

Louise Hayes, PhD

Curriculum Vitae – May 2022

Personal details:

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Qualifications:

Academic

- Doctor of Philosophy with concurrent Masters (Clinical Psychology), RMIT University, Victoria, Australia. 2005
- Bachelor of Applied Science, Honours, Psychology (First Class), RMIT University, Victoria Australia. 1999
- Bachelor of Arts, University of Ballarat. 1998

Professional

- Clinical Psychologist, Full Member of Australian Psychological Society, Member of the APS Clinical College
- Registered Psychologist (& Supervisor) - Australian Health Practitioner Regulation Agency
- Registered Medicare provider

Professional Affiliations:

- Current Adjunct Senior Research Fellow, La Trobe University
- Current Fellow Association for Contextual Behavioral Science
- Current Fellow APS Clinical College

- 2019 President Association for Contextual Behavioral Science: An 8000 members international organisation
- 2013-2018 Chair, Conference Strategy ACBS Committee
- 2013 Program Chair, ACBS World Conference XI
- 2014-2019 Associate editor of the Journal of Contextual Behavioral Science
- 2013-2016 Associate editor of APS Journal - The Clinical Psychologist

Presentations:

Keynote Talks – (since 2018 only)

Hayes, L. L. (2020). Using contextual behaviour science to consider growth and development in humans. Child and Adolescent Psychiatry Annual Conference, Reykjavik, Iceland.

Hayes, L. L. (2020). ACT (CBS) for young people. British Psychological Society Division of Clinical Psychology Annual Conference, Solihull, United Kingdom.

Hayes, L. L. (2019). Growth and development: A CBS perspective. Turkish Association for Contextual Behavioural Science Conference, Istanbul, Turkey.

Hayes, L. L. (2019). Presidential address. Association for Contextual Behavioural Science World Conference, Dublin, Ireland.

Hayes, L. L. (2019). How a focus on growth is creating innovation in CBS. Australian and New Zealand Association for Contextual Behavioural Science Conference, Canberra, Australia.

Hayes, L. L. (2018). DNA-V: Using processes evidence to become flexible in treatments. APS College of Clinical Psychologists Conference, Adelaide, SA.

Hayes, L. L. (2018). Using process evidence to become flexible in interventions. Second Italian congress of comparison between third-generation cognitive behavioural psychotherapies, Milan, Italy

Invited International Training Events – (since 2018 only)

- Beijing, China 2022 (online)
- United Kingdom 2018, 2019, 2020 & 2021(online)
- Christchurch, Auckland & Wellington – 2019 & 2021
- Hong Kong 2019 & 2021(online)

- Paris, France – 2020
- Singapore – 2018, 2020
- Finland (online) – 2020
- Stockholm, Sweden – 2019
- Copenhagen, Denmark, 2019
- Reykjavik, Iceland - 2020
- Istanbul, Turkey - 2020
- Milan, Italy – November 2018
- Bristol, United Kingdom – November 2018
- Singapore – November 2018
- Montreal Canada – July 2018

Publications:

Books:

Hayes, L. L., Ciarrochi, J. V., & Bailey, A. (2022). *What Makes You Stronger: How to Thrive in the Face of Change and Uncertainty Using Acceptance and Commitment Therapy*. New Harbinger Publications.

Ciarrochi, J. V., & Hayes, L. L. (2020). *Your Life, Your Way: Acceptance and Commitment Therapy Skills to Help Teens Manage Emotions and Build Resilience*. New Harbinger Publications.

Hayes, L. L., & Ciarrochi, J. (2015). *The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection*. Oakland, CA: New Harbinger. (Foreword by S. C. Hayes)

Ciarrochi, J. Hayes, L., & Bailey, A. (2012). *Get out of your mind and into your life for teens: A guide to living an extraordinary life*. Oakland, CA: New Harbinger.

Peer-reviewed articles:

2020 onwards

A-Tjak, J. & Hayes, L. (In press). Depression. In Twohig, M.P., Levin, M.E., & Petersen, J.M. (Eds.), *The Oxford Handbook of Acceptance and Commitment Therapy*. Oxford University Press.

Ciarrochi, J., Hayes, L., & Sahdra, B. Understanding and improving emotion regulation: Lessons from psychological science and the humanities. In L. Tay & J. O. Pawelski

- (Eds.), *The Oxford Handbook of the Positive Humanities* (pp. 150–166). Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780190064570.013.38>
- Ciarrochi, J., Hayes, S. C., Hayes, L., Sahdra, B., Ferrari, M., Yap, K., & Hofmann, S. G. (2021). From Package to Process: An Evidence-based Approach to Processes of Change in Psychotherapy. *Comprehensive Clinical Psychology: Foundations*. Gordon Asmundson
- Gillard, D., Hayes, L., McNally, A., & Willis, K. (2021). *Forging brighter futures with young care leavers*. British Psychological Society
- Hayes, L. L., & Ciarrochi, J. (2020). Growing Up Flexibly DNA-V as a Contextual Behavioral Science Approach to Working with Young People. *Innovations in Acceptance and Commitment Therapy: Clinical Advancements and Applications in ACT*, 82.
- Malins, S., Owen, R., Wright, I., Borrill, H., Limond, J., Gibson, F., Grundy, R. G., Bailey, S., Clifford, S. C., Lowis, S., Lemon, J., Hayes, L., & Thomas, S. (2021). Acceptance and commitment therapy for young brain tumour survivors: study protocol for an acceptability and feasibility trial. *BMJ Open*, 11(6), e051091. <https://doi.org/10.1136/bmjopen-2021-051091>
- Petersen, J. M., Hayes, L. L., Gillard, D., Ciarrochi, J. V. (In press). ACT for children and adolescents. Oxford University Press.
- Smith, K. J., Oxman, L. N., & Hayes, L. (2020). ACT for adolescents: Impact of a pilot group intervention on psychological wellbeing. *Journal of Psychologists and Counsellors in Schools*, 30(2), 248–254. <https://doi.org/10.1017/jgc.2019.33>

Prior to 2019

- Ciarrochi, J. & Hayes, L. L. (2018). Shaping DNA (Discoverer, Noticer, and Advisor): A Contextual Behavioral Science Approach to Youth Intervention. In Wilson, D. S. & Hayes, S. C. (Eds.). *Evolution and contextual behavioral science: A reunification*. Oakland, CA: New Harbinger Publications.
- White, R. G., Gregg, J., Batten, S., Hayes, L. L., & Kasujja, R. (2017) Contextual Behavioral Science and Global Mental Health: Synergies and opportunities. *Journal of Contextual Behavioral Science*. doi:<https://doi.org/10.1016/j.jcbs.2017.07.001>
- Ciarrochi, J., Atkins, P. W. B., Hayes, L. L., Sahdra, B. K., & Parker, P. (2016). Contextual Positive Psychology: Policy Recommendations for Implementing Positive Psychology into Schools. *Front Psychol*, 7(1561). doi:[10.3389/fpsyg.2016.01561](https://doi.org/10.3389/fpsyg.2016.01561)
- Hayes, L., & Ciarrochi, J. (2015). Using Acceptance and Commitment Therapy to help young people develop and grow to their full potential. In B. Kirkcaldy (Ed.). *Promoting Psychological Wellbeing in Children and Families*. Basingstoke UK: Palgrave Macmillan
- Patterson, P., McDonald, F. E., Ciarrochi, J., Hayes, L., Tracey, D., Wakefield, C. E., & White, K. (2015). A study protocol for Truce: a pragmatic controlled trial of a seven-week acceptance and commitment therapy program for young people who have a parent with cancer. *BMC Psychology*, 3(1), 31.
- Rayner, M., Dimovski, A., Muscara, F., Yamada, J., Burke, K., McCarthy, M., . . . Hayes, L. (2016). Participating from the comfort of your living room: Feasibility of a group video conferencing intervention to reduce distress in parents of children with a serious illness or injury. *Child & Family Behavior Therapy*, 38(3), 209-224.

- Forsyth, L. & Hayes, L. (2014). The Effects of Acceptance, Mindfulness or Spontaneous Coping on an Experimentally Induced Pain Task. *Psychological Record*. DOI [10.1007/s40732-014-0010-6](https://doi.org/10.1007/s40732-014-0010-6)
- Livheim, F., Hayes, L., Ghaderi, A., Magnusdottir, T., Högfeltd, A., Rowse, J., Turner, S., Hayes, S. C. & Tengström, A. (2014). The Effectiveness of Acceptance and Commitment Therapy for Adolescent Mental Health: Swedish and Australian Pilot Outcomes. *Journal of Child and Family Studies*. doi: [10.1007/s10826-014-9912-9](https://doi.org/10.1007/s10826-014-9912-9)
- Hayes, L. (2013). Happiness in Valued Living: Acceptance and Commitment Therapy as a Model for Change. In S. David, I. Boniwell, and A. Conley Ayers (Eds) Oxford Handbook of Happiness. Oxford University Press.
- Smout, M., Hayes, L., Atkins, P., Klausen, J., & Duguid, J. (2012). The Empirically-Supported Status Of Acceptance And Commitment Therapy: An Update. *Clinical Psychologist*, *16*, 97–109
- Boyd, C. P., Halperin, S. Yuksel, N., Hayes, L. & Dodd, S. (2012). Scholarly development of a set of field-specific graduate attributes for youth mental health practitioners. *ergo*, *2* (3), 53–61.
- Hayes, L. L., Boyd, C. P., & Sewell, J. (2011). Acceptance and Commitment Therapy for the Treatment of Adolescent Depression: A Pilot Study in a Psychiatric Setting. Mindfulness. doi: [10.1007/s12671-011-0046-5](https://doi.org/10.1007/s12671-011-0046-5)
- Boyd, C. P., Hayes, L., Nurse, S., Aisbett, D., Francis, K., Newnham, K. & Sewell. (2011). Preferences and intention of rural adolescents toward seeking help for mental health problems. [Rural and Remote Health 11 \(1\): 1582.](https://doi.org/10.1007/s12671-011-0046-5)
- Hayes, L. L., Bach, P. A., & Boyd, C. P. (2010). Psychological Treatment for Adolescent Depression: Perspectives on the Past, Present, and Future, *Behaviour Change*, *27*(1), 1-18. doi: [10.1375/bech.27.1.1](https://doi.org/10.1375/bech.27.1.1)
- Hayes, L. L., Giallo, R., Richardson, K. (2010). Outcomes of an early intervention program for children with disruptive behaviour. *Australasian Psychiatry* *18* (6), 560-566. doi:[10.3109/10398562.2010.498047](https://doi.org/10.3109/10398562.2010.498047)
- Mitchell, S. Brennan, L. Hayes, L. & Miles, C. L. (2009). Maternal psychosocial predictors of controlling parental feeding styles and practices. *Appetite*. *53* (3) 384-389. doi:[10.1016/j.appet.2009.08.001](https://doi.org/10.1016/j.appet.2009.08.001)
- Boyd, C.P., Hayes, L., Sewell, J., Caldwell, K., Kemp, E., Harvie, L., Aisbett, D.L., & Nurse, S. (2008). Mental health problems in rural contexts: A broader perspective. [Australian Psychologist](https://doi.org/10.1016/j.appet.2009.08.001), *43*, 2-6.
- Boyd, C. P., Hayes, L. L., Wilson, R. L., & Bearsley-Smith, C. (2008). Harnessing the social capital of rural communities for youth mental health: An asset-based community development framework. [Australian Journal of Rural Health](https://doi.org/10.1016/j.appet.2009.08.001), *16*, 189–193.
- Hayes, L., Matthews, J., Copley, A., & Welsh, D. (2007). A randomized controlled trial of a mother-infant or toddler parenting program: Demonstrating effectiveness in practice. *Journal of Pediatric Psychology*, doi:[10.1093/jpepsy/jsm085](https://doi.org/10.1093/jpepsy/jsm085)
- Hayes, L.L. (2007). Problem behaviours in early primary school children: Australian normative data using the Strengths and Difficulties Questionnaire Teacher Reports. [Australian and New Zealand Journal of Psychiatry](https://doi.org/10.1093/jpepsy/jsm085), *41*, 231-238.
- Hayes, L.L., Hudson, A., & Matthews, J. (2007). Understanding Parental Monitoring through Analysis of Monitoring Episodes in Context. *International Journal of Behavioral and Consultation Therapy*, *3*(1), 96-108.

- Giallo, R., & Hayes, L. (2007). The paradox of teacher professional development programs for behaviour management: Comparing program satisfaction alongside changes in behaviour management practices. *Australian Journal of Educational and Developmental Psychology*, 7, 109-119.
- Hayes, L., Smart, D., Toumbourou, J. W., & Sanson, A. (2004). Parenting influences on adolescent alcohol use. Australian Institute of Family Studies Research Report No.10.
- Hayes, L., Hudson, A., & Matthews, J. (2004). Parental monitoring behaviours: A model of rules, supervision, and conflict. *Behaviour Therapy*, 35(3), 587-604.
- Hayes, L. (2004). Parental monitoring of adolescent free time: A theoretical model of parent-adolescent interactions. Doctoral dissertation, RMIT University.
- Hayes, L., Hudson, A., & Matthews, J. (2003). Parental monitoring: A process model of parent adolescent interaction. *Behaviour Change*, 20(1), 13-24.

Service publications:

- Hayes, L. L., Boyd, C. P., Sewell, J., Rowse, J., & Turner, S. (2009). Acceptance and Commitment Therapy as Depression Treatment for Adolescents: Delivering Treatment in Rural/Regional Areas through Schools and Child and Adolescent Mental Health Services. Final Report: beyondblue the national depression initiative. http://www.beyondblue.org.au/index.aspx?link_id=6.713
- Hayes, L. L., & Rowse, J. (2008). Acceptance and Commitment Therapy: Experiential Adolescent Group Program. Available from contextualpsychology.org
- Sewell, J. & Hayes, L. L. (2009). Evaluation of the Growing Together Early Parenting Program. Final Report: Ballarat Child and Family Services
- Brann, P, Corboy, D, Costin, J, McDonald, J, Hayes, L, and Turner, M. (2007). An evaluation of an early intervention approach to disruptive behaviours in primary school children: Kool Kids, Positive Parents (KKPP) & CAMHS and Schools Together (CAST), Eastern Health: Melbourne.
- Hayes, L. L. (2006). Early intervention for disruptive behaviours in children: Comparing population profile data with service needs and outcomes from the CASEA Program. International Association for Child and Adolescent Psychiatry and Allied Professions Congress, Melbourne.
- Hayes, L., & Richardson, K. (2005). Behaviour management for early primary school children. Teacher resource produced for the CAMHS and Schools Together Project. Australian Government Quality Teaching Program. Ballarat, Victoria.

Awarded grants

- Havighurst, S., Allen, N., Bee Hui Yap, M. & Hayes L. (2013). Tuning in to Teens: The prevention of mental health difficulties in adolescents using an emotion- focussed parenting program. Australian Rotary Health, \$77,000
- Hayes, L. Ciarrochi, J. Marshall, S., Bilich, L., Dodd, S. (2013). ACT wherever they are: A randomised controlled trial of online self-help Acceptance and Commitment Therapy for adolescents with anxiety. beyondblue. \$120,000
- Patterson, P, Ciarrochi, J, White K, Wakefield C, Tracey D, McDonald F, Hayes, L, Lane, L. An individually randomised group treatment trial of Truce: An ACT based

psychological intervention for young people who have a parent with cancer. Rotary, \$69,000

The beyondblue Victorian Centre of Excellence in Depression and Related Disorders.

Evaluating evidence-based treatment of depression in adolescents using Acceptance and Commitment Therapy delivered in rural/regional services, \$116,000.

William Buckland Foundation. Evaluation of the Early Parenting Program, Child and Family Services, Ballarat, \$35,000

Funded Research Programs in Service

CAMHS and Schools Together Project- Program Leader for a DHS funded pilot program of \$840,000 (over three years, funded to CAMHS).

Department of Health and Aging Grant Research Fellow, Australian Institute of Family Studies, Parenting influences on adolescent alcohol use. Australian Institute of Family Studies Research Report No.10 (application completed by AIFS)

Victorian Parenting Centre – Queen Elizabeth Early Childhood Centre, Noble Park Grant - Evaluation of mother and infant early intervention program using randomised controlled trial methodology.

Employment history:

Current employment activities

2009 – present Self-employed as peer reviewed ACT trainer, delivering professional development workshops regularly to mental health professionals throughout Australia and internationally. Details available at www.louisehayes.com.au

2009 – present Self-employed as a clinical psychologist

Past Employment

2016 – 2020 Founder and director of Bacchus Marsh Psychology Clinic

2015 – 2020 Senior fellow. Centre for Youth Mental Health, The University of Melbourne & Orygen, The National Centre of Excellence in Youth Mental Health

2011 – 2015 Research and Teaching Lecturer Level B, Orygen, The National Centre of Excellence in Youth Mental Health & Centre for Youth Mental Health, The University of Melbourne

2006 – 2010 Senior Lecturer Level C, University of Ballarat

2004 - 2010	Senior Psychologist and Team Leader (Psychologist Grade 4), CAMHS and Schools Together (CAST)
2004	Research Fellow, Australian Institute of Family Studies
2002-2004	Senior Research Officer, Victorian Parenting Centre
1998-2004	Research & Project Officer, University of Ballarat
1984-1992	National Retail Buyer, Myer/Grace Bros Department Stores Directly accountable for profit for a segment of the business with an annual turnover of approximately \$26 million at that time.

Current philanthropic endeavours:

- Association for Contextual Behavioral Science ongoing committee and service actions
- Founder of *The Pearl Lotus Fund*, a newly established not-for-profit incorporation raising money for children in remote communities of Nepal
- Mindful Adventures. Professional training and development in adventure trips to Nepal, fundraising for remote and rural children
- Volunteer professional development in Nepal. For the past 10 years I have regularly visited Nepal and provided free training to professionals in the treatment of children in trauma and mental illness.