

# Jeffrey E. Hecker

## CURRICULUM VITAE

January 29, 2026

### Contact Information

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### Current Positions, Department of Psychology, University of Maine

Professor of Psychology

Director of Clinical Training

Co-Project Director, [Rural Integrated Behavioral Health in Primary Care](#) program

Project Director, Rural Integrated Behavioral Health in Primary Care – Substance Use program

Program Coordinator, [University of Maine-Maine State Forensic Service Post-Doctoral Fellowship in Forensic Psychology](#)

### Education

1981 - 1986                      University of Maine  
    Ph.D. Psychology (Clinical)

1977 - 1981                      University of Illinois  
    B.S. Psychology

### Continuing Professional Education (selected activities)

December 2019                      Academic Impressions  
*Using Decentralized Budget Principles to Enhance Operational Effectiveness*

July 2017 – Dec. 2018              Association of Chief Academic Officers  
*Digital Fellowship* (funded by Bill & Melinda Gates Foundation)

July 2015                              Harvard Graduate School of Education  
*Institute for Educational Management*

March 2010                              Council of Colleges of Arts & Sciences  
*Financial Management Seminar*

February 2009                        Council for Advancement and Support of Education  
*Development for Deans*

### Administration

Director of Clinical Training, Department of Psychology, University of Maine (July, 2022 – present)

- Responsible for all aspects of APA-accredited doctoral program in clinical psychology

Senior Advisor to the President, University of Maine (September, 2019 – August, 2020)

- Led the development of plan to transform the university's budget model
- Led the development of public-private partnerships to renovate and repurpose historic buildings
- Led administrator developing a rural mental health center of excellence in collaboration with Northern Light Health, Acadia Hospital
- Led UMaine's engagement in APLU's *Powered by Publics* initiative

Executive Vice President for Academic Affairs and Provost, University of Maine (September, 2013 – August, 2019)

- Led UMaine's Division of Academic Affairs including six academic colleges, library services, Cooperative Extension, graduate school, as well as Divisions of Research, Enrollment Management, Marketing & Communications, and Innovation & Economic Development
- Managed \$200 million budget
- Led the development of university's 2019-2025 strategic plan, [Strategic Vision and Values](#)
- Led the development of *Advancing Economic Development through Commercialization* plan
- Led the development of *First Year Student Success Plan*
- Led process to identify *Signature* and *Emerging* areas of excellence
- Developed and implemented *Provost's Action Plan for Retention and Graduation*, including *Think 30* initiative
- Created Provost's Council on Advancing Women Faculty
- Created Provost's Advisory Council on Equity
- Created Provost's Committee on Chairs/Directors Training
- Developed Center for Innovation in Teaching and Learning
- Created the Office of Major Scholarships
- Led assessment of the *Blue Sky Project*, UMaine's 2013-2018 strategic plan

Lead Chief Academic Officer, University of Maine System (January, 2016 – August, 2016)

- Chair, Chief Academic Officers Council
- Managed UMS Academic Transformation initiative
  - Managed cross campus Program Integration initiative
  - Led system-wide Academic Portfolio Review process

Dean, College of Liberal Arts & Sciences, University of Maine (July, 2008 – August, 2013)

- Led UMaine's largest college with budget of over \$26 million, 16 departments, two schools, four interdisciplinary programs, over 200 faculty, and over 3,000 students
- Led college through yearlong process culminating in the *2012-2017 CLAS Strategic Plan*
- Created Dean's Advisory Council (college's external advisory board)
- Created Faculty Research and Creative Activity fellowship program
- Created Undergraduate Research and Creative Activity Fellowship program
- Led evaluation and revision of college by-laws and B.A. requirements
- Created annual publication highlighting faculty and student achievements

- Developed University of Maine Humanities Initiative resulting in an endowed center
- Started college's annual Maine Heritage Lecture
- Created and led college's fund-raising operation

Interim Dean, College of Liberal Arts & Sciences, University of Maine (October, 2007 – June, 2008)

Department Chair, Department of Psychology, University of Maine (July, 2002 – October, 2007)

- Led department with 19 faculty members, 30-plus graduate students and over 300 undergraduate majors
- Led faculty through revision of undergraduate curriculum
- Initiated and oversaw the creation of Research-Intensive track in undergraduate program
- Led faculty through reorganization of graduate programs
- Managed successful reaccreditation of Doctoral Training Program in Clinical Psychology

Director of Psychological Services, Department of Psychology, University of Maine (July, 1986 – June, 2002)

- Led and managed primary training clinic for APA-accredited doctoral training program in clinical psychology
- Created and managed contracts with Penobscot Job Corps Center, Penquis Head Start, Maine Department of Corrections – Juvenile Services and several local school systems

Acting Director of Clinical Training, Doctoral Program in Clinical Psychology, Department of Psychology, University of Maine. (January, 1994 - August, 1994)

- Responsible for all aspects of APA-accredited doctoral program in clinical psychology

## **Academic**

Professor, Department of Psychology, University of Maine (2003 – Present)

Associate Professor, Department of Psychology, University of Maine (1993 – 2003)

Assistant Professor, Department of Psychology, University of Maine (1990 - 1993)

Faculty Associate, Department of Psychology, University of Maine (1986 - 1990)

## **Research**

Allied Scientist, Eastern Maine Medical Center, Bangor, ME. (1995 – 2003)

## **Clinical**

Licensed Psychologist (Maine license #605), Private Practice in Clinical Psychology, Orono, Maine. (1987 – Present)

Evaluator, Maine State Forensic Service (1988 -2007; 2021 – Present)

## **Teaching**

Undergraduate: Introduction to Psychology, Abnormal Psychology, Introduction to Forensic Psychology, Foundations of Clinical Psychology, Senior Seminar in Psychology, Directed Research.

Graduate: Basic Methods of Assessment, Seminar in Clinical Psychology, Ethics and Professional Issues, Directed Research, Practicum, Seminar in Rural Mental Health, Advanced Seminar in Integrated Behavioral Health, Clinical Research Forum.

### **Consulting**

Maine Department of Corrections, Division of Juvenile Services, Research/Clinical Consultation (2006 – 2013)

Board of Examiners of Psychologists, State of Maine, Complaint Investigator (1996 – 2004)

Penobscot Job Corps Center, Bangor, Maine. Mental Health Consultant (1986 – 2003)

Penquis CAP Head Start. Principal Mental Health Consultant (1986 – 2003)

### **Editorial/Reviewing**

Ad Hoc reviewer for *Behavior Therapy*, *Behavioural Psychotherapy*, *Canadian Journal of Behavioural Science*, *Child Maltreatment*, *Cognitive Therapy and Research*, *Criminal Justice and Behavior*, *Journal of Anxiety Disorders*, *Journal of Clinical Psychology*, *Journal of Consulting and Clinical Psychology*, *Psychological Reports*, *Psychophysiology*, *Psychology of Women Quarterly*, *Sexual Abuse: A Journal of Research and Treatment*.

Pre-publication reviews for Allyn & Bacon, Harcourt Brace Jovanovich, Inc., Elsevier Sciences, Oxford University Press, Lawrence Erlbaum.

### **Service to the University** (selected contributions)

Institute of Medicine Leadership Team (2022 – present)

Advisory Board, McGillicuddy Humanities Center (2020 – present)

Chair, Maine Day Task Force (December 2022)

Faculty Mentor, EMPOWER program (2021-2022; 2024-2025)

President's Cabinet (2013 – 2019)

President's Advancement Council (2013 – 2019)

America East Academic Consortium Steering Committee (2014 – 2019)

Advisory Board, Maine Center for Research in STEM Education, Member (2008 – 2020)

Advisory Board, Genomic Ecology of Coastal Organism (GECO) (2019 – 2020)

Principal Investigator NSF ADVANCE Institutional Transformation grant (2013-2016)

Advance Initiative Council (2009 – 2016; Co-Chair 2009 – 2011; Chair 2011-2012 and 2014-2016)

Provost's Council, Member (2007 – 2013)

Chair, Search Committee for Dean of Honors College (2012-2013)

Chair, Search Committee for Dean of College of Education and Human Development (2011-2012)

Presidential Search Committee (2010 - 2011)

Academic Program Prioritization Working Group (2009 - 2010)

University Research Council, Member (2008 – 2010)

Dean's Budget Advisory Committee, College of Liberal Arts & Sciences, Member (2006 – 2007)

Dean's Advisory Committee on Promotion and Tenure, College of Liberal Arts & Sciences (2005 – 2007)

University's Strategic Planning Committee (2005 – 2006)  
 Graduate Research, Education and Scholarship - Strategic Planning Task Force (2005 – 2006)  
 Protection of Human Subjects Review Board, Member (1997 - 2000), Chair (2000 - 2002)  
 Planning Committee, Mental Illness Awareness Week, Member (1997 - 1998)  
 Faculty Senate, College of Liberal Arts & Sciences Representative (1995 - 1998)  
 Multidisciplinary Psychiatric Grand Rounds Planning Committee (1991 - 1996)  
 Women's Resource Center Planning Committee, Member (1988 - 1989)

### **Service to the Profession** (selected contributions)

American Psychological Association, Committee on Accreditation, Site Visitor (2007 – 2015)  
 American Psychological Association, Continuing Education Committee (1998 – 2002), Chair (1999 – 2000)  
 Maine Academy for Continuing Education of Psychologists (1991 – 2000), Chair (1993 – 1998)

### **Community Service** (selected contributions)

Orono Public Library Foundation, Board of Directors (2022 – Present)  
 Northern Light Health, Corporator (2020 – Present)  
 Maine Mathematics and Science Alliance, Board of Directors (Member: 2015 – 2024, Chair: 2018 – 2021)  
 Challenger Learning Center, Board of Directors (Member: 2016 – Present, President: 2022- Present)  
 Bangor Region Chamber of Commerce Board of Directors (2019 – 2021)  
 Bridge Year Educational Service, Inc., Board of Directors (2013 – 2018)  
 Camden International Film Festival, Board of Directors (2011 – 2013)  
 Maine Department of Corrections, Juvenile Services, Research and Evaluation Council (2002 –2004)  
 Continuing Health Education Partnership, Inc., Board of Directors (Member: 1991 – 1998, President: 1991 – 1995)  
 Health Advisory Committee, Penquis CAP Head Start, Bangor, ME. (1987 – 1993)

### **Honors**

2022 Distinguished Mental Health Lecture, Institute of Medicine, University of Maine  
 2015 Inducted into Phi Kappa Phi, the nation's oldest multidisciplinary collegiate honors society  
 2006 University of Maine, College of Liberal Arts & Sciences, Outstanding Faculty Award (Community Service and Outreach)  
 1994 Maine Psychological Association Award for Outstanding Academic Contributions to Psychology  
 1986 Dissertation Oral Examination passed with Distinction, University of Maine  
 1981 Phi Beta Kappa, University of Illinois.

### **Grants**

US Health Resources and Services Administration, Graduate Psychology Education Program grant. July 2022 – June 2025  
 Title of Project: *Rural Integrated Behavioral Health in Primary Care - Substance Use*  
 Amount of Award: \$669,236  
 Project Director

US Health Resources and Services Administration, Behavioral Healthcare Workforce Education and Training grant. July 2021 – June 2025

Title of Project: *University of Maine Rural Integrated Behavioral Health in Primary Care*

Amount of Award: \$1,480,000

Co-Project Director

University of Maine, Institute of Medicine, University of Maine, September 2021 – June 2022

Title of Project: *Pathways to Care for Individuals with Serious Mental Illness in Washington County.*

Amount of Award: \$25,000

Co-PI with Lois-Ann Kuntz

University of Maine System Rural Health and Wellbeing Grand Challenge: Injury Prevention Seed Grant Program. January 2021 – December 2021

Title of Project: *Violence Prevention in Rural Maine: A Pilot Project for the Early Identification of Severe Mental Illness in Washington County*

Amount Awarded: \$25,000

Co-PI with Lois-Ann Kuntz

Northern Light Acadia Hospital. February 2020 – August 2021

Title of Project: *Acadia Center of Excellence for Serious Mental Illness*

Amount Awarded: \$71,354

Principal Investigator

National Science Foundation. August 2017 – July 2019

Title of Project: *Collaborative Research: Promoting instructional change in introductory STEM courses through Faculty Learning Communities focused on the transition from high school to college.*

Amount Awarded: \$154,910

Co-PI with Michelle Smith, MacKenzie Stetzer

U.S. Department of State. June – August 2016.

Title of Project: *Mandela Washington Fellowship Program.* June – August, 2016.

Amount Awarded: \$150,000.

Principal Investigator

National Science Foundation. ADVANCE: Increasing the Participation and Advancement of Women in Academic Science and Engineering Careers. September 2013 – September 2016.

Title of Project: *A Rising Tide: Advancing Women and Leadership at the University of Maine.*

Amount Awarded: \$3,162,602.

Principal Investigator with Co-PIs Amy Fried, Eleanor Groden, Susan Gardner, Karen Horton

Office of Juvenile Justice and Delinquency Prevention, Juvenile Sex Offender Treatment Program Development and Capacity Building Grant, administered through State of Maine Department of Corrections, January. 2009 – December 2012.

Title of Project: *Enhancing Residential Sexual Behavior Treatment and Re-Entry Programming for*

*Maine's Youths.*

Amount Awarded: \$341,576

Co-PI with Sue Righthand

Visiting Libra Diversity Professor Award, University of Maine, September 2005 – May 2006.

Title of Project: *Enhancing diversity sensitivity and education in the University's doctoral training program in clinical psychology.*

Amount Awarded: \$15,000

Co-PI with Douglas Nangle

Association for the Treatment of Sexual Abusers, September 2006 – August 2007

Title of Project: *Eyeblink startle reflex as a measure of sexual interest: An examination of dissimulation detection*

Amount Awarded: \$5,249

Principal Investigator

Scholarly Materials and Equipment Fund, University of Maine, December 2004.

Title of Project: *Startle Reflex and Sexual Interest.*

Amount Awarded: \$6,729

Principal Investigator

Fahs-Beck Fund for Research and Experimentation, January 2003 – December 2003

Title of Project: *Treatment acceptability of a well-established cognitive behavioral therapy in a Native American community: A participatory research study*

Amount Awarded: \$3,000

Co-PI with Elizabeth Ranslow

Regular Faculty Research Fund Award, University of Maine, January 2000.

Title of Project: *Juvenile Sex Offenders in Maine: An Eight-Year Follow-Up and Risk Assessment.*

Amount Awarded: \$7,744.

Principal Investigator

Summer Faculty Research Award, University of Maine, June 1997.

Title of Project: *Psychopathy as a predictor of child abuse and neglect: A preliminary investigation.*

Amount Awarded: \$5,000

Principal Investigator

Scientific Equipment and Book Fund Award, University of Maine, March 1996

Title of Project: *Worry: Nature, Function, and Treatment.*

Amount Awarded: \$6,941.

Principal Investigator

American Heart Association Summer Fellowship Award, May 1995.

Title of Project: *Panic Disorder in Post-Myocardial Infarction Patients: Prevalence, Etiology, Physical Symptoms and Cognitive Styles.*

Amount Award: \$2,000  
Principal Investigator

Scientific Equipment and Book Fund Award, University of Maine, March 1991.

Title of Project: *Anxiety, Panic, and Alcohol Abuse.*

Amount Awarded: \$309

Principal Investigator

## Contracts

*Training Agreement.* Hecker, J.E. Postdoctoral Fellowship in Forensic Psychology. Maine Department of Health and Human Services, State Forensic Service.

2021-2023. Total: \$186,043

2023-2025. Total: \$604,409

*Cooperative Agreement.* Hecker, J.E. Research and Clinical Consultation. Maine Department of Corrections. Renewed annually, 2006 – 2011. Total: \$99,560

*Public Service Contract.* Hecker, J.E. Adult Sex Offenders: Understanding, Assessment, and Treatment. Maine Department of Corrections (administering funds for U.S. Department of Justice). 2007. \$17,165.

*Research Contract.* Hecker, J.E. Evaluation of MAYSI-2 Pilot Project in Kennebec, Penobscot, and Piscataquis Counties. Maine Department of Corrections (administering funds from the U.S. Department of Justice, Office of Justice Programs). 2006 – 2007. \$38,370.

*Cooperative Agreement.* Hecker, J.E. Juvenile Forensic Evaluation, Treatment and Training Project. Maine Department of Corrections. 2005 - 2006. \$40,260.

*Technical Assistance Contract.* Hecker, J.E., Nangle, D.W., & Erdley, C.A. Data-Based Outcome Assessment for Maine Head Start Children. Funded by the University of Maine Children At-Risk Project. 2002. \$18,000.

*Technical Assistance Contract.* Hecker, J.E. & Nangle, D.W. Penquis Head Start. 2001 - 2002, \$9,750.

*Mental Health Consultation.* Hecker, J.E. Contract to provide mental health consultation services to the Penobscot Job Corps. Renewed biannually, 1986 - 2002. Total: \$182,280.

*Mental Health Consultation.* Hecker, J.E. Contract to provide mental health consultation services to Head Start Centers in Penobscot and Piscataquis Counties. Renewed annually, 1986 – 2002. Total: \$97,800.

## Professional Affiliations

American Psychological Association (1986 – Present)

APA Division 12 - Society of Clinical Psychology (1996 – 2013)

Section 3: Society for a Scientific Clinical Psychology (1996 – 2013)

APA Division 41 - American Psychology-Law Society (2004 – 2012, 2021 - Present)

APA Division 38 – Society for Health Psychology (2022 – Present)  
 Association for Psychological Science (1993 – 2013)  
 Association for the Treatment of Sexual Abusers (2007 – 2012)  
 Council of Colleges of Arts & Sciences (2007 – 2013)  
 Council of Graduate Departments of Psychology (2002 - 2007)  
 Association for the Advancement of Behavior Therapy (1983 - 2005)  
 Association for Directors of Psychology Training Clinics (1987 - 2003)  
 Society of Maine Psychologists (1992 - 2000)

### **Doctoral Dissertations Supervised**

- Legasse, Aubrey, Ph.D. (2025). *The effects of context on state emotion regulation among individuals with or without a history of non-suicidal self-injury*. (Co-Chaired with Emily Haigh).
- Valo, Liv, Ph.D. (2024). *Clarifying adversity in aging: Developing a novel measure of cumulative stress*. (Co-Chaired with Emily Haigh).
- King, Matthew W., Ph.D. (2010). *Neurodevelopmental vulnerability for pedophilia: A taxometric investigation of its latent structure*. (Co-Chaired with Raymond Knight).
- Higgins, Diana M., Ph.D. (2006). *Preventing generalized anxiety disorder in an at-risk sample of college students: A brief cognitive-behavioral approach*.
- Scoular, R. Jamie, Ph.D. (2006). *Startle modified eye blink as a possible measure of male sexual interest*.
- Ranslow, Elizabeth, Ph.D. (2004) *Treatment acceptability of a well-established cognitive behavioral therapy in a Native American Community: A Participatory Research Study*.
- Maki, Kristin M., Ph.D. (2003). *The effects of stress-induction on pre-attentive and attentional bias for threat in social anxiety*.
- Kubik, Elizabeth K., Ph.D. (2002). *Social information-processing in adolescent girls: A comparison of sex-offending girls, delinquent girls, and girls from the community*. (Co-Chaired with Geoffrey L. Thorpe).
- O’Grady, April., Ph.D. (2002). *A single subject investigation of behavioral and cognitive therapies for body dysmorphic disorder*. (Co-chaired with Geoffrey L. Thorpe).
- Roberson-Nay, Roxann., Ph.D. (2000). *The role of systemic alarms in social fear acquisition: Etiological and theoretical implications*.
- Smith, Melinda G., Ph.D. (1998). *The Nature of pathological worry and its relationship to the emotional processing of information*.
- Losee, Melinda C., Ph.D. (1997). *Predictors of agoraphobic avoidance: A biopsychosocial model of personality risk factors*.

- Fritzler, Bryan K., Ph.D. (1996). *From intrusive thoughts to obsessions: The roles of perceptions of responsibility, salience, and thought suppression.*
- Fink, Christine M., Ph.D. (1994). *Fear of fear and information processing biases: A test of cognitive models using cardiac-impaired, panic disorder, and nonclinical subjects.*
- Vogeltanz, Nancy D., Ph.D. (1993). *The roles of anxious predisposition and predictability/controllability in physiological response to aversive stimuli.*
- Kaczor, Linda M., Ph.D. (1990). *Bioinformational theory of emotional imagery and imagery rehearsal: A process and outcome investigation of performance enhancement.*

### **Masters Thesis Supervised**

- Fawzy, Tamer, M.A. (2003). *The relationship between cognitive avoidance and attentional bias for snake-related thoughts.*

### **Post-Doctoral Re-Specialization Projects Supervised**

- Eilers, Rebecca, Ph.D. (2010). *The contributions of personality disorders to the treatment and release of insanity acquittees.*
- Penta, Joyce, Ph.D. (2000). *Management of panic disorder in rural health centers.*

### **Publications - refereed journal articles**

- Hecker, J.E., Giguere, J., Lowell, E., Killinger, M., Lewis, B., & Liebler-Bendix, A. (2022). Disordered eating, perfectionism, stress, and satisfaction in honors: A research collaborative investigating a community concern. *Journal of the National Collegiate Honors Council*, 23(2), 67-86.
- Schwartz-Mette, R. A., Righthand, S., Hecker, J.E. Dore, G., & Huff, R (2020). Long-term predictive validity of the Juvenile Sex Offender Assessment Protocol-II: Research and practice implications. *Sexual Abuse: A Journal of Research and Treatment*. DOI: 10.1177/1079063219825871.
- Hecker, J.E. & Gugliucci, M.R. (2015). A call to action: Maine's colleges and universities respond to an aging population. *Maine Policy Review*, 24, 36-41.  
digitalcommons.library.umaine.edu/mpv/vol24/iss2/8.
- Hecker, J.E. (2014). Baby with the bath water: A response to Fanniff and Letourneau. *Sexual Abuse: A Journal of Research and Treatment*, 26, 395-400. DOI: 10.1177/1079063214424644
- Higgins, D.M., & Hecker, J.E. (2008). A randomized trial of brief cognitive-behavior therapy for prevention of generalized anxiety disorder. *The Journal of Clinical Psychiatry*, 69, 1336.

- Fritzler, B.K., Hecker, J.E., & Fawzy, T.I. (2008). From intrusive thoughts to obsessions: The role of perceptions of responsibility, salience, and thought suppression. *Journal of Behavior Therapy and Experimental Psychiatry*, *39*, 610-624.
- Giles, A., Cassano, M., Shepherd, E.J., Higgins, D., Hecker, J.E., & Nangle, D.W. (2008). Comparing active pediatric obesity treatments using meta-analysis. *Journal of Child and Adolescent Psychology*, *37*, 886-892.
- Fawzy, T., Hecker, J.E., & Clark, J. (2006). The relationship between cognitive avoidance and attentional bias for snake-related thoughts. *Journal of Anxiety Disorders*, *20*, 1103-1117.
- Kubik, E.K., & Hecker, J.E. (2005). Cognitive distortions about sex and sexual offending: A comparison of sex offending girls, delinquent girls, and girls from the community. *Journal of Child Sexual Abuse*, *14*, 43-70. DOI: 10.1300/J070v14n04\_03.
- Righthand, S., Prentky, R., Knight, R., Carpenter, E., Hecker, J.E., & Nangle, D. (2005). Factor structure and validation of the Juvenile Sex Offender Assessment Protocol (J-SOAP). *Sexual Abuse: A Journal of Research and Treatment*, *17*, 13-30. DOI: 10.1007/s11194-005-1207-7.
- Nay, W., Thorpe, G.L., Roberson-Nay, R., Hecker, J., & Sigmon, S.T. (2004). Attentional bias to threat and emotional response to biological challenge. *Journal of Anxiety Disorders*, *18*, 609-627. DOI: 10.1106/j.janxdis.2003.08.003
- Hecker, J.E., Losee, M.C., Roberson-Nay, R. & Maki, K. (2004). Mastery of your anxiety and panic and brief therapist contact in the treatment of panic disorder. *Journal of Anxiety Disorders*, *18*, 111-126. DOI: 10/1016/S0887-6185(02)0024-4.
- Nangle, D.W., Hecker, J.E., Smith, M.G., & Grover, R.L. (2003). Perspective taking and adolescent sex offenders: From developmental theory to clinical practice. *Cognitive and Behavioral Practice*, *10*, 73-84. DOI: 10.1016/S1077-7229(03)80010-X.
- Kubik, E.K., Hecker, J.E., & Righthand, S. (2002). Adolescent females who have sexually offended: Comparisons with delinquent adolescent females and adolescent males who have sexually offended. *Journal of Child Sexual Abuse*, *11*, 63-83. DOI: 10.1300/J070v11n03\_04.
- Vogeltanz, N.D., & Hecker, J.E. (1999). The roles of neuroticism and controllability/predictability in physiological responses to aversive stimuli. *Personality and Individual Differences*, *27*, 599-612. DOI: 10.1016/S0191-8869(98)00167-6.
- Hecker, J.E., Fink, C.M., Vogeltanz, N.D., Thorpe, G.L., & Sigmon, S.T. (1998). Cognitive restructuring and interoceptive exposure in the treatment of panic disorder: A crossover study. *Behavioural and Cognitive Psychotherapy*, *26*, 115-131.
- Smith, M.G., & Hecker, J.E. (1997). Prevalence of panic disorder in post-myocardial infarction patients. *International Journal of Rehabilitative Medicine*, *3*, 1-8.

- Fritzler, B.F., Hecker, J.E., & Losee, M.C. (1997). Self-directed treatment with minimal therapist contact: Preliminary findings for obsessive-compulsive disorder. *Behaviour Research and Therapy*, *35*, 627-631. DOI: 10.1016/s0005-7967(97)00024-7.
- Hecker, J.E., Losee, M.C., Fritzler, B.K., & Fink, C.M. (1996). Self-directed versus therapist-directed cognitive-behavioral treatment for panic disorder. *Journal of Anxiety Disorders*, *10*, 253-265. DOI: 10.1016/S0005-7967(97)00024-7.
- Hecker, J. E., Fink, C. M., Levasseur, J. B., & Parker, J. D. (1995). Perspectives on practicum: A survey of directors of accredited Ph.D. programs and internships. (Or, what is a practicum hour and how many do I need?). *Professional Psychology: Research and Practice*, *26*, 205-210.
- Hecker, J. E., Fink, C. M., & Fritzler, B. K. (1993). Acceptability of panic disorder treatments: A survey of family practice physicians. *Journal of Anxiety Disorders*, *7*, 373-384. DOI: 10.1016/0887-6185(93)90032-G
- O'Donohue, W. T., Plaud, J. J., & Hecker, J. E. (1992). The possible function of positive reinforcement in home-bound agoraphobia: A case study. *Journal of Behavior Therapy and Experimental Psychiatry*, *23* (4), 303-312. DOI: 10.1016/0005-7916(92)90053-I.
- Hecker, J. E. (1990). Emotional processing in the treatment of simple phobia: A comparison of imaginal and in vivo flooding. *Behavioural Psychotherapy*, *18*, 21-34.
- Norvell, N., Belles, D., Hecker, J. & Hills, H. (1989). An example of consultation in a medical setting: The cardiac transplantation team. *Consulting Psychology Bulletin*, (Fall), 20-22.
- Hecker, J. E., Norvell, N. K., & Hills, H. (1989). Psychologic assessment of candidates for heart transplantation: Toward a normative data base. *The Journal of Heart Transplantation*, *8*(2), 171-176. PMID: 2651622.
- Hecker, J. E. & Kaczor, L. M. (1988). Application of imagery theory to sport psychology: Some preliminary findings. *Journal of Sport and Exercise Psychology*, *10*(4), 363-373.
- Thorpe, G. L., Hecker, J. E., Cavallaro, L. A. & Kulberg, G. (1987). Insight versus rehearsal in cognitive-behavioural therapy: A crossover study with sixteen phobics. *Behavioural Psychotherapy*, *15*, 319-336.
- Norvell, N. K., Conti, C. R., & Hecker, J. E. (1987). Heart transplantation candidates: Psychological Evaluation. *Hospital Physician*, *23*(10), 9-12. PMID: 10301913.
- Hecker, J. E. & Thorpe, G. L. (1987). Fear reduction processes in imaginal and in vivo flooding: A comment on James' review. *Behavioural Psychotherapy*, *15*, 215-223.

### **Publications - books**

- Hecker, J.E., & Thorpe, G.L. (2005). *Clinical Psychology: Science, Practice and Ethics*. Boston, MA: Allyn & Bacon.

Hecker, J. E., & Thorpe, G. L. (1992). *Agoraphobia and Panic: A Guide to Psychological Treatment*. Boston, MA: Allyn & Bacon.

**Publications** - chapters, invited articles, book reviews, op-eds, other

Hecker, J.E. Republicans must take the lead to get ICE under control. *Bangor Daily News*, January 29, 2026.

Hecker, J.E., Kuntz, L.A., Lane, C. (2022) Washington county asset Map and needs assessment: Building a network to serve youths at risk for serious mental illness.

[https://digitalcommons.library.umaine.edu/psy\\_facpub/](https://digitalcommons.library.umaine.edu/psy_facpub/)

Hunter, S.J., & Hecker, J.E. Why UMaine students from away build a stronger Maine. *Bangor Daily News*, September 12, 2016.

Hecker, J.E. Timely graduation could help cut UMaine student debt. *Portland Press Herald*, April 22, 2015.

Gugliucci, M.R., Hecker, J.E., Adams, K., Cardale, A., Crocker, G., Fishwick, N., Fralich, J., Glidden, C., Kaye, L.W., Kim, C., Metcalf, J. (2015). *Maine's Colleges' and Universities' Initiatives on Aging: Research, Education, and Retooling*. <Available from Maine Council on Aging, Augusta, ME>.

Hecker, J.E. No quick fix for student retention. *Bangor Daily News*, September 9, 2014.

Hecker, J.E., King, M.W., & Scoular, R.J. (2009) The startle-probe reflex: An alternative approach to the measurement of sexual interest. In D. Thornton & D.R. Laws (Eds.), *Cognitive Approaches to the Assessment of Sexual Interest in Sex Offenders*. New York: Wiley. DOI: 10.1002/978047-747551.

Hecker, J.E., King, M.W., & Patten, K. (2005). [Review of the book *The Psychology of Rights and Duties: Empirical Contributions and Normative Commentaries* by Norman J. Finkel and Fathali M. Moghaddam (Eds.)]. *The Law and Politics Book Review*, 15(9), 850-856. <http://www.bsos.umd.edu/gvpt/lpbr>.

Hecker, J.E., & Scoular, R.J. (2004). Forensic report writing. In W. O'Donohue & E. Levensky (Eds.), *Handbook of Forensic Psychology: A Resource for Mental Health and Legal Professionals* (pp. 63-81). San Diego, CA: Academic Press. DOI: 10.1002/978047-747551

Thorpe, G. L. & Hecker, J. E. (1998). [Review of the book *Treating Panic Disorder and Agoraphobia: A Step-by-Step Clinical Guide* by Elke Zuercher-White]. *Child and Family Behavior Therapy*, 20, 63-67.

Hecker, J.E. (1995). [Review of the book *Master Your Panic and Take Back Your Life* by Denise Beckfield]. *the Behavior Therapist*, 18, 201.

O'Connor, A. R., & Hecker, J. E. (1991). *Relationship development and conflict resolution: A social learning approach for parents of adolescents*. <training manual developed for Penquis CAP, Bangor, ME>.

- Thorpe, G. L. & Hecker, J. E. (1991). Psychosocial aspects of panic disorder. In J. R. Walker, G. R. Norton, & C. Ross (Eds.), *Panic disorder and agoraphobia: A guide for the practitioner* (pp. 175-207). Pacific Groves, CA: Brooks/Cole.
- Thorpe, G. L. & Hecker, J. E. (1989). [Review of the book *Anxiety and Its Disorders* by David H. Barlow]. *Child and Family Behavior Therapy*, 11, 140-143.
- O'Donohue, W., Hecker, J. E., & Fisher, J. E. (1989). The doctoral training program in clinical psychology at the University of Maine. *the Behavior Therapist*, 12(1), 13-14.
- Hecker, J. E. (1989). *A social learning approach to Job Corps Staff Development*. <training manual developed for Training and Development Corporation, Bucksport, ME>.

### **Paper Presentations – peer reviewed**

- Prescot, D. & Hecker, J.E. (2025, July). *Rural Integrated Behavioral Health Training*. In J. Bray (Chair) *International Perspectives on Psychologists in Integrated Health Care: Equitable, Accessible, and Innovative Models*. Symposium presented at the 19<sup>th</sup> European Congress of Psychology, Republic of Cyprus.
- Prescott, D. & Hecker, J.E. (2024, July). *Rural integrated behavioral health in primary care training*. In R. Vines (Chair) *The role of psychology in integrated health care: An international perspective*. Symposium presented at the 33rd International Congress of Psychology, Prague, Czech Republic.
- Hecker, J.E., Kuntz, L.A., & Woodberry, K. (2024, January). *Barriers to care in rural Maine for young adults with psychotic spectrum disorders*. Paper presented at the 44th Annual Northern New England CO-OP Primary Care Based Research Network, Attitash, NH.
- Righthand, S., Hecker, J.E., & Dore, G. (2012, October). *Using assessment to guide effective intervention: Preliminary findings of the Treatment Needs and Progress Report*. Paper presented at the 31<sup>st</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, Denver, CO.
- Righthand, S., Hecker, J.E., Rothstein, E., & Dore, G. (2012, October). *Long Term Predictive Validity of the Juvenile Sex Offender Assessment Protocol – II*. Paper presented at the 31<sup>st</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, Denver, CO.
- Hecker, J.E. (2011, November). *CLAS-Honors Preceptors at the University of Maine*. In *Defining and supporting alternative faculty models*. Symposium presented at the Annual Meeting of the Council of Colleges of Arts and Sciences, New Orleans, LA.
- Hecker, J.E. (2011, November). *Interdisciplinary Centers: Keys to Success and Challenges*. Paper presented at the Annual Meeting of the Council of Colleges of Arts and Sciences, New Orleans, LA.

- Righthand, S., Orooji, B., & Hecker, J.E. (2009, October). *Are sex offending youths in the justice system more dangerous than youths diverted from juvenile justice?* Paper presented at the 28<sup>th</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, Dallas, TX.
- Righthand, S., Hecker, J.E., & Orooji, B. (2009, October). *What, no cutoffs? Using the Juvenile Sexual Offender Assessment Protocol – II (J-SOAP-II) responsibly and effectively.* Paper presented at the 28<sup>th</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, Dallas, TX.
- King, M.W., & Hecker, J.E. (2008, September). *Measuring sexual interest with eyeblink startle reflex: Resistance to dissimulation and relation to viewing time.* Poster presented at the 27<sup>th</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, Atlanta, GA.
- King, M.W., Patten, K., Hecker, J.E., & Parisot, M. (2006, September). *Professional practices in sexual interest assessment among ATSA members II.* Poster presented at the 25<sup>th</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, Chicago, IL.
- Hecker, J.E., King, M.W., & Scoular, R.J. (2006, March). *Startle eye blink: Preliminary support for a promising method of measuring sexual interest.* In D.R. Laws (Chair) *Cognitive approaches to the assessment of sexual interest in sexual offenders.* Symposium presented at the 2006 American Psychology-Law Society Conference, St. Petersburg, FL.
- King, M.W., Patten, K., Hecker, J.E., & Parisot, M. (2005, November). *Professional practices in sexual interest assessment among ATSA members.* Poster presented at the 24<sup>th</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, Salt Lake City, UT.
- King, M.W., Scoular, R.J., & Hecker, J.E. (2005, November). *Eyeblink startle reflex as a physiological measure of deviant sexual interest: Resistance to faking.* Paper presented at the 24<sup>th</sup> Annual Research and Treatment Conference of the Association for Treatment of Sexual Abusers, Salt Lake City, UT.
- Higgins, D., McMillan, E., Patten, K., Schewitz, S., & Hecker, J.E. (2005, November). *Preventing generalized anxiety disorder: A brief cognitive-behavioral approach.* Poster presented at the 39<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Fawzy, T., Hecker, J.E., & Clark, J. (2005, November) *The relationship between cognitive avoidance and attentional bias.* Poster presented at the 39<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- LaMattina, S. M., Schartel, J. G., Edenfield, T. M., Hermann, B. A., Hecker, J. E., & Sigmon, S.T. (2005, April). *Risks encountered in everyday life.* Poster presentation at the annual meeting of the Society for Behavioral Medicine, Boston, MA.
- Kubik, E., Hecker, J.E., & King, M.W. (2004, November). *The adolescent female sex offender: An examination of cognitive distortions.* Poster presented at the Annual Meeting of the Association for the Treatment of Sexual Abusers, Albuquerque, NM.

- Scoular, R.J., King, M.W., & Hecker, J.E. (2004, November). *The startle-probe reflex: An alternative approach for the measure of adult male sexual interest*. Poster presented at the Annual Meeting of the Association for the Treatment of Sexual Abusers, Albuquerque, NM.
- Gilles, A.A., Cassano, M.C., Higgins, D.M., Shepherd, E.J., Nangle, D.W., & Hecker, J.E. (November, 2004). *Everything but the kitchen sink: Isolating effective treatment components for pediatric obesity through meta-analysis*. Poster presented at the 38<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Higgins, D., Swamy, K., Bernier, M., Paquin, A., & Hecker, J.E. (2004, November). *Reducing pathological worry in an at risk population: A brief prevention program for generalized anxiety*. Poster presented at the 38<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Gilles, A.A., Cassano, M.C., Higgins, D.A., Shepherd, E.J., Nangle, D.W., & Hecker, J.E. (2004, July). *Pediatric obesity treatments over the past decade: A meta-analytic investigation*. Poster presented at the Annual Meeting of the American Psychological Association, Honolulu, HI.
- Scoular, R.J., King, M.W., Hecker, J.E., & Cobo-Lewis, A. (2004, July). *The startle blink reflex: A measure of deviant sexual interests?* Poster presented at the Annual Meeting of the American Psychological Association, Honolulu, HI.
- O'Grady, A., Hecker, J.E., & Thorpe, G.L. (June, 2004). *A single subject investigation of behavioural and cognitive therapies for body dysmorphic disorder*. Poster presented at the Canadian Psychological Associations Annual Convention, St. Johns, Newfoundland, Canada.
- Higgins, D.A., Ranslow, E.R., Bernier, M, Penney, J. & Hecker, J.E. (2003, November). *A brief prevention program for generalized anxiety disorder: Preliminary findings and future directions*. Poster presented at the 37<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Shepherd, E.J., Nangle, D.W., Rivera, M.S., Erdley, C.A., & Hecker, J.E.) (2003, November). *Parents as facilitators of their children's social development: Piloting a minimal therapist contact intervention in a Head Start setting*. Poster presented at the 37<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Scoular, R.J., King, M.W., & Hecker, J.E., (2003, October). *Startle-probe assessment of sexual interests: Implications for sexually abusive youth*. Poster presented at the 22<sup>nd</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, St. Louis, MO.
- Hecker, J.E., Ranslow, E.R., & Higgins, D. (2002, November). *Change across four stages of minimal therapist contact treatment for panic disorder*. Poster presented at the 36<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Hecker, J.E., Scoular, J., Righthand, S., & Nangle, D. (2002, October). *Predictive validity of the J-SOAP over 10-plus years: Implications for Risk Assessment*. Poster presented at the Annual Research and

Treatment Conference of the Association for the Treatment of Sexual Abusers, Montreal, Quebec, Canada.

Hecker, J.E., Scoular, J., Nangle, D., & Righthand, S. (2002, August). *J-SOAP: A retrospective study of the predictive validity over 10-plus years*. Poster presented at the Annual Meeting of the American Psychological Association, Chicago, IL.

Ranslow, E.S., Garnett, B., & Hecker, J.E. (2002, March). *The relationship between pathological worry and hypnotisability*. Poster presented at the Annual Meeting of the Eastern Psychological Association, Boston, MA.

O'Grady, A., Hecker, J.E., Thorpe, G.L., Maki, K.M., & Mercado, A. (2001, November). *Cognitive versus behavior therapy for body dysmorphic disorder: A single-subject investigation*. Poster presented at the 35<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

Maki, K.M., Hecker, J.E., & Roberson-Nay, R. (2000, November). *Predicting response to self-directed treatment for social phobia*. Poster presented at the 34<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Maki, K.M. & Hecker, J.E. (November, 2000). *The effects of personality disorder characteristics on response to self-directed treatment for panic disorder*. Poster presented at the 34 Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Kubik, E. & Hecker, J.E., (2000, November). *Application of the stages of change model to cognitive-behavior therapy for panic disorder*. Poster presented at the 34 Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Kubik, E., Hecker, J.E., & Thorpe, G.L., (2000, November). *Cognitive distortions in female juvenile sex offenders: A comparison of sex offenders, non-sex offenders, and community controls*. Poster presented at the 34 Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

O'Grady, A.C., Hecker, J.E., Thorpe, G.L., & Maki, K. (2000, November). *CBT for body dysmorphic disorder: A dismantling investigation*. Poster presented at the 34 Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Righthand, S., Nangle, D.W., Carpenter, E.M., Prentky, R.A., & Hecker, J.E. (2000, November). *JJPI-Maine Juvenile Sex Offender Assessment Protocol(J-SOAP): An empirical investigation of factor Structure*. Paper presented at the 19<sup>th</sup> Annual Research and Treatment Conference of the Association for the treatment of Sexual Abusers, San Diego, CA.

Righthand, S., Prentky, R.A., Hecker, J.E., Carpenter, E., & Nangle, D.W. (2000, November). *JJPI-Maine Juvenile Sex Offender Assessment Protocol (J-SOAP): Development and Preliminary Psychometric Data*. Paper presented at the 19<sup>th</sup> Annual Research and Treatment Conference of the Association for the treatment of Sexual Abusers, San Diego, CA.

- Arsenault, D.J., Hecker, J.E., & Righthand, S. (2000, November). *Use of the Youth Level of Service/Case Management Inventory (YLS/CMI) with a juvenile sexual offender population: Preliminary psychometric properties*. Paper presented at the 19<sup>th</sup> Annual Research and Treatment Conference of the Association for the Treatment of Sexual Abusers, San Diego, CA.
- Maki, K.M., & Hecker, J.E. (2000, March). *Self-help plus minimal therapist contact in the treatment of social phobia*. Poster presented at the 20<sup>th</sup> Annual Meeting of The Anxiety Disorders Association of America, Washington, DC.
- Maki, K.M., Hecker, J.E., & Roberson-Nay, R. (2000, March). *Predicting response to self-help treatment for panic disorder: Implications for a stepped-care model of treatment*. Poster presented at the 20<sup>th</sup> Annual Meeting of The Anxiety Disorders Association of America, Washington, DC.
- Kubik, E. K., Roberson-Nay, R., Hecker, J.E., & Righthand, S. (1999, November). *Cognitive attributions and developmental antecedents: A comparison of male and female juvenile sex offenders*. Poster presented at the 32<sup>nd</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.
- Kubik, E.K., Hecker, J.E., Thorpe, G.L., O=Grady, A.C., Nay, W., & Kingery, L. (1999, November). *Self-directed treatment versus self-directed treatment with minimal therapist contact for OCD*. Poster presented at the 32<sup>nd</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.
- Roberson-Nay, R., Hecker, J.E., Sigmon, S.T., & Smith, M. (1998, November). *Prevalence and characteristics of panic in post-menopausal women*. Poster presented at the 31<sup>st</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Roberson-Nay, R., Maki, K.M., Nay, W.T., & Hecker, J.E. (1998, November). *An interoceptive and psychoeducational intervention targeting anxiety sensitivity in a socially anxious college sample*. Poster presented at the 31<sup>st</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Hecker, J.E. (1997, November). *Cognitive behavior therapy for panic disorder: Self-directed treatment with and without brief group therapy*. Poster presented at the 31<sup>st</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy, Miami Beach, Florida.
- Hecker, J.E. (1997, November). *Mastery of your anxiety and panic: Further evidence for self-directed treatment for panic disorder*. In R.A. Gould (Chair), *Self-Directed Treatment of Panic Disorder* Symposium conducted at the 31<sup>st</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy, Miami Beach, Florida.
- Smith, M.G., Nangle, D.W., Hecker, J.E., & Johnston, C. (1996, November). *Incorporating developmentally-based perspective taking assessment and training in the treatment of adolescent sex offenders*. Poster presented at the 30<sup>th</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy, New York.

- Smith, M.G., & Hecker, J.E. (1996, November). *Panic disorder in post-myocardial infarction patients*. Poster presented at the 39th Annual Meeting of the Association for the Advancement of Behavior Therapy, New York.
- Hecker, J.E., Losee, M.C., Fritzler, B.K., & Fink, C.M. (1996, March). *Mastery of your anxiety and panic: Self-directed versus therapist-directed treatment for panic disorder*. In J.E. Hecker (Chair), *Self-Directed and minimal therapist contact treatment of panic disorder*. Symposium conducted at the 16th National Conference of the Anxiety Disorders Association of America, Orlando, FL.
- Losee, M.C., & Hecker, J.E. (1995, November). *A longitudinal investigation of nonclinical panic: Personality variables and response to challenge tasks*. Poster presented at the 29th Annual Meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Fritzler, B.K., Losee, M.C., & Hecker, J.E. (1995, November). *Self-directed treatment of obsessive-compulsive disorder*. Poster presented at the 29th Annual Meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Losee, M.C., & Hecker, J.E., (1995, April). *Cued and uncued panic in nonclinical panickers*. Poster presented at the 15th National Conference of the Anxiety Disorders Association of America, Pittsburgh, PA.
- Hecker, J.E., Fritzler, B.K., & Losee, M.C. (1995, April). *Self-directed versus therapist-directed cognitive-behavioral treatment of panic disorder*. Poster presented at the 15th National Conference of the Anxiety Disorders Association of America, Pittsburgh, PA.
- Fritzler, B. K., Fink, C. M., & Hecker, J. E. (1994, November). *A survey of cardiologists' treatment and referral practices for anxious patients*. Paper presented at the 28th Annual Meeting of the Association for the Advancement of Behavior Therapy, San Diego.
- Loomis, C. C. & Hecker, J. E. (1994, April). *A survey of Maine psychologists*. Paper presented at the Annual Meeting of the Maine Psychological Association, Bangor, ME.
- Losee, M. C. & Hecker, J. E. (1994, March). *Instrumental personality traits, coping strategies, and nonclinical panic as predictors of anxiety and panic symptoms*. Poster presented at the 14th National Conference of The Anxiety Disorders Association of America, Santa Monica, CA.
- Fritzler, B. K. & Hecker, J. E. (1994, March). *Obsessive-compulsive disorder and imagery*. Poster presented at the 14th National Conference of the Anxiety Disorders Association of America, Santa Monica, CA.
- Fink, C. M. & Hecker, J. E. (1994, March). *Memory bias for anxiety information in cardiac impaired, panic disorder, and nonclinical subjects*. Poster presented at the 14th National Conference of The Anxiety Disorders Association of America, Santa Monica, CA.

- Fink, C. M., Hecker, J. E., & Fritzler, B. K. (1993, November). *Bias in the interpretation of threat in cardiac impaired, panic disorder, and nonclinical subjects*. Poster presented at the 14th National Conference of The Anxiety Disorders Association of America, Santa Monica, CA.
- Vogeltanz, N., Hecker, J. E., & Fritzler, B. (1993, November). *The roles of anxious predisposition and predictability/controllability in physiological response to aversive stimuli*. Poster presented at the 27th Annual Meeting of the Association for the Advancement of Behavior Therapy, Atlanta, GA.
- Fink, C. M. & Hecker, J. E. (1993, November). *Selective processing of threat cues: A test of the cognitive model using cardiac-impaired, panic disordered, and nonclinical subjects*. Poster presented at the 27th Annual Meeting of the Association for the Advancement of Behavior Therapy, Atlanta, GA.
- Hecker, J. E., Berkun, C., Shipps, T., & Yonovitz, L. (1992, September). *Teaching and learning about interdisciplinary health care teams*. Paper presented at the 14th Annual Interdisciplinary Health Care Team Conference, Chicago, IL.
- Kivler, T. M. & Hecker, J. E. (1992, May). *Nonclinical panickers versus nonpanickers: Comparisons in public-speaking, test-taking, and social anxiety*. Paper presented at the Annual Meeting of the Maine Psychological Association, Bangor, ME.
- Fink, C. M., Hecker, J. E., & Fritzler, B. K. (November, 1992). *The acceptability of alternative forms of treatment for panic disorder*. Poster presented at the 26th Annual Meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Hecker, J. E., Vogeltanz, N., & Thorpe, G. L. (1991, November). *Cognitive therapy and exposure to panic cues in the treatment of panic disorder: A crossover study*. Poster presented at the 25<sup>th</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy, New York, NY.
- Hecker, J. E., Fink, C. M., Kivler, T., & Parker, J. D. (1991, November). *Alcohol use, anxiety, and panic in a college sample*. Poster presented at the 25th Annual Meeting of the Association for the Advancement of Behavior Therapy, New York, NY.
- Plaud, J. J., O'Donohue, W. T., & Hecker, J. E. (1990, May). *The role of reinforcement in the maintenance of agoraphobia: clinical application of modern reinforcement theories*. Paper presented at the Annual Meeting of the Association for Behavior Analysis, Nashville, TN.
- Vogeltanz, N., Parker, J., Hecker, J. E., & Thorpe, G. L. (1989, November). *The fear questionnaire: Separating fear and avoidance ratings, factor structure, and further normative data*. Poster presented at the 23rd Annual Meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Port, E. M., & Hecker, J. E. (1989, November). *Imagery training, phobia type, and imagery content*. Poster presented at the 23rd Annual Meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.

- Hecker, J. E., & Thorpe, G. L. (1989, November). *Cognitive-behavior therapy in the treatment of phobias: Long-term follow-up*. Poster presented at the 23rd Annual Meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Hecker, J. E. (1988, April). *Cognitive-behavioral treatment of anger dyscontrol in adolescents*. In C. Acker (chair), *Application of cognitive-behavior therapy*. Symposium conducted at the Annual Meeting of the Maine Psychological Association, Waterville, ME.
- Thorpe, G. L. & Hecker, J. E. (1987, July). *Clinical validation of the fear questionnaire and the agoraphobia questionnaire*. Paper presented at the 15th Annual Conference of the British Association for Behavioural Psychotherapy, Exeter, England.
- Hecker, J. E. & Thorpe, G. L. (1987, July). *Multimethod assessment of simple phobia*. Paper presented at the 15th Annual Conference of the British Association for Behavioural Psychotherapy, Exeter, England.
- Kaczor, L. M., & Hecker, J. E. (1987, May). *Imagery theory and sports psychology: Some preliminary findings*. Paper presented at Annual Meeting of Maine Psychological Association, Lewiston, ME.
- Hecker, J. E., Port, E., & Thorpe, G. L. (1986, November). *Imagery training, imagery content, and type of exposure: An investigation of Lang's bioinformational theory*. Poster presented at the 20th Annual Meeting of the Association for the Advancement of Behavior Therapy, Chicago, IL.
- Norvell, N. K., Hecker, J. E., & Hills, H. (1986, August). *Psychological and cognitive assessment of candidates for heart transplantation*. Poster presented at the 94th Annual Convention of the American Psychological Association, Washington, D.C.
- Thorpe, G. L., Hecker, J. E., Cavallaro, L. A., & Kulberg, G. (1985, July). *Insight versus rehearsal in cognitive restructuring: A crossover study with fourteen phobics*. Paper presented at the 13th Annual Conference of the British Association of Behavioural Psychotherapy, Warwick, England.
- Hecker, J. E. (1984, November). *Cognitive restructuring and the treatment of agoraphobia: Practice and theory*. In W. Wilkins (Chair), *Empirically based treatment packages for reducing agoraphobia*. Symposium conducted at the 56th Annual Meeting of the Eastern Psychological Association, Boston, MA.

### **Invited Presentations and Workshops**

**People who Sexually Offend.** Pediatric Sexual Assault Forensic Examiner Course, University of New England Advanced Nursing Education – Sexual Assault Program. April 16, 2024.

**Models and Strategies for Addressing Rural Mental Health Challenges.** Community Health Leadership Board. January 19, 2024.

**Pathways to Care for Individuals with Serious Mental Illness in Rural Maine.** Distinguished Mental Health Lecture. Institute of Medicine, University of Maine. October 18, 2022.

**Access to Care for People with Emerging Serious Mental Illness in Washington County.** Northern Light, Eastern Maine Medical Center 2022 Virtual Research Expo. May 25, 2022

**The Arts and Sciences: Essential and Besieged.** Maine Masonic College. *Fifth Annual Celebration of The Arts and Sciences.* Bangor, Maine, April 11, 2015.

**Moving Forward: The University of Maine Signature Areas.** Philadelphia Area University of Maine Alumni, Philadelphia, PA, April 2, 2015.

**University of Maine: Maintaining the Momentum.** Policymakers Breakfast, 15<sup>th</sup> Annual CRAFT CHAMPIONSHIP, Augusta Civic Center, November 21, 2014

**Leadership, Equity and Decision-Making** (co-presenter: J. Yen); **Development** (co-presenter: J. Nerger, Ph.D.); **Role of Associate/Assistant Deans** (co-presenter: J. Nerger, Ph.D.). Workshops presented at CCAS Seminar for New Deans, Indianapolis, Indiana, July 16, 2013

**Maine: The Way Life Should Be. The Public Humanities at UMaine.** Washington Area University of Maine Alumni Executive Committee, Washington, DC, May 15, 2013.

**Ethics for Deans.** Webinar. Council of Colleges of Arts and Sciences. February 11, 2010.

**The Liberal Arts & Sciences.** Maine Masonic College, Bangor, Maine, October 23, 2010.

**Male Sexual Offending: Understanding and Risk Assessment.** University of Southern Maine, Adult Psychopathology Institute, June 20, 2007.

**What to do with Sex-Offenders?** Presentation co-sponsored by the University of Maine College of Liberal Arts and Sciences and the Belfast Senior College as part of *Great Conversations on the Coast*, Belfast, Maine, May 17, 2007.

**Adult Sex Offenders: Understanding, Assessment and Treatment. Workshop 1: Description and Overview.** Workshop sponsored by Maine Department of Corrections. Orono, Maine, March 8, 2006; Portland, Maine, March 9, 2007. (co-presenter: Sue Righthand, Ph.D.)

**Understanding and Managing Sexual Offending Behavior.** Workshop presented to Maine Department of Health and Human Services Child Protective Workers, Houlton, ME, April 20, 2006.

**Psychological Treatment of Panic Disorder: New Directions.** University of Southern Maine, Adult Psychopathology Institute, July 7, 2005.

**New Directions in Cognitive Behavior Therapy for Panic Disorder.** Workshop sponsored by Bay Counseling Seminars, Rockland, Maine, May 20, 2005.

**Treating Youths Who Have Committed Sexual Offenses: Risks and Resiliency.** Workshop co-sponsored by Maine Department of Corrections and the University of Maine Psychological Services Center, Orono, Maine, March 4, 2005. (co-presenter: Sue Righthand, Ph.D.)

**Assessing Youths Who Have Committed Sexual Offenses: Risks and Resiliency.** Workshop co-sponsored by Maine Department of Corrections and the University of Maine Psychological Services Center, Orono, Maine, January 7, 2005. (co-presenter: Sue Righthand, Ph.D.)

**Youths Who Commit Sex Offenses: Risks and Resiliency.** Workshop co-sponsored by Maine Department of Corrections and the University of Maine Psychological Services Center. Orono, Maine, November 12, 2004; Portland, Maine, May 13, 2005; Portland, Maine, October 21, 2005. (co-presenter: Sue Righthand, Ph.D.)

**Psychometrics 101.** Workshop sponsored by State Forensic Service. Fred Hutchinson Center, Belfast, Maine, November 11, 2004. (co-presenter: Geoffrey L. Thorpe, Ph.D.)

**Juvenile Sex Offenders: Risk Assessment.** Psychiatric Grand Rounds. Acadia Hospital, Bangor, Maine April 11, 2003.

**Psychological Models and Psychological Treatment of Panic Disorder.** University of Southern Maine, Adult Psychopathology Institute, July 18, 2001.

**Treatment of Sex Offenders: Does it work? What do we mean by work?** Presentation to Department of Human Services Child Protective Caseworkers, Bangor, Maine, March 9, 2001.

**Panic Disorder: Models and Treatment.** Presentation to WISER (Women Interested in Self Esteem Rejuvenation), Bangor, Maine, February 28, 2001.

**Psychological Reports: How to ask for what you want and interpret what you get.** Presentation to Department of Human Services Child Protective Caseworkers, Bangor, Maine, June 2, 2000.

**University of Maine Anxiety Disorders Research Projects.** Psychiatric Grand Rounds, Eastern Maine Medical Center, Bangor, Maine, April 14, 2000.

**Anxiety.** Presentation to WISDUM (Widowed-Separated-Divorced-Unmarried), Orono, Maine, November 17, 1999.

**Cognitive-Behavior Therapy: Fundamentals and Special Applications.** Workshop presented to Cumberland County Dual Diagnosis Collaborative Program, Topsham, Maine, October 29, 1999.

**Anger Management for Mental Health Professionals.** Presentation to staff of Kennebec Valley Mental Health Center, July 18, 1997

**Psychological Models and Psychological Treatment of Panic Disorder.** University of Southern Maine - Adult Psychopathology Institute, June 26, 1997.

**Anxiety, Panic and Heart Disease.** Presentation to the American Heart Association Penobscot Division, Bangor, Maine, May 29, 1996.

**Testing Cognitive Models of Panic Disorder with Panic and Cardiac Patients.** Colloquium, University of New Brunswick, Fredericton, New Brunswick, Canada. March 25, 1994.

**Panic Disorder in Cardiology Patients.** Psychiatric Grand Rounds, The Acadia Hospital, Bangor, Maine, January 14, 1994.

**The Psychological Services Center.** Psychiatric Grand Rounds, The Acadia Hospital, Bangor, Maine, September 24, 1993.

**Anger Management.** Presentation to Maine Health Information Management Association, September 16, 1993.

**Clinical Issues in the Treatment of Panic Disorder.** Psychiatric Grand Rounds, Eastern Maine Medical Center, Bangor, Maine, January 8, 1993. (co-presenter: Geoffrey L. Thorpe, Ph.D.)

**Panic: Psychological Conceptions and Treatments.** Workshop presented to employees and interns of the Mid-Coast Mental Health Center, Rockland, Maine, June 17, 1992.

**Cognitive Approaches to Understanding and Treating Panic Disorder.** Presentation to Bangor Area Psychologists, Bangor, Maine, April 9, 1992.

**Psychological Approaches to Panic.** Colloquium, University of Southern Maine, March 26, 1992.

**Panic Disorder.** Presentation to University of Maine Counseling Center psychology interns, Cutler Health Center, Orono, Maine, February 14, 1992

**Psychological Approaches to Panic Disorder.** Grand Rounds, Augusta Mental Health Institute, Augusta, Maine, February 4, 1992.

**Psychological Approaches to Panic.** Presentation to staff of University of Maine Substance Abuse Services, Orono, Maine, Cutler Health Center, January 27, 1992.

**Treatment of Panic Disorder.** Psychiatric Grand Rounds, Eastern Maine Medical Center, Bangor, Maine, September 20, 1991. (presented with Geoffrey L. Thorpe, Ph.D.)

**Social Anxiety and Its Relationship to Alcohol Use.** Presentation at *Embarking on the 1990's: Substance Usage by Students on College Campus*, sponsored by the University of Maine Substance Abuse Services, the State of Maine Office of Alcohol and Drug Abuse Prevention, and the National Council on Alcoholism and Other Drug Dependence. Orono, Maine, April 8, 1991

**Stress Management.** Presentation to employees of Holmes Distributors, Bangor, Maine, March 15, 1991.

**Anxiety, Panic, and Alcohol Abuse.** Presentation to staff of the University of Maine Substance Abuse Services program, Cutler Health Center, Orono, Maine, October 24, 1990.

**Stress Management.** Presentation to the Bangor Audit Club, Bangor, Maine, January 10, 1990

**Anger Management.** Presentation to University of Maine Resident Advisors, December 13, 1989.

**Managing Stress.** Presentation to the Multiple Sclerosis Support Group, Bangor, Maine, April 13, 1989.

**Stress Management.** Presentation to the Central Maine Management Club, Waterville, Maine, October 11, 1988.

**Anxiety and Panic.** Presentation to University of Maine Counseling Center's Helpline staff. January 25, 1989, March 2, 1989, September 16, 1990, October 20, 1990, February 7, 1991, and September 28, 1991.