

KEONG YAP, BSocSci (Hons), DPsych, MAPS

Associate Professor

School of Psychology

Australian Catholic University

Email: Keong.yap@acu.edu.au

Office: 02 9701 4574

Mobile: 0415620392

I am an Associate Professor and the National Course Coordinator for postgraduate psychology courses at the Australian Catholic University (ACU). I have more than 18 years of teaching experience in clinical psychology postgraduate programs. I am also an AHPRA registered psychologist with clinical psychology endorsement and a PsyBA accredited supervisor.

Academic Qualifications

<i>Graduate Certificate in Health Professional Education (with Distinction)</i> Monash University	2007 - 2008
<i>Doctor of Psychology (Clinical Psychology)</i> <i>University of Melbourne,</i> Thesis: Prepulse inhibition and attentional biases in anxiety and depression Supervisor: Professor Nick Allen	1998 - 2002
<i>Bachelor of Social Sciences (Honours in Psychology)</i> National University of Singapore	1991 - 1995

Relevant Employment History

<i>Associate Professor/National Course Coordinator - Postgraduate Psychology</i> <i>School of Behavioral and Health Sciences, Australian Catholic University</i>	2015 - current
<i>Senior Lecturer</i> School of Health Sciences, RMIT University	2009 - 2014
<i>Lecturer</i> School of Psychology, Psychiatry and Psychological Medicine Monash University	2005 - 2008
<i>Clinical Psychologist</i> Noesis Clinical Psychology and Psychotherapy Centre (Part-time Private Practice)	2004 - 2014
<i>Clinical Psychologist</i> The Melbourne Clinic Anxiety and Depression Inpatient Program Anxiety Day Treatment Programs Addictive Behaviours Program	2001 - 2007
<i>Psychologist</i> Woodbridge Hospital/Institute of Mental Health, Singapore	1995 - 1998

Relevant work experience / achievements

- National Postgraduate Course Coordinator. In this role I managed the postgraduate psychology programs and curriculum in the Melbourne and Strathfield campuses. Etc.
- nAPAC course re-accreditations chair.
- Taught a wide range of units in clinical psychology programs to more than 15 masters student cohorts in three universities.
- Experience in clinic and placement coordination
- Primary and co-supervisor for eight students.

Appointments

Accreditation Assessor (3-year appointment) Australian Psychology Accreditation Council	2022-present
National Course Coordinator (Psychology – Postgraduate (3-year appointment) Australian Catholic University	2022-present
Expert External Reviewer College of Professional Psychology	2022
Associate Editor Clinical Psychologist	2019 - present
Strathfield Campus Postgraduate Psychology Course Coordinator Australian Catholic University	2015-2021
Clinic Director RMIT University	2009-2014
DPsych Program Clinical Placement Coordinator Monash University	2005-2008

Professional Affiliations and Registration Details

- Registered Psychologist with clinical psychology endorsement, Psychology Board of Australia (Reg No. PSY0001123023)
- AHPRA accredited clinical supervisor for High Degree and Registrar Programs
- Australia Psychological Society (APS Membership No. 106036)
- APS College of Clinical Psychologists
- Working with Children Check, NSW
- Australian Association for Cognitive and Behaviour Therapy, member
- Association for Contextual Behavioral Science, member

Teaching and Unit Coordination Experience

Monash University

- DPsych5101 Psychopathology (unit coordinator)

RMIT University

- BESS1461 Foundations of Practice 1 – Counselling, Professional Practice and Ethics (unit

coordinator and lecturer)

- BESC1419/1420 Professional Issues and Research Methods (unit coordinator and lecturer)
- BESC1463 Specialist Practice 1 - Health Psychology (unit coordinator and lecturer)
- BESC1464 Specialist Practice 2 – Specialist Clinical Intervention (unit coordinator and lecturer)
- BESC1459 Assessment and Intervention 1 – Adult Clinical Interventions 1 (unit coordinator and lecturer)
- BESC1459 - Assessment and Intervention 1 (lecturer in Psychopharmacology)
- BESC1462 - Adult psychometric assessment (lecturer on assessment of anxiety disorders, depression, and obsessive-compulsive disorder)
- BESC1463 - Specialist Practice 1 – Adult Clinical Interventions 2 (lecturer on psychological interventions for OCD and anxiety disorders)

ACU

- PSYC635 Assessment and Interventions with Adults (unit coordinator and lecturer)
- PSYC632 Foundations of Practice (unit coordinator and lecturer)
- PSYC633 Counselling one to one (unit coordinator and lecturer)
- PSYC638 Therapeutic skills (unit coordinator and lecturer)
- PSYC641 Diagnosis Assessment Formulation and Intervention for Adults (unit coordinator and lecturer)
- PSYC642 Emerging Therapies and Psychopharmacology (unit coordinator and lecturer)
- PSYC423 Assessment and Intervention (unit coordinator and lecturer)
- PSYC663 Advanced Psychotherapeutic Interventions (unit coordinator and lecturer and lecturer)
- PSYC624 Evidence-based Practice for Psychologists (unit coordinator and lecturer)
- PSYC660 Adult Clinical Psychology (unit coordinator and lecturer)

Clinical Supervision Experience

<i>Clinical supervisor for MPsych students</i> The Mary Aikenhead Clinic, ACU	2015 - current
<i>Clinic director and clinical supervisor for MPsych and DPsych students</i> RMIT University Psychology Clinic	2009 – 2014
<i>Clinical supervisor for DPsych students</i> Monash Clinical Psychology Centre	2006 – 2008
<i>Placement supervisor for MPsych and DPsych students</i> The Melbourne Clinic	2003 – 2006

Research Interests and Recent publications

My clinical research is in obsessive-compulsive and related disorders, transdiagnostic factors (such as self-compassion and emotion regulation), and mindfulness and acceptance-based therapies. My learning and teaching research focuses on the use of simulation in postgraduate psychology training.

2022

- Ferrari, M., Beath, A., Einstein, D.A., Yap, K., & Hunt, C. (2022). Gender differences in self-compassion: a latent profile analysis of compassionate and uncompassionate self-relating in a large adolescent sample. *Current Psychology*. <https://doi.org/10.1007/s12144-022-03408-0>
- Yap, K., Chen, W., Wong, S. F., Isemann, S., Svehla, J., Grisham, J. R. (2022). Is it as good as being in person? The effectiveness of a modified clinician facilitated Buried in Treasures group for

hoarding disorder using video teleconferencing. *Psychiatry Research*. 314, 114631.
<https://doi.org/10.1016/j.psychres.2022.114631>

Ferrari, M., Ciarrochi, J., Yap, K., Sahdra, B., Hayes, S. C. (2022). Embracing the Complexity of our Inner Worlds: Understanding the Dynamics of Self-Compassion and Self-Criticism. *Mindfulness*. 13, 1652-1661. <https://doi.org/10.1007/s12671-022-01897-5>

Ciarrochi, J., Hayes, S. C., Hayes, L., Sahdra, B., Ferrari, M., Yap, K. & Hofmann, S. (2022). From Package to Process: An Evidence-based Approach to Processes of Change in Psychotherapy. In G. J. G. Asmundson. (Ed.). *Comprehensive Clinical Psychology (2nd. Edition)*, pp 26-44. Elsevier.
<https://doi.org/10.1016/B978-0-12-818697-8.00085-6>

2021

Arrow, K., Yap, K., & Chester, A. (2021). Group Climate in Online Group Cognitive Behaviour Therapy predicts Treatment Outcomes. *Clinical Psychologist*, 25(2), 153-163.
<https://doi.org/10.1080/13284207.2020.1829944>

Australian Postgraduate Psychology Simulation Education Working Group (2021). A new reality: The role of simulated learning activities in postgraduate psychology training programs. *Frontiers in Education*, 6. Article 653269. <https://doi.org/10.3389/feduc.2021.653269>

Kings, C., Moulding, R., Yap, K., Gazzola, R., & Knight, T. (2021). Measuring Possessions as Extensions of Self and Links to Significant Others in Hoarding: The Possessions as Others and Self Inventory. *Journal of Psychopathology and Behavioral Assessment*, 43, 441-453.
<https://doi.org/10.1007/s10862-020-09858-9>

Scott, J., Yap, K., Bunch, K., Haarhoff, B., Perry, H., Bennett-Levy, J. (2021). Should personal practice be part of cognitive behaviour therapy training? Results from two self-practice/self-reflection (SP/SR) cohort control studies. *Clinical Psychology & Psychotherapy*. 28(1), 150-158
<https://doi.org/10.1002/cpp.2497>

Yap, K. & Grisham, J. R. (2021). Object Attachment in hoarding disorder and its role in a compensatory process. *Current Opinion in Psychology*. 39, 76-81.
<https://doi.org/10.1016/j.copsy.2020.07.022>

Yap, K., Sheen, J., Nedeljkovic, M., Milne, L., Lawrence, K., & Hay, M. (2021). Assessing clinical competencies using the Objective Structured Clinical Examination (OSCE) in psychology training. *Clinical Psychologist*, 25(3), 260-270.
<https://doi.org/10.1080/13284207.2021.1932452>

2020

Ciarrochi, J., Sahdra, B. K., Yap, K. & Dicke, T. (2020). The Role of Nonattachment in the Development of adolescent mental health: a three-year longitudinal study. *Mindfulness* 11, 2131–2139. <https://doi.org/10.1007/s12671-020-01421-7>

Cooper, D., Yap, K., O'Brien, M., & Scott, I. (2020). Mindfulness and Empathy Among Counseling and Psychotherapy Professionals: A Systematic Review and Meta-analysis. *Mindfulness*, 11, 2243–2257. <https://doi.org/10.1007/s12671-020-01425-3>

Eppingstall, J., Xenos, S., & Yap, K. (2020) Acceptance and commitment therapy for hoarding disorder: A proposed treatment protocol for individuals. *Australian Psychologist*.
<https://doi.org/10.1111/ap.12438>

Frei, J. M., Sazhin, V., Fick, M., & Yap, K. (2020). Emotion-oriented coping style predicts self-harm in response to acute psychiatric hospitalization. *Crisis - The Journal of Crisis Intervention and Suicide Prevention*. 42, 3. <https://doi.org/10.1027/0227-5910/a000713>

- Yap, K., Eppingstall, J., Brennan, C., Le, B., & Grisham, J. R. (2020). Emotional attachment to objects mediates the relationship between loneliness and hoarding symptoms. *Journal of obsessive-compulsive and related disorders*, 24, 100487. <https://doi.org/10.1016/j.jocrd.2019.100487>
- Yap, K. & Grisham, J. R. (2020). Object attachment and emotions in hoarding disorder. *Comprehensive Psychiatry*, 100, 152179. <https://doi.org/10.1016/j.comppsy.2020.152179>

2019

- Linardon, J., Gleeson, J., Yap, K., Murphy, K., & Brennan, L. (2019). Meta-analysis of the effects of third-wave behavioural interventions on disordered eating and body image concerns: Implications for eating disorder prevention. *Cognitive Behaviour Therapy*, 48(1), 15-38. <https://doi.org/10.1080/16506073.2018.1517389>
- Yap, K., & Grisham, J. R. (2019). Unpacking the construct of emotional attachment to objects and its association with hoarding symptoms. *Journal of Behavioral Addiction*, 8(2), 249-258. <https://doi.org/10.1556/2006.8.2019.15>

2018

- Cooper, D., Yap, K., & Batalha, L. (2018). Mindfulness-based interventions and their effects on emotional clarity: A systematic review and meta-analysis. *Journal of Affective Disorders*, 235, 265-276. <https://doi.org/10.1016/j.jad.2018.04.018>
- Ferrari, M., Yap, K., Scott, N., Einstein, D. A., & Ciarrochi, J. (2018). Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood. *PLoS ONE*, 13(2).
- Frost, R. O., Gabrielson, I., Deady, S., Dernbach, K. B., Guevara, G., Peebles-Dorin, M., . . . Grisham, J. R. (2018). Scrupulosity and hoarding. *Comprehensive Psychiatry*, 86, 19-24. <https://doi.org/10.1016/j.comppsy.2018.06.011>
- Kyrios, M., Mogan, C., Moulding, R., Frost, R. O., Yap, K., & Fassnacht, D. B. (2018). The cognitive-behavioural model of hoarding disorder: Evidence from clinical and non-clinical cohorts. *Clinical Psychology & Psychotherapy*, 25(2), 311-321. <https://doi.org/10.1002/cpp.2164>
- Yap, K., Mogan, C., Moriarty, A., Dowling, N., Blair-West, S., Gelgec, C., & Moulding, R. (2018). Emotion regulation difficulties in obsessive-compulsive disorder. *Journal of Clinical Psychology*, 74(4), 695-709. <https://doi.org/10.1002/jclp.22553>

2017

- Pinto, R. A., Kienhuis, M., Slevison, M., Chester, A., Sloss, A., & Yap, K. (2017). The effectiveness of an outpatient Acceptance and Commitment Therapy Group programme for a transdiagnostic population. *Clinical Psychologist*, 21(1), 33-43. <https://doi.org/10.1111/cp.12057>

2016

- Bablas, V., Yap, K., Cunnington, D., Swieca, J., & Greenwood, K. M. (2016). Mindfulness-based stress reduction for restless legs syndrome: A proof of concept trial. *Mindfulness*, 7(2), 396-408. <https://doi.org/10.1007/s12671-015-0457-9>
- Dowling, N., Thomas, N., Blair-West, S., Bousman, C., Yap, K., Smith, D. J., & Ng, C. H. (2016). Intensive residential treatment for obsessive-compulsive disorder: Outcomes and predictors of patient adherence to cognitive-behavioural therapy. *Journal of Obsessive-Compulsive and Related Disorders*, 9, 82-89. <https://doi.org/10.1016/j.jocrd.2016.04.006>

Yap, K., Gibbs, A. L., Francis, A. J. P., & Schuster, S. E. (2016). Testing the Bivalent Fear of Evaluation model of social anxiety: The relationship between fear of positive evaluation, social anxiety, and perfectionism. *Cognitive Behaviour Therapy*, 45(2), 136-149.
<https://doi.org/10.1080/16506073.2015.1125941>

Grants and Awards

Faculty of Health Sciences, Faculty Research Project Grant Scheme, Australian Catholic University, 2022. \$8,050.00. The role of self-compassion in cancer patients, survivors, and caregivers: A systematic review and meta-analysis of psychological and physical health outcomes.

APS Outstanding Lecturer in Psychology Award at Australian Catholic University, 2020. Australian Psychological Society, Sydney Branch.

International Obsessive-Compulsive Disorder Foundation Michael A. Jenike Young Investigator Award, 2020. US\$ 47,896. Yap, K., Grisham, J. R., Timpano, K. R., & Schmidt, B. (2020). Intervening on loneliness to reduce object attachment in hoarding disorder: Two randomized controlled studies)

Learning and Teaching Grant 2017, Faculty of Health Sciences, Australian Catholic University. \$5000. Yap, K. & Bunch, K. Enhancing clinical competency assessments in psychology and counselling: developing valid and authentic material and a toolkit for the objective structured clinical examinations

Australian Psychological Society National College of Clinical Psychologists Research Grant, 2016. \$3000. Scott, J., Bunch, K., & Yap, K. Evaluation of a self-practice/self-reflection program in CBT training for masters students in clinical psychology.

Supported by Scheme for Teaching and Learning Research (STeLR), 2011. College of Science, Engineering and Health, RMIT. \$15,000. Pisani, H., Chester, A., Yap, K., et al. Social media in professional practice: Development of a professional digital identities (PDI) resources for Health Sciences students.

Learning & Teaching Grant 2009, Faculty of Medicine, Nursing & Health Sciences, Monash University. \$20,000. Yap, K., Hay, M., Bearman, M., & Cardozo, S. Improving the assessment of clinical competence: Introducing the Objective Structured Clinical Examinations (OSCE) into clinical psychology training.

Recent Public and Conference Presentations

Yap, K. (2022, 14th October). The high prevalence of loneliness in people with hoarding disorder. Australian Association for Cognitive and Behaviour Therapies 42nd National Conference. Melbourne, Australia

Yap, K. (2022, 13th October). Is it as good as being in person? The effectiveness of a modified buried in treasures group for hoarding disorder using video teleconferencing. Australian Association for Cognitive and Behaviour Therapies 42nd National Conference. Melbourne, Australia

Yap, K. (2022, 14th July). Treatments for hoarding disorder. St Vincent's Health Network ICHP Education

Yap, K. (2021, 8th August). Object attachment in hoarding disorder and its role in a compensatory process. Paper presented at the 2021 International Obsessive-Compulsive Disorder Foundation Hoarding Research Forum. Online.

Yap, K. (2021, 24th August). Treatment approaches and best practice methods: Cognitive behaviour therapy for hoarding disorder. Presentation at the 2021 Sutherland Shire Squalor and

- Hoarding Conference: Organised Chaos The challenges of Squalor and Hoarding. Online.
- Yap, K. (2020, 26th October). The assessment and treatment of hoarding disorder. Psychology Guest Lecture Series 2020, Western Sydney Local Health District. Online.
- Yap, K. (2020, 15th August). Research Update on Risk and Vulnerability for Hoarding Disorder: Object attachment and emotions in hoarding disorder. Online Hoarding Meeting, International OCD Foundation.
- Yap, K (2019, 17-20th July). Object attachment Mediates the Relationship between Loneliness and Hoarding. 9th World Congress of Behavioural and Cognitive Therapies. Cognitive and Behavioural Therapies at the Crossroads. Berlin, Germany.
- Yap, K (2019, 14th Nov). The psychology of hoarding. 2019 Psychology Week Workshops. Open Space at Lentil as Anything.
- Yap, K (2018, 25th Oct). Unpacking the construct of emotional attachment to objects and its association to hoarding symptoms. Australian Association for Cognitive and Behaviour Therapies 39th National Conference. Brisbane, Australia.
- Scott, J., & Yap, K. (2018, 25th Oct). Self-practice/self-reflection in postgraduate cognitive behaviour therapy training: two pilot studies. Australian Association for Cognitive and Behaviour Therapies 39th National Conference. Brisbane, Australia.

Referees

On request.