

CURRICULUM VITAE

Ann Marie Steffen, Ph.D., ABPP

Contact

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Education

1991-1994 Stanford University School of Medicine, Postdoctoral Fellow in Clinical Geropsychology
1985-1991 Indiana University-Bloomington, Ph.D. in Clinical Psychology
1989-1990 Palo Alto VA Medical Center Predoctoral Internship, Clinical Psychology
(*Interdisciplinary Team Training in Geriatrics track*)
1981-1985 Rockhurst University (Honors Program) BA, Summa Cum Laude, Psychology

Academic Appointments at University of Missouri-St. Louis

2017-present Professor of Psychological Sciences (tenured)
Mar-Aug 2023 Interim Clinic Director, UM. St. Louis Community Psychological Service
2000-2017 Associate Professor of Psychological Sciences and Gerontology (tenured)
Jan-Aug 2014 Interim Chair, Department of Psychological Sciences
2006-2013 Director, Doctoral Program in Clinical Psychology
2003-2006 Director of Gerontology
1994-2000 Assistant Professor of Psychology (tenure-track)

Professional Appointments

1994-present Director, Health & Aging Research Lab, University of Missouri-St. Louis, St. Louis, Missouri
1994-present Faculty Clinician, Community Psychological Service, University of Missouri-St. Louis, St. Louis, Missouri

Licensure and Certification

2016-present Board Certified in Behavioral & Cognitive Psychology, American Board of Professional Psychology
2014-present Board Certified in Geropsychology, American Board of Professional Psychology
1994-present Licensed Psychologist, State of Missouri (#PY-R0398)

Specialty Training

Washington University Clinician Partners Program; Knight Alzheimer's Disease Research Center (2013)

Honors and Awards

2022 Distinguished Clinical Mentorship Award, Society of Clinical Geropsychology
2018 Fellow status, Gerontological Association of America – Behavioral & Social Sciences Section
2013 State of Missouri Governor's Award for Excellence in Teaching
2006 Achievement Award, St. Louis Alzheimer's Association
2003 Psychology Department Alumni Chapter, Outstanding Faculty Member of the Year Award
1999 Volunteer of the Year, St. Louis Alzheimer's Association

Area of Interest for Research and Clinical Training

Dissemination of Information about Mental Health and Aging; Professional Training of Behavioral Health Providers;
Treating Later-Life Depression

Professional Associations

American Psychological Association, Div. 20, Div. 12, Div. 12 Section II, Div. 38
 Association for Behavioral and Cognitive Therapies
 Gerontological Society of America
 Missouri Psychological Association

Books

1. Steffen, A.M., Thompson, L., & Gallagher-Thompson, D. (2021). *Treating Later-Life Depression: A Cognitive Behavioral Approach. Clinician Guide*. 2nd edition, 355 pages. *Treatments that Work Series*; Oxford University Press.
2. Steffen, A.M., Dick-Siskin, L., Bilbrey, A., Thompson, L.W., & Gallagher-Thompson, D. (2021). *Treating Later-Life Depression: A Cognitive Behavioral Approach. Workbook*. 2nd edition, 358 pages. *Treatments that Work Series*; Oxford University Press.
3. Gallagher-Thompson, D., Steffen, A. M., & Thompson, L. W. (2008). *Handbook of behavioral and cognitive therapies with older adults*. New York, NY, US: Springer Science + Business Media. doi:10.1007/978-0-387-72007-4

Published Manuscripts (* denotes student author). Listed in Reverse Chronological Order.

4. Schmidt, N. E.*, Carpenter, B., & Steffen, A. M. (2024). Brief Aging Education Affects Continuing Education Preferences and Behaviors of Mental Health Providers. *The Gerontologist*, 64(9), gnae085.
5. Schmidt, N. E.*, Cottone, R. R., & Steffen, A. M. (2024). Working with older adults impacts training preferences of counselors. *Gerontology & Geriatrics Education*, 45(1), 86-91.
6. Laine, A. J.*, & Steffen, A. M. (2023). Improving Gerontological Survey Participation With Mixed-Mode Response Options, Multiple Contacts, and Noncontingent Incentives. *Journal of Applied Gerontology*, 42(12), 2283-2287. <https://doi.org/10.1177/07334648231194494>
7. Bergstrom, K. A.*, Gerstein, E. D., & Steffen, A. M. (2023). Self-efficacy for controlling upsetting thoughts and positive appraisals of stressors relate to caregiving competence in female family carers. *International Journal of Care and Caring* (published online ahead of print 2023). <https://doi.org/10.1332/23978821Y2023D000000012>
8. Steffen, A. M. (2022). Addressing loneliness in the context of treating later-life depression. *The Specialist*, 50, 53-59.
9. Arenella, K.* & Steffen, A. M. (2022). Women's Sexual Satisfaction in the Context of Midlife Relationships: Examining an Ecological Model. *Journal of Women and Aging*, 34, 621-626.
DOI: 10.1080/08952841.2021.1967070
10. Richmond, K.* & Steffen, A. M. (2020). Multiple Perspectives on Disseminating and Implementing Evidenced-Based Treatments: Demand and Supply. *Clinical Psychology: Science and Practice*, e12365.
11. Warren, A. R.*, & Steffen, A. M. (2020). Development of a transgender and gender nonconforming language self-efficacy scale for social service providers working with older adults. *Journal of Applied Gerontology*, 39(5), 555-560. <https://doi.org/10.1177/0733464818759754>.
12. Schmidt, N. E.*, Steffen, A. M. & Meuser, T. (2020). Impairment for medication management in older adults: Validity of a family report measure. *Clinical Gerontologist*, 43, 350-362. DOI: 10.1080/07317115.2019.1703064
13. Arenella, K.* & Steffen, A. M. (2020). Self-reassurance and self-efficacy for controlling upsetting thoughts predict depression, anxiety and perceived stress in helpseeking female family caregivers. *International Psychogeriatrics*, 32, 229-240. DOI: <https://doi.org/10.1017/S1041610219000565>
14. Warren, A. R.*, & Steffen, A. M. (2020). Reactions and Preferences for Training Among Area Agency on Aging

15. Schmidt, N. E.*, & Steffen, A. M. (2020). Neurocognitive Disorder Diagnoses Matter: A Brief Report on Caregiver Appraisal of Driving Ability. *Journal of Applied Gerontology*, 39(9), 966-970. doi: 10.1177/2F0733464818803006
16. Steffen, A., Bergstrom, K., Schmidt, N. (2019). Evidence-based practice: Clinical work with older adults. *Missouri Psychologist, Summer 2019*, 2-3.
17. Pine, J.* & Steffen, A. M. (2019). Intergenerational Ambivalence and Dyadic Strain: Understanding Stress in Family Care Partners of Older Adults. *Clinical Gerontologist*, 42(1), 90–100. https://doi-org.ezproxy.umsl.edu/10.1080/07317115.2017.1356894
18. Steffen, A. M., Gallagher-Thompson, D., Arenella, K.*, Au, A., Cheng, S. T., Crespo, M., Cristancho-Lacroix, V., López, J., Losada Baltar, A., Márquez-González, M., Nogales-González, C., & Romero-Moreno, R. (2019). Validating the Revised Scale for Caregiving Self-Efficacy: A cross-national review. *The Gerontologist*, 59 (4) e325-e342; .doi: 10.1093/geront/gny004
19. MacDougall, M.* & Steffen, A. (2017) Self-efficacy for controlling upsetting thoughts and emotional eating in family caregivers, *Aging & Mental Health*, 21:10, 1058-1064, doi: 10.1080/13607863.2016.1196335
20. VanDyke, M. & Steffen, A. (2017). Medication Saving Behaviors of Older Adults: Scale Developed to Assess Family Caregiver Perspectives. *Clinical Gerontologist*, 40 (4), 258-267. doi:10.1080/07317115.2016.1276114
21. George, N. R.*, & Steffen, A. M. (2017). Predicting perceived medication-related hassles in dementia family caregivers. *Dementia*, 16 (6), 797-810. doi: 10.1177/1471301215618570
22. Levy, H. B., & Steffen, A. M. (2016). Validating the Medication Risk Questionnaire with Family Caregivers of Older Adults. *The Consultant Pharmacist: The Journal Of The American Society Of Consultant Pharmacists*, 31(6), 329-337. doi:10.4140/TCP.n.2016.329
23. Steffen, A. M., & Ogland-Hand, S. (2016). Rediscovering Caregiving: Family-Partnered Management Of Chronic Illnesses. *The Gerontologist*, 56(5), 970-972. doi:10.1093/geront/gnw124
24. Steffen, A., Epstein, J., George, N.*, & MacDougall, M.* (2016). Sandwich Generation Diner: Development of an online health intervention for intergenerational caregivers. *JMIR Research Protocols*. doi:10.2196/resprot.5488
25. Steffen, A. M., & Gant, J. R. (2016). A telehealth behavioral coaching intervention for neurocognitive disorder family carers. *International Journal Of Geriatric Psychiatry*, 31(2), 195-203. doi:10.1002/gps.4312
26. DeCaporale-Ryan, L.N.*, Steffen, A.M., Marwit, S., & Meuser, T. (2016). Dementia spousal caregivers and past transgressions: Measuring and understanding forgiveness experiences. *Journal of Women & Aging*, 28, 510-520. doi: 10.1080/08952841.2015.1065143
27. Warren, A. R.*, Steffen, A. M., & Wayland, S. (2015). Predicting Gay Affirmative Practice from the Theory of Planned Behavior. *Journal Of Gerontological Social Work*, 58(7-8), 671-683. oi:10.1080/01634372.2015.1075237
28. George, N. R.*, & Steffen, A. M. (2014). Promoting medication adherence in older adults through early diagnosis of neurocognitive disorders. *The Primary Care Companion For CNS Disorders*, 16(6), doi:10.4088/PCC.14m01686
29. George, N. R.*, & Steffen, A. M. (2014). Medication issues in informal dementia caregivers and care recipients. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 37(3), 272-285. doi:10.1080/07317115.2014.885916
30. George, N. R.*, & Steffen, A. (2014). Physical and mental health correlates of self-efficacy in dementia family

31. DeCaporale, L.*, Mensie, L.*, & Steffen, A. (2013). Respite utilization and responses to loss among family caregivers: Relationship matters. *Death Studies*, 37(5), 483-492. doi:10.1080/07481187.2012.654593
32. DeCaporale-Ryan, L. N.*, Steffen, A. M., Marwit, S. J., & Meuser, T. M. (2013). Extension of the Enright Forgiveness Inventory to middle-aged and older wives. *Journal Of Religion, Spirituality & Aging*, 25(4), 344-357. doi:10.1080/15528030.2013.789462
33. Steffen, A. M., & Jackson, C. S.* (2012). Predicting facilitators' behaviors during Alzheimer's family support group meetings. *American Journal Of Alzheimer's Disease And Other Dementias*, 27(2), 114-120. doi:10.1177/1533317512441051
34. Steffen, A. M., & Mangum, K. R.* (2012). Predicting attendance at dementia family support groups. *American Journal Of Alzheimer's Disease And Other Dementias*, 27(8), 633-639. doi:10.1177/1533317512465677
35. Steffen, A. M., & Merritt, S. (2012). Idiographic anger ratings by female dementia family caregivers: Generalizability and preliminary validity. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 35(3), 205-220. doi:10.1080/07317115.2012.657821
36. Steffen, A. M. (2012). Translating research for professional development and effective clinical practice with older adults. *Cognitive And Behavioral Practice*, 19(1), 155-160. doi:10.1016/j.cbpra.2011.05.006
37. Mensie, L. C.*, & Steffen, A. M. (2011). Predicting in-home respite utilization by family caregivers of older adults: Results of a community study. *Home Health Care Management & Practice*, 23(2), 109-117. doi:10.1177/1084822310384694
38. Mensie, L. C.*, & Steffen, A. M. (2010). Depressive symptoms and use of home-based respite time in family caregivers. *Home Health Care Services Quarterly*, 29(3), 120-137. doi:10.1080/01621424.2010.511514
39. Murphy, J.*, & Steffen, A.M. (2009). Improving bathroom safety among community dwelling older adults. *Psi Chi Journal of Undergraduate Research*, 14. 115-120.
40. Steffen, A. M. (2007). Introduction to Special Issue: New Interventions for Dementia-Related Concerns. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 30(2), 1-3. doi:10.1300/J018v30n02_01
41. Gant, J. R., Steffen, A. M., & Lauderdale, S. A. (2007). Comparative outcomes of two distance-based interventions for male caregivers of family members with dementia. *American Journal Of Alzheimer's Disease And Other Dementias*, 22(2), 120-128. doi:10.1177/1533317506298880
42. Gilliam, C. M.*, & Steffen, A. M. (2006). The relationship between caregiving self-efficacy and depressive symptoms in dementia family caregivers. *Aging & Mental Health*, 10(2), 79-86. doi:10.1080/13607860500310658
43. Steffen, A. M., & Mangum, K. K.* (2003). Distance-based skills training for depressed dementia family carers. *Clinical Psychologist*, 7(1), 1-10. doi:10.1080/13284200410001707433
44. Coon, D. W., Thompson, L., Steffen, A., Sorocco, K., & Gallagher-Thompson, D. (2003). Anger and Depression Management: Psychoeducational Skill Training Interventions for Women Caregivers of a Relative With Dementia. *The Gerontologist*, 43(5), 678-689. doi:10.1093/geront/43.5.678
45. Steffen, A. M., McKibbin, C., Zeiss, A. M., Gallagher-Thompson, D., & Bandura, A. (2002). The Revised Scale for Caregiving Self-Efficacy: Reliability and validity studies. *The Journals Of Gerontology: Series B: Psychological Sciences And Social Sciences*, 57B(1), P74-P86. doi:10.1093/geronb/57.1.P74
46. Steffen, A. M., & Berger, S.* (2000). Relationship differences in anger intensity during caregiving-related situations. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 21(2), 3-19. doi:10.1300/J018v21n02_02

47. Steffen, A. M. (2000). Anger management for dementia caregivers: A preliminary study using video and telephone interventions. *Behavior Therapy, 31*(2), 281-299. doi:10.1016/S0005-7894(00)80016-7
48. Poth, T. L.*, & Steffen, A. M. (2000). Anger management for the Alzheimer's caregiver: A case study. *Clinical Gerontologist: The Journal Of Aging And Mental Health, 22*(1), 83-86. doi:10.1300/J018v22n01_08
49. Steffen, A. M., Tebb, S., & McGillick, J. (1999). How to cope: Documenting the changing information needs of Alzheimer's caregivers. *American Journal Of Alzheimer's Disease, 14*(5), 262-269. doi:10.1177/153331759901400508
50. Steffen, A. M., Thompson, L. W., Gallagher-Thompson, D., & Koin, D. (1999). Physical and psychosocial correlates of hormone replacement therapy with chronically stressed postmenopausal women. *Journal Of Aging And Health, 11*(1), 3-26. doi:10.1177/089826439901100101
51. Steffen, A. M., Futterman, A., & Gallagher-Thompson, D. (1998). Depressed caregivers: Comparative outcomes of two interventions. *Clinical Gerontologist: The Journal Of Aging And Mental Health, 19*(4), 3-15.
52. Steffen, A. M., Gallagher-Thompson, D., & Thompson, L. W. (1997). Distress levels and coping in female caregivers and non-caregivers with major depressive disorder. *Journal Of Clinical Geropsychology, 3*(2), 101-110.
53. Steffen, A. M. (1996). Community psychology's response to the promises and problems of aging. *The Community Psychologist, 29*, 19-21.
54. Zeiss, A. M., & Steffen, A. (1996). Treatment issues with elderly clients. *Cognitive And Behavioral Practice, 3*(2), 371-389. doi:10.1016/S1077-7229(96)80024-1
55. Gallagher-Thompson, D., & Steffen, A. M. (1994). Comparative effects of cognitive-behavioral and brief psychodynamic psychotherapies for depressed family caregivers. *Journal Of Consulting And Clinical Psychology, 62*(3), 543-549. doi:10.1037/0022-006X.62.3.543
56. Steffen, A., & Zeiss, A. (1992). The role of behavioral intervention and research in addressing the needs of older women living independently in the community. *The Behavior Therapist, 15*, 91-94.
57. Walsh, W. A., Steffen, A., & Gallagher-Thompson, D. (1992). Depressionsniveau und Belastungsverarbeitung bei Betreuern körperlich und geistig beeinträchtigter älterer Menschen. = Comparison of depression and coping among caregivers of physically and cognitively impaired elders. (Trans F. Helgenberger). *Verhaltenstherapie, 2*(3), 231-236. doi:10.1159/000258258
58. Heller, K., Thompson, M. G., Vlachos-Weber, I., Steffen, A. M., & Trueba, P. E. (1991). Support interventions for older adults: Confidante relationships, perceived family support, and meaningful role activity. *American Journal Of Community Psychology, 19*(1), 139-146. doi:10.1007/BF00942262

Book Chapters (* denotes student author)

59. Steffen, A. M. & Bergstrom, K. * (in press). Later-Life Depression. Invited chapter in *APA Handbook of Depression*, American Psychological Association.
60. VanDyke, M.M. and Steffen, A. (2022) Aging and health. (In *Wellness around the World: An International Encyclopedia of Health Indicators, Practices, and Issues in Cultural Context*, ABC-CLIO Publishing.)
61. Steffen, A. M. & Schmidt, N. E.* (2022). The CBTs in Later Life. In G. Asmundson (Ed.), *Comprehensive clinical psychology*, 2nd edition. Oxford, UK: Elsevier.
62. Decaporale-Ryan, L., Warren, A. R., & Steffen, A. M. (2022). Interprofessional teams and psychology. In G. Asmundson (Ed.), *Comprehensive clinical psychology*, 2nd edition. Oxord, UK: Elsevier.
63. Steffen, A. M., Gallagher-Thompson, D. & Thompson, L. W. (2021). Theoretical Support and Practical Strategies for CBT with Depressed Older Adults . In N. Pachana, V. Molinari, L. Thompson & D. Gallagher-Thompson

64. Steffen, A. M. & Zeiss, A. M. (2017). Interprofessional health care teams in geriatrics, In Reference Module in *Neuroscience and Biobehavioral Psychology*, Elsevier, ISBN 9780128093245
65. Steffen, A. M. & McDougall, M.* (2016). Psychotherapy and behavioral health interventions with older adults. In S. K. Whitbourne (Ed). *Encyclopedia of Adulthood and Aging*. Wiley-Blackwell.
66. Steffen, A. M., Zeiss, A. M. & Karel, M. (2015) Interprofessional geriatric health care: Competencies and resources for teamwork. In N. Pachana and K. Laidlaw (Eds), *Oxford Handbook of Clinical Geropsychology: International Perspectives*. Oxford University Press.
67. DeCaporale-Ryan, L.N.*, Steffen, A.M., Marwit, S. (2015). *From transgressions to forgiveness: Clinically relevant research*. In E.L. Olsen (Ed.), *Forgiveness: Social Significance, Health Impact and Psychological Effects*. New York, NY: Nova Science Publishers, Inc.
68. Steffen, A. M. & George, N.* (2013). Commentary on a contextual approach to dementia care. In W. O'Donohue and S. O. Lilienfeld (Eds), *Case Studies in Clinical Science*. Oxford University Press.
69. Steffen, A. M., Gant, J. R., & Gallagher-Thompson, D. (2008). Reducing psychosocial distress in family caregivers. In D. Gallagher-Thompson, A. Steffen, & L. W. Thompson (Eds.), *Handbook of Behavioral and Cognitive Therapies with Older Adults (pp. 102-117)*. New York, NY: Springer
70. Steffen, A.M. & Mangum, K. R.* (2005). Family Caregivers. In A. Freeman (Ed.), *Encyclopedia of Cognitive Behavior Therapy* (pp. 189-193). New York: Springer.
71. Steffen, A.M., Mahoney, D., & Kelly, K. (2002). Capitalizing on technological advances to help distressed caregivers. In D. Coon, D. Gallagher-Thompson, & L. Thompson (Eds.). *Interventions for Family Caregivers*. New York: Springer Publishing.
72. Heller, K., Jenkins, R., & Steffen, A., & Swindle, R.W. (2000). Prospects for a viable community mental health system: Reconciling ideology, professional traditions, and political reality. In J. Rappaport & E. Seidmen, (Eds.) *Handbook of Community Psychology*, Plenum Publishing: New York.
73. Zeiss, A. M. & Steffen, A. M. (1998). Interdisciplinary health care teams in geriatrics: An international model. In B. A. Edelstein (Ed), *Vol 7: Clinical Geropsychology*, (pp. 551-570) of A. S. Bellack & M. Hersen (Eds.), *Comprehensive Clinical Psychology*. London: Pergamon Press.
74. Zeiss, A. M., & Steffen, A. (1996). Behavioral and cognitive-behavioral treatments: An overview of social learning. In S. H. Zarit, B. G. Knight, S. H. Zarit, B. G. Knight (Eds.) , *A guide to psychotherapy and aging: Effective clinical interventions in a life-stage context* (pp. 35-60). Washington, DC, US: American Psychological Association. doi:10.1037/10211-001
75. Zeiss, A. M., & Steffen, A. M. (1996). Interdisciplinary health care teams: The basic unit of geriatric care. In L. L. Carstensen, B. A. Edelstein, L. Dornbrand (Eds.) , *The practical handbook of clinical gerontology* (pp. 423-450). Thousand Oaks, CA, US: Sage Publications, Inc.

Published Conference Abstracts

76. Steffen, A., & Moye, J. (2022). Multidisciplinary perspectives on later-life depression: The role of Brain health. *Innovation in Aging*, 6(Supplement_1), 274-274.
77. Steffen, A., & Allen, R. (2022). Before a neurocognitive evaluation: Roles and competencies of behavioral health providers. *Innovation in Aging*, 6(Suppl 1), 199.
78. Allen, R., & Steffen, A. (2022). After a neurocognitive evaluation: Roles and competencies of behavioral health providers. *Innovation in Aging*, 6(Suppl 1), 199.

79. Laine, A.* & Steffen, A. (2022). Measuring professional knowledge of later-life depression. *Innovation in Aging*, 6(Suppl 1), 274.
80. Schmidt, N.* & Steffen, A. (2022). Shaping preferences for aging-specific continuing education by licensed professional counselors. *Innovation in Aging*, 6(Suppl 1), 274.
81. Kallmi, S.* & Steffen, A., & Lenze, E. (2022). Psychological well-being in older adults with treatment-resistant depression. *Innovation in Aging*, 6(Suppl 1), 274
82. Bergstrom K.* & Steffen (2022). Clinical tools to address brain health concerns in the context of later-life depression. *Innov Aging*. 2022 Dec 20;6(Suppl 1):275. doi: 10.1093/geroni/igac059.1090. PMID: PMC9765888.
83. Emery-Tiburcio, E., Kube, E., Poon, C., & Steffen, A. (2022). Building bridges post-licensure: Developing geropsychology consultation services. *Innovation in Aging*, 6(Suppl 1), 75.
84. Steffen, A. (2018). Predicting work strain among employed intergenerational family caregivers. *Innovation in Aging*, 2(Suppl 1), 354.
85. Kallmi, S.* & Steffen, A. (2018). Dementia diagnosis and medication management by family caregivers. *Innovation in Aging*, 2(Suppl 1), 257.
86. Steffen, A., Epstein, J., Arenella, K. * (2017). E-health intervention for intergenerational caregivers of chronically ill older adults. *Innovation in Aging*, Volume 1, Issue suppl_1, July 2017, Page 140, <https://doi.org/10.1093/geroni/igx004.562>
87. Pine, J.* & Steffen, A. M. (2015, November). Intergenerational ambivalence and perceived stress in family care partners of older adults. In *Gerontologist*, 55, pp. 109-109.
88. Steffen, A. M., Artis, J.* & Warren, A.* (2015). Cross-cultural validation of the revised scale for caregiving self-efficacy. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 11(7), P735.

Under Review/Revision

1. Guillod, A. I.* & Band, A. E.* & Steffen, A. M. (under review). Aging-related professional training interests of Latine psychologists. *Journal of Latinx Psychology*.
2. Band, A. E.* & Guillod, A. I.* & Fitzpatrick, J.* & Laine, A.* & Steffen, A. M. (under review). Commentary on Lederman and Shefler (2023) You Can't Treat Older People Without "Getting Old" Yourself: A Grounded Theory Analysis of Countertransference in Psychotherapy With Older Adults, *Professional Psychology: Research and Practice*
3. Band, A. E.* & Guillod, A. I.* & Steffen, A. M. (under review). Comparative Favorability in Clinical Practice: Psychologists' Ratings of Their Work with Older Adults vs. Other Ages, *Professional Psychology: Research and Practice*
4. Laine, A.* & White, K & Steffen, A. M. (under review). Assessing Professional Understanding of Geriatric Depression: The Development and Validation of the Later Life Depression Knowledge Questionnaire. *Clinical Gerontologist*
5. Bergstrom, K.* & Steffen, A. M. (under review). Cognitive control beliefs and engagement in challenging cognitive activities predicts purpose in life in middle-aged and older adults. *Aging and Mental Health*
6. Laine, A.* & McNeil, E.* & Steffen, A. M. (in revision). Treating Later Life Depression in Grieving Older Adults: Behavioral and cognitive strategies for living with loss. *Cognitive and Behavioral Practice*.

1. Jackson, L.* , Band, A. *, Laine, A.* & Steffen, A. M. (2024, May). Unlocking the age barrier: Mental health professional capacities in addressing the needs of an aging population. Poster presented at the University of Missouri-St. Louis Undergraduate Research Symposium.
2. Adams, L.* , Band, A.* & Steffen, A. (2024, May). Acculturation in psychologists practicing in the Southwest. Paper presented at the University of Missouri-St. Louis Undergraduate Research Symposium.
3. Band, A* , Laine, A.* , & Steffen, A. (2023, November). Pilot consultation for behavioral activation delivered by gerontological workers. Poster presentation at the Association for Behavioral and Cognitive Therapies in Seattle, Washington.
4. Bergstrom, K.* & Steffen, A. M. (2023, November). *Predicting Purpose in Life for Middle Aged and Older Adults*. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
5. Band, A.* , Laine, A.* , & Steffen, A. M. (2023, November). *Pilot consultation model for behavioral activation delivered by gerontological social workers*. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
6. Steffen, A. (2022, November). Multidisciplinary perspectives on later-life depression: The role of Brain health. Symposium presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN. Role: Chair
7. Steffen, A., & Allen, R. (2022, November). Before a neurocognitive evaluation: Roles and competencies of behavioral health providers. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
8. Allen, R., & Steffen, A. (2022, November). After a neurocognitive evaluation: Roles and competencies of behavioral health providers. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
9. Laine, A.* , & Steffen, A. (2022, November). Measuring professional knowledge of later-life depression. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
10. Schmidt, N.* , & Steffen, A. (2022, November). Shaping preferences for aging-specific continuing education by licensed professional counselors. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
11. Kallmi, S.* , Steffen, A., & Lenze, E. (2022, November). Psychological well-being in older adults with treatment-resistant depression. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
12. Bergstrom K.* & Steffen (2022, November). Clinical tools to address brain health concerns in the contact of later-life depression. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
13. Emery-Tiburcio, E., Kube, E., Poon, C., & Steffen, A. (2022, November). Building bridges post-licensure: Developing geropsychology consultation services. Paper presented at the annual meetings of the Gerontological Society of America, Indianapolis, IN.
14. Bergstrom, K.* , Kallmi, S.* & Steffen, A. M. (2020, November). Increasing Reach: Enhancing Age-Related CE Interests of Masters' Trained Clinicians. Presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, online conference.
15. Gerstacker, P.* & Steffen, A. M. (2020, April). User-Centered Design for the Treatment of Depression Linked to Persistent Pain in Older Adults. Undergraduate Research Symposium, University of Missouri-St.

16. Kallmi, S.* & Steffen, A. M. (2019, November). Family caregivers' perceived stress in relation to self-efficacy for controlling upsetting thoughts. Presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
17. Bergstrom, K.* & Steffen, A. M. (2019, November). Self-efficacy for controlling upsetting thoughts, self-reassurance and preparedness predict self-perceived competence in informal caregivers. Presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
18. Schmidt, N. E.* & Steffen, A. M. (2019, November). Neurocognitive Disorder Diagnoses matter: Impact on care partner appraisal of driving ability. Presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
19. Steffen, A.M. & Schmidt, N. E.* (2019, May). Psychotherapy and behavioral health interventions with older adults. Presented at Missouri Department of Mental Health Spring Training Institute 2019.
20. Foster, A*., Wells, M.*, & Steffen, A. M. (2019, April). Modifying CBT for Cognitively Impaired Older Adults with Depression. Undergraduate Research Symposium, University of Missouri-St. Louis
21. Warren, T.* Schroeder, A.*, Chow, M.*, VanDyke, M., & Steffen, A. (2019, April). Examining the relationship between medication saving behaviors, physical health status, and associated risk factors in older adults with family caregivers. Paper presented at the Student Research Symposium, St. Louis College of Pharmacy, St. Louis, Missouri.
22. Steffen, A. M. (2018, November). Predicting work strain among employed intergenerational family caregivers. Paper presented at the annual meetings of the Gerontological Society of America, Boston, MO.
23. Kallmi, S.* & Steffen, A. (2018, November). Dementia diagnosis and medication management by family caregivers. Poster presented at the annual meetings of the Gerontological Society of America, Boston, MO.
24. Schmidt, N. E.* & Steffen, A. M. (2018, November). Reliability and validity of a single-item caregiver report of medication impairment in older adults. Poster presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
25. Schmidt, N. E.* & Steffen, A. M. (2018, November). Differentiating between self-efficacy and mastery as predictors of depression in family caregivers. Poster presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
26. Steffen, A. M. (2018, August). Self-efficacy beliefs of family caregivers: Assessment and Intervention. Paper presented within the symposium: Understanding and Promoting Resilience in Family Caregivers at the annual conference of the American Psychological Association, San Francisco, CA.
27. Steffen, A. M. (2018, May). Understanding and addressing the social stigma of memory loss. Paper presented at Primary Source: An Interdisciplinary Conference on Memory and Identity. St. Louis, MO.
28. VanDyke, M., Chow, M., Dinh, A., Le, M., Rucker, E., Vu, K., Griggs, S., & Steffen, A. (April, 2018). Medication Hoarding: Women managing medications for older family members identify a hoarding-related risk factor. Paper presented at the Anxiety Disorders Association of America, Washington D. C.
29. Arenella, K.* & Steffen, A. M., (November, 2017). The importance of physical closeness: Physical and sexual behaviors as predictors of sexual satisfaction in family caregivers. Poster presented at the 51st

30. Steffen, A., Epstein, J., & Arenella, K.* (July, 2017). *E-health education for intergenerational caregivers of chronically ill older adults*. World Congress of Gerontology and Geriatrics, San Francisco, CA.
31. Chow, M., VanDyke, M., Griggs, S., & Steffen, A. (2017). *Examining potential correlates of Medication Saving Behaviors: Medication risk factors, hoarding behavior, and demographic variables*. [Poster presentation]. St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
32. Choe, E., VanDyke, M., Griggs, S., & Steffen, A. (2017). *Assessing potential caregiver strategies associated with improved medication adherence in a community-based sample of older adults*. [Poster presentation]. St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
33. Vu, K., VanDyke, M., Griggs, S., & Steffen, A. (2017). *The relationship between health literacy related medication hassles, education level, and ethnicity on caregiver-supported medication adherence for older family members*. [Poster presentation]. St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
34. Givens, A., & Steffen, A. (April, 2017). *Caregiving for older adults with mental health concerns: Impact on family caregivers' perceived stress*. University of Missouri-St. Louis Undergraduate Research Symposium, St. Louis, Missouri.
35. Arenella, K., & Steffen A. (October, 2016). *Metacognitive processes as predictors of anxiety in family caregivers: The role of self-reassurance and self-efficacy for controlling upsetting thoughts*. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies. New York, NY.
36. Steffen, A. M. (March, 2016). *E-health education for intergenerational caregivers of chronically ill older adults*. Society for Behavioral Medicine, Washington, DC.
37. Hegna, K., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *Functional definitions of polypharmacy in community dwelling older adults: A study of family caregivers*. Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
38. Chow, M., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *The effect of stress, hassles, and self-efficacy on medication savings behaviors*. Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
39. Louiselle, K., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *Examining the Relationships Between Dementia Severity, Hoarding Behaviors, and Medication Adherence*. Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
40. Pine, J.* & Steffen, A. M. (November, 2015). *Intergenerational ambivalence and perceived stress in family care partners of older adults*. Gerontological Society of America, Orlando, FL.
41. Steffen, A. M. (July, 2015). *Symposium Chair: Dementia Care Practices Across Cultures and Special Populations*. Alzheimer's Association International Conference, Washington, DC.
42. Steffen, A. M. (July, 2015). *Tailoring the Coping with Caregiving Evidence Based Program for Ethnic/Racial Minority Communities*. Symposium paper for Dementia Care Practices Across Cultures and Special Populations. Alzheimer's Association International Conference, Washington, DC.
43. Steffen, A. M., Artis, J.* & Warren, A. R.* (July, 2015). *Cross-cultural validation of the revised scale for caregiving self-efficacy*. Presented at the Alzheimer's Association International Conference, Washington, DC.

44. MacDougall, M.*, Judd, K.*, & Steffen, A. (June, 2015). *A cognitive-behavioral framework for caregiver depression: The role of religious attendance*. Presented at the Missouri Psychological Association, St. Louis, MO.
45. Artis, J.* & Steffen, A. M. (June, 2015). Cross-cultural validation of the revised scale for caregiving self-efficacy. Presented at the Missouri Psychological Association, St. Louis, MO.
46. Hegna, K., VanDyke, M., & Steffen, A. (Spring, 2015). *Preliminary Analysis of Medication Saving Behaviors, Hoarding, and FSs in the Elderly: A Pilot Study of Family Caregivers*. Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
47. Steffen, A., George, N.*, MacDougall, M.*, Epstein, J., & VanDyke, M. (November, 2014). *Online education for medication management by "Sandwich Generation" caregivers*. Paper presentation at the annual meeting of the Gerontological Society of America, Washington, DC.
48. Pine, J.* & Steffen, A. (November, 2014). *Intergenerational ambivalence and perceived stress in family care partners of older adults*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
49. MacDougall, M.* & Steffen, A. (November, 2014). *Does religious coping moderate the relationship between role overload and depression among informal caregivers*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
50. Warren, A. R. & Steffen, A. M. (2014, October). *Predicting gay affirmative practice from the theory of planned behavior*. Invited Speaker at LGBTQ and Allies Professionals Network, St. Louis, MO.
51. George, N. R., & Steffen, A.M. (April, 2014). *Medication Management Hassles for Family Caregivers of Older Adults: Does Dementia Matter?* Poster presentation at the University of Missouri – St. Louis Graduate Research Fair, St. Louis, MO
52. Steffen, A. M., Meuser, T., MacDougal, M.*, George, N. R.* (November, 2013). *Medication assistance by informal care partners: Pathway to dementia detection and intervention*. Symposium paper presentation at the Gerontological Society of America, New Orleans, LA.
53. George, N. R.*, & Steffen, A.M. (November, 2013). *Medication Management Hassles for Family Caregivers of Older Adults: Does Dementia Matter?* Poster presentation at the Association for Behavioral and Cognitive Therapies, Nashville, TN.
54. Warren, A. R.*, & Steffen, A. M. (November, 2013). *Predicting gay affirmative practice from the theory of planned behavior*. Presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
55. MacDougall, M.* & Steffen, A. (November, 2013). *Emotional Eating among Informal Caregivers: Role of self-efficacy for controlling upsetting thoughts*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
56. Warren, A. R., & Steffen, A. M. (April, 2013). *Predicting gay affirmative practice from the theory of planned behavior*. Poster presented at the Graduate Research Fair at University of Missouri-St. Louis, St. Louis, MO.
57. Steffen, A. M., Gonzalez-Rivas, S.*, George, N.R.* , & MacDougall, M.* (November, 2012). *Measurement of self-efficacy beliefs: Implications of scale design*. Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, District of Columbia.
58. MacDougall, M.* & Steffen, A. (November, 2012). *Obesity Risk among Family Caregivers:*

Relationship between role overload and emotional eating. Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

59. George, N.R.* , & Steffen, A.M. (November, 2012). *Self-Efficacy as a Predictor of Health Behaviors in Dementia Family Caregivers.* Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, District of Columbia.
60. Gonzalez-Rivas, S.*, & Steffen, A. (November, 2012). *Predictors of women's sexual communication.* Poster presented at the annual meetings of the Society for Scientific Study of Sexuality, Tampa, Florida.
61. George, N. R., & Steffen, A. M. (April, 2012). *Family Dementia Caregivers' Healthcare and Medication Usage.* Poster presentation at the University of Missouri – St. Louis Graduate Research Fair, St. Louis, MO.
62. Steffen, A. M. (November, 2011). *CBT with dementia family caregivers: Facilitating Dissemination to Non-profit Agencies through Intervention Design.* Paper presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
63. Steffen, A. M. (November, 2011). *Disseminating Behavioral and Cognitive Interventions for Older Adults to Providers in a Continuum of Care Settings.* Chair of Clinical Roundtable presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
64. George, N*. & Steffen, A. M. (November, 2011). *A Video/Telehealth Intervention for Family Dementia Caregivers: Impact on Health Care and Medication Usage.* Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
65. Steffen, A. M. & Decaporale, L.* (June, 2010). *Distance-Based Skills-Training for Female Dementia Family Caregivers: Three-year Longitudinal Outcomes.* Paper presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
66. Decaporale, L.*, & Steffen, A. M. (June, 2010). *Distance-Based Skills-Training for Female Dementia Family Caregivers: Depression-Related Outcomes.* Paper presented at the meetings of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
67. Murphy, J.*, & Steffen, A. M. (April, 2008). *Aging in place for community dwelling seniors; Steady as you go.* Poster presented at the UM-St. Louis Undergraduate Research Symposium. (won 1st place prize by the Pierre Laclède Honors College).
68. Murphy, J.*, & Steffen, A. M. (May, 2008). *Aging in place for community dwelling seniors; Steady as you go.* Poster presented at the meetings of the Midwestern Psychological Association, Chicago, IL.
69. Decaporale, L.*, Mensie, L.*, & Steffen, A. M. (November, 2008). *The relationship between anticipatory grief and respite utilization among family caregivers.* Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
70. Decaporale, L*. & Steffen, A. M. (November, 2007). *Predictors of anticipatory grief in family caregivers.* Poster presented at the meetings of the Gerontological Society of America, San Francisco, CA.
71. Steffen, A. M. (November, 2007). *Careers in clinical geropsychology.* Presented at the meetings of the Gerontological Society of America, San Francisco, CA.
72. Coon, D., & Steffen, A. M. (November, 2007). *Interventions for Culturally Diverse Older Adults & Family Caregivers: Challenges and Opportunities.* Symposium presented at the meetings of the Gerontological Society of America, San Francisco, CA.
73. Nanney, J. T.*, & Steffen, A. M. (November, 2006). *Ethnicity as a moderator of the relationship*

between positive aspects of caregiving and grief in dementia caregivers. Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Chicago, IL. Steffen CV pg.13

74. Mensie, L.C. *, & Steffen, A. M. (November, 2006). *Predictors of aging friendly home modifications in a community sample of older adults*. Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
75. English, S.*, Abbot, K.*, & Steffen, A. (May, 2005). *Impact of a distance-based intervention on target complaints of dementia family caregivers*. Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
76. Steffen, A. M & Gant, J.R. (November, 2005). *Reducing distress in dementia family caregivers through a distance-based intervention*. Paper presented at the meetings of the Gerontological Society of America, Orlando, FL.
77. Mensie, L.*, & Steffen, A. M (November, 2005). *Caregiving self-efficacy as a mediator of treatment impact on depressed mood*. Poster presented at the meetings of the Gerontological Society of America, Orlando, FL.
78. Palmer, W. M.* , & Steffen, A. M (November, 2005). *Examining the relationship between mastery, self-efficacy, positive and negative affect, and depression in dementia family caregivers*. Poster presented at the meetings of the Gerontological Society of America, Orlando, FL.
79. Gilliam, C,* & Steffen, A. M. (November, 2005). *The effects of rumination on problem solving self-efficacy in the context of depressed mood*. Poster presented at the meetings of the Association for Advancement of Behavior Therapy, Washington, D.C.
80. Gallagher-Thompson, D. & Steffen, A. M. (July, 2004). *National REACH Project: Description and Implications*. Invited symposium at the National Alzheimer's Association Education Conference, Philadelphia.
81. Palmer, M & Steffen, A. M. (November, 2004). *Caregiving Self-Efficacy as a Predictor of Nursing Home Placement in Dementia Patient-Caregiver Dyads*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, New Orleans, LA.
82. Steffen, A. M. (July, 2003). *Distance-Based skills training for family caregivers to improve quality of care*. Paper presented at the National Alzheimer's Disease Education Conference, Chicago, Illinois.
83. Steffen, A. M. & Gilliam, C.* (November, 2003). *Self-efficacy as a mediator of treatment effect in a randomized clinical trial for depression*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Boston, MA.
84. Gilliam, C* & Steffen, A. M. (November, 2003). *Initial level of depressive symptoms as a moderator of treatment impact in the Dementia Caregiving Skills Program*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Boston, MA.
85. Gilliam, C * & Steffen, A. M. (November, 2002). *Self-efficacy as a moderator of the relationship between objective stressors and depressed mood in dementia family caregivers*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Reno, NV.
86. Steffen, A. M. (2001, July). *Behavioral and Cognitive-Behavioral Interventions with Older Adults: Emerging Practices and Challenges*. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.
87. Mangum, K.* & Steffen, A. M. (November, 2001). *Depression in Dementia Family Caregivers: Predicting Support Group Attendance*. Paper presented at the meetings of the Association for Advancement of Behavior

88. Steffen, A.M. (2000, November). *Behavioral and cognitive behavioral interventions for family caregivers of impaired older adults*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, New Orleans, LA.
89. Steffen, A., Zeiss, A., & Gallagher-Thompson, D. (1999, November). *Self-Efficacy for dementia caregivers: Diversity in assessment strategies*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Toronto, Canada.
90. Steffen, A. (1999, November). *Anger management for dementia caregivers: A preliminary study using video and telephone interventions*. Paper presented at the meetings of the Gerontological Society of America, San Francisco, California.
91. Steffen, A. (1998, November). *Anger management training for family caregivers of dementia patients*. Poster presented at the meetings of the Association for Advancement of Behavior Therapy, Washington, D.C.
92. Steffen, A., Goldstein, J.*, & Suscheck, L.* (1997, May). *Predictors of depression in urban caregivers of dementia patients*. Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
93. Daniels, M.*, Berger, S.*, & Steffen, A. (1996, May). *Anger in Family Caregivers of Dementia Patients*. Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
94. Steffen, A., & Gallagher-Thompson, D. (1995, November). *The measurement of anger in family caregivers*. Paper presented at the meetings of the Gerontological Society of America, Los Angeles, California.
95. Steffen, A., Gallagher-Thompson, D., Zeiss, A., Willis-Shore, J. (1994, August). *Self-efficacy for caregiving: Psychoeducational interventions with dementia family caregivers*. Poster presented at the meeting of the American Psychological Association, Los Angeles, California.
96. Steffen, A., Uncapher, H., Willis-Shore, J., Thompson, L., Koin, D., & Gallagher-Thompson, D. (1994, November). *Psychosocial effects of hormone replacement therapy with postmenopausal women*. Paper presented at the meetings of the Gerontological Society of America, Atlanta, Georgia.
97. Gallagher-Thompson, D., Steffen, A., Lovett, S., Rose, J., Zeiss, A., & Thompson, L.W. (1992, June). *Comparative effectiveness of brief psychodynamic and cognitive/behavioral psychotherapies for the treatment of late-life depression in family caregivers*. Poster presented at the meeting of the Society for Psychotherapy Research, Berkeley, California.
98. Steffen, A., Futterman, A., & Gallagher-Thompson, D. (1991, November). *Comparative outcomes of two interventions for caregivers with major depressive disorder*. Paper presented at the meeting of the Gerontological Society of America, San Francisco, California.
99. Thompson, L. W., Gallagher, D., & Steffen, A. (1991, November). *Comparison of desipramine and cognitive/behavioral therapy in the treatment of late-life depression*. Paper presented at the meeting of Gerontological Society of America, San Francisco, CA.
100. Thompson, L. W., Gallagher, D., Hanser, S., Gantz, F. & Steffen, A. (1991, August). *Treatment of late-life depression with cognitive behavioral therapy or desipramine*. Poster presented at the I
101. Steffen, A. M., & Heller, K. (1988, August). *Social support in the daily interactions of friends*. Paper presented at the meeting of the American Psychological Association, Atlanta, Georgia.

1. Steffen, A. (2017-present). *CBT with Older Adults and Family Care Partners*. 3-hour webinar bi-monthly presented for TZKSeminars, Inc. <https://tzkseminars.com/ann-steffen-phd-abpp/>
2. Steffen, A. (2022-present) *Promoting Brain Health with Middle-Aged and Older Adults*. 2-hour bi-monthly webinar presented for TZKSeminars. <https://tzkseminars.com/ann-steffen-phd-abpp/>
3. Steffen, A. (September 19, 2024). *Treating Later Life Depression: Personalized Approaches*. Webinar for the American Psychological Association, Clinicians Corner Series.
4. Steffen, A. (August 15, 2024). *Fundamentals of Assessment with Older Adults*. One-hour workshop provided to the University of Missouri-St. Louis Clinical Psychology PhD Program.
5. Steffen, A. (August 15, 2024). *Integrating Strategies from Compassion-Focused Therapy into your Clinical Practice*. Half-day workshop provided to the University of Missouri-St. Louis Clinical Psychology PhD Program.
6. Shead, V. & Steffen, A. (August 10, 2024). *Aging at the Intersection: Expanding Your Practice to Meet the Needs of Diverse Older Adults*. 4-hour in-person workshop, American Psychological Association Annual Convention, Seattle, WA.
7. Steffen, A. (June 21, 2024). *Culturally-Attuned Behavioral Activation Across the Lifespan*. Webinar for the Association of Behavioral and Cognitive Therapies, Seattle, WA.
8. Steffen, A. (June 14, 2024). *Brain Health in the Second Half of Life: Aging-Friendly Modifications and Resources* Webinar for the American Psychological Association, Clinicians Corner Series.
9. Steffen, A. (May 31, 2024). *Brain Health in the Second Half of Life: Promoting Healthy Cognitive Aging* Webinar for the American Psychological Association, Clinicians Corner Series.
10. Steffen, A. (May 17, 2024). *CBT to Support Healthy Grief in the Face of Loss*. 2-hour Workshop provided at the Spring Training Institute, Missouri Institute of Mental Health, Osage Beach, Missouri.
11. Steffen, A. (May 16, 2024). *Super Session: Culturally-Attuned Behavioral Activation to Support Psychological Resilience*. 1-hour Workshop provided at the Spring Training Institute, Missouri Institute of Mental Health, Osage Beach, Missouri.
12. Steffen, A. & Ogland-Hand, S. (April 9, 2024). *Telehealth Strategies for CBT with Older Adults*. 1-hour webinar for the Philadelphia Behavior Therapy Association.
13. Steffen, A. & Ogland-Hand, S. (December 12, 2023). *Mindfulness or Relaxation? Selecting and Applying Specific Change Strategies with Your Older Patients*. 1-hour webinar for the Philadelphia Behavior Therapy Association.
14. Steffen, A. (November, 17, 2023). *Culturally-Attuned Behavioral Activation with Clients in the Second Half of Life*. Workshop at the annual convention of the Association of Behavioral and Cognitive Therapies, Seattle, WA.
15. Shead, V. & Steffen, A. (November 3, 2023). *Aging at the Intersection: Expanding Your Practice to Meet the Needs of Diverse Older Adults*. 2-hour webinar sponsored by the Missouri Psychological Association and the Committee on Aging, American Psychological Association.
16. Steffen, A. & Ogland-Hand, S. (October 10, 2023). *Cultivating Positive Emotions in Older Adults*. 1-hour webinar for the Philadelphia Behavior Therapy Association.
17. Steffen, A. (August 17, 2023). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. Half-day workshop provided to the University of Missouri-St. Louis Clinical Psychology PhD Program.

18. Steffen, A. (August 15, 2023). *Suicide Risk Screening and Intervention; Group Therapy Skills*. Full-day workshop provided to the University of Missouri-St. Louis Clinical Psychology PhD Program.
19. Shead, V. & Steffen, A. (August 2, 2023). *Advancing Your Clinical Practice with Older Adults: Culturally Responsive Psychotherapy*. 4-hour workshop at the American Psychological Association, Washington, DC.
20. Steffen, A. (June 21, 2023). *Culturally Responsive CBT in the Second Half of Life*. 2-hour webinar for the Philadelphia Behavior Therapy Association.
21. Steffen, A. (May 18, 2023). *CBT for Chronic Pain: Core Strategies*. 2-hour Workshop provided at the Spring Training Institute, Missouri Institute of Mental Health, Osage Beach, Missouri.
22. Steffen, A. (May 18, 2023). *Super Session: Top 10 Strategies for Effective CBT Sessions*. 1-hour Workshop provided at the Spring Training Institute, Missouri Institute of Mental Health, Osage Beach, Missouri.
23. Steffen, A. (April 27, 2023). *Flexible and Personalized CBT for Depression in Middle-Aged and Older Adults*. 3-hour webinar for Missouri Institute of Mental Health.
24. Steffen, A. & Gallagher-Thompson, D. (April 20, 2023). *Treating Later-Life Depression: Personalized Approaches*. 3-hour webinar for the American Board of Professional Psychology.
25. Steffen, A. & Gallagher-Thompson, D. (March, 2023). *Beyond the Basics of CBT with Older Adults. 4-Week Series Workshop provided for the E4 Center, Rush University Medical Center (8 hours)*.
26. Steffen, A. (November, 17, 2022). *CBT for Depression in the Second Half of Life: Personalized Treatment Approaches*. Full-day Institute for the annual convention of the Association of Behavioral and Cognitive Therapies. (7 CEs)
27. Steffen, A. (September 22, 2022). *CBT for Later-Life Depression*. 90-minute webinar for CRIAP Instituto, Portugal (1.5 CEs).
28. Steffen, A. M. (August 25, 2022). *Flexible and Personalized CBT for Depression in Middle-Aged and Older Adults*. 3-hour webinar for Missouri Institute of Mental Health Professional Training Division.
29. Steffen, A. & Ogland-Hand, S. (August 4, 2022). *CBT for Depression in the Second Half of Life: Personalized Treatment Approaches*. Full-day Workshop for the annual convention of the American Psychological Association. (7 CEs)
30. Steffen, A. M. (June 11, 2022). *Culturally Responsive Strategies with Your Middle-Aged and Older Patients*. 2-hour Workshop for the annual meetings of the Missouri Psychological Association.
31. Steffen, A. M., Gallagher-Thompson, D. & Thompson, L. (May 17-19, 2022). *Treating Later-Life Depression: A CBT Approach*. Bespoke Mental Health, United Kingdom. (6 hours)
32. Steffen, A. (November 19, 2021). *Culturally Responsive CBT for Later-Life Depression*. Mini-workshop (1.5 hr) provided for the annual convention of the Association of Behavioral and Cognitive Therapies (remote).
33. Steffen, A. (October, 2021). *Culturally Responsive CBT with Older Adults. 5-Week Series Workshop provided for the E4 Center, Rush University Medical Center (10 hours)*.
34. Steffen, A. (August 11, 2021). *Culturally Responsive CBT for Later-Life Depression*. Workshop provided for the annual convention of the American Psychological Association.
35. Steffen, A. (November 21, 2020). *Behavioral Activation for Later-Life Depression*. Mini-workshop at the annual meetings of the Association for Behavioral and Cognitive Therapies. (offered online).

36. Steffen, A. & Decaporale-Ryan, L. (October 1, 2020). Evidence-based Treatment for Later-Life Depression: Strategies for Interprofessional Collaboration. Workshop provided by the American Psychological Association's Interprofessional Training Series.
37. Steffen, A. (2020). Working with Older Adults. 2-hour recorded webinar offered by Missouri Institute of Mental Health. <https://mimh.configio.com/pd/2100/working-with-older-adults>
38. Steffen, A. (September 12, 2020). Evidence-based Treatment for Later-Life Depression. 1-day workshop conducted for the Missouri Society for Clinical Social Work.
39. Steffen, A. & Ogland Hand, S. (October 11, 2019). Evidence-based Treatments for Later-Life Depression. 1-day workshop conducted for Park Center, Inc Professional Training Series. Fort Wayne, Indiana.
40. Steffen, A. & Ogland Hand, S. (August 10, 2019). CBT for Depression in Middle and Later Life: Tips and Strategies for Practice. 4-hour workshop conducted at the annual meetings of the American Psychological Association. Chicago, Illinois.
41. Steffen, A. & Stewart, D. (June, 2019). Sex, Drugs and Rock'n Roll in Long Term Care. Voyce Long Term Care Conference, St. Louis, Missouri. Invited presentation.
42. Steffen, A. (May, 2019). Cognitive Behavior Therapy: Refining and Consistently Applying Essential Skills. Missouri Department of Mental Health, Spring Training Institute, Lake of the Ozarks, Missouri. 3-hour workshop.
43. Steffen, A. (November, 2018). Enhancing family support for cognitively impaired older adults. Invited talk to the Doctoral Program in Clinical Psychology, Washington University in St. Louis.
44. Steffen, A. & Palmer, W. M. (June, 2018). Evidence based psychological treatments for family caregivers of older adults. Workshop presented to the annual meeting of the Missouri Psychological Association, Lake of the Ozarks, Missouri.
45. Steffen, A., Palmer, W. M., Runyan, M., Falconer, J. (June, 2017). Practice challenges and opportunities with older adults. Workshop presented to the annual meeting of the Missouri Psychological Association, St. Louis, Missouri.
46. Steffen, A. M. (November, 2014). *What do Baby Boomers Need to Know about Dementia Detection, Diagnosis and Documentation?* Invited keynote at Care & Conquer Series, Alzheimer's Association, St. Louis, MO.
47. Steffen, A. M. (October, 2014). *Enhancing informal support for cognitively impaired older adults*. Invited presentation, Clinical Science program, Department of Psychological and Brain Sciences, Indiana University, Bloomington, Indiana.
48. Steffen, A. M., & Epstein, J. (April, 2014). *Informal medication assistance: Pathway to dementia detection & intervention*. Invited presentation to UM-St. Louis Health Research Series.
49. Steffen, A. M. (February, 2014). *Encouraging research participation within the community*. Invited Community Talk sponsored by the Alzheimer's Association, St. Louis, MO.
50. Steffen, A.M. & George, N. R.* (September, 2013). *Empowering Individuals and Families: Perceptions of Dementia Today*. Invited Community Talk sponsored by the Alzheimer's Association, St. Louis, MO.
51. Steffen, A. M. (November, 2009). *Psychosocial research: Improving quality of life for families living with Alzheimer's Disease*. Invited address for the Annual Research Update of the St. Louis Alzheimer's Association.
52. Steffen, A. M. (November, 2008). *Responding to the ethical and societal challenges of family caregiving*. Invited talk to the St. Louis Ethical Society.

53. Steffen, A. M. (April, 2005). *Lessons Learned: Empirically supported interventions for family caregivers*. Plenary address at Pine Rest Christian Mental Health Services SprConference, Grand Rapids, MI.
54. Steffen, A. M. (April, 2004). *Successful strategies for working with depressed family caregivers*. Workshop presented at the American Society of Aging meetings, San Francisco, CA.
55. Steffen, A. M. (May, 2004). *Innovative caregiver interventions*. Plenary talk at the Wayne State University Annual Issues in Aging Symposium, Detroit, MI.
56. Steffen, A. M. (May, 2004). *Successful strategies for working with depressed family caregivers*. Workshop presented at the Wayne State University 17th Annual Issues in Aging Symposium, Detroit, MI.
57. Steffen, A. M. (June, 2003). *The NIMH Dementia Caregiver Study*. Plenary talk at the St. Louis University SS Geriatric Institute. St. Louis, Missouri.
58. Steffen, A. M. & Gant, J. (June, 2003). *Treating depression in older adults*. Workshop presented at the St. Louis University SS Geriatric Institute, St. Louis, Missouri.
59. Steffen, A. M. (October, 2000). *Reducing Depression in Dementia Family Caregivers*. Invited talk at the Department of Psychology, University of Alabama, Tuscaloosa, AL.
60. Steffen, A. (November, 1998). *Research Update on Dementia Family Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.
61. Steffen, A. (November, 1997). *Caregiver Stress and Interventions for Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.
62. Steffen, A. (November, 1996). *Support for Family Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.

Grants and Contracts

Completed

2023 *Activemos! Spanish-Language Resources for Treating Later-Life Depression*. Community Engagement Award, UM-St. Louis College of Arts and Sciences (\$3000) Role: PI

2023 Community Engagement Award, UM-St. Louis College of Arts and Sciences (\$3000) Role: PI *Expanding the Impact of Clinical Psychological Science and Practice at UM-St. Louis*.

2022-2023. *Behavioral Activation Training and Consultation with Laguna Woods Village*. Contract from Optimal Aging Center to Community Psychological Service. (\$6000). Role: Consultant

March, 2023 *Beyond the Basics of CBT with Older Adults: 4 Part Webinar Series*. Contract from Rush University Medical Center to Community Psychological Service (\$2400). Role: Presenter

2019-2021 PI: Ann Steffen. *Behavioral Health Needs Assessment for Professional Training in Aging*. University of Missouri-St. Louis Research Award, \$6680.

2016-2018 PI: Ann Steffen. *E-Health Education for Families of Home Health Patients*. UMSL College of Arts and Sciences Research Award. \$12,405 awarded (Note: \$1584 utilized and \$10,823 returned)

2013-2016 PI: Ann Steffen. *Medication Assistance by Intergenerational Caregivers of Older Adults: Online Health Education Approaches*. UM-St. Louis Express Scripts Social Science Research Program, \$249,871.

2011-2012 PI: Ann Steffen. *Medication Assistance by Female Family Caregivers of Older Adults*. UM-St. Louis Express Scripts Social Science Research Program, \$34,815.

2008-2001 PI: John Seely, Ph.D., Oregon Research Institute. *A Multimedia Depression Amelioration Program for Family Dementia Caregivers*. Phase II SBIR grant funded by National Institute on Aging, \$534,768. Role:

2006-2007 PI: Terry Jones. *Affton Community Partnership*. Community Outreach Partnership Center Grant Program, U.S. Department of Housing and Urban Development , \$200,000. Role: Co-Investigator

2003-2007 PI: Ann Steffen. *Distance-based interventions for depressed dementia family caregivers: Three-year longitudinal assessment*. National Alzheimer's Association, \$231,710.

2003-2004 PI: Ann Steffen. *Skills Training for Dementia Caregivers: 1 Year Outcomes*. University of Missouri Research Board, \$22,000.

2000-2004 PI: Ann Steffen. *Reducing Depression in Female Dementia Caregivers*. 5 R21 MH061956, National Institute of Mental Health, \$555,000

2000-2001 PI: Ann Steffen. *Support Groups for Dementia Caregivers: Predicting Benefits and Participation*, Missouri Alzheimer's Disease and Related Disorders Program, \$30,000.

1996-1997 PI: Ann Steffen. *Stress Management Training for Family Caregivers of Dementia Patients*. University of Missouri-St. Louis Research Award, \$11,604.

1995-1996 PI: Ann Steffen. *Assessment of Anger in African American Family Caregivers*. University of Missouri Research Board, \$23,431.

1995-1996 PI: Ann Steffen. *Home-Based Psychoeducational Interventions for Family Caregivers of Alzheimer's Patients*. Missouri Alzheimer's Disease and Related Disorders Program, \$19,946.

1994-1996 PI: Ann Steffen. *Psychosocial Risk Factors in Caregiving: The Assessment of Anger*. National Alzheimer's Association, \$90,000.

1993-1994 PI: Ann Steffen. *Panel Analyses of Social Support in Dementia Caregivers*. National Research Service Award, National Institute of Aging; F32 individual postdoctoral fellowship, \$25,600

Grant Reviews

Alzheimer's Society (UK) 2018
 NIH NINR, ZNR REV-T1, November,
 2012 NIH NINR, ZNR1, June, 2012
 NIH NIMH, Challenge Grants, 2009 National
 Alzheimer's Association 2006-2012
 University of Missouri Research Board 2008-2012, 2017

Editorial Board Experience

Editorial Board, *Clinical Gerontologist* 2004-2006

Ad Hoc Journal Review:

Aging and Mental Health
American Journal of Alzheimer's Disease and Related Disorders
American Journal of Community Psychology
American Journal of Geriatric Psychiatry
Behavior Therapy
BMC Geriatrics
British Journal of Health Psychology
Clinical Gerontologist
Clinical Psychology: Science and Practice
Cognitive and Behavioral Practice
Cognitive Therapy and Research
Death Studies
The Gerontologist

International Journal of Geriatric Psychiatry
International Psychogeriatrics
Journal of Aging and Health
Journal of Applied Gerontology
Journal of Health Psychology
Journal of Mental Health and Aging
Psychology and Aging

Media Coverage

- 4/1/2023 “Improving the quality of life for patients with dementia and their caregivers: Psychologists are providing more culturally competent care to those with dementia and their loved ones.” *APA Monitor*, American Psychological Association.
- Shah, A. (2022). *Journal of Gerontological Social Work*, 1-3. Book Review: Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach 2nd Edition.
- Parker, M (2022) A Review of Treating Later-Life Depression: A Cognitive Therapy Approach—Clinician Guide (2nd Edition) and Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach—Workbook (2nd Edition), *Issues in Mental Health Nursing*, 43:12, 1163-1165, DOI: 10.1080/01612840.2022.2138446
- 10/19/22 Interview with Carol Daniel’s Total Information Program, KMOX Radio St. Louis. Healthy Aging.
- 5/17/2023 Website of National Council on Aging for Mental Health Awareness Month
<https://www.ncoa.org/article/helping-mental-health-professionals-treat-older-adults>
- 8/9/2021 Interview with KMOV Channel 4 on UMSL CPS's Recovering from COVID services
- 5/24/2021 Interview with *The National Psychologist* on UMSL CPS's Recovering from COVID services
- 4/8/2021 Interview with *APA's Monitor on Psychology* about UMSL CPS Recovering from COVID services
- 1/30/2021 Interview with KSDK Channel 5 News on UMSL's Recovering from COVID services
- 1/15/2021 Response to media request, NBC National News regarding CPS Recovering from COVID Treatments
- 11/9/2020 Interview with KTVI Fox 2 News on UMSL CPS's Recovering from COVID-19 Treatment
- 10/26/2020 Interview with St. Louis Public Radio on UMSL CPS Recovering from Covid Group Treatment
- 8/22/2020 Interview with KDSK Channel 5 evening news about UMSL/CPS services for Recovering from COVID
- 8/13/2020 Interview with KMOV Channel 4 about UMSL/CPS's Recovering from COVID group treatment
- 8/11/2020 Interview with STLPR "St. Louis on the Air" about UMSL's CPS services for Long COVID-19 syndrome
- 7/17/2020 Interview with St. Louis TV Show "City Corner" about CPS Recovering from COVID services

Service to University of Missouri System and UM-St. Louis Campus (past 10 years)

- 2023-present Member, Issues of Tenure Removal Committee, UMSL Faculty Senate
- 2020-2024 Member, Equity Resolution Hearing Panel, University of Missouri System
- 2023 Chair, 5 Year Review Committee for UMSL Center for Teaching & Learning
- 2023-2024 Faculty Mentorship Training Program, UMSL Advance Grant
- 2020-2023 Member, UM-St. Louis Teaching Effectiveness Evaluation Committee
- 2018-2019 Member, Faculty Search Committee, UMSL Center for Teaching & Learning
- 2013-2019 Stadler Building Coordinator, UMSL Building Emergency and Safety Teams (BEST)
- 2017-2018 Member, Inclusive Excellence Compact Committee, UMSL Strategic Plan
- 2017 Chair, Campus Review Team, Center for Teaching and Learning

2012-2015	Member, Advisory Committee, UM Presidential Award for Innovative Teaching
2012-2015	Member, Advisory Committee, UM Presidential Awards for Intercampus Collaboration
2012-2015	Member, Advisory Committee, UM Presidential Award for Student Entrepreneur
2013-2014	Member, UM Research Board

Leadership roles in Professional Associations (Board Appointed)

2024-present	Coordinator, Maintenance of Certification (MOC), American Board of Behavioral and Cognitive Psychology (ABBCP)
2022-present	Member, American Psychological Association Committee on Aging (CONA)
2022-present	Member, American Board of Behavioral and Cognitive Psychology (ABBCP)
2018-present	Member, Evidence-based Practice Committee, Missouri Psychological Association
2018-2021	Chair, Science and Practice Committee, Society for Clinical Geropsychology (APA 12/II)
1999-2004	Coordinator, Convention & Education Issues, ABCT 1997
Program Chair,	Annual Convention, Association for Behavioral and Cognitive Therapies (with letter of special commendation from the ABCT Board)

Professional Service

2022-present	Examiner, American Board of Behavioral & Cognitive Psychology
2018-present	Community Educator and Support Group Facilitator, Missouri Chapter, Alzheimer's Association
2021-present	Building Bridges Post-Licensure: Developing Geropsychology Consultation Models
2005-2017	Member, Scientific Advisory Board, St. Louis Alzheimer's Association
2012-2013	Moderator, Eli Lily Community Conversations on Early Dementia Detection
2009-2013	Program Services & Performance Improvement Committee, St. Louis Alzheimer's Association
2010-2011	Member, St. Louis County Government Problem Properties Committee
2010-2011	Member, St. Louis County Executive's Aging Initiatives Action Team
2010	Leader of Aging Stream, World Congress of Behavioral and Cognitive
2010	Member, Search Committee for President, St. Louis Alzheimer's Association
2003-2006	Member, Board of the St. Louis Breakthrough Coalition
2003-2005	Member, Advisory Board of St. Andrews Resources for Seniors
2002-2004	Vice-Chair, Executive Board of Directors, St. Louis Alzheimer's Association
1997-2004	Member, Board of Directors of the St. Louis Alzheimer's Association
1998-2000	Chair, Family Services Steering Committee, St. Louis Alzheimer's Association
1995-1998	Chair, Program Evaluation Committee, St. Louis Alzheimer's Association
1995-1999	Member, African American Outreach Committee, St. Louis Alzheimer's Association
1995-1997	Member, Family Services Steering Committee, St. Louis Alzheimer's Association
1994-1995	Member, Program Evaluation Committee, St. Louis Alzheimer's Association
1992	Program Planner, <i>Families at Risk: Caregiving in the 21st Century</i> , Portland Oregon
1992	Member, Program Committee, <i>Mental Health Problems of Older Adults Conference</i> , Stanford University

Formal Graduate-Level Classroom Teaching by Course Number

Geron 5376 Psychopathology and Aging (Spr2015, Spr2016, FS 2016, FS 2017, Spr2019, Spr2020)

Geron 6495 Practicum in Gerontology (2003-2006)

Psych 6444 Clinical Geropsychology (FS 1999, FS 2002, Spr2005, Spr2007)

Psych 7431 Clinical Supervision (1994-1996, 1998-2005, 2008-2012, SS 2013, SS 2014, 2015-2016, FS 2017, 2018-2019, 2020-21, 2021-22, 2022-23, 2023-24)

Psych 7434 Foundations of Clinical Interventions (FS 2007, FS 2008, FS 2009, FS 2010, FS 2011, FS 2013, FS 2015, FS 2017, FS 2019, FS2021, FS2023)

Psych 7474 Clinical Research Methods (FS 1996, FS 1998, FS 1999, FS 2001, FS 2003, Spr2006)

Psych 7485 Seminar in Clinical Science (FS 2016, FS 2017, FS2018, FS2019, FS2021, FS2022, FS2023)