

About the Authors

Jonathan S. Abramowitz, PhD, ABPP is Associate Professor and Associate Chair of Psychology as well as Research Associate Professor of Psychiatry, at the University of North Carolina (UNC) at Chapel Hill. He also serves as Director of the Anxiety and Stress Disorders Clinic at UNC. From 2000 to 2006 he was Director of the OCD/Anxiety Disorders Treatment and Research Program at the Mayo Clinic in Rochester, Minnesota. Dr. Abramowitz conducts research on the psychopathology and treatment of anxiety disorders and has authored or edited 5 books and over 100 peer-reviewed research articles and book chapters on these topics. He currently serves as Associate Editor of two professional journals, *Behavior Research and Therapy* and *Journal of Cognitive Psychotherapy*, as well as serving on the editorial boards of a number of other professional journals. Dr. Abramowitz is a member of the Obsessive Compulsive Foundation's Scientific Advisory Board and a member of the Anxiety Disorders Association of America's Clinical Advisory Board. In 2005 he was elected to the Board of Directors of the Association for Behavioral and Cognitive Therapies (formerly AABT). He also served on the DSM-IV-TR Anxiety Disorders Work Group. In 2003, Dr. Abramowitz received the Outstanding Contributions to Research Award from the Mayo Clinic Department of Psychiatry and Psychology, and in 2004 he received the David Shakow Early Career Award for Outstanding Contributions to Clinical Psychology from Division 12 (Clinical Psychology) of the American Psychological Association. He currently lives in Chapel Hill, North Carolina with his wife, Stacy, and their daughters Emily and Miriam.

Autumn E. Braddock, PhD, is a primary care psychologist within the Veterans Affairs Greater Los Angeles Healthcare System, specializing in behavioral medicine and cognitive-behavioral therapy for anxiety. She is the former Codirector of the Anxiety Disorders Clinic at Mayo Clinic (2006–2008), where she served as a staff clinical health psychologist in the Department of Psychiatry and Psychology and an Instructor in the Mayo Medical School. Dr. Braddock received her B.A. in Psychology from Yale University and her Ph.D. in Clinical Psychology with a minor in Sport Psychology from UCLA. She completed an APA-Accredited internship at the VA Greater Los Angeles Healthcare System (West Los Angeles) and a 2-year APA-Accredited postdoctoral fellowship in Clinical Health Psychology at Mayo Clinic. She has received numerous awards and grants including the Howard R. Rome Fellow Grand Rounds Award at Mayo Clinic, Distinguished Teaching Award at UCLA, and the Mead Prize for Lead-

ership and Character at Yale University. Dr. Braddock has presented her research, primarily addressing anxiety within medical populations, at national and international conferences. She enjoys visiting with her loving parents and brothers in Colorado. Currently, she lives in Santa Maria, California with her partner and best friend, Eric.