

**NOMINATION COVER SHEET**  
**2016 Virginia Outstanding Faculty Awards**

<b>1. <u>NAME</u></b> Full (Legal): Everett Lee Worthington, Jr. <span style="float: right;">Preferred First Name: Ev</span>	
<b>2. <u>INSTITUTIONAL INFORMATION</u></b>  Institution: Virginia Commonwealth University  Rank/Position Title: Commonwealth Professor of Psychology  Year Rank/Title Attained: 2014  Years at Institution: 37  Campus Email Address: eworth@vcu.edu  Campus Phone: 804-828-1150  Campus Mailing Address: P.O. Box 842018, Richmond, VA 23284  Campus Communications Contact: Name: Dr. Michael D. Davis E-mail: mddavis@vcu.edu	<b>3. <u>PROFESSIONAL INFORMATION</u></b>  Academic Discipline: Psychology  Specialization/Field: Counseling Psychology  Type of Terminal Degree: Ph.D.  Year Awarded: 1978  Awarding Institution: University of Missouri-Columbia
<b>4. <u>PERSONAL INFORMATION</u></b>	

***Please check only one box:***

- RESEARCH/DOCTORAL INSTITUTION NOMINEE:   
 MASTERS/COMPREHENSIVE INSTITUTION NOMINEE:   
 BACCALAUREATE INSTITUTION NOMINEE:   
 TWO-YEAR INSTITUTION NOMINEE:   
 RISING STAR NOMINEE:

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Signature (President or Chief Academic Officer)   
 Printed Name: Dr. Michael Rao  
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**Virginia Commonwealth University**  
**Mission Statement**

As the premier urban, public research university in Virginia, VCU's mission is to advance knowledge and student success through its commitments to:

- An engaged, learner-centered environment that fosters inquiry, discovery and innovation in a global setting;
- Research that expands the boundaries of new knowledge and creative expression and promotes translational applications to improve human health;
- Interdisciplinary collaborations that bring new perspectives to complex problems and mobilize creative energies that advance innovation and solve global challenges;
- Health care that strives to preserve and restore health for all people, to seek the cause and cure of diseases through groundbreaking research and to educate those who serve humanity;
- Diversity that provides a climate of inclusion, a dedication to addressing disparities wherever they exist and an opportunity to explore and create in an environment of trust;
- Sustainable, university-community partnerships that enhance the educational, economic and cultural vitality of the communities VCU serves in Virginia and around the world;

## Summary of Accomplishments

Dr. Everett L. Worthington, Jr. is Commonwealth Professor of Psychology in the counseling psychology program at Virginia Commonwealth University. He is a world-renowned expert in the areas of forgiveness and marital enrichment and therapy, and is a licensed clinical psychologist in Virginia. His integration of his scholarship into his teaching and service has made significant impact on the lives of countless others. Dr. Worthington received a BSNE in Nuclear Engineering from the University of Tennessee-Knoxville (1968), an MSNE in Nuclear Engineering from the Massachusetts Institute of Technology (1970) while serving in the US Navy (1969-74), and an MA (1976) and PhD (1978) in Counseling Psychology from University of Missouri-Columbia. He joined the faculty at Virginia Commonwealth University in the Department of Psychology in 1978, was promoted to Associate Professor with tenure in 1983, was promoted to Professor in 1989, and was named Commonwealth Professor of Psychology in 2014. Dr. Worthington has also held visiting positions at the University of Cambridge, University of the West of England, Hong Kong University, and the Government of South Africa. Additionally, he is a Fellow in two divisions of the American Psychological Association (Division 17, Counseling Psychology; Division 36, Psychology of Religion).

A review of Dr. Worthington's scholarly record clearly explains these accomplishments, for he has written 379 peer-reviewed articles, 30 books, and has given over 900 presentations to date worldwide. Notably, he has developed two significant intervention programs, one for forgiveness and the second for marital enrichment therapy that are both empirically validated, the highest standard for psychotherapy. To support this work Dr. Worthington has had over \$2 million in external funding to support his research from funding agencies such as the Centers for Disease Control, VCU's General Clinical Research Center, and the Templeton Foundation. VCU has recognized Dr. Worthington's contributions with the College of Humanities and Sciences Distinguished Teaching Award (1996), the College of Humanities and Sciences Distinguished Scholar Award (2007), the VCU University Award for Excellence (2009), and most recently as Commonwealth Professor of Psychology (2014).

Teaching and mentoring are also significant strengths of Dr. Worthington's. Despite his prominent research program, he teaches Introduction to Psychology to a large lecture class each year—a conservative estimate shows he has personally taught over 30,000 credit hours of PSYC 101 here at VCU—along with doctoral seminars in counseling psychology. His doctoral students are consistently effusive with praise for his mentorship style, which is indirectly supported by their success in academic careers.

Professionally, Dr. Worthington received the Virginia Sexton Mentoring Award from the American Psychological Association's Psychology of Religion Division 36 (2003), and is a Fellow in the American Psychological Society (2005, now Association for Psychological Science), as well as two divisions within the American Psychological Association (Division 36, Psychology of Religion, 2011; Division 17, Counseling Psychology, 2012). With regard to his practice as a licensed psychologist, Dr. Worthington received the Gary R. Collins Award for Excellence in Christian Counseling from the American Association of Christian Counselors (1999) and the Distinguished Member Award from the Christian Association for Psychological Studies (2001). In 2015, he will receive the Elder Recognition Award for Distinguished Contributions to Counseling Psychology, from the American Psychological Association Division 17, Counseling Psychology.

In research and scholarship, Dr. Worthington has been one of the pioneers whom expert researchers praise as a founder of the scientific study of forgiveness, a pioneer in promoting acceptance into the mainstream of psychology of the scientific study of religion and spirituality, a pioneer in the scientific study of humility, and a creator of a marriage enrichment treatment that has achieved the highest level of confidence based on research support as an evidence-based practice in psychology. He has won awards for his scholarship from numerous professional

organizations. VCU's mission statement states "Essential to the life of the university is the faculty—actively engaged in scholarship and creative exploration activities that increase knowledge and understanding of the world and inspire and enrich teaching." Dr. Worthington's accomplishments in discovery clearly have contributed to VCU's mission.

Dr. Worthington's intellectual and creative expertise has also contributed to the development of innovative approaches to meet the changing needs of our society. He has served state government in the Commonwealth, served the profession through his work as Executive Director of *A Campaign for Forgiveness Research*, in which he wrote grants and participated in raising over \$10 million to broadly fund research on the study forgiveness scientifically. Recently, he won an almost \$1 million grant to fund the development of researchers in West Africa and South Africa. He has been a champion in developing researchers throughout the world through his unselfish dedication to promoting forgiveness, as he says of his life mission: "To do all I can to promote forgiveness in every *willing* heart, home, and homeland." Poignantly, Dr. Worthington has firsthand knowledge of the psychological processes he studies, a result of the brutal murder of his mother in 1995, and his forgiveness of her murderer thereafter.

## TEACHING

Dr. Worthington is featured in three capacities in *The Power of Forgiveness*, Martin Doblmeier's award-winning documentary film (Sun Valley Film Festival; Silver Screen Award from the International Film and Video Festival) that has been shown on PBS several times and throughout the nation at over 50 venues. First, he is shown lecturing on forgiveness in PSYC 101 (Introduction to Psychology) at VCU. In a second segment, he describes the tragic murder of his mother through a crowbar bludgeoning. In a transparent personal account, he describes his struggle to forgive the perpetrator. He talks about using the five steps to REACH forgiveness that he had developed in an evidence-based research program to work through his own grief and unforgiveness. In the third segment of *The Power of Forgiveness* in which Worthington appeared, he was shown running a small group to help students forgive. It is not mere happenstance that Dr. Worthington was shown in the first and third of the three segments involved with students. He has a heart for teaching students.

Dr. Worthington lectures on forgiveness within his Introduction to Psychology class, and he has also created a course in Positive Psychology at VCU. In that course, forgiveness is one of the topics that is a mainstay of the material. "Positive Psychology is the scientific study of virtue," says Dr. Worthington. "It is not Norman Vincent Peale's power of positive thinking, nor a fluff course in Pollyanna-ish 'glad-gamery.' Rather, Positive Psychology is a rigorous approach to the side of psychology dealing with virtue and the side of psychology that is more about human growth and flourishing than merely about solving problems." Over his 37 years on the VCU faculty Dr. Worthington has received consistently high ratings-virtually all between 4.0 and 5.0 on a 5-point scale-for his graduate and undergraduate courses.

He also excels at mentoring. That excellence has, of course, multiplied the impact he has had on scholarly (and even psychotherapy practice) fields. Dr. Worthington has been recognized by the American Psychological Association's (APA) Division 36 (Psychology of Religion) as having trained and developed many future leaders in research in Psychology of Religion and Spirituality. He won the Virginia Sexton Mentoring Award. In 1999 the Council of Counseling Psychology Training Programs (CCPTP) established an award to honor the best Counseling Psychology Graduate Student in the country. Dr. Worthington's students have won the award twice and have been in the final three students on four additional occasions. Each doctoral training program in the country can enter only one student each year—its best. The exemplary performance of his doctoral students is a testimony to his ability to teach graduate students to become some of the most outstanding young professionals in the country. It is clear that the students he has mentored over the years not only admire, but love him. One of his graduate students, Dr. Joshua N. Hook, Assistant Professor of Psychology at the University of North Texas, organized a joint letter of support from some of the prominent Psychologists who were

Dr. Worthington's mentees. These included such luminous psychologists as Drs. Michael E. McCullough (Professor of Psychology at the University of Miami), Nathaniel Wade (Professor of Psychology and Director of Clinical Training, Iowa State University), Glen A. Martin (President, North Carolina Psychological Association, Independent Practice, Chapel Hill, NC), Jennifer S. Ripley (Program Director, Doctoral Program in Clinical Psychology, Regent University), Don E. Davis (Assistant Professor Counseling & Psychological Services, Georgia State University), and Kristin M. Perrone-McGovern (Professor, Department of Counseling Psychology and Guidance Services, Ball State University). In their joint letter, they wrote:

"Of course, we are all former students and we are all in continued research collaboration with Everett, even though some of us started our graduate careers over 25 years ago. This tells you what a profound influence Everett has had as a mentor of graduate student and professional researchers. From the first day in our graduate program, it was clear that Everett was going to treat us not as a "student" or even a "junior colleague" but as a side-by-side colleague whom he expected to teach him as much as to learn from him. That kind of attitude of equals, we believe, fostered our own development as research scientists who were expected to achieve at the highest level in discovery and to be excellent clinicians, teachers, and public servants. Several of us share common stories. One of those usually developed at the first or second meeting with Everett. We would innocently ask, "What do you expect from me as a graduate student?" His answer was always something like this. "I expect you to win the Outstanding Graduate Student in the country award given by Division 17 (Society of Counseling Psychologists). This is not just an aspirational statement. You can do it because you will be able to publish as much as you want to. We have an active cooperative collaborative lab, and you can have all the opportunities to succeed that you are willing to pursue. In addition, you'll learn to be an expert clinician, develop a great service record, and be able to teach." Many of us have indeed won that award (as well as other awards), and we attribute the mentorship, leadership, and excellent group spirit of Everett's style and research team for making those successes possible."

Dr. Worthington has also strived to promote teaching with his colleagues in the university and in the Department. He organizes a Leadership Forum each year featuring two leaders throughout the Commonwealth and beyond, as well as a weekly lecture series for faculty and graduate students. In 2014 he organized a Teaching "Smackdown," open to all faculty and graduate students in the department of Psychology, in which five accomplished faculty members demonstrated favorite teaching methods in timed seven-minute presentations. These interests span his career, for in the 1990s, he served as Senior Faculty for Quality Undergraduate Instructions, which resulted in programs for faculty peer mentoring and weekly essays on teaching distributed to the entire faculty. In 1996-98 he mentored all new faculty hired by the College of Humanities and Sciences in a teaching seminar, a testimony to his concern about the quality of teaching in the department and College, not just his own teaching.

## **DISCOVERY**

Dr. Worthington has been integrally involved in creating several areas of social scientific inquiry and establishing one of the premier treatments in a fourth field. He has three primary current areas of active scholarship—basic research and intervention in forgiveness, religious and spiritual issues in psychology, and marriage enrichment and therapy—and he has made creative and substantive contributions in each area. He has also published extensively in the areas of psychotherapy supervision and the cognitive-behavioral control of pain and anxiety. He has accomplished these milestones because he has served his profession and been a public teacher of renown. But he also has helped create the emphases in forgiveness and marriage enrichment and therapy because of his original empirical research articles (the *sine qua non* of excellence in Psychology), theoretical and review articles, chapters, and books for professionals, researchers, and lay people.

His theoretical and empirical work in the area of forgiveness has truly brought this topic into the forefront of academic and popular consciousness. In addition to ground-breaking theoretical and empirical research defining, measuring, and describing the consequences of forgiveness and unforgiveness, Dr. Worthington has published three field-organizing scholarly texts in the area (*Handbook of Forgiveness*, Brunner-Routledge, 2005; *Dimensions of Forgiveness: Psychological and Theological Perspectives*, Templeton Foundation Press, 1998; *Forgiveness and Reconciliation: Theory and Application*, Brunner-Routledge, 2006), as well as books that bring the results of his scholarly work to a wide audience (*Five Steps to Forgiveness*, Crown Publishers, 2001; *Forgiving and Reconciling*, InterVarsity Press, 2003; *Moving forward: Six steps to forgiving yourself and breaking free from the past*, WaterBrook/Multnomah, 2013 ). His most recent work links research on forgiveness with work on health, two of Dr. Worthington's passions (*Forgiveness and health: Scientific evidence and theories relating forgiveness to better health*, Springer, 2014).

Dr. Worthington's scholarship in the area of marriage enrichment and therapy is also extremely influential. The gold standard in psychotherapy is for a therapy to be labeled an empirically supported therapy—that is, to have convincing empirical evidence that the therapy is more effective than a control therapy based on results from multiple methodologically-sound research studies. The marital enrichment/therapy that Dr. Worthington developed based on his research and theory was selected in a 2004 review in *Family Relations* as one of only four empirically supported marriage enrichment interventions in the country. In addition, his intervention to promote forgiveness (REACH) has enough research supporting its effectiveness to qualify it as an empirically supported treatment as well. I do not know of any other scholar in the world who has personally developed two independent psychological interventions that are empirically-demonstrated to be effective.

Dr. Worthington's research career has resulted in *379 articles or refereed chapters* in his 37 years at VCU. At a time in his career when many professors are winding down, he seems just to have hit his stride. Dr. Worthington's publication rate has accelerated, not diminished, with an average of 26 publications per year since 2010. The main "currency" of scholarship in academic psychology is the refereed journal article, and the average faculty member in a U.S. Department of Psychology at a research university publishes an average of fewer than two refereed journal articles per year over the course of his or her career. In addition to his prodigious output, Dr. Worthington's work has been published in some of the best journals in psychology, some of which have a 90% rate of rejection for submitted manuscripts. These include journals published by the American Psychological Association, the gold standard of academic psychology journals: *American Psychologist* (the seminal psychology journal in the world), *Psychological Bulletin* (the world's top journal for integrative literature reviews in psychology), *Journal of Counseling Psychology* (the world's top journal of counseling psychology), and the *Journal of Personality and Social Psychology* (the world's top journal of social psychology). Many of his articles have been reprinted or published in books and undergraduate textbooks. Because of psychology's focus on empirical peer-reviewed papers, most psychologists never publish a book in their careers, but Dr. Worthington has published *35 books*, including field-organizing scholarly texts, theoretical works, influential books that serve as texts, and numerous trade books that bring the results of research to the public at large—another bit of evidence supporting his expertise in public teaching. Nine of the books have been published since 2010. He has presented his scholarship in *over 1000 presentations, workshops, and colloquia* all over the world.

Recently Dr. Worthington has turned his attention toward humility, an emerging field of positive psychology. Once again he is shaping a new field in Psychology. In addition to the scholarly papers and grants he has contributed on the topic, he organized a national conference on humility in March, 2015, attended by 18 leading researchers in the area, and is writing several books on the topic.

## **KNOWLEDGE INTEGRATION**

Dr. Worthington's activities have not been narrowly confined to his professional subdiscipline, to his classes, or to his local service obligations. Rather, he has integrated his scientific, professional, teaching, and service knowledge in every area identified above. It is clear that Dr. Worthington has touched thousands of lives in a positive way through his scholarship, teaching and service to VCU, the Commonwealth of Virginia, and others worldwide. As noted by seven of his former students, Dr. Worthington's scholarly achievements have made a permanent mark on several fields that are foundational to Counseling Psychology. In many ways, he has carried the banner of Counseling Psychology to many other fields—such as through his achievements in the wide arena of basic and applied forgiveness research, in the public square, in the field of promoting religious diversity, and in the field of couples counseling. He has truly integrated his scholarship and teaching work, and helps others understand the links between psychology and other disciplines. Dr. Worthington has taught with excellence in large undergraduate courses and smaller graduate courses, and is an award-winning mentor of graduate students. Above all, he has excelled in public teaching. He is a teacher who speaks and teaches of *eudaemonia*—a Greek term roughly meaning virtue for self and others. His research is about forgiveness, religion and spirituality, humility, and how people can experience the best from their marriage using his hope-focused approach. Dr. Worthington's service to the university embodies an attitude of promoting others even to the extent of self-sacrifice, and he has a distinguished record of service to the Commonwealth (on behalf of those with chronic mental illness), the local communities, and throughout the world. Within his prolific scholarly and professional work, we see that he has pursued his research program on forgiveness not only to develop and extend knowledge on the subject, but also to use that generated knowledge to genuinely reduce human suffering. There is no mistaking the intersection of teaching, discovery, knowledge integration, and service within the career of Dr. Everett Worthington. His professional life and personal life are consistent and integrated.

## **SERVICE**

Dr. Worthington has served the world, the Commonwealth of Virginia, the city of Richmond and surrounding areas, VCU, and the profession of psychology with distinction. He has traveled widely, speaking about forgiveness, religion and spirituality, and marriage enrichment. Perhaps one of his most notable experiences was his 1996 appointment as a Visiting Scholar by the government of South Africa, which was struggling to adjust after the release of Nelson Mandela from prison and the establishment of the South African Truth and Reconciliation Commission.

He served the Commonwealth of Virginia for over three years as Chair of the 42-member Mental Health Planning Council, including serving as a major speaker at the national conference of Mental Health Planning Councils. He helped the Commonwealth distribute the mental health block grant funds through organizing a competitive application for proposals and chairing the adjudication of the proposals. He also has testified about mental health issues several times in front of committees for the Virginia House of Delegates and Senate of the Virginia General Assembly. Dr. Stephen Danish, Professor Emeritus of Psychology, chose to highlight (among other aspects of Dr. Worthington's career), his service to the Commonwealth. Dr. Danish remarked,

“[Ev] has a heart for the Commonwealth. He was appointed in Governor Allen's term of office as Chair of the Mental Health Planning Council of Virginia. His mother was chronically depressed and hospitalized on several occasions when he was growing up, and his brother was so depressed that he took his own life. Ev understood mental illness not only from the point of view as Clinical Psychologist and research scientist, but also from the personal place he lived. His heart for those with severe mental illness or children with severe emotional disturbance was sincere. His appointment, for those who recall the Allen administration, was one of a batch of political appointees that Republican Allen replaced after 12 years of Democratic rule. In spite of the (often hostile) initial emotional climate in the

42-person council consisting of leaders in mental health throughout the Commonwealth, Ev had a very productive term as Chair. By the end of his term, he had accomplished a revision of the block grant administration that was popular with the entire Council and also championed a successful move to have the Chair elected from within the Council rather than be a governor-appointed position. Ev also was a featured speaker at the national convention of Chairs of Mental Health Planning Councils.”

Dr. Worthington’s service to the profession of psychology includes serving on five editorial boards for journals, founding a psychological journal, and coordinating tracks for many national and regional conferences. As Executive Director of *A Campaign for Forgiveness Research*, he helped raise \$10.6 million to fund others’ research projects studying forgiveness, to administer the grants, and to serve as a media spokesperson for forgiveness in the country.

His administrative service within VCU is extensive—one need only look at the long list of committees and task forces on which he has served at the university, college, and departmental level. Perhaps his most important service was as Chair of the Department of Psychology from 1999-2005. He assumed this position during a period of extreme turmoil after the previous Chair resigned precipitously and the Department was without a Chair for five months. During his tenure he calmed the turmoil, led the Department in developing a new strategic plan, and considerably strengthened the Department’s ability to meet its teaching, research, and service missions.

## PERSONAL STATEMENT:

Since 1978, I have had the privilege of serving students and the public in the Commonwealth of Virginia. I could not have asked for a more perfect match for my interests. I was born into a working-poor family, and I was the first of my family to attend college. After a graduate degree in nuclear engineering from MIT and a stint as a Naval officer during the Vietnam era, I went back for my PhD in Psychology (Counseling) and then began work at VCU in Psychology. My work has been guided by the VCU's core values and by my many wonderful graduate and undergraduate students. These values are captured by VCU's mission statement. We seek to create an engaged, learner-centered environment that promotes inquiry, discovery and innovation. We foster research to lead to basic and applied discovery that will improve health. We seek interdisciplinary collaborations to try to address complex problems, promote diversity, redress disparities, and conduct excellent research. We promote university-community partnerships, not only in Richmond and Virginia, but nationwide and internationally. In my professorship, I have tried to mirror these core values and to integrate these values into my teaching, discovery, integration of knowledge, and service.

**Teaching.** Some of my greatest joys have been teaching many large sections of psychology courses. I taught over 60 sections (mean size 300) of Introductory Psychology. Introducing frosh to Psychology and feeling the satisfaction of seeing many decide to major in Psychology was most gratifying. I taught 75 or more sections (mean size 124) of Personal Adjustment over the years. I loved to help those students apply psychological research to living well and solving their psychological difficulties. I also developed and taught Positive Psychology as a finishing course in Psychology to graduating seniors (6 times in classes of 60). But I also love mentoring (and teaching in the classroom) doctoral students in both research and clinical practice—and in life. Many of those talented doctoral student colleagues have gone on to distinguished careers as professors, renowned researchers, clinicians, and teachers, and administrators. I am pleased with having been able to work shoulder to shoulder with them—and to continue collaborating today.

**Discovery.** I was raised in East Tennessee (Knoxville) by parents from the coal-mining communities of Coal Creek and LaFollette. Perhaps this mountain heritage shaped my love of pioneering. I see myself as a pioneer in science. I studied health psychology in Counseling Psychology when almost no one did, and I earned tenure studying pain and how people control it. I wrote on religiously and spiritually tailored psychotherapy when literally only one other paper existed on it. At that time, religion or spirituality were almost taboo for secular psychotherapy, but my work has extended to well over 100 research studies, chapters, and many books. Over time, my writing, I believe, contributed to a change in acceptance of religiously and spiritually accommodated psychotherapies until today that is considered an ethical and necessary consideration. I developed an evidence-based approach to couple counseling and enrichment—emphasizing hope in couples therapy, which at one time had one of the most hopeless prognoses of any psychological treatment. In 1989, my first writing about forgiveness in couples was published. At that time only one other research team had published research on forgiveness. In January 1996, my mother was murdered, and I not only found my research on forgiveness to be personally helpful, but I also reshaped my life mission, which became (and remains): To do all I can to bring forgiveness into every *willing* heart, home, and homeland. Since then, in over 140 articles and chapters and numerous books, I have sought to carry out that personal mission, which I have also found to be consonant with the missions of VCU, the Commonwealth of Virginia, and many countries in which I have been asked to share my research, teaching, integration of basic and applied psychology, and the innovations I have developed. Among the changes my theorizing and studies have initiated is differentiating reducing unforgiveness from forgiving, elucidating how the difficulty of forgiving is directly proportional to the size of the sense of injustice, describing many legitimate alternatives to forgiving, differentiating forgiving and reconciling, and developing an empathy-based intervention to help people forgive (one of the two most effective interventions existing). I enjoy

the generativity of having served as Executive Director of *A Campaign for Forgiveness Research*, in which I participated in writing grants for and seeking contributions for, and then administering the grants of PIs for numerous researchers who were introduced to the study of forgiveness. Now, I am conducting a \$1M grant to raise up indigenous researchers to publish on forgiveness in Africa. It is as gratifying for me to see these new researchers succeed as to see my graduate students make great contributions, and probably even more gratifying than seeing my own research papers and books published. Since 2007, I have focused on other virtues like recasting humility as an attractive social virtue and developing empirically tested ways to promote it.

**Integration.** I have always thought of myself as a bridge-builder. (Perhaps today, the more apt metaphor is an internet connector.) I am a Christian and teach in a large state university, so I translate teaching and discovery between secular and Christian contexts. I disseminate psychological knowledge to Christian communities throughout the world and I study Christian-compatible concepts (e.g., forgiveness, other virtues, religiously and spiritually tailored psychotherapies in all religions, couple and family relationships), and besides the many scientific papers I have participated in, I have used books and public teaching to reach wide and diverse audiences. But I also integrate basic and applied research into translational research, research with clinical practice, and public teaching with academic teaching and science. I try to teach state-of-the-science to undergraduates, graduate students, professionals in journals and clinical training venues, and media of all sorts. My life is probably more about integration than about pure teaching, pure discovery, and pure innovation. I want to integrate all that I learn, discover, teach, and create with all that I am and with the secular and religious communities with which I interact.

**Service.** I have been studying humility psychologically as a researcher, clinician, teacher, and innovator. I sometimes quip, "I study humility. It's about other people." But, for me, humility is a goal. It has three parts: (1) accurate self-knowledge including awareness of limitations; (2) modest self-presentation; and (3) other-oriented (rather than self-oriented) focus that demonstrates power under control aimed at lifting others up rather than squashing them down. Service is the key to humility, for which I strive and don't always attain. VCU's values of serving students, community members, and people who benefit by our scientific innovation are well represented in the Department of Psychology. I have been honored to have served the Department as Chair (6 years) and Directors of Undergraduate Studies, the Counseling Psychology program, and the MidLife Counseling Services (a community-based counseling clinic that was later combined into the Center for Psychological Services and Development). In those leadership roles, I have sought to bring VCU's core values to multiple communities. I have loved to serve VCU and the Commonwealth. I have tried to integrate my learning, teaching, discovery, integration, and innovation to serve the profession, the university, the Commonwealth (as appointed Chair of the Mental Health Planning Council of Virginia), and the world. VCU has provided me with the opportunity and support to bless others. It has enabled me to pursue work I find meaningful and to integrate my teaching, research, and service activities. In the Lou Gehrig story, "The Pride of the Yankees," Gary Cooper (playing Gehrig in his ALS-imposed farewell to baseball) is iconic in saying, "Today, I consider myself the luckiest man on the face of the Earth." That sums up my feelings. What more could I ask than the opportunity I have had to serve.

**EVERETT L. WORTHINGTON, JR.**  
**Abbreviated Curriculum Vitae (July 2015)**

Virginia Commonwealth University, P.O. Box 842018, Department of Psychology, Richmond, VA 23284-2018. Phone: (804) 828-1150; email: [eworth@vcu.edu](mailto:eworth@vcu.edu)

**EDUCATION**

PhD, 1978, University of Missouri-Columbia (Psychology)  
MA, 1976, University of Missouri-Columbia (Psychology)  
SMNE, 1970, Massachusetts Institute of Technology, (Nuclear Engineering)  
BSNE, 1968, University of Tennessee (Nuclear Engineering)

**ACADEMIC POSITIONS**

1978-present: Virginia Commonwealth University, Department of Psychology  
1978-83 Assistant Professor; 1983-89 Associate Professor; 1989-2014 Professor;  
2014-present Commonwealth Professor;  
1997-99 and 2013-15 Director of Counseling Training; 1985-87 and 1993-94 Director of Undergraduate Studies; 1999-2005 Chair of Department of Psychology

**OTHER PROFESSIONAL POSITIONS (Selected)**

Worthington has been Executive Director of *A Campaign for Forgiveness Research*. He served the Commonwealth as Director, Mental Health Planning Council (1994-8). He has published over 370 refereed papers and scholarly chapters, including empirical studies, theoretical articles, chapters, or critical reviews of the literature. He has written 26 books and edited 9 others. He was founding editor of *MARRIAGE AND FAMILY: A Christian Journal* (7 years) and currently serves on five editorial boards. He has been Visiting Scholar at the University of Cambridge (2005), University of Hong Kong (2006), and South African Government (1996).

**AWARDS AND FELLOWSHIPS (Selected)**

Dr. Worthington has won several awards for sustained professional teaching-research contributions, for teaching-mentoring, and for scholarship and teaching. For professional contributions, he is current President-elect of Division 36 (Psychology of Religion, American Psychological Association, APA). He is a fellow of the American Psychological Society (APS) and two divisions of the APA. He won the two highest awards for Christian Association for Psychological Studies (CAPS) and two for the American Association of Christian Counselors (AACC). For teaching-mentoring, he won the APA Division 36 Virginia Sexton Award for Mentoring and his advisees have (since its inception in 1997) won twice and been finalists four other times for the APA Division 17 Outstanding Graduate Student Award. For scholarship and teaching, he has won numerous awards and grants. At VCU, he has been honored with the VCU Award for Excellence (2009), College of Humanities and Sciences (CHS) Distinguished Scholar (2007), and CHS Distinguished Teaching (1995), and he received VCU's top honor, appointment as Commonwealth Professor (2014). In 2014, he was awarded a Doctor of Humane Letters (Honorary Doctorate) from Pepperdine University.

**TEACHING**

**Classroom:** At VCU, Worthington has taught Introductory Psychology to undergraduates all but two of his 37 years (usually in venues of 300 or more students). At times, he has taught as many as five sections within an academic year. He has created courses, such as Positive Psychology (undergraduate). He also has taught graduate students (Principles of Psychological Measurement) and Theories of Counseling and Psychotherapy. He tends to get student ratings among the highest. **Public Teaching:** Worthington speaks throughout the world (e.g., Singapore, Philippines, Taiwan, Hong Kong, Australia, New Zealand, England, Romania,

Canada, Brazil, Spain, and South Africa, where he was Visiting Scholar on behalf of the South African government), has appeared on major media hundreds of times (illustrative examples: *Good Morning America*, NPR, *USA Today*, *O Magazine*), offered courses at colleges throughout the country, been featured on award winning documentaries (e.g., *The Power of Forgiveness*; *The Big Question*). **Academic Administration**: He has served as Chair of the Department of Psychology, Director of Training in Counseling Psychology, Director of Undergraduate Studies in Psychology.

## **PUBLICATIONS**

### **Books (selected from 35 books since 1982)**

Worthington, E. L., Jr., & Sandage, S. J. (2015). *Forgiveness and spirituality in psychotherapy: A relational approach*. Washington, DC: American Psychological Association.

Worthington, E.L., Jr. (2006). *Forgiveness and reconciliation: Theory and application*. New York: Brunner/Routledge.

Worthington, E.L., Jr. (Ed.). (2005). *Handbook of forgiveness*. Brunner-Routledge.

### **Publications: Over 370 scientific and professional articles and chapters**

**Forgiveness**: Worthington has published theory and basic research on a scientific study of forgiveness and has developed interventions to promote forgiveness (REACH Forgiveness) and reconciliation (FREE—Forgiveness and Reconciliation through Experiencing Empathy); together they have been supported by over 25 studies of efficacy. For many free resources, see [www.EvWorthington-forgiveness.com](http://www.EvWorthington-forgiveness.com). **Marriage Enrichment**: Worthington has developed a counseling and couple enrichment intervention, the Hope-Focused Couple Approach, that is one of four empirically supported treatments in the USA.

**Religion/Spirituality**: Worthington has published widely on the psychology of religion and spirituality (both basic science and applied interventions). Worthington has also presented more than 1,000 convention presentations, workshops, seminars, or invited talks.

## **RESEARCH SUPPORT**

Worthington has attracted almost \$2.5M in research support from foundations and government agencies (including the NIH and CDC) as Principal Investigator (additional as Co-Investigator). As Executive Director of *A Campaign for Forgiveness Research*, Worthington served as Principal Investigator on over \$10.6M of research grants and gifts from foundations and donors to fund the scientific study of forgiveness by other investigators. As Executive Director, he wrote and administered over \$1.76M of those grants.

## **SERVICE**

**Commonwealth**: Worthington has served the Commonwealth of Virginia as Director of the Mental Health Planning Council and as Chair of an RFP for the Department of Mental Health, Mental Retardation, and Substance Abuse Services. **Profession of Psychology**: He has served as a founding editor of a journal, on numerous editorial boards, as expert reviewer on external P&T committees, on RFP panels, as track coordinators for conventions, and numerous others. **University**: Worthington has served on many university, College, and Departmental committees.

## Letters of Support (Excerpted)

### **President Michael Rao, VCU:**

Over Dr. Worthington's thirty year career he has done nothing, if not exemplify, the type of innovative and impactful scholarship that VCU seeks to contribute to the Commonwealth and the World. The phrase "From Bench to Bedside" is used for the translational work of biomedical research and a similar phrase could be used to describe Everett's work. His empirically supported interventions have been shown to be effective marriage therapies. He has elevated a previously disregarded field to prominent status with the quality of his scholarship, and even with his prolific publication and grant record. Everett still finds time to teach and mentor undergraduate and graduate students. His mentor has been shown to directly support student success through the awards his mentees have achieved as national scholars in their own right. Ev is a caring, compassionate and pioneering scholar whose work has changed the face of psychology nationally and internationally and strives to create compassionate communities around the world. Dr. Worthington is a phenomenal teacher/scholar and humanitarian.

### **Provost Gail Hackett, VCU:**

Dr. Everett Lee Worthington is a national and international scholar of prominence and we are fortunate to have Ev call Virginia Commonwealth University his home. Ev's scholarship has received national and international recognition, having been awarded the highest recognitions in Psychology. His highly regarded research has been empirically shown to be impactful and translates into practices that support the development of human-kind. He is the world-recognized expert in the areas of forgiveness and marital enrichment therapy. His work has been supported by various funding agencies for over \$2 million over the course of his thirty year career. He is a dedicated teacher. He continues to teach the introduction to psychology class and is dedicated to bringing his expertise to the students to which he is dedicated. His dedication to the research of forgiveness has carried over to his service as the Director of A Campaign for Forgiveness Research which has raised over \$10 million to fund scientific research on the study of forgiveness. His work has brought international recognition to the field of Psychology at VCU. He has been featured in the documentary film The Power of Forgiveness. His work led to the creation of a new course in Positive Psychology and he is consistently praised by his students both undergraduate and graduate. He has been a powerful mentor. His doctoral students have won national awards from the Council of Counseling Psychology Training Programs that honor the best counseling psychology student in the country. His research is powerful; he has established two empirically effective psychological interventions demonstrating the translational reach of his work. With over three hundred publications in the highest rated peer-reviewed journals serves as a testament to the strength and quality of his research. His quality teaching, scholarship and service embody the mission, vision and values of this university. He is indeed, an outstanding faculty member.

**Dr. Alison Baski, Interim Dean, College of Humanities and Sciences, VCU** Dr. Worthington has been an extraordinary faculty member in the College of Humanities and Sciences and the university, excelling in every aspect of the faculty mission of research, teaching and service. He has been a true pioneer in the study of forgiveness and a leading expert in the integration of religion and psychotherapy. In addition to the impact of his prolific publishing record, Dr. Worthington has brought his work to the public via popular writings and media appearances, hoping to address human suffering on a larger scale. He is a devoted teacher scholar who serves our students, the university, his profession, our community and the public at large, impacting thousands of people over the past four decades. Simply put, Dr. Worthington would be a spectacular recipient of the SCHEV award.

### **Dr. Wendy Kliewer, Professor and Chair, Department of Psychology, VCU**

Dr. Worthington's influence as a scholar has been significant both within the academic community and within the public arena; he has contributed greatly to both basic theoretical and

empirical progress in psychology and in applying psychology to solve social problems. He has published about equally basic psychological scientific articles and chapters and applied psychological science articles and chapters. His theoretical and empirical work in the area of forgiveness has truly brought this topic into the forefront of academic and popular consciousness. In addition to ground-breaking theoretical and empirical research defining, measuring, and describing the consequences of forgiveness and unforgiveness, he has published three field-organizing scholarly texts in the area, as well as four books that bring the results of his scholarly work to a wide audience.

**Dr. Roy F. Baumeister, Eppes Distinguished Scholar and Professor of Psychology, Florida State University** He has taken a rigorous, scientific approach to many topics that had previously been thought too soft and slippery for such study. In the process he has contributed major, important discoveries. He has been a pioneer of the study of forgiveness. Not only did his own work make important contributions, but it helped inspire and lead the huge initiative by the John Templeton Foundation to promote the scientific study of forgiveness, which made a big splash at the time — and has reverberated ever since. He has turned his fine mind and scientific acumen to other important topics, such as humility. Thoughtful, creative, productive, courageous, rigorous — these traits mark him out as a superior scientist.

**Dr. Kenneth I. Pargament, Professor of Psychology, Bowling Green State University** Dr. Worthington has made exceptional contributions to psychology in several areas. First, he has been one of the foremost figures in the integration of religion and psychotherapy. In the 1980's, he wrote several seminal papers that spoke to the importance of addressing the values of client and therapist more explicitly and carefully in the therapeutic context. ... Second, he has been perhaps the most significant pioneer in the study of forgiveness. ... Third, Dr. Worthington has been one of the leading experts in the integration of religion and marital therapy among Christians. [H]e has been a powerful national and international voice in the dissemination of forgiveness theory and research to the public. In fact, he has been featured in two documentary movies. ... [H]e has been a leading figure in “giving psychology away” to the larger public. His popular writings and media appearances have brought psychological knowledge about forgiveness to many people in the United States and, indeed, throughout the world.

**Dr. Faye Z. Belgrave, Professor of Psychology, VCU, SCHEV OFA 2008** A review of Ev's curriculum vita shows him to be a prolific scholar, a teacher/mentor extraordinaire, and an individual who has spent a large part of his life in devoted public service to the community, profession, students, university, department, and many others. His curriculum vita exemplifies that his accomplishments across teaching, scholarship, and service have been and continue to be exceptional and synergistically integrated. What his curriculum vita does not show is his unparalleled generosity, his humility, and his selflessness. In spite of (or perhaps because of) his accomplishments and the fact that he is incredibly busy, he always has the time to offer encouragement, to respond to a request from a community member, to support a student, or just to be to an involved departmental citizen. It is rare to find a person in academia that has had such a profound influence on the careers, the professional development, and the overall well-being of thousands of people. His dedication to helping others succeed, his exemplary record in teaching, training, and mentoring others within and outside of the academy, and his scholarship has made a difference in the lives of people locally, nationally, and internationally.

**Dr. Albert Farrell, Professor of Psychology, VCU, SCHEV OFA 2014** Unlike many faculty members who focus the bulk of their efforts on research, Ev has been consistently devoted to inspiring undergraduates in his large enrollment classes and to mentoring his graduate students. It is notable that many of his graduate students have gone on to have highly influential careers that build upon the foundation provided by Ev. Ev has also not pursued research solely out of an academic interest, but out of a sincere interest in addressing human suffering. This

has been reflected in numerous international efforts that have applied his work on forgiveness to resolving serious conflicts in a variety of settings around the world.

**Dr. Steven Danish, Professor Emeritus of Psychology, VCU** Ev is generally acknowledged as one of the two founders of the field of forgiveness studies. His interest in the area started during a period (late 1970s-1980s) of much clinical work with couples. He initiated applied and basic research on the topic in 1989 (his first chapter on forgiveness) and followed that chapter by his 1990 article on forgiveness. His empirical research began to pick up steam, but things turned tragically personal. In 1996, he had to forgive the young man who murdered his mother. When he started studying the area in the early 1990s, little had been written about the area. When he edited his first book on forgiveness (1998), there were 58 studies cited articles. ... Recently, citation counts locate more than 2,500 articles.”

**Mr. Michael Porter, Interim Director, University Public Affairs, VCU** Everett Worthington is a gentle, humble and soft-spoken man, but his research affects others in a powerful way. ... He is frequently quoted in newspapers and has appeared on broadcast programs at the local, regional, national and international level.

**Dr. Steven J. Sandage, Professor of Psychology and Brain Sciences, Danielsen Institute, Boston University; former doctoral student** His editorial, fund-raising, and other aspects of intellectual leadership make him one of the architects of the rise of positive psychology over the twenty-five years. Despite his involvement in many research areas that are explicitly or implicitly associated with religion, Ev is widely respected by psychologists who do not share his interest in religion. This speaks to his inclusive perspective, humility, and winsome character in combination with being a serious scholar who does not compromise scientific rigor to support some personal agenda. He has fostered positive psychology at a global level, as evident by his current Templeton grant to develop forgiveness research in Africa. I imagine few psychologists have his range of impact. ... [I]t might be most important to comment on Ev’s transparency about his own struggles dealing with the murder of his mother and his brother’s subsequent suicide. If you have not had a chance to experience Ev give a presentation on these topics, it is hard to relate his unique ability to share in manner that reflects healthy boundaries while also connecting at a very human level. Again, I saw him give a presentation to a group of psychodynamic clinicians who probably did not resonate with his clinical approach to forgiveness but were deeply moved by his personal narrative, as indicated by the long line of professional lingering to talk with him afterward. Obviously, this is a rare capacity.

**Dr. Frank Fincham, President International Association for Relationship Research, Eminent Scholar and Director, FSU Family Institute, Florida State University** As you may know, Dr. Worthington has virtually single handedly established a new field of inquiry in our discipline. An overstatement? Far from it . . . Dr. Worthington is in the unique position of having not only published seminal works that helped establish the field of forgiveness research but has also fostered the development of the field through the resources he has garnered to support the work of other researchers. [H]e has made seminal contributions at both the basic and applied research levels. ... Dr. Worthington has done more than anyone else to support the work of others interested in forgiveness research. He has worked tirelessly to help fund others’ research and provide outlets for their work. The latter was necessary given the early suspicion towards and low regard for forgiveness as a scientific construct. Virtually single-handedly Dr. Worthington has seen to it that this circumstance is one that is now only of historical interest. Forgiveness research is now part of the mainstream of our discipline and is published in our most prestigious outlets. I fear no contradiction in saying that this would not be the case without the scholarly work and tireless service of Dr. Worthington.

## ADDITIONAL DOCUMENTATION

### Doctoral Dissertations Chaired

1. Martin, Glen A. (1982). *Using homework in therapy: The effects of four methods of monitoring homework on compliance with a subsequent homework assignment.*
2. Shumate, Edward Michael (1982). *A component analysis of self-instruction training for pain control.*
3. Tehan, Timothy A. (1983). *The development and facilitation of group cohesiveness in high school basketball teams.*
4. Zucker, Peter (1983). *An examination of advanced counseling and psychotherapy supervision.*
5. Hamonds, Thomas Michael (1984). *The process of group couples therapy: An analysis of therapist-client interactions.*
6. Marlow, E. Lynn (1985). *The effect of perceived family harmony and pubertal development on compliance-gaining in families with adolescents.*
7. Danser, Donald Bruce (1986). *The impact of religious activity, belief, and commitment upon parental discipline in family interaction.*
8. Putney, Martha W. (1986). *The effects of supervisor and supervisee theoretical orientation on interns' perceptions of supervision.*
9. Whitney, Robert Lee (1986). *Family interaction patterns in myofascial and temporomandibular joint pain dysfunction syndromes.*
10. Richards, Thomas F. (1987). *Therapist-assisted versus computer-assisted cognitive treatments of introverted and extraverted date-anxious males.*
11. Heizenroth, Walter Robert (1988). *The effects of intimacy, commitment, and passion on how adults cope with their sexual attraction to an opposite sex friend.*
12. Buston, Beverley Gregory (1989). *The effect of the transition to parenthood on love in married couples.*
13. Kozma, Kathleen D. (1990). *Self-monitoring and relationship development: Effects on love and coping with sexual attraction to others.*
14. Goalder, James Stuart (1990). *Christian development and religious typologies: A proposed theory and tests of its validity.*
15. Clark, Cynthia Adrian (1990). *Predicting coping with sexual attraction to an opposite-sex friend using the investment model.*
16. Berry, James T. (1991). *Coping with sexual attraction at work: A study of psychotherapists, ministers, and personnel managers.*
17. Morrow, David Edward (1992). *Siblings as models for the social learning of drug use in an incarcerated sample.*
18. Bursley, Kevin H. (1995). *Gender role strain and help-seeking attitudes and behavior in college men.*
19. Meyer, Charles William, III (1995). *Premarital predictors of marital satisfaction across the transition to marriage.*

20. McCullough, Michael Earl (1995). *Forgiveness as altruism: A social-psychological theory of interpersonal forgiveness and tests of its validity.*
21. Shortz, Joianne Louise (1996). *Interfaith relationship development: A proposed model.*
20. Face, Jeanne (1997). *The relationship between attachment style and experiencing a parental divorce during childhood with courtship attitudes and behaviors in young adulthood.*
22. Shea, Kristin Perrone (1998). *Factors influencing marital quality among dual-career couples.*
23. Bryant, Wanda Jane (1998). *The application of cognitive dissonance theory in a forgiveness workshop: Inducing hypocrisy to create a commitment to forgive.*
24. Sandage, Steven John (1998). *An ego-humility model of forgiveness: A theory-driven empirical test of group interventions.*
25. Ripley, Jennifer Sulouff (1999). *The effects of marital social values on outcomes of forgiveness couples enrichment psychoeducational groups, or communication couples enrichment psychoeducational groups.*
26. Kurusu, Taro Augustus (1999). *The effectiveness of pretreatment intervention on participants of a forgiveness-promoting psychoeducational group in various stages of change.*
27. Adams, Jennifer Lynn (2000). *Young people and their plans for combining career and family plans: How realistic are they?*
28. Hight, Terry Lee (2000). *Do the rich get richer? A meta-analysis of methodological and substantive moderators of couple enrichment.*
29. Wade, Nathaniel G. (2002). *Understanding REACH: A component analysis of a group intervention to promote forgiveness.*
30. Jones, Dawn Renee' (2004). *Development of the Ethnic Related African American Stress Evaluation Inventory: Correlates of ethnic unforgiveness and health outcomes among African Americans.*
31. Sharp, Constance B. (2006). *Psychological symptoms, marital quality, and environmental stress in newly married couples.*
32. Kiefer, Rebecca Parham (2007). *Facework in offenders and victims in a role play simulation of restorative justice.*
33. Miller, Andrea Jayne (2009). *An intervention to improve communication of reproach and apology after transgressions.*
34. Campana, Kathryn L. (2010). *Self-forgiveness interventions for women experiencing a break-up.*
35. Hook, Joshua N. (2010). *The effectiveness of religiously tailored couple counseling.*
36. Scherer, Michael (2010). *Forgiveness and the bottle: Promoting self-forgiveness in individuals with alcohol misuse.*
37. Gartner, Aubrey (2012). *Sweet mercy: A scientific investigation.*
38. Davis, Don E. (2011). *Relational humility.*
39. Jennings, David J., II (2013). *Inspiration: Examining its emotional correlates and relationship to internalized values.*

40. Greer, Chelsea L. (2013). A workbook to promote forgiveness for ingroup congregational offenses.
  41. Lavelock, Caroline R. (2015). Good things come to those who (peacefully) wait: Toward a theory of patience.
  42. Lin, Yin. (2015). Forbearance.
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2004-2014 course evaluation ratings for Dr. Everett Worthington  
 PSYC 101: Introduction to Psychology (4 credits)  
 Course enrollment = 304 students, 13,376 credit hours

Year	Mean Instructor Ratings (on a 5-point scale)
2004	4.7
2005	4.1
2006	4.6
2007	4.4
2008	4.3
2009	4.2
2010	3.6
2011	4.4
2012	4.4
2013	4.0
2014	4.5