.R. (2010). *Successful grandparenting in the Chinese context*. **Awarded HK\$105,000** (AUD\$13,681). The Hong Kong Polytechnic University Research Grant Scheme. **Co-Investigator**.

Australian Government: Australian Postgraduate Award (APA) **AUD\$87,482** (2009-2012)

- Australian Postgraduate Awards (APA) scholarships are awarded to students of exceptional research potential who undertake a higher degree by research

Travel Funding

2009: Domestic Travel Grant – School of Psychology, The University of Queensland (\$750)

2011: International Travel Grant – School of Psychology, The University of Queensland (\$2,250)

2012: International Conference Travel Grant – The Parenting and Family Support Centre, The University of Queensland (\$3,000)

2013: International Conference Travel Grant – The Parenting and Family Support Centre, The University of Queensland (\$3,000)

2014: International Conference Travel Grant – The Parenting and Family Support Centre, The University of Queensland (\$1,500)

Professional Experience

November 2013 to Present

Position: Clinical Psychologist

Employer: Psychology Consultants, Morningside

Specifics:

- Working as a clinical psychologist in private practice treating child and adult clients with evidence-based psychotherapies including, compassion focused therapy (CFT), cognitive-behavioural therapy (CBT), motivational interviewing, and acceptance and commitment therapy (ACT). I also deliver evidence-based parenting programs, specifically the Triple P-Positive Parenting Program, to parents in order to improve childhood emotional and behavioural outcomes, and increase parenting confidence and decrease dysfunctional parenting practices.

Jan 2013 to Present

Position: Senior Research Fellow

Employer: Parenting and Family Support Centre, School of Psychology, University of Queensland

Specifics:

- Writing and publishing manuscripts in the field of family processes. I am specifically focusing on the role of compassion and self-compassion with the family context. I also supervise honours students.

July 2014 to December 2014

Position: Vice Chancellor's Research Fellow

Employer: University of Southern Queensland

Specifics:

- I completed a 5-month position as a Research Fellow in the 'Innovative Mental Health Solutions' Research Program, within the 'Institute for Resilient Regions', and aligned with the School of Psychology, Counselling and Community at the University of Southern Queensland (Brisbane Campus). During this period I was able to begin my research into compassion and self-compassion.

February 2014 to July 2014

Position: Psychologist/Clinical Psychology Registrar

Employer: The Prince Charles Hospital

Specifics:

- Working as a psychologist in the public sector at the Prince Charles Hospital delivering the evidence-based acceptance and commitment therapy program "READY". The delivery of the READY program is focused on adult patients who suffer from congenital heart disease. The aim is to help patients with adjustment difficulties and to help improve treatment adherence, and to improve quality of life. We are also evaluating the efficacy of READY in a pilot/feasibility study at The Prince Charles Hospital.

May 2007 to Dec 2012

Position: Personal Research Assistant for Professor Matthew Sanders

Employer: School of Psychology, University of Queensland

Specifics:

- Manuscript reviewing, assistance with funding applications, and project report writing.
- Statistical tasks including data entry and analysis of evaluation data using software program SPSS version 20.0.

January 2010 to present

Position: Triple P Consultant

Employer: School of Psychology, University of Queensland

Specifics:

- Accredited provider of: Group Triple P; Standard Triple P; Enhanced Triple P; Primary Care Stepping Stones Triple P; Teen Triple P; Baby Triple P; Grandparent Triple P

Lecturing

July 2015 to December 2015

Position: Lecture Coordinator for Developmental Disorders of Childhood (PSYC2311)

Employer: School of Psychology, University of Queensland

Specifics: Teaching second year psychology undergraduates the course Developmental Disability offered at the University of Queensland. Teaching involves organizing lecture content, delivering content, structuring assessment and marking of the assessment, and organizing the tutors for tutorials.

July 2014 to December 2014

Position: Lecture Coordinator for Psychotherapies and Counselling (PSYC3082)

Employer: School of Psychology, University of Queensland

Specifics: Teaching third year psychology undergraduates the course Psychotherapies and Counselling offered at the University of Queensland. Teaching involves organizing lecture content, delivering content, structuring assessment and marking of the assessment, and organizing the tutors for tutorials.

July - November 2011 and 2012

Position: Guest Lecturer for Parenting and Family Psychology Course (PSYC3312)

Employer: School of Psychology, University of Queensland

July 2010

Position: Guest Lecturer for Psychotherapies and Counseling Course (PSYC3082) and Parenting and Family Psychology Course (PSYC3312)

Employer: School of Psychology, University of Queensland

July 2009

Position: Guest Lecturer for Psychotherapies and Counseling Course (PSYC3082)

Employer: School of Psychology, University of Queensland

Tutoring:

July – November 2015

Position: Lead Tutor for Postgraduate Acceptance and Commitment Therapy (PSYC7072)

Employer: School of Psychology, University of Queensland

July – November 2012

Position: Lead Tutor for 3rd Year Psychotherapies and Counselling (PSYC3082)

Employer: School of Psychology, University of Queensland

Feb – July 2012

Position: Tutor for 2nd Year Developmental Disorders of Childhood (PSYC2311)

Employer: School of Psychology, University of Queensland

July – November 2011

Position: Tutor for 2nd Year Developmental Disorders of Childhood (PSYC2311)

Employer: School of Psychology, University of Queensland

February – July 2010

Position: Tutor for 3rd Year Psychopathology Course (PSYC3102)

Employer: School of Psychology, University of Queensland

Clinical Practice History/Clinical and Procedural Skills

September 2011 to February 2012

Externship 2

Organisation: Continuing Care West, Princess Alexandra Hospital

Experience:

- Individual or co-therapy with consumers with complex presentations and who have been diagnosed with a severe mental illness (e.g., bipolar disorder or schizophrenia).

September 2010 to February 2011

Externship 1

Organisation: Canossa Private Hospital and RehabMx

Experience:

- Delivering a manualised group program for individuals suffering from chronic pain. I also delivered one-on-one therapy for clients who were presenting with depression, dysthymia, anxiety, and adjustment disorders in the context of chronic pain.

March 2010 to December 2010

Internship 2

Organisation: UQ Psychology Clinic

Experience:

- Individual therapy with clients presenting with a range of different concerns including anxiety disorders, depression, posttraumatic stress disorder, and child behavioural problems. I typically delivered cognitive-behaviour therapy (CBT), acceptance and commitment therapy (ACT), and schema-focused therapy.

March 2009 to December 2009

Internship 1

Organisation: Child and Family Psychology Clinic

Experience:

- Individual therapy with families presenting with a range of different problems including, child oppositional defiant disorder, conduct problems, childhood separation anxiety, and parental skills training. I delivered behavioural family interventions, specifically the Triple P-Positive Parenting Program.

Other Professional Activities

Psychotherapy Examples Video Clips

- I am in the process of developing a series of psychotherapy video clips providing examples of some of the core clinical skills a therapist would provide to clients in individual sessions.
- The aims of the videos are to be educational, as well as help break down stigma to accessing mental health. I have made the video clips available to the public through creating a youtube channel. Collectively, these videos have been **viewed over 8,500 times**, and my youtube channel has **66 subscribers** (04.01.2016).
- The videos can be accessed via:
 - <https://www.youtube.com/channel/UCCXdI5zUd2O1pgLrlreU9rQ>
- Currently I have made 11 videos demonstrating the following:
 - Part 1: Agenda Setting and Explaining Confidentiality.
 - Part 2: Questionnaires and Phases of Therapy.
 - Part 3: Open and Closed Questions.
 - Part 4: Motivational Interviewing.
 - Part 5: Exposure Therapy.
 - Part 6: ACT in a Nutshell.
 - Part 7: Mindfulness.
 - Part 8: Defusion Techniques.
 - Part 9: Process Issues (Late arrivals).
 - Part 10: Process Issues (Homework non-completion).
 - Part 11: Process Issues (Resistance to treatment plan).
 - Part 12: Loving-Kindness Meditation (Self-compassion)

Blogs, Psychology Consultants

- I have written four blogs about mental health as part of my role at Psychology Consultants. The aim of these blogs is to help try and de-stigmatize mental health and mental health support. The blogs also try to provide the public with accurate and reliable information about psychology and seeing a clinical psychologist. Below are the blogs I have written as of 14 of January 2015. The blogs can be accessed through (www.psychologyconsultants.com.au).
 - **Resilience, how can it help me?**
 - **I'm doing this for me**
 - **Music, tune in to your emotions**
 - **New years resolutions and self-compassion**
 - Printed online at Women's Agenda (http://www.womensagenda.com.au/guilt-free-zone/already-falling-short-on-your-new-year-s-resolutions-this-is-for-you#.VLh-mkvGI_s)

Parenting and Family Support Centre, The University of Queensland

- The Triple P Evidence Based Website (www.pfsc.uq.edu.au/research/evidence)
 - The aim of this initiative was to provide a website that housed all of the evidence pertaining to Triple P. This website was built in collaboration with Jamin Day. The website is interactive, with users being able to search for specific Triple P articles.
- The 'End of Year' Seminar Presentations.
 - The aim of this initiative (with John Pickering) was to provide a presentation to reflect on the achievements of the PFSC, particularly of its staff and students, over the past year, and give the presentation in an entertaining and informative way. This seminar has been presented every year since 2010.
- Films/Video
 - The aim of creating films and editing them for the PFSC is to provide videos that showcase our work. The films are informal, yet provide rare insights not typically captured (e.g., presentations, audience reactions, interviews). These videos are then interweaved into PFSC seminars throughout the year.

Helping Families Change Conference

- Co-Master of Ceremonies at the Helping Families Change Conference:
 - 2010: Brisbane, Australia
 - 2012: Glasgow, Scotland
 - 2013: Los Angeles, United States of America
 - 2014: Sydney, Australia

Volunteer Experience

August 2013 to September 2013

Position: Volunteer

Organisation: Archelon: The Sea Turtle Protection Society of Greece

Duties:

- Volunteered for five weeks on the Geek island of Crete to help with the conservation of the endangered loggerhead sea turtle. Duties included excavating nests, surveying nests, providing protection to nests, and building public awareness.

Jan 2000 to present

Position: Volunteer

Organisation: Eddies Street Van

Duties:

- Eddie's Street Van provides a BBQ and coffee to the homeless men and women of Brisbane on a Tuesday night at Roma Street Parklands.

March 2007 to 2008

Position: Telephone Counsellor

Organisation: Salvo Care Line

Duties:

- Taking calls from individuals in times of crises.

Jan 2002 – Jan 2004

Position: Leader

Organisation: Edmund Rice Camp

Duties:

- Edmund Rice Camps aim at giving disadvantaged young children and adults a week away from home. I have volunteered on several Edmund Rice Camps as a Leader, which involves supporting a young child on the camp for the week.

Jan 2000 – March 2003

Position: Kitchen staff

Organisation: Ecumenical Coffee Brigade

Duties:

- The Ecumenical Coffee Brigade is a service, which offers fruit, sandwiches, and coffee to the homeless men and women of Brisbane. I have volunteered by helping make the sandwiches and delivering them to the homeless men and women.

Professional Referees

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