

**ALBERT D. TUSKENIS****ADDRESS**

Division of Psychology and Counseling  
Governors State University  
University Park, IL 60466  
Phone: 708-534-4385  
Email: atuskenis@govst.edu

Home Address:  
342 67<sup>th</sup> Street  
Willowbrook, IL 60527  
Phone: 708-407-5207

**EDUCATION**

Ph.D., in Clinical Psychology (APA-Approved), University of Illinois at Chicago, 1996

M.A., in Clinical Psychology, University of Illinois at Chicago, 1988

B.A., in Psychology, with High Distinction, University of Illinois at Chicago, 1984

**PROFESSIONAL CREDENTIALS**

Licensed Clinical Psychologist: State of Illinois License No. 071.008071

**CURRENT POSITION**

2012 - Present

Associate Professor, Division of Psychology and Counseling, Governors State University

**PREVIOUS POSITIONS**

2006 - 2012

Assistant Professor, Division of Psychology and Counseling, Governors State University

1999 – 2006

University Lecturer, Division of Psychology and Counseling, Governors State University

1998 - 1999

Visiting Assistant Professor, Department of Psychology, St. Mary's College of Maryland

1997 - 1998

Visiting Assistant Professor, Department of Psychology, University of Illinois at Chicago

**ALBERT D. TUSKENIS****TEACHING EXPERIENCE**

Courses Taught (Governors State University [GSU]; St. Mary's College of Maryland [SMC]; University of Illinois at Chicago [UIC]; St. Xavier University [SXU])

Introductory Psychology (SMC; SXU)

Personality Theories (GSU; SMC; UIC)

Ethics in Psychology (GSU)

Abnormal Psychology (GSU; SMC; SXU)

Life-span Development (SXU)

Health Psychology (GSU)

Psychological Testing (SXU)

Research Methodology (GSU; UIC)

Statistical Methods in Behavioral Science (UIC)

Advanced Research Seminar (Graduate) (GSU)

Ethical and Legal Issues in Psychology (Graduate) (GSU)

Thinking and Writing in Psychology (Writing-Intensive Course) (GSU)

Psychological Issues and Social Values (GSU)

Psychopathology (Graduate) (GSU)

Clinical Practicum and Internship (Graduate) (GSU)

## ALBERT D. TUSKENIS

### PUBLICATIONS(\* = peer-reviewed)

- \*Pedigo, T., Tuskenis, A., & Hakenjos, A. (2023). A college course on mindfulness and self-compassion: A social and emotional approach to facilitating transformative learning. *Journal of Transformative Learning*, 10(1), 54-67.
- \*Tuskenis, A., Pedigo, T., Covic, M., Shawahin, L., & Grzywana, J. (2019). Enhancing students' academic self-efficacy and university belongingness through mindfulness. In S. Baker (Ed.), *Teaching tips: A compendium of conference presentations on teaching, 2017-18* (p. 473). Society for the Teaching of Psychology. <http://teachpsych.org/eboooks/>
- \*Pedigo, T. Robey, P., & Tuskenis, A. (2018). Realizing health: The path of mindfulness and choice theory. *The International Journal of Choice Theory and Reality Therapy*, 38 (1), 63-75.
- \*Johnson, E. J., Tuskenis, A. D., Howell, G. L., & Jaroszewski, K. (2011). Development and effects of a writing and thinking course in psychology. *Teaching of Psychology*, 38, 229-246.
- Tuskenis, A. D. & Sori, C. F. (2006). Enhancing reliance on God as a supportive attachment figure. In K.B. Helmeke & C.F. Sori (Eds.), *The therapist's notebook for integrating spirituality in counseling: Homework, handouts, and activities for use in psychotherapy*. NY: Haworth Press.
- \*Reich, W. A., Tuskenis, A. D., Siegel, H., & Slutzky, A. W. (2000). Combining idiographic and nomothetic methods in the study of internal working models. *Personal Relationships*, 7, 165-184.

### MANUSCRIPTS IN PREPARATION

- Pedigo, T., Schindler, J., & Tuskenis, A. (2023). *Qualitative interview analysis of student experiences and outcomes in a course on relational mindfulness*. [Manuscript in preparation]. Division of Psychology and Counseling, Governors State University.
- Tuskenis, A. D. (2023). *Attachment to God and spiritual coping with adult attachment injuries*. [Manuscript in preparation]. Division of Psychology and Counseling, Governors State University.

### PRESENTATIONS

- Pedigo, T., & Tuskenis, A. (2023, April). *Enhancing students' curiosity through a course on mindfulness and self-compassion*. [Poster presentation]. Annual meeting of the Midwestern Psychological Association.
- Tuskenis, A. & Pedigo, T. (2020, August). *Mindfulness in the psychology curriculum*. [Poster Presentation]. Annual meeting (virtual) of the American Psychological Association.

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### PRESENTATIONS (continued)

- Azmy, S., Pedigo, T., & Tuskenis, A. (2020, July). *Mentoring student leadership self-efficacy in a clinical psychology graduate program*. [Roundtable Discussion]. Annual meeting (virtual) of the Association of Leadership Education.
- Pedigo, T., Tuskenis, A., & Hakenjos, A. (2020, April). *Teaching mindfulness strategies to address academic and social-emotional functioning*. [Roundtable accepted for presentation; cancelled due to Covid pandemic]. Annual meeting of the Midwestern Psychological Association.
- Tuskenis, A., & Pedigo, T. (2019, April). *Enhancing students' academic self-efficacy and university belongingness through mindfulness*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Pedigo, T., Tuskenis, A., Shawahin, L., Cooney, M., and Cambric, L. (2018, October). *Social Change and Creating a Culture of Connection*. Poster presented at the annual meeting of the Association for Contemplative Mind in Higher Education, Amherst, MA.
- Tuskenis, A., Pedigo, T., Covic, M., Shawahin, L. and Grzywana, J. (2018, August). *Enhancing students' academic self-efficacy and university belongingness through mindfulness*, Poster presented at the meeting of the American Psychological Association, San Francisco, CA.
- Christiansen, T., Pedigo, T., Tuskenis, A., Covic, M., & Head, A. (2016, February). *Outside the box: Mindfulness in and beyond the psychology classroom*. Presented at the Midwest Institute for Students and Teachers of Psychology, College of DuPage, Glen Ellyn, IL.
- Christiansen, T., Pedigo, T. & Tuskenis, A. (2015, May). *Social-emotional factors in higher education: Using contemplative methods in the classroom to improve learning for non-traditional college students*. Symposium presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Pedigo, T., Tuskenis, A., & Christiansen, T. (2015, February). *Before and after: Supporting academic and social-emotional regulation in statistics and writing*. Accepted for presentation at the Midwest Institute for Students and Teachers of Psychology, College of DuPage, Glen Ellyn, IL.
- Tuskenis, A.D. (2014, August). Assessing personal growth. In A.D. Tuskenis (Chair), *Potential as possibility: Facilitating personal growth in psychology education*. Symposium presented at the annual meeting of the American Psychological Association, Washington, DC.
- Battle, T., & Tuskenis, A. (2014, April). *Coping through texting: A way to regulate emotions*. Presented at the Governors State University Student Research Conference. University Park, IL

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### PRESENTATIONS (continued)

Christiansen, T., Pedigo, T., & Tuskenis, A. (2014, February). *Contemplative approaches to teaching and learning in psychology*. Presented at the Midwest Institute for Students and Teachers of Psychology. College of DuPage, Glen Ellyn, IL.

Tuskenis, A. D., Johnson, E. J., & Pedigo, T. W. (2013, May). *APA Learning Goal 9: Teaching and assessing personal development*. Symposium presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

Tuskenis, A. D. (2012, August). Effectiveness of capstones and portfolios. In E. J. Johnson (Chair), *The STP Capstone Project: Capstone effectiveness and resource page*. Symposium presented at the annual convention of the American Psychological Association, Orlando, FL.

Tuskenis, A. D. (2012, July). *Is spiritual attachment related to active, constructive coping with hurtful relationship events?* Poster presented at the bi-annual conference of the International Association for Relationship Research, Chicago, IL.

Johnson, E. J., Tuskenis, A. D., Close, W., & Werner, K. A. (2012, May). *The STP Capstone Project*. Roundtable discussion presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

Johnson, E. J., Tuskenis, A. D., & Dyslin, C. W. (2011, August). *Efficacy of a new capstone course in an undergraduate psychology program*. Poster presented at the annual meeting of The American Psychological Association, Washington, DC.

Johnson, E. J., Kite, M. E., Close, W., & Tuskenis, A. D. (2011, August). *Capstone experiences in undergraduate psychology: report from the capstone project team*. Symposium presented at the annual meeting of the American Psychological Association, Washington, DC.

Johnson, E. J., Appleby, D. C., Close, W., Kite, M. E., Marsh, P. A., Peterson, J. J., Tuskenis, A., & Wesner, K. (2011, May). *Preliminary report from the capstone project for undergraduate psychology*. Symposium presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

Tuskenis, A. D., Johnson, E. J., Dyslin, C. W., Blount, C., Wright, D., & Covic, M. (2011, May). *Teaching ethics and values in undergraduate psychology*. Symposium presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

Miroballi, J., Johnson, E. J., Dyslin, C. W., & Tuskenis, A. D. (2011, May). *Outcomes of a new capstone course in undergraduate psychology*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

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### PRESENTATIONS (continued)

- Tuskenis, A. D., Johnson, E. J., Dyslin, C. W., & Blount, C. (2011, March). *Teaching ethics and values in undergraduate psychology*. Presentation at the Midwest Institute for Students and Teachers of Psychology. College of DuPage, Glen Ellyn, IL.
- Tuskenis, A. D. (2010, August). *Attachment, religious coping, and forgiveness*. Poster presented at annual meeting of the American Psychological Association, San Diego, CA.
- Johnson, E. J., Appleby, D., Puccio, P., Tuskenis, A. D., & Dyslin, C. (2010, April). *Capstone courses and program portfolios in undergraduate psychology*. Roundtable discussion at annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Johnson, E. J., Tuskenis, A. D., Dyslin, C., & Appleby, D. (2010, March). *Capstone courses and program portfolios*. Roundtable discussion at annual Midwest Institute for Students and Teachers of Psychology, College of DuPage, Glen Ellyn, IL.
- Tuskenis, A. D., Johnson, E. J., Howell, G. L., & Jaroszewski, K. (2009, August). *Revising outcome assessment in seeking a developmentally coherent psychology program*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Ont., Canada.
- Johnson, E. J., Tuskenis, A. D., Howell, G. L., & Jaroszewski, K. (2009, August). *Predictive validity of a writing/thinking course in psychology*. Poster presented at annual meeting of the American Psychological Association, Toronto, Ont., Canada.
- Tuskenis, A. D. (2009, August). Assessment of writing and thinking in the developmentally-coherent curriculum. In E. J. Johnson (Chair), *Critical thinking and writing in undergraduate psychology programs*. Symposium conducted at annual convention of the American Psychological Association, Toronto, Ont., Canada.
- Johnson, E. J. & Tuskenis, A. D. (2009, June). *Development and assessment of a thinking and writing course for undergraduates*. Presented at the Governors State University Summer Faculty Institute, University Park, IL.
- Johnson, E. J., Tuskenis, A. D., Howell, G. L., & Jaroszewski, K. (2009, May). *Development and assessment of a new writing/thinking course in psychology*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Tuskenis, A. D., Johnson, E. J., Howell, G. L., & Jaroszewski, K. (2009, May). *Assessing outcomes in an APA goals-benchmarked undergraduate psychology program*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

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### PRESENTATIONS (continued)

- Johnson, E. J., Tuskenis, A. D., Howell, G. L., & Jaroszewski, K. (2009, February). *Creating, teaching, and assessing a writing/thinking course in psychology*. Paper presented at annual Midwest Institute for Students and Teachers of Psychology, College of DuPage, Glen Ellyn, IL.
- Johnson, E. J., Tuskenis, A., Dyslin, C., & Wright, D. (2009, February). *Benchmarking an undergraduate psychology program on the APA Learning Goals: The road to a quality program?* Poster presented at annual Midwest Institute for Students and Teachers of Psychology, College of DuPage, Glen Ellyn, IL.
- Johnson, E. J., Tuskenis, A., Dyslin, C., & Wright, D. (2008, May). *Benchmarking undergraduate psychology with the APA Learning Goals*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Tuskenis, A. D. (2008, May). *Attachment to God and coping with relationship problems*. Poster presented at annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Tuskenis, A. (2006, May). *The role of spiritual attachment in coping with relationship stress*. Poster presented at the annual meeting of the Midwestern Psychological Association.
- Helm, K., McCarthy, K., Cox, K., Tuskenis, A., & Sweeney, R. (2005, September). *Issues in working with non-traditional students in a nontraditional university counseling center*. Panel presentation at The Dennis H. May Conference on Diversity Issues and the Role of Counseling Centers, University of Illinois at Urbana-Champaign.
- Tuskenis, A. & Reich, W. (2003, May). *Student well-being, attachment security, and similarity between self-views and perception of others' views of self*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Green, A. (2003, May) (Faculty sponsor: A. Tuskenis). *Insight, anxiety, and stereotype threat in persons with mental illness*. Poster presented at Psi Chi Student Poster session at annual meeting of the Midwestern Psychological Association, Chicago, IL.
- McKinney, L., Ruiz, E., & Tuskenis, A. (2002, August). *Varieties of nontraditional students*. Poster presented at annual convention of the American Psychological Association, Chicago, IL.
- Tuskenis, A.D. (2002, June). *History of spontaneous panic and recall of physical and nonphysical threat*. Paper presented at the World Lithuanian Psychology Conference, Vilnius, Lithuania.

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### PRESENTATIONS (continued)

- Tuskenis, A.D., & Reich, W.A. (1997, July). *Contextual influences on emotion within personal relationships*. Paper presented at the annual meeting of the International Network on Personal Relationships, Oxford, OH.
- Tuskenis, A.D. (1997, May). *History of spontaneous panic is associated with lower recall of social threat*. Poster presented at the annual convention of the American Psychological Society, Washington, DC.
- Haberthur, B. A., Reich, W. A., & Tuskenis, A. D. (1996, July). *Adult attachment styles and interpersonal coping strategies*. Poster presented at the annual meeting of the International Network on Personal Relationships, Seattle, WA.
- Reich, W. A., & Tuskenis, A. D. (1996, July). *Identity structure and commitment to a dating relationship*. Poster presented at the annual meeting of the International Network on Personal Relationships, Seattle, WA.
- Tuskenis, A. D., & Reich, W. A. (1995, May). *Structural representations of self and other in significant attachment relationships*. Poster presented at the annual meeting of the International Network on Personal Relationships, Williamsburg, VA.
- Tuskenis, A. D. (1994, August). *Ethological considerations in panic disorder*. Poster presented at the annual meeting of the American Psychological Association, Los Angeles, CA.
- Tuskenis, A. D. (1994, May). *Validity of the Reciprocal Attachment Questionnaire and the distinction between behavior and mental models in adult attachment*. Poster presented at the the annual meeting of the International Network on Personal Relationships, Iowa City, IA.
- Jurenc, G. S., & Tuskenis, A. D. (1991, May). *The relationship between psychogenic polydipsia and level of functioning in schizophrenic inpatients*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

### GRANTS

- Johnson, E. J., Tuskenis, A. D., & Dyslin, C. W. (2010). Capstone experiences in undergraduate psychology. Mini-grant awarded by the College of Education, Governors State University.
- Johnson, E. J., Howell, G. L., Tuskenis, A. D., & Jaroszewski, K. (2009). Assessment of a new writing and critical thinking course in psychology. University Research Grant awarded from Governors State University.



## ALBERT D. TUSKENIS

### OTHER SCHOLARSHIP

#### Manuscript reviewer:

*Journal for Contemplative Inquiry*  
*Journal of Social and Personal Relationships*  
*Mental Health, Religion, and Culture*

### SERVICE

Member, University Personnel Committee (UPC) (2022-present)  
 Chair/Member, Search Committees for Faculty in Psychology (2014-Present)  
 Member, Graduate Psychology Admissions Committee (2014-Present)  
 Reviewer, APA Division of Teaching of Psychology Conference Submissions (2014-Present)  
 Chair/Member, Division of Psychology & Counseling Personnel Committee (2017-2022)  
 Member, Psychology & Counseling Division Criteria Review Committee (2020-2021)  
 Member, University Academic Program Elimination Review Committee (APEREC) (2017-2019)  
 Member, Division of Psychology & Counseling Curriculum Committee (2012-2018)  
 Member, Scholarship Review Committee, Lithuanian Foundation (2012-2017)  
 Member, College of Education Personnel Committee (2015-2016)  
 COE Elected Representative, GSU Graduate Council (2011-2015)  
 Faculty Representative, GSU Campus Threat Assessment Team (2009-2015)  
 Member, Division of Psychology & Counseling Personnel Committee (2012-2014)  
 Co-chair, M.A. Program Review Committee (2012-2013)  
 Member, Search Committee for Professor of Counseling/Psychology (2012-2013)  
 Member, Search Committee for Professor of School Psychology (2011-2012)  
 GSU Representative, Preparing Future Faculty Chicago Area Consortium (2007-2010)  
 Faculty Advisor, GSU Applied Psychology Club (2009-2010)  
 Co-chair, Search Committee for Assistant Professor in Psychology (2009 - 2010)  
 Session Moderator, annual meeting of Midwestern Psychological Association (2009, 2010, 2011)  
 Member, HLC Sub-committee on Criterion 3 – Assessment (2008 – 2009)  
 Volunteer Counseling Psychologist, GSU Office of Student Development (2004-2007)  
 Member, Search Committee for University Lecturer in Psychology (2007 - 2008)  
 Coordinator, Learning Outcome Assessment, B.A. in Psychology Program, GSU (2000-2007)  
 Member, GSU University Assessment Committee (1999-2006)  
 Coordinator and Advisor, Stress Management Certificate Program, GSU (2005-2007)  
 Organizing Committee Member, World Lithuanian Psychology Conference, Lithuania (2002)  
 Member, College of Education NCATE Standard II Committee (2001-2002)

**ALBERT D. TUSKENIS****CLINICAL TRAINING**

Postdoctoral Clinician, Office of Student Development, Governors State University (2004-2007). Counseling and psychotherapy with college students. Supervisors: Karen Cox, Ph.D., and Katherine Helm, Ph.D.

Continuing Education in Psychotherapy, Applied Psychology Institute, York University, Toronto, Canada (August 2005, August 2006). Completed Level I and Level II training in Emotion-Focused Therapy with Les Greenberg, Ph.D.

Clinical Assistant and Graduate Student Clinician, Office of Applied Psychological Services and Institute for Developmental Disabilities, University of Illinois at Chicago (1985-87, 1989-90, 1993). Performed psychological evaluations and individual psychotherapy.

Clinical Psychology Intern, Milwaukee County Mental Health Complex, Milwaukee, WI (1990-1991). APA-approved internship. Conducted individual, group, and family interventions and performed psychological evaluations.

Clinical Psychology Practicum Student, V.A. Lakeside Medical Center, Chicago (1988-1989). Performed individual psychotherapy and psychological evaluations

Health Psychology Practicum Student, University of Chicago Medical Center (1986-1987). Conducted health psychology-related interventions and assessments.

**PROFESSIONAL AFFILIATIONS**

American Psychological Association (APA)  
APA Division Two: Society for the Teaching of Psychology (STP)  
Midwestern Psychological Association (MPA)