

Raymond Hawkins, Ph.D.

Doctoral Faculty - Clinical Psychology at Fielding Graduate University

Austin, TX, US

Cognitive-behavioral psychotherapy; theories of personality; developmental bases of behavior; cognitive-behavioral interventions; addiction

Biography

Raymond Hawkins, PhD has been engaged in clinical health psychology and research for over 40 years, beginning in his doctoral studies in the Human Feeding Laboratory of Dr. Eliot Stellar and Dr. Albert Stunkard at the University of Pennsylvania. He has conducted research on binge eating disorder in obese and normal weight individuals, and has conducted cognitive-behavioral group and individual treatment for this population. Dr. Hawkins also was a co-founder of the Austin Stress Clinic, where his specialty was habit control with adjunctive clinical biofeedback training. A staff psychologist at Austin Regional Clinic Mental Health Associates (subsequently Integrated Mental Health Service) for 22 years, Dr. Hawkins developed a clinical biofeedback service for treating stress and pain disorders and also the Family Recovery Program, which was an outpatient treatment program for substance abuse patients. Since 1975, he has conducted clinical health psychology research as a faculty member of the Psychology Dept. at The University of Texas at Austin (now an adjunct Clinical Assistant Professor); and since 2004 as a Core Faculty member in the Clinical Psychology Program at Fielding Graduate University, where he continues to research binge eating disorder and obesity. His research includes a 38 year follow-up of families who participated in his longitudinal study of the growth and caregiver-infant feeding interactions of bottle-fed infants born to normal weight and obese parents. His other research projects include studying evidence based assessment and interventions in two practice research networks (in the UT Austin Clinical Psychology Training Clinic and the Fielding Training Clinic at New Life Institute, which he directs), and revising the scoring of traditional personality tests (including the Holtzman Inkblot Technique and Thematic Apperception Test) and computer text analysis of dreams for case conceptualization and treatment outcome prediction.

Industry Expertise

Education/Learning, Mental Health Care, Research, Training and Development

Areas of Expertise

Theories of Personality, Cognitive-Behavioral Psychotherapy, Addictive Behaviors, Neurocognitive Markers, Outcome Effectiveness Evaluation, Practice Research Networks, Psychotherapy Treatment, Developmental Bases of Behavior, Psychotherapy Process and Research, Psychopathology, Cognitive - Behavioral Interventions, Health Psychology

Affiliations

(1980) National Register of Health Service Providers in Psychology, (1993) The American Academy of Psychologists Treating Addiction : Diplomate (Cert. #21 no longer active), American Psychological Association Divs. 12 24 29 36 38 39, Texas Psychological Association : Member, Society for Research in Child Development : Member, Association for Applied Psychophysiology and Biofeedback : Member, Association for Behavioral and Cognitive Therapy : Member, Association for Psychological Type : Member, Society for Behavioral Medicine : Member, Society for Psychotherapy Research : Member, Austin Society for Psychoanalytic Psychology : Member, Capital Area Psychological Association : Member, Association of Psychology Training Clinics : Member, Society for Psychotherapy Integration : Member, Society for Personality Assessment : Member

Event Appearances

Diversity and social justice in the training clinic: A model for practice and research.

(2022) Poster to be presented at the Association for Psychology Training Clinics, Albuquerque, NM

Observation oriented modeling of CBT outcomes for panic disorder.

(2021). Poster to be presented at the annual conference of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Empirical comparisons between personality and dreams.

(2021) Poster to be presented at the annual convention of the Texas Psychological Association, Austin, TX.

Relationship between MBTI types of immigrants and the stereotype MBTI type of the United States.

(2021) Poster to be presented at the annual convention of the Texas Psychological Association, Austin, TX.

Recalled family routines for meals and bedtime are associated with personality and current problem eating and sleeping behaviors of college students.

(2021) Poster to be presented at the annual convention of the American Psychological Association, San Diego, CA (Virtual).

System-contextual integrative model for clinical psychology and social work.

(2021) Paper to be presented at the International Conference for Applied Psychology, London, UK.

System contextual integrated model for affective-cognitive processing and behavioral health.

(2021) Poster to be presented at Society for Psychotherapy Research annual conference, Heidelberg, Germany (Virtual).

Changing human behavior in the social environment: Adapting a system contextual integrated model for behavioral health applications in social work.

(2021) Poster to be presented at the Society for Psychotherapy Integration annual conference, Lausanne, Italy (Virtual).

Applying human rights and social justice to trauma mitigation for global migrant populations.

(2021) Paper presented at the annual conference of the Southwestern Social Science Association, New Orleans, LA.

Promoting human relationships through adapting behavioral health applications to social work: A system contextual integrated model.

(2021) Paper presented at the International Social Work Education and Development Conference, Milan, Italy (Virtual).

Long-term follow up of a CBT weight-loss program for college students.

(2021) Poster presented at the annual conference of the Southwestern Psychological Association, San Antonio, TX (Virtual).

Wishing upon a star: Making meaning of viewing the dark skies.

(2021) Poster presented at the APA Division 32 Humanistic Psychology Student Poster Virtual Session.

Research and applications of psychological type theory for assessment and treatment.

(2021) Presentation to the Fielding Alumni Conference (Virtual).

Diversity and social justice in the training clinic: A model for practice and research.

(2021) Poster to be presented at the Association for Psychology Training Clinics, Albuquerque, NM. (Canceled due to COVID-19) Also presented at the Annual MidWinter Meeting of the Council of University Directors of Clinical Psychology.

Observation oriented modeling of CBT outcomes for social anxiety disorder.

(2020) Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA (Virtual)

Utility of adding the Myers-Briggs Type Indicator to a psychoeducational test battery.

(2020) Workshop presented at the annual conference of the Texas Psychological Association, Austin, TX (Virtual).

Mood elevation and sleep patterns in college students.

(2020) Poster presented at the annual conference of the Texas Psychological Association, Austin, TX (Virtual).

Myers-Briggs Type Indicator preferences and MMPI-2 Content scales.

(2020) Poster presented at the annual conference of the Texas Psychological Association, Austin, TX (Virtual).

Mapping MBTI types to diagnoses, MMPI-2 profiles, and outcomes in a training clinic.

(2020) Poster presented at the annual conference of the Texas Psychological Association, Austin, TX (Virtual).

Tiptoe through the type tables: 16 types or 384 types?

(2020) Paper to be presented at the Association for Psychological Type International Conference, Chicago, IL. (Conference cancelled due to COVID-19).

Promoting human relationships through adapting behavioral health applications to social work: A system contextual integrated model.

(2020) Paper to be presented at the SWESD 2020 Joint World Conference on Social Work Education and Social Development, Rimini, Italy. (Presentation canceled due to COVID-19).

Applying human rights and social justice to contemporary behavioral health for global migrant populations.

(2020) Paper to be presented at the International Conference for Applied Psychology, Paris, France. (Canceled due to COVID-19).

System-contextual integrative model for behavioral health.

(2020) Paper to be presented at the International Conference for Applied Psychology, Paris, France. (Canceled due to COVID-19).

Diversity and social justice in the training clinic: A model for practice and research.

(2020) Poster to be presented at the Association for Psychology Training Clinics, Albuquerque, NM. (Canceled due to COVID-19)

Binge eating in millennials: Behaviors, attitudes, body image, and weight concerns.

(2019) Poster presented at the annual convention of the Texas Psychological Association, San Antonio, TX.

The value of incorporating spirituality into mental health practice: A professional imperative for the global 21st century.

(2019) Paper presented at the European Conference on Psychology & the Behavioral Sciences (ECP2019), Brighton, UK.

Political values polarization and unification: A functional contextual viewpoint.

(2019) Paper presented at the European Conference on Psychology & the Behavioral Sciences (ECP2019), Brighton, UK.

What you eat, how you eat: Boomers, millennials, and weight loss prediction.

(2019) Poster presented at the Southwest Psychological Association conference, Albuquerque, NM.

A heuristic framework for practice oriented research and practice research networks.

(2019) Poster presented at the Association of Psychology Training Clinics, Charleston, SC.

"It was like opening a door to a world where I made sense"- Women's reactions to autism spectrum diagnosis in adulthood: A qualitative analysis of lived experiences.

(2019) Poster presented at the APA Div. 32 (Humanistic) conference in Corvallis, OR.

Development and preliminary construct validation of the Holtzman Inkblot Technique-Brief Revised Forms in students and clients.

(2019) Poster presented at the annual meeting of the Society for Personality Assessment, New Orleans, LA.

A tale of two practice research networks: Databases for clinical scientist and scholar-practitioner compared.

(2019) Poster presented at the annual meeting of the Council of University Directors of Clinical Psychology (CUDCP). New Orleans, LA.

Daily eating duration, morning vs. evening ingestions, food choices, binge eating, and BMI: Comparison of baby boomers and millennials.

(2018) Poster presented at the Society of Behavioral Medicine convention, New Orleans, LA.

Are 'early responders' with social anxiety disorder more likely to achieve better overall treatment outcomes?

(2018) Poster presented at the Southwest Psychological Association conference, Houston, TX.

A tale of two practice research networks: Databases for clinical scientist and scholar-practitioner compared.

(2018) Poster presented at the Association of Psychology Training Clinics, Maui, HI.

Clinic practice research networks complement RCTs to facilitate graduate training & research.

(2018) Lecture to the University of Texas at Austin, Clinical Psychology Program, CARE Luncheon Series.

Eating patterns and binge eating: Comparison of baby boomer and millennial generation students

(Hawkins, R.C. II, Rodriguez, A., Jones, J., & Soon, K.

(2017) Texas Psychological Association Convention

CBT for anxiety and depression is effective regardless of social and work impairment severity (Hawkins, R.C. II, & Harte, C.B.)

(2017) Annual Convention of the Association for Psychological Science

Early mother-infant feeding interactions and somatic growth in infancy and adulthood (Moore, R., & Hawkins, R.C. II)

(2017) Society for Research in Childhood Development Biennial Convention

Problem eating behaviors and binge eating: Comparison of baby boomers and millennials (Hawkins, R.C. II, Rodriguez, A., Albrecht, J., Guerra, A., Jones, J., & Torres, T.)

(2017) Southwest Psychological Association Conference

Prioritizing psychologists' social relevance: Exercises for entering doctoral students (Freimuth, M., Kranzberg, M., Hawkins, R.C. II, & Moore, G.)

(2017) Mid-Winter Conference of the National Council of Schools and Programs of Professional Psychology

Education

University of Pennsylvania (APA Approved)
PhD Clinical Psychology

Eastern Pennsylvania Psychiatric Institute
Internship Clinical Psychology

University of Pennsylvania
MA Clinical Psychology

Brown University
AB (Hons.) Psychology

Accomplishments

Diplomate
(1999) Conferred by the American Board of Professional Psychology (ABPP)

Fellowship
(1999) Conferred by the Academy of Clinical Psychology

Teaching Excellence Award (Honorable Mention)
(1994) Awarded by the Graduate School of Social Work at The University of Texas at Austin

Diplomate
(1993-Inactive) Conferred by The American Academy of Psychologists Treating Addiction, Certificate #21

Top 10% of Faculty
(1982) Awarded by the College of Liberal Arts at The University of Texas at Austin, nominated by graduating seniors

Golden Apple Teaching Excellence Award, Honorable Mention (Finalist)
(1978) Awarded by the College of Social & Behavioral Sciences at The University of Texas at Austin

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