

# CURRICULUM VITAE

## TONY TONEATTO

Room M135, 45 Willcocks St.  
New College, University of Toronto  
Toronto, Ontario M5S 1C7  
Tel: (416) 875-2533  
e-mail [tony.toneatto@utoronto.ca](mailto:tony.toneatto@utoronto.ca)

### **1. Degrees**

Doctor of Philosophy, 1987 (Clinical Psychology): McGill University, Montreal, Quebec  
Thesis: The Oral Sensation Model: A New Approach to the Understanding of Preventive Oral Health Behavior

Bachelor of Science, 1980 (Psychology): McMaster University, Hamilton, Ontario  
Undergraduate Thesis: Morphine Tolerance and Hypothermia

### **2. Employment:**

#### **Present Appointments**

1989-present Clinical Associate, Homewood Human Solutions

2007-present Director, Buddhism, Psychology and Mental Health, Minor Program, New College, University of Toronto

2008-present President, Nalanda College of Buddhist Studies

2010-present Director, Toronto Centre for Mindfulness Meditation and Psychotherapy

2010-present Editor, *Journal of Buddhism and Psychology*

2010-present President, York Psychological Services

2010-present President, Toneatto Psychology Professional Corporation

2011-present Director, Centre for Buddhist and Psychology, New College, University of Toronto.

#### **Past Appointments**

2003-2010 Senior Scientist, Addiction Research Section, Clinical Research Department, Center for Addiction and Mental Health

- 2000-2003 Head, Addiction Research Section, Clinical Research Department, Center for Addiction and Mental Health
- 1992-2000 Scientist, Clinical, Social and Evaluation Research Department, Addiction Research Foundation
- 1991-1992 Scientist, Clinical Research and Treatment Institute, Addiction Research Foundation
- 1987-1991 Senior Research Assistant, Behavioral Treatment Research Department, Addiction Research Foundation.

### **Current Academic Appointments**

- 2005-present Lecturer, Buddhism, Psychology and Mental Health Minor Program, New College, University of Toronto
- 2005- present Associate Professor, Department of Psychiatry, University of Toronto
- 2002-present Adjunct Faculty, Project/ Dissertation Supervisor, Adler School of Professional Psychology
- 1999-present Associate Faculty, Department of Human Development and Applied Psychology, Ontario Institute of Studies in Education
- 2005- 2009 Associate Professor, Department of Public Health Sciences, University of Toronto
- 1991- 2009 Assistant Professor, Department of Public Health Sciences, University of Toronto

### **Pre-doctoral Clinical Internships**

- 1985-1986 Adult cognitive-behavior therapy- Behavior Therapy Service and Rehabilitation Psychiatry Unit, Allan Memorial Institute, Royal Victoria Hospital, Montreal, Quebec (Supervisor: Dr. Ian Bradley).
- 1982-1984 Adult psychiatry- Department of Psychology, Douglas Hospital Center, Verdun, Quebec and Verdun Community Psychiatric Center (Supervisor: Ms. Esther Handelman).
- 1981 Child and adolescent assessment- Department of Psychology -Montreal Children's Hospital, Montreal, Quebec (Supervisor: Dr. Ann Schlieper).

### **Pre-doctoral Research Internship**

- 1980 Research Assistant- Department of Psychology, McMaster University, Hamilton, Ontario (Supervisor: Dr. Shepard Siegel)

**Administrative Appointments**

- 2004-2010 Member, Research Ethics Board, Center for Addiction and Mental Health.
- 2002 Member, Program Committee, World Congress on Drug Dependencies, Montreal.
- 2002 Search Committee, Addiction Psychiatry Chair, Department of Psychiatry
- 2001 Search Committee, Research Scientist, Clinical Research Department, Centre for Addiction and Mental Health
- 1998 Search Committee, Concurrent Disorder Program Psychologist, Addiction Research Foundation
- 1997 Search Committee, Senior Research Scientist, Addiction Research Foundation
- 1992 Member, Functional Planning Committee, Addiction Research Foundation
- 1992- 2001 Board of Directors, Responsible Gambling Council (Ontario)

**Professional Affiliations and Activities**

- 1988-present Registered Psychologist, College of Psychology of Ontario (Certificate No. 2146)
- 1995-present Canadian Register of Health Service Providers in Psychology (Certificate No. 4307).
- 2009-present Candidate, Toronto Institute of Psychoanalysis
- 2008-09 Candidate, Toronto Institute of Contemporary Psychoanalysis

**Professional Memberships**

Ontario Psychological Association  
Canadian Psychoanalytic Association  
Toronto Institute of Psychoanalysis  
International Psychoanalytic Association

**Consultant Reviewer to Journals**

Behavioral Assessment, Journal of Substance Abuse, Basic and Applied Social Psychology, Clinical Psychology Review, Journal of Behavioral Medicine, Canadian Medical Association Journal, Addictive Behaviors, Preventive Medicine, Journal of Studies on Alcohol, Cognitive Therapy and Research, British Journal of Addiction, Criminal Justice and Behavior, Contemporary Drug Problems, Addiction, Behavior Research and Therapy, Psychology of Addictive Behavior, Motivation and Emotion.

**Appointments to Journal Editorial Boards:**

2004-present Journal of Gambling Studies  
 2000-present Journal of Gambling Issues  
 1998 present Criminal Justice and Behavior

## **C. ACADEMIC HISTORY**

### **1. Research Interests**

Pathological Gambling- clinical research, cognitive-behavioral treatments, efficacy research  
 Cognitive-Behavior Therapy- applications to addictions, especially pathological gambling  
 Cognitive Psychopathology- gambling distortions  
 Metacognition- addiction-related metacognitions  
 Concurrent Alcohol Use and Anxiety Disorders- cognitive-behavioral treatment  
 Brief Treatments- for pathological gambling  
 Untreated Recovery- pathological gambling, cocaine addiction  
 Mindfulness Meditation- pathological gambling, process

### **Operating Grants (Peer-reviewed):**

30. **Toneatto, T.**, Goodie, A., Zack, M., Brown, K. W., Campbell, W.K., & Lakey, C. The role of mindfulness in the frequency and intensity of gambling in Level 2 and Pathological Gamblers. Ontario Problem Gambling Research Centre. 2008 (\$207, 976).
29. Rush, B., Castel, S., Brands, B., **Toneatto, T.** The validation of staged comparison of screening tools for mental disorders. Canadian Institutes of Health Research. 2007 (\$297, 263).
27. Cunningham, J., Hodgins, D.C., **Toneatto, T.** Barriers to treatment for problem gamblers in Ontario. Ontario Problem Gambling Research Centre. 2006. (\$173,500)
24. Bagby, M., **Toneatto, T.**, Farvolden, P., Ravindran, A., Sokolov, S. The Spectrum of Depressive Disorders and Pathological Gambling. Ontario Problem Gambling Research Centre. 2005-7. (\$517,324)
23. **Toneatto, T.**, Turner, N., Zack, M., Farvolden, P., Bagby, M., & Millar, G. The Heterogeneity of Problem Gambling: An Analysis of Gambling Sub-Types. Ontario Problem Gambling Research Centre. 2005. (\$210,000)
22. **Toneatto, T.** Problem gambling service: Measuring success. Ontario Problem Gambling Research Centre. 2005. (\$6,000).
21. Silveira, J., Grupp, L. & **Toneatto, T.** A naturalistic study of angiotensin converting inhibitors in the treatment of hypertension in patients with comorbid alcohol abuse. Department of Psychiatry, University Health Network, 2004. (\$5,000).

20. **Toneatto, T.**, Wynne, H., Skinner, W., & Littman-Sharpe, N. Development and testing of a telephone-based program and delivery model for problem gamblers. Ontario Problem Gambling Research Centre. 2003. (\$250,000).
19. Turner, N., **Toneatto, T.**, Jain, U., & Spence, W. A controlled study of the effects of acupuncture on gambling behavior and anxiety in pathological gamblers. Ontario Problem Gambling Research Centre. 2002. (\$202,285).
18. Bagby, M., Farvolden, P., **Toneatto, T.**, & Oakman. Personality and cognitive vulnerability in problem gambling. Ontario Problem Gambling Research Centre. 2002. (\$196,132).
17. Korman, L. & **Toneatto, T.** Concurrent gambling, substance use and anger: Development of a brief integrated treatment. Ontario Problem Gambling Research Centre. 2002. (\$209,400).
16. Rector, N.A., **Toneatto, T.**, & Tsanos, A. Cognitive therapy for concurrent panic disorder and alcohol abuse. Centre for Addiction and Mental Health Research Fund. 2001 (\$5,252.42).
15. **Toneatto, T.** A randomized, double-blind, placebo-controlled trial of naltrexone in the treatment of concurrent alcohol dependence and pathological gambling. Ontario Problem Gambling Research Centre. 2001. (\$191,500).
14. Collins, J., Skinner, W., & **Toneatto, T.** Beyond assessment: The impact of comorbidity of pathological gambling, psychiatric disorders and substance use disorders on treatment course and outcome. Ontario Problem Gambling Research Council. 2001. (\$98,640).
13. **Toneatto, T.** A controlled evaluation of cognitive therapy for problem gambling. Ontario Problem Gambling Research Council. 2001. (\$125, 214).
12. Hodgins, D., **Toneatto, T.**, Makarchuk, K., Skinner, W., & Vincent, S. Minimal treatment approaches for concerned significant others of problem gamblers. Ontario Problem Gambling Research Council. 2001. (\$173,334).
11. Boughton, R. & **Toneatto, T.** A comparison of male and female problem gamblers in Ontario. Ministry of Health, Ontario Substance Abuse Bureau. 2000. (\$64,288).
10. **Toneatto, T.** Concurrent psychiatric disorder among problem gamblers: Prevalence and correlates. Ministry of Health, Ontario Substance Abuse Bureau. 2000. (\$58, 672).
9. **Toneatto, T.** Development and validation of clinical measures for the assessment and treatment of problem gambling. Ministry of Health, Ontario Substance Abuse Bureau. 1999. (\$23,900).
8. Turner, N., Stanovic, K., & **Toneatto, T.** Cognitive biases in problem gambling. National Center for Responsible Gaming. 1997. (\$33,000US).
7. **Toneatto, T.**, Cunningham, J., Turner, N., Koski-Jannes, A., & Hodgins, D. Recovery from pathological gambling with or without treatment: A pilot study. Addiction Research Foundation. Proposal Advancement Fund (#7171). 1997. (\$13,000).

6. **Toneatto, T.** Enhancing treatment outcomes for concurrent anxiety and alcohol use disorders. Addiction Research Foundation. Proposal Advancement Fund (#7167). 1997. (\$19,000).
5. **Toneatto, T.** An evaluation of different approaches to outpatient treatment for gambling problems. Ministry of Health, Ontario Substance Abuse Bureau. 1996. (\$250,000).
4. **Toneatto, T., Shirley, M., & Doumani, S.** Efficacy of a cognitive behavioral treatment for comorbid alcohol and anxiety disorder. Addiction Research Foundation. Strategic Initiatives Fund (#A858). 1995. (\$65,000).
3. **Toneatto, T., Sobell, M., & Sobell, L.** Developing and testing an innovative treatment for cocaine dependence. Addiction Research Foundation. Accelerated Funding Project (#806). 1992. \$65,647
2. Sobell, L., Sobell, M., & **Toneatto, T.,** Comparison of individual and group formats of behavioral outpatient treatment. Addiction Research Foundation. Accelerated Funding Project (#803). 1991. \$53,500.
1. Sobell, L., Sobell, M., **Toneatto, T.,** & Kozlowski, L.T. National Institute on Alcohol Abuse and Alcoholism, Research Grant No. 1 R01 AA085593. Stability of natural recoveries from alcohol abuse. 1991-1995. \$401,665US

#### **Invited Lectures:**

86. Mindfulness Meditation. MSc Program in Genetic Counselling, University of Toronto. Hospital for Sick Children, March, 2012.
84. Buddhism and Psychopathology. Mind Matters I Conference, University of Toronto, March, 2011
84. Mindfulness Meditation. MSc Program in Genetic Counselling, University of Toronto. Hospital for Sick Children, March, 2011.
83. What do people do when they practice mindfulness meditation? Symposium on Consciousness, Cognitive Science and Mindfulness in honour of the visit of H.H. the 14<sup>th</sup> Dalai Lama to the University of Toronto, October, 2010
82. Empirical, Theoretical and Clinical Issues in the Integration of Mindfulness Meditation and Psychotherapy, Course on Counselling, Ontario Institute on Studies in Education, Toronto, July, 2010.
81. Empirical, Theoretical and Clinical Issues in the Integration of Mindfulness Meditation and Psychotherapy. Mindfulness and Psychotherapy: Deepening our Theory and Practice. Centre for Diversity in Counselling and Psychotherapy, Ontario Institute on Studies in Education, Toronto, May, 2010

80. Mindfulness Meditation for Problem Gambling. Ontario Problem Gambling Provincial Forum: Update from the Field, Ottawa, February, 2010.
79. Why don't gamblers with problems seek help? Keynote address at the 10<sup>th</sup> Annual NCRG Conference on Gambling and Addiction. Las Vegas, NV, 2009.
78. Therapeutic Effects of Mindfulness. Buddhism, Brains and Behavior. Cognitive Science and Student Association, University of Toronto, March, 2009.
77. Mindfulness Meditation and Addictions. Addiction Rounds, Centre for Addiction and Mental Health, Toronto, March, 2009.
76. Residential Services for Problem Gambling: 12-Month Follow-Up of a Pilot Program. Ontario Problem Gambling Provincial Forum: Update from the Field, Toronto, February, 2009.
75. Buddhist Psychology: Applications to addiction treatment. Addiction Rounds, Centre for Addiction and Mental Health, Toronto, January, 2009.
74. Mindfulness meditation for health. Buddhism and Mental Health Forum, University of Toronto, May, 2008.
73. Residential Treatment for Problem Gambling. Annual Conference of the Responsible Gambling Council, Ottawa, April, 2008.
72. Identifying and treating the problem gambler. Annual Medical-Scientific Conference of the American Society of Addiction Medicine, April, 2008
71. Problem Gambling Residential Services. Ontario Problem Gambling Provincial Forum: Update from the Field, Toronto, March, 2008.
70. The efficacy of single-session interventions for problem gambling. Addiction Rounds, Centre for Addiction and Mental Health, Toronto, January, 2008.
69. Piloting and Evaluation of a residential/ day treatment problem gambling system in Ontario. 22<sup>nd</sup> National Conference on Problem Gambling. Long Beach, CA, June, 2008.
68. Effectiveness of single-session interventions for problem gambling: Results of a randomized clinical trial. 22<sup>nd</sup> National Conference on Problem Gambling. Long Beach, CA, June, 2008.
67. Single-session interventions are as effective as longer treatments for problem gambling: Results of a randomized trial. Presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia. November, 2007
66. Buddhism and the Body. Presented at the 4<sup>th</sup> Critical Multicultural Counselling and Psychotherapy Conference: Dialogue with the Body in Clinical Practice, Centre for Diversity in Counselling and Psychotherapy, University of Toronto, June, 2007

65. Cognitive-behavioral treatment of problem gambling. Milestones: Gambling Research at CAMH, Centre for Addiction and Mental Health, Toronto, March, 2006.
64. Cognitive psychopathology of problem gambling. Homewood Health Centre, Guelph, Ontario, March, 2006
63. Cognitive psychopathology of problem gambling. Toronto Western Hospital, Neuropsychiatry Rounds, Ontario, January, 2006
62. Improving the measurement of outcomes in problem gambling treatment research. Paper presented at the 19<sup>th</sup> annual meeting of the National Council on Problem Gambling. New Orleans, June, 2005.
61. Barriers to treatment. Paper presented at the annual conference of the Responsible Gambling Council, Niagara Falls, Ontario. April, 2005.
60. Cognitive distortions among different types of problem gambling. Paper presented at the Canadian Psychological Association annual convention. St. John's, Newfoundland. June, 2004.
59. Talking from experience: Can Prevention Work? Perspectives on Prevention- A Symposium on Problem Gambling hosted by Responsible Gambling Council, Toronto, Ontario. April, 2004.
58. Anxiety disorders and addiction. Concurrent Disorders Conference. Providence Continuing Care Centre, Kingston, Ontario. March, 2004.
57. The healing mind: Applications of Buddhist Psychology to Western Psychology. University of Toronto Buddhist Association, Toronto. January, 2004
56. Cognitive Distortions in Problem Gambling. Paper presented to the Royal Society of Canada, Ottawa, Ontario. November, 2002.
55. Health Canada's Best Practices Document on Concurrent Disorders: Anxiety, Mood and Addiction. Paper presented at the World Forum: Drugs, Dependencies, Impacts and Responses, Montreal, Quebec. September, 2002.
54. Improving Problem Gambling Treatment Outcome Research. Paper presented at a meeting of Problem Gambling Treatment Researchers, Laval University, Quebec City. June, 2002.
53. DSM-IV Psychiatric Disorders among Pathological Gamblers. Paper presented at the 28<sup>th</sup> Annual Harvey Stancer Research Day, Toronto. June, 2002.
52. Comparison of Male and Female Problem Gamblers. Paper presented at the annual convention of the Canadian Psychological Association, Vancouver, BC. June, 2002



- 51 DSM-IV Psychiatric Disorders among Pathological Gamblers. Paper presented at the annual convention of the Responsible Gambling Council (Ontario)- Niagara Falls, Ontario. April, 2002
- 50 A Naturalistic Study of Treatment for Problem Gambling. Paper presented at the 34<sup>th</sup> Annual Meeting of the Association for Advancement of Behavior Therapy, New Orleans. November, 2000.
- 49 Untreated Recovery from Problem Gambling- Canadian Foundation on Compulsive Gambling annual conference, Niagara Falls, Ontario. May, 2000.
48. Alcohol, Drugs and Mood Disorders- Mood Disorders Association of Ontario and Toronto. May, 2000.
47. The Gambling Cognition Questionnaire. Paper presented at the annual meeting of the American Psychological Association, Boston. August, 1999.
46. Treatment of problem gambling: A one-year follow-up- National Council on Problem Gambling, Detroit. June, 1999.
45. Comorbidity in problem gamblers- Hamilton Addiction Assessment and Referral Service, Hamilton, Ontario. May, 1999.
44. Cognitive psychopathology of heavy gambling. Presentation at Clinical Rounds, Department of Psychiatry, St. Michael's Hospital. December, 1998.
43. Comparative evaluation of treatments for problem gambling. Paper presented at Evolving Treatment and Prevention Practices: An inter-provincial conference on problem gambling. Edmonton, Alberta. September, 1998
- 42 Cognitive distortions in heavy gamblers. Paper presented at the Employee Assistance Society of North America annual meeting, Toronto. August, 1998
41. Cognitive-behavioral treatment for alcohol use and anxiety disorders. Presentation at the Harvey Stancer Research Day, Clarke Institute of Psychiatry, Toronto. June, 1998
40. Cognitive psychopathology of heavy gambling. Paper presented at Social Aspects of Problem Gambling, Washington, D.C. June, 1998
- 39 Treatment of problem gambling: Predictors of outcome. Clinical and Research Seminars, Addiction Research Foundation, Toronto, Ontario, May, 1998
- 38 Predictors of outcome of treatment for problem gamblers. Canadian Foundation on Compulsive Gambling conference, Windsor, Ontario. April, 1998
- 37 Treatment of problem gambling- Haldemand-Norfolk Addiction Services, Dunnville, Ontario, March, 1998

- 36 Alcohol use disorder and agoraphobia: Correlates of comorbidity in a community survey. Paper presented at Co-occurring substance use and mental disorders: Functional Relations and Clinical Implications conference, Toronto, November, 1997
- 35 Efficacy of cognitive-behavioral therapy for comorbid alcohol use and anxiety disorder. Paper presented at Co-occurring substance use and mental disorders: Functional Relations and Clinical Implications conference, Toronto, November, 1997
- 34 Cognitive-behavioral treatment of concurrent alcohol dependence and panic disorder with agoraphobia: A pilot study. Paper presented at Co-occurring substance use and mental disorders: Functional Relations and Clinical Implications conference, Toronto November, 1997
- 33 Descriptive analysis of mental health unit clients at the ARF. Paper presented at Co-occurring substance use and mental disorders: Functional Relations and Clinical Implications conference, Toronto. November, 1997
- 32 Cognitive characteristics of problem gamblers. Presentation to the Drug and Alcohol Registry of Treatment, London, Ontario. June, 1997
- 31 The New Addiction: Gambling. Paper presented at the Ontario College Health Association conference. May, 1997
- 30 Cognition in problem gambling. Department of Public Health Sciences, University of Toronto. March, 1997
- 29 Cognition in heavy gambling. Paper presented at Profiling the Canadian Experience: An inter-provincial conference on problem gambling. Winnipeg, Manitoba. September, 1996
- 28 Cognition in problem gambling. Department of Behavioural Science, University of Toronto. March, 1996
- 27 The cognitive treatment of problem gambling. Paper presented at the Ontario Conference on Problem and Compulsive Gambling, Toronto, Ontario. May, 1995
- 26 Alcohol abuse and Dependence. Department of Behavioural Science, University of Toronto. March, 1995.
- 25 Cognitive therapy of concurrent alcohol dependence and anxiety disorders- Free from Fear Foundation, Pickering, Ontario. September, 1994
- 24 Cognitive-behavioral treatment of alcohol abuse-Clarke Institute of Psychiatry, Toronto, Ontario. June, 1994
- 23 Treatment of substance abuse in schizophrenia. York Region Interagency Dual Disorders Meeting- Aurora, Ontario. May, 1994

- 22 Alcohol abuse and Dependence. Department of Behavioural Science, University of Toronto. March, 1994.
- 21 Untreated recovery from cocaine dependence: A study of the process of behavior change. Clinical and Research Seminar, Clinical Research and Treatment Institute, Addiction Research Foundation, Toronto, Ontario, Canada. January, 1994
- 20 Characterization of comorbidity: A framework for research. Science Day, Addiction Research Foundation, Toronto, Ontario, Canada. November, 1993
- 19 Schizophrenia and substance abuse- York Region Interagency Dual Disorders Meeting- Aurora, Ontario. September, 1993
- 18 Cognitive-behavioral treatment of alcohol abuse-Clarke Institute of Psychiatry, Toronto, Ontario. June, 1993.
- 17 Effect of nicotine addiction on alcohol abuse treatment outcome- Metro Toronto Addiction Services Committee, Toronto, Ontario. March, 1993.
- 16 Pharmacotherapeutic enhancement of behavioral treatment for alcohol abuse is affected by beliefs as to whether drug or placebo has been administered. Invited presentation at the 54th annual meeting of the College on Problems of Drug Dependence, Inc., Keystone, Colorado. June, 1992
- 15 Cognitive-behavioral treatment of alcohol abuse-Clarke Institute of Psychiatry. June, 1992
- 14 Effect of smoking on outcome of alcohol abuse treatment. Presentation at the 19th Kettil-Bruun Alcohol Epidemiology Conference, Toronto, Ontario. May, 1992
- 13 Cognitive treatment of alcohol abuse- Pinewood Center, Oshawa, Ontario. May, 1992
- 12 The role and temporal relationship played by one substance in recovery from another substance. Presentation at the 13th annual meeting of the Society of Behavioral Medicine, New York. March, 1992
- 11 Effects of smoking on the resolution of alcohol problems: Treatment Implications. Clinical and Research Seminar, Clinical Research and Treatment Institute, Addiction Research Foundation, Toronto, Ontario, Canada. December, 1991.
- 10 Cognitive-behavioral theory and intervention. Summer Seminar Series, Clinical Institute, Addiction Research Foundation, Toronto, Ontario. September, 1991.
- 9 Dual Disorders Workshop-School of Addiction Studies, Toronto, Ontario. July, 1991
- 8 Future Directions in the Behavioral Treatment of Substance Abuse-School of Addiction Studies, Toronto, Ontario, Canada. July, 1990.

- 7 Psychology of Pain-Lecture, Undergraduate class at the University of Toronto, Department of Psychology. December, 1989
- 6 Evaluation of Treatment Outcome for Cocaine Abuse- Grand Rounds in Psychiatry, Addiction Research Foundation, Toronto, Ontario. June, 1989
- 5 Treatment of Cocaine Abuse-Psychology Department, Centenary Hospital, Scarborough, Ontario. June, 1989
- 4 Gender and Substance Abuse Treatment Outcome-School of Addiction Studies, Toronto, Ontario. June, 1989
- 3 Coping with Schizophrenic Offspring- Department of Psychology, Royal Victoria Hospital, Montreal, Quebec. December, 1985
- 2 Associationism and Modern Behaviorism- Lecture, Undergraduate Lecture, McGill University, Department of Psychology. December, 1984
- 1 Case Presentation- Psychiatric Grand Rounds- Douglas Hospital Center, Verdun, Quebec. April, 1983.

### **Invited Clinical Workshops**

58. Mental Health and Buddhist Psychology: Integrating Theory and Applications. Toronto Centre for Mindfulness, Meditation and Psychotherapy. April, 2012.
57. Clinical Applications of Buddhist Psychology. TAPE Educational Services. June, 2011.
56. Mental Health and Buddhist Psychology: Integrating Theory and Applications. TAPE Educational Services. January, 2011.
55. Mental Health and Buddhist Psychology: Integrating Theory and Applications. TAPE Educational Services. October, 2010.
54. Mental Health and Buddhist Psychology: Integrating Theory and Applications. TAPE Educational Services. August, 2010.
53. Mindfulness Meditation and the Workplace. TAPE Educational Services. April, 2010.
52. Overview of Problem Gambling. Programme of Alcoholism and Addiction Studies. 35<sup>th</sup> Caribbean Institute on Alcoholism and Other Drug Problems, Tobago. June, 2009
51. Introduction to Cognitive Distortions in Problem Gambling. Programme of Alcoholism and Addiction Studies. 35<sup>th</sup> Caribbean Institute on Alcoholism and Other Drug Problems, Tobago. June, 2009

50. Screening and Assessment of Problem Gambling. Programme of Alcoholism and Addiction Studies. 35<sup>th</sup> Caribbean Institute on Alcoholism and Other Drug Problems, Tobago. June, 2009
49. Mindfulness Interventions for Addictive Disorder- TAPE Educational Services, August, 2008
48. Overview of Problem Gambling. Programme of Alcoholism and Addiction Studies. 34<sup>th</sup> Caribbean Institute on Alcoholism and Other Drug Problems, Tobago. June, 2008
47. Introduction to Cognitive Distortions in Problem Gambling. Programme of Alcoholism and Addiction Studies. 34<sup>th</sup> Caribbean Institute on Alcoholism and Other Drug Problems, Tobago. June, 2008
46. Screening and Assessment of Problem Gambling. Programme of Alcoholism and Addiction Studies. 34<sup>th</sup> Caribbean Institute on Alcoholism and Other Drug Problems, Tobago. June, 2008
45. Mindfulness Interventions for Addictive Disorder- Niagara Alcohol and Drug Assessment Services, March, 2007
44. Mindfulness Interventions for Addictive Disorder- Niagara Alcohol and Drug Assessment Services, March, 2007
43. Mood Disorders and Substance Abuse- Certificate Program in Concurrent Disorders, Sudbury, Ontario. June, 2004
42. Mood Disorders and Substance Abuse- Certificate Program in Concurrent Disorders, Sudbury, Ontario. May, 2004
41. Nicotine Addiction and Mental Illness. Canadian Cancer Society Smoking Cessation Helpline. Hamilton, Ontario. December, 2003
40. Mood, Anxiety and Substance Use Disorders - Armed Forces, Ottawa, Ontario. October, 2003
39. Mood Disorders and Substance Abuse- Certificate Program in Concurrent Disorders, Barrie, Ontario. June, 2003
38. Mood Disorders and Substance Abuse- Certificate Program in Concurrent Disorders, Owen Sound, Ontario. June, 2003
37. Mood Disorders and Substance Abuse- Certificate Program in Concurrent Disorders, Barrie, Ontario. May, 2003
36. Mood and Anxiety Disorders and Addiction- Concurrent Disorders Training Initiative for the Base Addiction Counselors of the Armed Forces, Ottawa, Ontario. February, 2003

- 35 Mood Disorders and Substance Abuse- Certificate Program in Concurrent Disorders,  
Royal Ottawa Hospital, Ottawa, Ontario. November, 2002
- 34 Cognitive Therapy for Problem Gambling- Annual meeting of the Canadian  
Psychological Association, Vancouver B.C. May, 2002
- 33 Cognitive-behavioral treatment for Addictions- Concurrent Disorders Working Group of  
Waterloo Region, Waterloo, Ontario. March, 2002
- 32 Treatment of Concurrent Alcohol Use and Anxiety Disorders- Concurrent Disorder  
Service, CAMH, December, 2001
- 31 Treatment of Concurrent Alcohol Use and Anxiety Disorders- Department of Psychiatry,  
University of Toronto, December, 2001
- 30 Treatment of Concurrent Alcohol Use and Anxiety Disorders- Concurrent Disorders  
Working Group of Waterloo Region, Waterloo, Ontario. June, 2001
- 29 Assessment and Treatment of Concurrent Disorders- Education and Training Services,  
Toronto, Ontario. February, 2000
- 28 Orientation to concurrent disorders- Education and Training Services, Toronto, Ontario.  
June, 1999
- 27 Orientation to concurrent disorders - Education and Training Services, Toronto, Ontario.  
February, 1999.
- 26 Cognitive therapy for pathological gamblers. Workshop presented at the 32nd meeting of  
the Association for Advancement of Behavior Therapy, Washington, D.C. November,  
1998
- 25 Treatment of concurrent disorders-School of Addiction Studies, Toronto, Ontario,  
Canada. November, 1998
- 24 Brief Interventions for Addictions-Continuing Mental Health Education, Department of  
Psychiatry, University of Toronto. September, 1998
- 23 Orientation to assessment and treatment of concurrent disorders-School of Addiction  
Studies, Toronto, Ontario, Canada. June, 1998
- 22 Treatment of concurrent disorders-School of Addiction Studies, Toronto, Ontario,  
Canada. June, 1998
- 21 The cognitive treatment of phobic disorders and substance dependence: A self-regulation  
perspective-School of Addiction Studies, Toronto, Ontario, Canada. June, 1997
- 20 The cognitive treatment of phobic disorders and substance dependence: A self-regulation  
perspective-School of Addiction Studies, Toronto, Ontario, Canada. June, 1997

- 19 Advanced Training in the Treatment of Problem and Compulsive Gambling. Kenora, Ontario. May, 1996
- 18 The cognitive treatment of phobic disorders and substance dependence: A self-regulation perspective. Workshop presented at the Addiction Research Foundation, Windsor, Ontario, Canada. January, 1996
- 17 Advanced Training in the Treatment of Problem and Compulsive Gambling. Toronto, Ontario. January, 1996
- 16 Advanced Training in the Treatment of Problem and Compulsive Gambling. Kenora, Ontario. November, 1995
- 15 Advanced Training in the Treatment of Problem and Compulsive Gambling. Toronto, Ontario. October, 1995
- 14 Psychotherapy for anxiety and mood disorders-School of Addiction Studies, Toronto, Ontario, Canada, June, 1995
- 13 The cognitive treatment of phobic disorders and substance dependence: A self-regulation perspective. Workshop presented at the Clinical Day in Mental Health and Addictions, Addiction Research Foundation, Toronto, Ontario, Canada. April, 1995
- 12 Behavioral counseling of dual disorders-School of Addiction Studies, Toronto, Ontario, Canada, June, 1994
- 11 The cognitive treatment of phobic disorders and substance dependence: A self-regulation perspective. Workshop presented at the first annual Mental Health and Addictions Day, Addiction Research Foundation, Toronto, Ontario, Canada. March, 1994
- 10 Co-Presenter, Cognitive-behavioral treatment of problem drinkers. Institute presented at the 27th meeting of the Association for Advancement of Behavior Therapy, Atlanta. November, 1993
- 9 Cognitive treatment of alcohol abuse- Haliburton Counselling Center, Haliburton, Ontario, Canada. March, 1993
- 8 Co-Presenter, Cognitive-behavioral treatment of problem drinkers. Institute presented at the 26th meeting of the Association for Advancement of Behavior Therapy, Boston. November, 1992
- 7 Dual Disorders -ARF Accelerated Funding Project #202, Thunder Bay, Ontario, Canada, September, 1992
- 6 Dual Disorders -ARF Accelerated Funding Project #202, Whitby, Ontario, Canada, June, 1992

- 5            Dual Disorders -ARF Accelerated Funding Project #202, Mississauga, Ontario, Canada. March, 1992
- 4            Dual Disorders -ARF Accelerated Funding Project #202, Ottawa, Ontario, Canada. February, 1992
- 3            Cognitive therapy for alcohol abuse. Workshop presented at the 45th annual meeting of the Ontario Psychological Association, Toronto, Canada. February, 1992
- 2            Co-Presenter, Cognitive-behavioral treatment of problem drinkers. Institute presented at the 25th meeting of the Association for Advancement of Behavior Therapy, New York, November, 1991
- 1            Dual Disorders -School of Addiction Studies, Windsor, Ontario, Canada. November, 1991

### **Consulting Experience:**

- 1990            Treatment of cocaine urges. Glaxo Pharmaceuticals, London, England.
- 1993            World Health Organization. Collaborative Project on the Natural History of Cocaine. Providence, Rhode Island.
- 1993            Saskatchewan Ministry of Gaming. The psychology of problem gambling. Regina and Saskatoon.
- 1994            World Health Organization. Collaborative Project on the Natural History of Cocaine. Mexico City, Mexico.
- 1996-2003      Consultant Psychologist, Substance Abuse and Behavioral Health Program, National Hockey League
- 2003            National Institutes of Health- External reviewer of research grants
- 2004            Nova Scotia Department of Health- External reviewer of research grants
- 2010            Responsible Gambling Council

### **PUBLICATIONS**

#### **Refereed Publications:**

76.      Cunningham JA, Hodgins DC, Toneatto T, Murphy M (2012) A Randomized Controlled Trial of a Personalized Feedback Intervention for Problem Gamblers. PLoS ONE 7(2): e31586. doi:10.1371/journal.pone.0031586



75. Rush, B. Castel, S., Brands, B., **Toneatto, T.**, & Veldhuizen, S. (submitted). Validation and comparison of diagnostic accuracy of four screening tools for mental disorders in people with substance use disorders. *Journal of Substance Abuse Treatment*
74. Cunningham, J.C. Hodgins, D.C. & **Toneatto, T.** (2011). Pilot study of an Internet- based personalized feedback intervention for problem gamblers. *Journal of Gambling Issues, Issue 26, 3-10.*
73. **Toneatto, T.**, & Kosky, B. (in press). Telecounseling for Pathological Gambling, *Clinical Case Studies*
72. Suurvalli, H., Hodgins, D.C., **Toneatto, T.**, & Cunningham, J.C. (2012). Motivators for seeking gambling-related treatment among Ontario problem gamblers. *Journal of Gambling Studies, 28 (2), 273-296.*
71. Suurvalli, H., Hodgins, D.C., **Toneatto, T.**, & Cunningham, J.C. (2012). Hesitation to seek gambling-related treatment among Ontario problem gamblers. *Journal of Addiction Medicine, 6(1), 39-49.*
70. Cunningham, J.C., Cordingley, J., Hodgins, D.C., & **Toneatto, T.** (2011). Beliefs about gambling problems and recovery: Results from a general population telephone survey. *Journal of Gambling Studies. 27 (4), 625-631.*
69. Turner, N.E., Liu, E., & **Toneatto, T.** (2011). What does a random line look like: an experimental study. *International Journal of Mental Health & Addiction, 9(1), 64-71.*
68. Quilty, L.C., Watson, C., Robinson, J.J., **Toneatto, T.**, & Bagby, M. (2011). The Prevalence and Course of Pathological Gambling in the Mood Disorders. *Journal of Gambling Studies, 27 (2), 191-201.*
67. Quilty, L.C., Mehrab, P., **Toneatto, T.**, & Bagby, M. (2010). Impulsivity and pathological gambling across depressive versus bipolar disorders. *International Gambling Studies, 10, 81-90*
66. Cunningham, J., Hodgins, D.C., & **Toneatto, T.** (2009). Natural history of gambling problems: Results from a general population survey. *Sucht 55, 98-103*
65. **Toneatto, T.**, Brands, B., & Selby, P. (2009). A Randomized, Double-Blind, Placebo-Controlled Trial of Naltrexone in the Treatment of Concurrent Alcohol Use Disorder and Pathological Gambling. *American Journal on Addictions, 18, 219-228.*
64. **Toneatto, T.** & Wang, J. (2009). Community treatment of problem gambling: Sex differences in outcome and process. *Community Mental Health Journal, 45, 468-475.*
63. **Toneatto, T.**, Bagby, M. B., & Lecce, J. (2009). Alexithymia and problem gambling. *Journal of Addictive Diseases, 28, 193-198.*

62. **Toneatto, T., & Gunaratne, M. (2009).** Does the Treatment of Cognitive Distortions Improve Clinical Outcomes for Problem Gambling? *Journal of Contemporary Psychotherapy, 38, 221-229.*
61. Vettese, L., **Toneatto, T.,** Stea, J.S., Nguyen, L., & Wang, J. (2009). Do mindfulness meditation participants do their homework? And does it make a difference? A review of the empirical evidence. *Journal of Cognitive Psychotherapy, 23, 198-225.*
60. Cunningham, J., Hodgins, D.C., **Toneatto, T.,** Rai, A., & Cordingley, J. (2009). Pilot study of a personalized feedback intervention for problem gamblers. *Behavior Therapy, 40, 219-224*
59. Cunningham, J., Hodgins, D.C., & **Toneatto, T.** (2008). Interest in different types of self-help services for problem gamblers. *Psychiatric Services, 59, 695-696.*
58. Malat, J., Leszcz, M., Negrete, J.C., Turner, N., Collins, J. Liu, E., **Toneatto, T.** (2008). Interpersonal group psychotherapy for comorbid alcohol dependence and non-psychotic psychiatric disorders. *American Journal on Addictions, 17, 402-407.*
57. **Toneatto, T.** (2008). A cognitive-behavioral analysis of Gamblers Anonymous. *Journal of Gambling Issues, Issue 21.*
56. Stoduto, G., Dill, P., Mann, R.E., Wells-Parker, E., **Toneatto, T., & Shuggi, R.** (2008). Examining the link between drinking-driving and depressed mood. *Journal on Studies on Alcohol, 69, 777-780.*
55. Suurvalli, H., Hodgins, D., **Toneatto, T.,** Cunningham, J. (2008). Treatment seeking among Ontario problem gamblers: Results of a population study. *Psychiatric Services, 59, 1343-1346.*
54. **Toneatto, T.** (2008). Screening and assessment of co-occurring disorders: Towards a phenomenological approach. *Journal of Mental Health and Addictions, 6, 37-44.*
53. **Toneatto, T & Dragonetti, R.** (2008). Effectiveness of community-based treatment for problem gambling: A quasi-experimental evaluation of cognitive-behavioral vs. Twelve-Step therapy. *American Journal on Addictions.*
52. **Toneatto, T.,** Hodgins, D., Cunningham, J., Turner, N., Adams, M. & Koski-Jannes, A. (2008). Untreated recovery from problem gambling. *Addiction Research and Theory.*
51. **Toneatto, T.** (2008). Reliability and validity of the Gamblers Anonymous Twenty Questions. *Journal of Psychopathology and Behavioral Assessment, 30, 71-78*
50. Toplak, M.E., Liu, E., MacPherson, M., **Toneatto, T., & Stanovich, K.E.** (2007). The reasoning skills and thinking dispositions of problem gamblers: A dual-process taxonomy. *Journal of Behavioral Decision Making.*
49. Castel, S, Rush, B, Kennedy, S., Fulton, K., & **Toneatto, T.** (2007). Screening for mental health

- problems among patients with substance use disorders. Preliminary findings on the validation of a self-assessment instrument. *Canadian Journal of Psychiatry*, 52, 22-27.
48. **Toneatto, T.**, Vettese, L., & Nguyen, L. (2007). The role of mindfulness in the cognitive-behavioral treatment of problem gambling. *Journal of Gambling Issues*, Issue 19, 91-100.
  47. **Toneatto, T.**, & Nguyen, L. (2007). Does Mindfulness Meditation Improve Anxiety and Mood Symptoms? A Review of the Controlled Research. *Canadian Journal of Psychiatry*, 52, 260-266.
  46. Castel, S, Rush, B, Urbanoski, K., & **Toneatto, T.** (2006). Overlap of clusters of psychiatric symptoms among clients of a comprehensive addiction treatment service. *Psychology of Addictive Behaviors*, 20.
  45. Walker, M., **Toneatto, T.**, Potenza, M., Petry, N., Ladouceur, R., Hodgins, D.C., el-Guebaly, N., Echenburua, E., & Blaszczynski, A. (2006) A framework for reporting outcomes in problem gambling treatment research: the Banff, Alberta consensus. *Addiction*, 101, 504-511.
  44. **Toneatto, T.** (2005). A perspective on problem gambling treatment: Issues and challenges. *Journal of Gambling Studies*, 21, 73-78.
  43. **Toneatto, T.** & Millar, G. (2004). The Assessment and Treatment of Problem Gambling: Empirical Status and Promising Trends. *Canadian Journal of Psychiatry*. 49, 173-181
  42. **Toneatto, T.** (2004) Cognitive vs. behavioral treatment of alcohol dependence and agoraphobia: A pilot study. *Addictive Behaviors*, 29
  41. Gratzler D, Levitan RD, Sheldon T, **Toneatto T**, Rector, N & Goering, P. (2004). Lifetime rates of alcoholism in adults with anxiety, depression, or co-morbid depression/anxiety: a community study of Ontario. *Journal of Affective Disorders*, 79 (1-3), 209-205.
  40. **Toneatto, T.** & Ladouceur, R. (2003). The Treatment of Pathological Gambling: A Critical Review of the Literature. *Psychology of Addictive Behaviors* (17), 284-292.
  39. **Toneatto, T.**, Ferguson, D., & Brennan J. (2003). Effect of a New Casino on Problem Gambling In Treatment-Seeking Substance Abusers, *Canadian Journal of Psychiatry*, 48, 40-44.
  38. Borsoi, D., & **Toneatto, T.** (2003). Problem-solving skills in male and female problem gamblers. *Journal of Gambling Issues*
  37. **Toneatto, T.** (2002). Cognitive therapy for problem gambling. *Cognitive and Behavioral Practice*, 9, 191-200.
  36. Zack, M., **Toneatto, T.** & McLeod, C. M. (2002). Explicit memory biases in problem drinkers with high and low psychiatric distress: Effects of negative affective and alcohol-related cues. *Addictive Behaviors*, 27, 331-343.

35. **Toneatto, T.**, & Brennan, J. (2002). Pathological gambling in treatment-seeking substance abusers. *Addictive Behaviors*, 27, 465-469.
34. Cunningham, J.A., Wild, T.C., Koski-Jannes, A., Cordingley, J., & **Toneatto, T.** (2002). A prospective study of quit attempts from alcohol problems in a community sample: Modeling the processes of change. *Addiction Research and Theory*, 10, 159-17.
33. **Toneatto, T.**, Skinner, W., & Dragonetti, R. (2002). Patterns of substance use in treatment-seeking problem gamblers: Impact on treatment outcomes. *Journal of Clinical Psychology*, 58, 853-859.
32. **Toneatto, T.** (2002). Metacognitive therapy for anxiety disorders: Buddhist psychology applied. *Cognitive and Behavioral Practice*, 9, 72-78.
31. Sobell, L.C., Klingemann, H., **Toneatto, T.**, Sobell, M.B., Agrawal, S., & Leo, G.I. (2001). Cross-cultural qualitative analysis of factors associated with natural recoveries from alcohol and drug problems. *Substance Use and Misuse*, 36, 1467-1500. (CPA)
30. **Toneatto, T.**, Negrete, J.C., & Calderwood, K. (2000). Concurrent substance use and psychiatric disorder: Correlates of diagnostic subgroups. *American Journal of Addictions*, 9, 1-12. Reprinted in *Dual Diagnosis* (Ed. R. Rosenthal), Brunner-Routledge: New York. Pp. 19-32. (SRA)
29. **Toneatto, T.**, & Skinner, W. (2000). Substance abuse patterns among treatment-seeking problem gamblers. *e-Journal of Gambling Research, Issue 1*.
28. Cunningham, J.A., Koski-Jannes, A., & **Toneatto, T.** (1999). Why do people stop their drug use? Results from a general population sample. *Contemporary Drug Problems*, 26, 695-710.
27. Cunningham, J.A., Ansara, D., Wild, C.T., **Toneatto, T.** & Koski-Jannes, A. (1999). What is the price of perfection: The hidden costs of using detailed assessment instruments to measure alcohol consumption. *Journal of Studies on Alcohol*, 60, 756-759.
26. Zack, M., **Toneatto, T.**, & MacLeod, C. (1999). Automatic alcohol-distress associations distinguish between anxious and non-anxious problem drinkers. *Journal of Abnormal Psychology*, 108, 518-531.
25. Zack, M., **Toneatto, T.**, & MacLeod, C. (1999). Clinical use of benzodiazepines and decreased memory activation in anxious problem drinkers. *Alcoholism: Clinical and Experimental Research*, 23, 174-182.
24. **Toneatto, T.**, Sobell, L.C., Rubel, E., & Sobell, M.B. (1999). Natural recovery from cocaine dependence. *Psychology of Addictive Behavior*, 13, 259-268.
23. **Toneatto, T.**, (1999a). Cognitive psychopathology of problem gambling. *Substance Use and Misuse*, 34, 1593-1604.

22. **Toneatto, T.** (1999b). A metacognitive analysis of craving: Assessment implications. *Journal of Clinical Psychology*, 55, 527-537.
21. **Toneatto, T.** (1999c). Metacognition and substance abuse. *Addictive Behaviors*, 24, 167-174.
20. Zack, **Toneatto, T.**, & Streiner, D. (1998). The SCL-90 factor structure in comorbid substance abusers. *Journal of Substance Abuse*, 10, 85-101.
19. **Toneatto, T.**, Blitz-Miller, T., Calderwood, K., Dragonetti, R., & Tsanos, A. (1997). Cognitive distortions in heavy gambling. *Journal of Gambling Studies*, 13, 253-266.
18. **Toneatto, T.**, Kozlowski, L.T., Sobell, L.C., & Sobell, M.B. (1995). The effect of smoking status on the outcome of treatment of an alcohol abuse treatment program. *Journal of Substance Abuse*, 7, 245-252.
17. **Toneatto, T.** (1995). The regulation of the cognitive states: A description of a cognitive model and treatment for psychoactive substance abuse. *Journal of Cognitive Psychotherapy*, 9, 93-104.
16. Sobell, L.C., **Toneatto, T.**, & Sobell, M.B. (1994) Behavioral assessment and treatment planning with alcohol and other drug abusers: A review with an emphasis on clinical application. *Behavior Therapy*, 25, 533-580.
15. Sellers, E.M., **Toneatto, T.**, Romach, M.K., Sobell, L.C., Somer, G.R., & Sobell, M.B. (1994). Clinical efficacy of the 5-HT<sub>3</sub> antagonist ondansetron in alcohol abuse and dependence. *Alcoholism: Clinical and Experimental Research*, 18, 879-885.
14. Cunningham, J.C., Sobell, L.C., Sobell, M.B., Agrawal, S. & **Toneatto, T.** (1993). Barriers to treatment: Why alcohol abusers delay or never seek treatment. *Addictive Behaviors*, 18, 347-353.
13. Sobell, L.C., Sobell, M.B., & **Toneatto, T.** (1993). What triggers the resolution of alcohol problems without treatment? *Alcoholism: Clinical and Experimental Research*, 17, 217-224.
12. Sobell, L.C., Sobell, M.B., & **Toneatto, T.**, Leo, G.I. (1993). Severely dependent alcohol abusers may be vulnerable to alcohol cues in television programs. *Journal of Studies in Alcohol*, 54, 85-91.
11. Sobell, L.C., **Toneatto, T.**, Sobell, M.B., Leo, G.I. & Johnson, L. (1992). Alcohol abusers' perceptions of the accuracy of their self-reports of drinking: Implications for treatment. *Addictive Behaviors*, 17, 507-511.
10. **Toneatto, T.**, Sobell, L.C., & Sobell, M.B. (1992). Gender issues in the treatment of alcohol, nicotine, and other drug abusers. *Journal of Substance Abuse*, 4, 209-218.
9. **Toneatto, T.**, Sobell, L.C. & Sobell, M.B. (1992). Predictors of inconsistent reports by alcohol abusers of drinking and life events. *Alcohol: Clinical and Experimental Research*, 16, 542-546.

8. **Toneatto, T.**, Binik, Y.M., & Clark, D.C. (1992). The body sensation hypothesis: Towards a novel re-conceptualization of preventive health behavior. *Psychology and Health*, 6, 1-12.
7. Sellers, E.M., Higgins, G.A., Tomkins, D.M., Romach, M.K., & **Toneatto, T.** (1991). Opportunities for treatment of psychoactive substance use disorders with serotonergic medications. *Journal of Clinical Psychiatry*, 52 (Supplement), 49-54.
6. Sobell, L.C., **Toneatto, T.**, Sobell, M.B., Schuller, R., and Maxwell, M. (1990). A procedure for reducing errors in reports of life events. *Journal of Psychosomatic Research*, 34,163-170.
5. Sobell, L.C., Sobell, M.B., Kozlowski, L.T., and **Toneatto, T.** (1990). Alcohol or tobacco research versus alcohol and tobacco research. *British Journal of Addiction*, 85, 263-269.
4. **Toneatto, T.** & Binik, Y.M. (1990). The internal structure of preventive and dental health behaviors. *Canadian Journal of Public Health*, 81, 392-393.
3. **Toneatto, T.**, Binik, Y.M., & Clark, D.C. (1990). The association between aversive and pleasurable oral sensations and oral health behavior. *Journal of Behavioral Medicine*, 13, 481-488.
2. **Toneatto, T.** & Sobell, L.C. (1990). Pathological gambling treated by cognitive-behavior therapy: A case report. *Addictive Behaviors*, 15, 497-501.
1. **Toneatto, T.** & Binik, Y. M. (1987). The role of intentions, social norms, and attitudes in the performance of dental flossing: A test of the theory of reasoned action. *Journal of Applied Social Psychology*, 17, 593-603.

### **Book Chapters:**

23. **Toneatto, T.** (2013). Mindfulness. In P. M. Miller (Ed.), *Encyclopedia of Addiction*. Elsevier: London
22. **Toneatto, T.** (2013). Problem Gambling. In P. M. Miller (Ed.), *Encyclopedia of Addiction*. Elsevier: London
21. **Toneatto, T.** (2013). Natural Recovery. In P. M. Miller (Ed.), *Encyclopedia of Addiction*. Elsevier: London
20. **Toneatto, T.** (2012). Gambling. In Steven C. Hayes and Michael Levin (Editors), *Acceptance, Mindfulness, Values, and Addictive Behaviors: Counseling with Contemporary Cognitive Behavioral Therapies*. New Harbinger Publications: Oakland
19. **Toneatto, T.**, & Gunaratne, M. (2012). Biopsychosocial assessment of alcohol use disorders. In Andrasik, F (Ed.) *Biopsychosocial assessment in clinical health psychology*. Springer.
18. **Toneatto, T.** (2012). Buddhists. In Elizabeth Johnston Taylor (Ed), *Religion: A clinical guide for nurses*. Springer: New York. Pgs. 129-136.

17. **Toneatto, T.** & Nguyen, L. (2007). Individual Characteristics and Problem Gambling Behavior. In G. Smith, D. Hodgins & R. Williams (Eds). *Research and Measurement Issues in Gambling Studies*. Elsevier
16. **Toneatto, T.**, & Rector, N. (2007). Treating Co-morbid Panic Disorder and Substance Use Disorder. Stewart, S. & Conrod, P. (eds.), *Anxiety Disorder – Substance Use Disorder Co-Morbidity*.
15. Korman, L.M., Cripps, E., & **Toneatto, T.** (2007). Problem gambling and anger: Integrated assessment and treatment. In M. Zangeneh, M. & A. Blaszczynski, A. (Eds.), *Problem Gambling Treatment Handbook*. New York: Springer.
14. **Toneatto, T.** & Nett, J.C. (2007). Natural recovery from problem gambling. Klingemann, H., & Sobell, L.C. (eds), *Promoting Self-change from Addictive Behaviors*. Springer: New York.
13. Korman, L., **Toneatto, T.**, & Skinner, W. (2007). Pathological Gambling in J.E. Fisher & W. O'Donohue (Eds.), *Practice Guidelines for Evidence Based Psychotherapy*. New York: Springer Publishing Company.
12. **Toneatto, T.** (2005). Metacognitive therapy for concurrent alcohol use and anxiety disorder. Treatment Concurrent Disorders: A Guide for Counsellors. Toronto: Center for Addiction and Mental Health
11. Sanchez-Craig, M., Wilkinson, D.A., & **Toneatto, T.** (2004). Guidelines in Advising on Treatment Goals. In S. Harrison and V. Carver (Eds.), Alcohol and drug problems, third edition. Toronto: Center for Addiction and Mental Health.
10. **Toneatto, T.** (2004). Alcohol-produced cognitive deficits: Implications for treatment. In S. Harrison and V. Carver (Eds.), Alcohol and drug problems, third edition. Toronto: Center for Addiction and Mental Health.
9. **Toneatto, T.** (2001). Cognitive therapy for problem gamblers. Helping the Problem Gambler: (Editor, Robert Murray). Center for Addiction and Mental Health: Toronto.
8. **Toneatto, T.** (2001). Assessment of Problem Gambling. Helping the Problem Gambler: (Editor, Robert Murray). Center for Addiction and Mental Health: Toronto.
7. **Toneatto, T.** (1997). Alcohol-produced cognitive deficits: Implications for treatment. In S. Harrison and V. Carver (Eds.), Alcohol and drug problems, second edition. Toronto: Addiction Research Foundation
6. Sobell, L.C., **Toneatto, T.**, Sobell, M.B. & Shillingford, J.A. (1994). Alcohol abuse. In M. Hersen & S.M. Turner (Eds.), Diagnostic interviewing, New York: Plenum Press.
5. Sobell, L.C., Cunningham, J.A., Sobell, M.B., & **Toneatto, T.** (1993). A lifespan perspective on natural recovery (self-change) from alcohol problems. In J.S. Baer, G.A. Marlatt & R.J.

McMahon (Eds.), Addictive behaviors across the lifespan: Prevention, treatment, and policy issues. Beverly Hills, CA: Sage Publications

4. **Toneatto, T.**, Sellers, E.M., Sobell, L.C. & Sobell, M.B. (1992). Perception of whether drug or placebo has been administered is a determinant of drinking reduction. In C.A. Naranjo & E.M. Sellers (Eds.), Novel pharmacological interventions for alcoholism, New York: Springer-Verlag.
3. Sobell, L.C., Sobell, M.B., & **Toneatto, T.** (1992). Recovery from alcohol problems without formal treatment. In N. Heather, W.R. Miller, & J. Greeley (Eds.), Self-control and addictive behaviors. New York: Pergamon Press.
2. **Toneatto, T.**, Sobell, L.C., Sobell, M.B. & Leo, G.(1991). Psychoactive substance use disorder (alcohol). In M. Hersen & S.M. Turner (Eds.), Adult psychopathology and diagnosis. New York: John Wiley .
1. Sobell, L.C., **Toneatto, T.**, & Sobell, M.B. (1990). Behavioral treatments of alcohol, nicotine, and other psychoactive substance abuse. In A.S. Bellack & M. Hersen (Eds.), Handbook of comparative treatments for adult disorders, New York: John Wiley.

#### **Book/ Instrument Reviews (in Peer-Reviewed Journals/ Yearbooks):**

9. **Toneatto, T.** (2003). Review of R. Ladouceur, C. Sylvain, C. Boutin, and C. Doucet (Eds.), Understanding and treating the pathological gambler. *Canadian Psychology*, 44, 279
8. **Toneatto, T.** (1996). Review of Couple therapy for alcoholism: A cognitive-behavioral treatment manual. In *Clinical Psychology Review*
7. **Toneatto, T.** (1994). Review of the Substance Abuse Questionnaire- Adult Probation. The Twelfth Mental Measurements Yearbook (reference 12091348). Lincoln, NE: University of Nebraska Press
6. **Toneatto, T.** (1994). Review of the Adolescent Diagnostic Inventory. The Twelfth Mental Measurements Yearbook (reference 12091372). Lincoln, NE: University of Nebraska Press
5. **Toneatto, T.** (1994). Review of Concerned intervention: When your loved one won't quit alcohol or drugs by John & Pat O'Neill. In Canadian Medical Association Journal, 150, 388-389
4. Sobell, L.C. & **Toneatto, T.** (1991). Review of P.M. Monti, D.B. Abrams, R.M. Kadden, & N.T. Cooney, Treating alcohol dependence. In *Clinical Psychology Review*
3. **Toneatto, T.** (1991). Review of the Manson Evaluation. The Eleventh Mental Measurements Yearbook (reference 226). Lincoln, NE: University of Nebraska Press



2. **Toneatto, T.** (1991). Review of the Personal Experience Inventory. The Eleventh Mental Measurements Yearbook (reference 284). Lincoln, NE: University of Nebraska Pres.
1. **Toneatto, T.** (1991). Review of H.J. Shaffer, S.A. Stein, B. Gambino, and T.N. Cummings (Eds.), Compulsive gambling: Theory, research and practice. In Contemporary Psychology, 36, 719-72.

### **Published Abstracts/ Proceedings of Meeting Presentations**

11. **Toneatto, T.** Improving the measurement of outcomes in problem gambling treatment research. Proceedings of the 19<sup>th</sup> annual meeting of the National Council on Problem Gambling. New Orleans, June, 2005. Published in Journal of Gambling Issues, Issue 15, December, 2005
10. Sellers, E.M., **Toneatto, T.**, Sobell, L.C., Sobell, M.B., Somer, G.R., & Collis, R. (1991). Initial therapeutic trial of a 5-HT<sub>3</sub> antagonist in alcohol abuse. Abstracted in American Society for Clinical Pharmacology and Therapeutics.
9. **Toneatto, T.**, Romach, M.K., Sobell, L.C., Sobell, M.B., Somer, G.R., and Sellers, E.M. (1991). Ondansetron, a 5-HT<sub>3</sub> antagonist, reduces alcohol consumption in alcohol abusers. Abstracted in Alcoholism: Clinical and experimental research
8. Romach, M.K., Sellers, E.M., **Toneatto, T.**, Sobell, L.C., Somer, G.R. & Sobell, M.B., (1991). Ondansetron, a 5-HT<sub>3</sub> antagonist, is associated with a reduction in drinking in alcohol abusers. Abstracts of Serotonin (Birmingham, England), 185.
7. Sellers, E.M., Romach, M.K., **Toneatto, T.**, Sobell, L.C., Somer, G.R. & Sobell, M.B., (1991). Efficacy of ondansetron, a 5-HT<sub>3</sub> antagonist, in alcohol treatment. Abstracted in Biological Psychiatry, 29 (11S), 495S.
6. **Toneatto, T.**, Cunningham, J.A., Sobell, L.C., & Sobell, M.B. (1993) Effect of smoking on outcome of resolution of alcohol abuser. Abstracted in Problems of Drug Dependence, 1992: Proceedings of the 54th Annual Scientific Meeting- The College on Problems of Drug Dependence, Inc. Research Monograph 132.
5. **Toneatto, T.** and Sellers, E. M. (1993). Pharmacotherapeutic enhancement of behavioral treatment for alcohol abuse is affected by beliefs as to whether drug or placebo has been administered. Abstracted in Problems of Drug Dependence, 1992: Proceedings of the 54th Annual Scientific Meeting- The College on Problems of Drug Dependence, Inc. Research Monograph 132.
4. **Toneatto, T.**, Rubel, E., Sobell, L.C., & Sobell, M.B. (1994) Untreated recovery from cocaine dependence. Abstracted in Problems of Drug Dependence, 1993: Proceedings of the 55th Annual Scientific Meeting- The College on Problems of Drug Dependence, Inc. Research Monograph 132.

3. **Toneatto, T.**, Sobell, L.C., Rubel, E., Leo, G.I., Sobell, M.B., & Agrawal, S. Comparing untreated recovery in cocaine and alcohol abusers. Abstracted in the Proceedings of the 28th Annual Meeting of the Association for Advancement of Behavior Therapy, San Diego. November, 1994.
2. Rubel, E., **Toneatto, T.**, Sobell, L.C. & Sobell, M.B. The process of behavior change among untreated but recovered cocaine abusers. Abstracted in the Proceedings of the 28th Annual Meeting of the Association for Advancement of Behavior Therapy, San Diego. November, 1994.
1. **Toneatto, T.** Comparison of male and female problem gamblers. Abstracted in Canadian Psychology, 43, 2a, 2002.

## **E. PRESENTATIONS AND SPECIAL LECTURES**

### **1. Papers Presented at Professional Meetings:**

60. Quilty, L.C., Watson, C., **Toneatto, T.** & Bagby, M . A Prospective Investigation of Affect, Craving, Motivation, and Gambling in the Mood Disorders. . Poster presentation at the annual conference of the National Centre for Responsible Gambling, Las Vegas, November, 2011.
59. Quilty, L.C., Watson, C., Robinson, J.J. **Toneatto, T.** & Bagby, M. The Prevalence and Course of Pathological Gambling in the Mood Disorders. Poster presentation at the annual conference of the National Centre for Responsible Gambling, Las Vegas, November, 2010.
58. **Toneatto, T.** & Leo, G.I. Expanding the continuum of care: Evaluating the effectiveness of residential and day treatments for problem gamblers. Poster session at the 44th Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA. November, 2010.
57. **Toneatto, T.**, Gunaratne, M., & Leo, G. I. Mindfulness meditation and the treatment of pathological gambling: A pilot study. Poster presented at the 43rd Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York. November, 2009
56. **Toneatto, T.**, Gunaratne, M., & Leo, G. I. Does the treatment of cognitive distortions improve clinical outcomes for problem gambling. Poster presented at the 43rd Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York. November, 2009.
55. Stewart, S., Zack, M., **Toneatto, T.**, & Turner, N. (2008, Feb). Two studies on the development and psychometric evaluation of the Gambling Motives Questionnaire. Paper presented at International Gambling Conference: Looking Forward: New Directions in Research and Minimising Public Harm. Auckland, New Zealand

54. Nguyen, L, & **Toneatto**, T. Mindfulness process: Measuring and describing what mindfulness meditators do when they practice. Poster presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia. November, 2007
53. **Toneatto**, T., & Leo, G. I. Effectiveness of residential treatment for problem gambling: A study in progress. Poster presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia. November, 2007
52. Vettese, L. Li, Wing Ling, Rogojanksi, J., & **Toneatto**, T. Measuring mindfulness in the context of addiction. Mindfulness-based Stress Reduction Conference, Worcester, MA, March, 2009.
51. Vettese, L., Moss, T.G., Stea, J.N., & **Toneatto**, T. Mindfulness and self-efficacy in coping with substance urges. Canadian Psychological Association, Montreal, June, 2009.
50. Vettese, L., Allami, H., Moss, T.G., Stea, J.N., & **Toneatto**, T. Mindfulness and emotion regulation among youth with problem substance use. Canadian Psychological Association, Montreal, Halifax, 2008.
49. Stewart, S., Zack, **Toneatto**, T., & Turner, N. Two studies on the development and psychometric evaluation of the Gambling Motives Questionnaire. Presented at the International Gambling Conference, Auckland, NZ, February, 2008.
48. Vettese, L., Rogojanksi, J., Li, Wing Ling, & **Toneatto**, T. Mindfulness and emotion regulation among youth with problem substance use. Canadian Psychological Association, Montreal, Halifax, 2008.
47. Rush, B., Castel, S., Brands, B. **Toneatto**, T. & Velduizen, S. Validation and comparison of screening tools for mental disorders in substance abusers. XIV World Congress of Psychiatry, 2008.
46. Vettese, L. Dedunupitiya, C., **Toneatto**, T., & Selby, P. Youth smoking, mental health and other addictions: Finding from the Canadian Community Health Survey. Society for Research on Nicotine and Treatment, 2007.
45. Vettese, L. Li, Wing Ling, **Toneatto**, T., Selby, P., & Wekerle, C. Smoking, mental health and substance use problems among youth entering outpatient substance use treatment. Society for Research on Nicotine and Treatment, 2007.
44. Vettese, L. **Toneatto**, T. McMMain, S., Wekerle, C., & Ballon, B. Integrating mindfulness skills training into youth substance abuse treatment. Poster presentation at the Society for Psychotherapy Research (SPR), Edinburgh, Scotland. (June, 2006)
43. Vettese, L. **Toneatto**, T. McMMain, S., Wekerle, C., & Ballon, B. Dialectical Behaviour Therapy (DBT) Adaptations: DBT-Mindfulness Skills Training In Youth Substance

- Abuse Treatment. Panel presentation at the Society for the Exploration of Psychotherapy Integration (SEPI), Los Angeles, CA. (May, 2006)
42. Leo, G.I., **Toneatto, T.**, Ittig-Deland, V., Ekdahl, E., Liu, E., & Kosky, B. Going beyond treatment outcomes in evaluating an addiction program: Process and predictors of behavior change. Poster presented at the 39<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapy, Washington, DC, November, 2005.
  41. **Toneatto, T.**, Brands, B., & Selby, P. A randomized controlled trial of naltrexone in the treatment of concurrent alcohol dependence and pathological gambling. Poster presented at the 31<sup>h</sup> Annual Harvey Stancer Research Day, University of Toronto, Toronto. June, 2005.
  40. Vettese, L., Millar, G., Wekerle, C., McMains, S., **Toneatto, T.**, Ballon, B. Miller, A. & Links, P. Dialectical Behaviour Therapy (DBT) and Mindfulness-based aftercare for youth with concurrent disorders. Poster presented at the CIHR NET grant Gender and Aggression workshop, November, 2004. York University, Toronto.
  39. Brands, B., **Toneatto, T.**, Selby, P., Selhiu, Z., & Gorthy, L. Length of gambling history as a predictor of treatment participation. Poster presented at the 6<sup>th</sup> congress of the European Association for Clinical Pharmacology and Therapeutics, Istanbul, Turkey, June, 2003.
  38. Selhi, Z., Brands, B., **Toneatto, T.**, Selby, P., & Gorthy, L. Length of gambling history as a predictor of treatment participation. Poster presented at the 29<sup>th</sup> Annual Harvey Stancer Research Day, University of Toronto, Toronto. June, 2003
  37. **Toneatto, T.** Male and female pathological gamblers: Similarities and differences. Poster presented at the 29<sup>th</sup> Annual Harvey Stancer Research Day, University of Toronto, Toronto. June, 2003
  36. **Toneatto, T.** Cognitive distortions in pathological gambling. Poster presented at the 29<sup>th</sup> Annual Harvey Stancer Research Day, University of Toronto, Toronto. June, 2003
  35. Collins, J., Skinner, W., & **Toneatto, T.** Rethinking addiction treatment: What happens to problem gamblers beyond assessment in an outpatient addiction treatment setting. Poster presented at Rethinking Addiction conference hosted by Harvard University, Las Vegas, Nevada. December, 2002
  34. Castel, S., Rush, B., **Toneatto, T.**, & Urbanoski, K. Multimorbidity of psychiatric syndromes among clients of a comprehensive addiction service. Poster presented at the 28<sup>th</sup> Annual Harvey Stancer Research Day, University of Toronto, Toronto. June, 2002.
  33. Collins, J., Skinner, W., & **Toneatto, T.** Beyond assessment: The impact of comorbidity of pathological gambling, psychiatric disorders and substance use disorders on treatment course in an addiction treatment setting. Poster presented at the 28<sup>th</sup> Annual Harvey Stancer Research Day, University of Toronto, Toronto. June, 2002.

- 32 Sobell, L. C., Sobell, M. B., Agrawal, S., Leo, G. I., Young-Johnson, L., & **Toneatto, T.** A longitudinal prospective study of recovery and relapse among untreated alcohol abusers. Poster presented at the 35<sup>th</sup> Annual Meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA. November, 2001.
- 31 Cauchon, C., & **Toneatto, T.** Coping behaviors in problem gamblers. Poster presented at the 34<sup>th</sup> Annual Meeting of the Association for Advancement of Behavior Therapy, New Orleans. November, 2000.
- 30 **Toneatto, T.** Cognitive-behavioral treatment for pathological gambling. Poster presented at the 10<sup>th</sup> annual meeting of American Academy of Addiction Psychiatry, Nassau, Bahamas. December, 1999
- 29 **Toneatto, T.**, Blitz-Miller, T., Calderwood, K., Dragonetti, R., Tsanos, A. Cognitive distortions in heavy gamblers. Poster presented at the 31st Annual Meeting of the Association for Advancement of Behavior Therapy, Miami Beach. November, 1997
- 28 **Toneatto, T.**, Shirley, M., Calderwood, K. CBT for concurrent alcohol use and anxiety disorder. Poster presented the 31st Annual Meeting of the Association for Advancement of Behavior Therapy, Miami Beach. November, 1997
- 27 Sobell, M.B., Klingemann, H., Sobell, L.C., Agrawal, S. & **Toneatto, T.** Cross-cultural qualitative analysis of antecedents to natural recoveries from alcohol and drug problems. Paper presented at the Addiction 96' Symposium, Hilton Head, S. C. September, 1996.
- 26 **Toneatto, T.**, Rubel, E., Sobell, L.C., & Sobell, M.B. A comparison of treatment seeking and untreated, but recovered, cocaine abusers. Poster presented at Science Day, Addiction Research Foundation. April, 1995
- 25 **Toneatto, T.**, Shirley, M., Kaplan, H., Romach, M. K., Somer, G., Gracias, D. Tsanos, A., & Doumani, S. Description of patients assessed on the Mental Health Unit. Poster presented at Science Day, Addiction Research Foundation. April, 1995
- 24 Romach, M.K., Somer, G., Kaplan, H., Doumani, S., Sobell, L., & **Toneatto, T.** Three faces of depression and alcohol dependence. Poster presented at Science Day, Addiction Research Foundation. April, 1995
- 23 Rubel, E., **Toneatto, T.**, Sobell, L.C. & Sobell, M.B. The process of behavior change among untreated but recovered cocaine abusers. Poster accepted for the 28th Annual Meeting of the Association for Advancement of Behavior Therapy, San Diego. November, 1994
- 22 **Toneatto, T.**, Sobell, L.C., Rubel, E., Leo, G.I., Sobell, M.B., & Agrawal, S. Comparing untreated recovery in cocaine and alcohol abusers. Poster accepted for the 28th Annual Meeting of the Association for Advancement of Behavior Therapy, San Diego. November, 1994.

- 21 **Toneatto, T.** Assessing avoidance of cognitive states in psychoactive substance abusers: The Cognitive States Attitude Questionnaire (CSAQ). Poster presented at the 27th Annual Meeting of the Association for Advancement of Behavior Therapy, Atlanta. November, 1993.
- 20 **Toneatto, T.,** Shillingford, J.A., & Romach, M.K. Cognitive treatment of psychoactive substance dependence with concurrent social phobia or panic disorder: A pilot study. Poster accepted for the 27th Annual Meeting of the Association for Advancement of Behavior Therapy, Atlanta. November, 1993.
- 19 **Toneatto, T.,** Rubel, E., Sobell, L.C., Sobell, M.B. Untreated recovery from cocaine dependence. Poster presented at the 55th Scientific Annual Meeting of The College on Problems of Drug Dependence, Inc., Toronto, Canada. June, 1993.
- 18 Bowens, B., Sobell, L.C., **Toneatto, T.,** & Romach, M. Using cognitive dissonance to reduce alcohol abuse. Poster presented at the 19<sup>th</sup> Annual Harvey Stancer Research Day, Department of Psychiatry, University of Toronto, Toronto, Ontario, June, 1993.
- 17 **Toneatto, T.,** Sobell, L.C., Sobell, M.B, Agrawal, S. & Gavin, D. Relationship between hepatic dysfunction and patterns of alcohol consumption. Poster presented at the 26th Annual Meeting of the Association for Advancement of Behavior Therapy, Boston. November, 1992
- 16 **Toneatto, T.** Cognitive therapy of psychoactive substance abuse Poster presented at the 3rd World Congress of Cognitive Therapy, Toronto, Canada. June, 1992
- 15 **Toneatto, T.,** Cunningham, J.A., Sobell, L.C., & Sobell, M.B. Effect of smoking on outcome of resolution of alcohol abuser. Poster presented at the 54th Scientific Annual Meeting of the College on Problems of Drug Dependence, Inc., Keystone, CO. June, 1992
- 14 Sobell, L.C. & Sobell, M.B., **Toneatto, T.,** & Kozlowski, L. The role and temporal relationship played by one substance in recovery from another substance. Paper presented in a symposium on Understanding and Treating Nicotine Addiction in Smoking With Other Chemical Dependencies at the 13<sup>th</sup> Annual Meeting of the Society for Behavioral Medicine, New York. March, 1992.
- 13 **Toneatto, T.,** Sobell, L.C., Sobell, M.B., Cunningham, J.A., & Leo, G.I. Factors associated with the dual cessation of alcohol and tobacco problems by alcohol abusers. Poster presented at the 25th Annual Meeting of the Association for Advancement of Behavior Therapy, New York, N.Y. November, 1991.
- 12 Cunningham, J.A., Sobell, L.C., Sobell, M.B., **Toneatto, T.** & Johnson, L. Barriers to seeking treatment: What recovered and nonrecovered alcohol abusers can tell us about why they delayed or never sought treatment. Poster presented at the 25th Annual Meeting of the Association for Advancement of Behavior Therapy, New York, N.Y. November, 1991.
- 11 **Toneatto, T,** Romach, M.K., Sobell, L.C., Sobell, M.B., Somer, G.R., & Sellers, E.M. Ondansetron, a 5-HT<sub>3</sub> antagonist, reduces alcohol consumption in alcohol abusers. Poster

- session presented to the annual meeting of the Research Society on Alcoholism, San Marco Island, Florida. June, 1991
- 10 Sellers, E.M., Romach, M.K., **Toneatto, T.**, Sobell, L.C., Somer, G.R., & Sobell, M.B. Efficacy of ondansetron, a 5-HT<sub>3</sub> antagonist, in alcoholism treatment. Poster session presented at the 5<sup>th</sup> World Congress of Biological Psychiatry-Satellite Symposium, Florence, Italy. August, 1991.
  - 9 Sellers, E.M., **Toneatto, T.**, Sobell, L.C., Sobell, M.B., Somer, G.R., & Collis, R. Initial therapeutic trial of a 5-HT<sub>3</sub> antagonist in alcohol abuse. Poster session presented at the meeting of the American Society for Clinical Pharmacology and Therapeutics. July, 1991.
  - 8 **Toneatto, T.**, Sellers, E.M., Sobell, L.C., & Sobell, M.B. The effect of a psychopharmacological agent on alcohol consumption and urges is enhanced by beliefs that an active drug has been administered. Poster accepted for the Fifth Congress of the International Society for Biomedical Research in Alcoholism, Addiction Research Foundation, Toronto, Ontario. June, 1990.
  - 7 **Toneatto, T.**, Sobell, L.C., & Sobell, M.B. Going to the source: Alcohol abuser's perceptions of their self-reports. Poster accepted for the 24th Annual Meeting of the Association for Advancement of Behavior Therapy, San Francisco, CA. November, 1990
  - 6 **Toneatto, T.**, Sobell, L.C., Sobell, M.B. & Leo, G.I. Gender differences in alcohol, nicotine, and other drug treatment outcomes. Poster session at the Multiple Addictions conference, San Diego, California. January, 1990
  - 5 **Toneatto, T.**, Kozlowski, L.T., Sobell, L.C., & Sobell, M.B. The relationship between smoking status and alcohol abuse treatment outcome. Poster session at the Multiple Addictions conference, San Diego, California. January, 1990
  - 4 **Toneatto, T.**, Sobell, L.C., Leo, G.I., & Sobell, M.B. Effects of alcohol cues in television programming and commercials on the urge to consume alcohol. Poster session at the 23rd Annual Meeting of the Association for Advancement of Behavior Therapy, Washington, DC., November, 1989
  - 3 **Toneatto, T.**, Sobell, M.B., Sobell, L.C., & Leo, G.I. Cognitive effects of exposure to alcohol cues in television programming and commercials. Poster session at the 22nd Annual Meeting of the Association for Advancement of Behavior Therapy, New York, November, 1988
  - 2 **Toneatto, T.**, Binik, Y.M., & Krywiak, J. The role of oral sensations in dental health behavior. Poster session presented at the Annual Meeting of the Canadian Psychological Association, Montreal, Canada, June, 1988.
  - 1 Sobell, L.C., Sobell, M.B., & **Toneatto, T.** The role of life events in the self-change process of alcohol abusers. Poster session presented at the 21st Annual Meeting of the Association for Advancement of Behavior Therapy, Boston, MA. November, 1987.

**F. TEACHING AND DESIGN**

- 2009 University of Toronto Students Union & the Association of Part-time Undergraduate Students Undergraduate Teach Award
- 2009-present Research Seminar in Buddhist Psychology, *Buddhism, Psychology and Mental Health* undergraduate minor, New College, University of Toronto (36 hrs)
- 2008-2010 Faculty, Annual Collaborative Program in Addiction Studies Lectures: Addiction, Health and Society
- 2004-present Buddhist and Western Psychology, *Buddhism, Psychology and Mental Health* undergraduate minor, New College, University of Toronto (72 hrs)
- 2002-2010 Faculty, Annual Collaborative Program in Addiction Studies Lectures, PAS 3700 (3 hours)
- 2000-2010 Faculty, Annual APA/ CPA Clinical Psychology Intern Lectures, CAMH (2 hours)
- 1999-00 Instructor, Department of Public Health Sciences, University of Toronto (2 hours)
- 1998 Co-coordinator- Advanced Research Issues in Substance Abuse, Clinical Research and Treatment Institute (3 hours).
- 1997 Co-coordinator- Advanced Research Issues in Substance Abuse, Clinical Research and Treatment Institute (3 hours).
- 1996-2010 Faculty, Annual PGY-1 and PGY-2 Lectures- Department of Psychiatry, CAMH (2 hours)
- 1996 Co-coordinator- Advanced Research Issues in Substance Abuse, Clinical Research and Treatment Institute (3 hours).
- 1995 Lecturer, Health Psychology I, Department of Behavioural Sciences. University of Toronto (2 hours)
- 1994 Lecturer, Health Psychology I, Department of Behavioural Sciences. University of Toronto (2 hours)
- 1993 Lecturer, Health Psychology I, Department of Behavioural Sciences. University of Toronto (2 hours)
- 1993 Tutor, Problem Based Learning- Department of Behavioural Science, Faculty of Medicine, University of Toronto.
- 1992 Faculty, Fundamentals Level I Course, Clinical Research and Treatment Institute. Addiction Research Foundation



- 1980-86 Teaching assistant- Department of Psychology, McGill University, Montreal, Quebec.
- 1979-80 Teaching assistant- Department of Psychology, McMaster University, Hamilton, Ontario.

### **Development of Educational Resources: Cognitive-Behavioral Treatment Manuals**

- 2005 Problem Gambling Treatment Research 2005: An Annotated Bibliography. Journal of Gambling Issues.
- 2004 Telecounselling Manual for Problem Gambling
- 2002 Minimal Intervention for Problem Gambling
- 1997 Cognitive-behavioral Therapy for Alcohol Dependence
- 1997 Cognitive-behavioral Therapy for Depression Concurrent with Alcohol Dependence
- 1996 Cognitive-behavioral Therapy for Problem Gambling
- 1996 Help Yourself: A Self-help Guide for Problem Gambling
- 1995 Cognitive-behavioral Therapy for Concurrent Alcohol Dependence and Anxiety
- 1994 Cognitive Therapy for Concurrent Alcohol Dependence and Agoraphobia-Integrated Version

### **Coordination of Academic Conferences**

3. **Toneatto, T.** Academic Coordinator, Symposium on Cognitive Science, Consciousness and Mindfulness. Visit of H.H. the 14<sup>th</sup> Dalai Lama to the University of Toronto
2. Bagby, M. & **Toneatto, T.**, (2006). Gambling Research Day: Linking Clinical Research with Practice. Funded by the Ontario Problem Gambling Research Centre (\$10, 000).
1. Garrett, F., & **Toneatto, T.** (2005). Exploring the Mind: Buddhist and Scientific Approaches to Mental Health and Healing. Supported by a grant from the Connaught Foundation (\$10, 000).

### **PRE-DOCTORAL RESEARCH FELLOWSHIP SUPERVISION**

- Eleanor Liu, Ontario Problem Gambling Research Council, 2001
- Goldie Millar, Ontario Problem Gambling Research Council, 2001

## **PRE-DOCTORAL CLINICAL TRAINING AND SUPERVISION IN COGNITIVE-BEHAVIOR THERAPY**

Donna Ferguson, Adler School of Professional Psychology, 2000  
 Carolyne Cauchon (primary), Niagara University, 1999-2000  
 Rosa Dragonetti (primary), Niagara University, 1997  
 Theresa Marsh (primary), Adler School of Professional Psychology, 1997  
 Randi McCabe, University of Toronto, 1996

## **POST-DOCTORAL EDUCATION**

### **Clinical Supervision of Doctoral Level Psychology Students for Registration with the College of Psychology-Primary Supervisor**

|                       |      |
|-----------------------|------|
| Laura Gallou          | 2011 |
| Sharon Armstrong      | 2002 |
| Lorne Korman          | 1996 |
| Shelley McMain        | 1996 |
| Leslie Amass          | 1995 |
| Jennifer Shillingford | 1993 |
| Mariela Shirley       | 1993 |
| Joanne Kandrats       | 1992 |

### **Clinical Supervision of Doctoral Level Psychology Students for Registration with the College of Psychology-Secondary Supervisor**

|                      |      |
|----------------------|------|
| Antonella Magnatta   | 2012 |
| Anita Teslak         | 2006 |
| Christine Courbasson | 1998 |
| Renate Schober       | 1994 |

### **Post-Doctoral Fellowship Supervision**

Goldie Millar, Laurie Goldhar Fellowship, 2003-2004  
 Lisa Vettese, CIHR Fellowship, 2003-2006  
 Martin Zack, Addiction Research Foundation, 1995-1997

## **G. GRADUATE STUDENT THESIS SUPERVISION**

### **Doctoral-level**

Sharleen McDowall, Adler School of Professional Psychology, 2009.  
Thesis: Gender differences in gambling-related beliefs: The role of gambling subtypes.

Eleanor Liu, Ontario Institute of Studies in Education, University of Toronto 2004

Thesis: An exploration of insensitivity to future consequences and reasoning in problem gamblers

Donna Ferguson, Adler School of Professional Psychology, 2003

Thesis: The Relationship Between Gambling-related Cognitive Distortions and Other Psychopathology in Problem Gamblers

Goldie Millar, Ontario Institute of Studies in Education, University of Toronto, 2003

Thesis: Toward the Development and Validation of a Metacognitive Scale for Gambling Behaviour

### **Masters-level**

Andrea Burden (primary), Department of Criminology, University of Toronto, 2008

Thesis: Decision-making, criminal behavior, and problem gambling: An analysis of gambling-related behavior.

Michelle Adams (secondary), Department of Social Work, University of Toronto, 2001

Thesis: A Qualitative Analysis of the Experiences of Partners of Problem Gamblers

Carolyne Cauchon (primary), Department of Psychology, Niagara University, 2001

Thesis: Coping Behaviours of Pathological Gamblers

Andrew Matthew (primary), Ontario Institute of Studies in Education, University of Toronto 1997

Thesis: Cognitive-behavior therapy and problem drinking: A meta-analysis

### **Doctoral Dissertation External Examiner**

Kevin Gomez, University of Windsor, 2011

Thesis: Client Factors that Influence Outcome in Problem Gambling Treatment

Gordon Dalziel, Ontario Institute of Studies in Education, University of Toronto 2011

Thesis: Mindfulness, empathy and embodied experience: A qualitative study of practitioner experience in the client/therapist dyad

Victor Leiserson, McGill University, 2008

Thesis: A controlled examination of impulsivity in terms of the inability to inhibit inappropriate reward-seeking in non-treatment-seeking, non-abstinent pathological gamblers.

Michael Ellery, Dalhousie University, 2008

Thesis: The effects of alcohol on the behaviours and cognitions of higher and lower risk gamblers during VLT play.

Melissa Hobbs, University of Windsor, 2006

Thesis: Gambling and cultural factors: Gambling as a behavioral correlate of the social anxious dimension.

Dory Becker, University of Windsor, 2005

Thesis: Examining the efficacy of a relapse prevention program for alcohol use disorders: What is the role of readiness to change.

Jason Doiron, University of New Brunswick, 2004

Thesis: Prevention of pathological gambling: A randomized controlled trial.

### **SUPERVISION OF UNDERGRADUATE THESES**

Ravi Thiruchselvam, Department of Psychology, University of Toronto, 2008

Thesis: Mechanisms of mindfulness meditation supporting emotion regulation: An integrative review of the emerging field.

Anette Kwasnik, Department of Criminology, University of Toronto, 2008

Thesis: Association between problem gambling and antisocial personality disorder: Findings, hypotheses and future directions.

Casimir Soare, Department of Community Health, Faculty of Medicine, 2007

Thesis: Development and validation of a mindfulness intervention for problem gambling: An exploratory study

### **Statement of Research Interests**

1. Pathological Gambling- evidence-based clinical research, brief, individual cognitive-behavioral treatments, efficacy research, effectiveness research, evaluation of residential treatment programs
2. Cognitive-Behavior Therapy- applications to addictions, especially pathological gambling, cognitive treatment of anxiety disorders, manual-guided empirical treatments
3. Cognitive Psychopathology- gambling distortions and maladaptive cognitions, gambling-related metacognitions
4. Concurrent Alcohol Use and Anxiety Disorders- cognitive-behavioral treatment of comorbid disorders, brief interventions, manual-guided empirical treatments
5. Untreated Recovery- from pathological gambling, cocaine addiction
6. Mindfulness Meditation- mindfulness intervention for pathological gambling and other addictions, process of change during meditation