

## Wendy Treynor

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Healing Consulting

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### Education

- 2000-2004 University of Michigan, Ann Arbor.  
Ph.D. Social Psychology.
- 2000-2002 University of Michigan, Ann Arbor.  
M.A. Social Psychology.
- 1998-1999 University of California, Berkeley.  
Post-Graduate Study. Psychology.
- 1993-1997 Georgetown University. Washington, D.C.  
B.S. Mathematics & Economics.

### Dissertation

- Title: Are the Most Mistrustful the Least Trustworthy?  
Studies of Unethical Behavior.
- Mentors: Phoebe Ellsworth & Richard Gonzalez.
- Committee: R. Gonzalez, P.C. Ellsworth, J. Crocker, & D.Velleman (Philosophy).

### Professional

- 2007- Founder & Director.  
Healing Consulting.
- 2009-2010 Visiting Scholar.  
Institute for Social Research, University of California, Los Angeles.
- 2006-2007 Research Associate.  
Institute for Creative Technologies, University of Southern California.
- 2006 Postdoctoral Research Associate.  
Institute for Creative Technologies, University of Southern California.

### Honors & Awards

- 2009 Lloyd Symington Foundation Grant Recipient
- 2008 Hay Foundation Grant Recipient
- 2005 Who's Who Among America's Teachers
- 2003-2004 NIMH Training Grant in Social Psychology
- 2003 Delta Epsilon Iota Award for Academic Excellence and Outstanding  
Dedication, Enthusiasm, and Initiative
- 2003 Hough Psychology & Ethics Scholarship for Promising Psychology and  
Ethics Research. Amount Awarded: \$2,000.
- 1997 Pi Mu Epsilon Award for Outstanding Achievement in the Mathematical  
Sciences
- 1994 Nominated *Best Actress* by the Masque and Bauble Dramatic Society
- 1993 Accepted to NYU Tisch School of the Arts for Dramatic Study

## **TV Appearances**

11/4/2011 CBS TV- KCAL9 *News at Noon*. "Roadmap to Happiness."

## **Radio Interviews**

8/21/2011 Be Love Radio. "How to Transcend Emotional Pain."

## **Books**

Treynor, W. (2009). *Towards a General Theory of Social Psychology: Understanding Human Cruelty, Human Misery, and, Perhaps, a Remedy (A Theory of the Socialization Process)*. Redondo Beach, CA: Euphoria Press.

## **Books in Preparation**

Treynor, W. (manuscript). *The Gift of Cancer: Turn Your Tragedy into a Treasure*

Treynor, W. (manuscript). *I Can Heal: A Treasure Map to Happiness*

Treynor, W. (manuscript). *The Little Chipmunk*

Treynor, W. (manuscript). *Unabashedly Original Inspirational Quotes*.

Treynor, W. (in preparation). *Your Challenge is Your Treasure*

Treynor, W. (in preparation). *Self-Loathing to Self-Love in Sixty Days*

Treynor, W. (in preparation). *Why People Can Be Happy Making You Unhappy & How You Can Be Happy*

Treynor, W. (in preparation). *How to Feel Upbeat in Down Times/  
How to Feel Upbeat in a Down Economy*

Treynor, W. (in preparation). *Sculpting Happiness from the Clay of Your Life/  
Meditation Made Easy*

Treynor, W. (in preparation). *Don't Believe Everything You Think:  
Ten Illusions that Prevent Us from Finding True Happiness*

Treynor, W. (in preparation). *The Little Snail*

Treynor, W. (in preparation). *The Psychology of the Soul*

## **Publications in Magazines**

Treynor, W. (2010). Be the love that you seek. *The Whole Person Calendar*. (February Love issue).

Treynor, W. (2009). Create a life worth living. *Coping Magazine*. (by invitation, first possible issue: September/October 2009).

Treynor, W. (2008). Making the most of the link between environment and awareness. *Awareness Magazine*. (March/April).

## Newsletter

*I Can Heal: Inspiration for Everyone!* Quarterly Newsletter Sept 2010 - Present

## Activities

- 1995-1997 Co-Writer, Co-Director, and Co-Producer of *Dances with Calculators*, a Math Musical, that was
- Performed at 1997 Mathematical Association of America conference
  - Featured in September 1997 issue of Math Horizons, a Mathematical Association of America magazine
- 1996 Co-Hosted *The Music Never Stopped*, a weekly radio show on 92.3 FM, WGTB.
- 1996 Co-Founded the Georgetown Photo Club.
- 1996 Nominated and Elected *Marketing Director* of the Georgetown Outdoor Leadership School.
- 1992 Founded the International Book Exchange Club at the Taft School, Watertown, CT.

## Work Experience

- 1999-2000 *Oakland Unified School District*. Oakland, CA. HS Mathematics Teacher.
- Taught 5 thirty-student classes to ethnically diverse, urban population.
- 1998 *Saatchi & Saatchi Advertising*. San Francisco, CA. Media Assistant.
- Conducted industry research for *NBC Snap!* and *Hewlett-Packard* pitches.
  - Analyzed and summarized research findings for senior executives.

## Research Experience

- 2009-2010 *Testing Socialization Theory: Could the Search for Acceptance be a Cognitive Error?*
- In collaboration with Francis Steen, I consider the possibility that a single, cognitive processing error underlies the human tendency to win social acceptance “at all costs.”

- 2003-2009 *Understanding Human Cruelty, Human Misery, and, Perhaps, a Remedy: A Theory of the Socialization Process.*  
I developed socialization theory, a theory of socialization that sheds light on how morality, emotion, self-esteem, depression, culture, identity, love, and conflict may be related.
- 2003-2007 *Humiliation, Shame, Embarrassment, and Guilt from an Appraisal Theory Perspective: An Investigation of the Thoughts that Underlie the Feelings.*  
Phoebe Ellsworth, Richard Gonzalez and I investigated the appraisal structure underlying the moral emotions within a code violation context. Humiliation, shame, and guilt were found to be phenomenologically distinct from each other.
- 1999-2007 *What We Can Learn about Love from Contemporary Love Songs.*  
Jeremy Iskin and I examined whether power dynamics exist in human love relationships by analyzing contemporary love song lyrics using a coding system we created based on the sociologist Emerson's (1962) definition of power. Results indicate that romantic love entails perceiving the beloved as the sole provider of a valued resource. (Whether this perception is *accurate* is another question—one that this work does not attempt to answer.)
- 2006-2007 *Computational Modeling of Emotion.*  
Bridging the chasm between psychology and computer science, Gratch and Marsella (2004) have built a computational model of emotion, called the EMA model. Building on psychological theories of emotion and coping, they have built their model by translating psychological constructs into computer language. With Jonathan Gratch, Stacy Marsella, Brooke Stankovic, and Anya Okhmatovskaia, I designed a study with human participants to test their computational model.
- 2006-2007 *Virtual Rapport Project.*  
You know that harmony, fluidity, synchrony, flow one feels when engaged in good conversation with someone? Curious to discover whether virtual characters are capable of eliciting this feeling of rapport in us humans when we are their conversation partners, Jonathan Gratch, Anya Okhmatovskaia, and I designed a study to examine whether virtual characters are capable of creating rapport with humans.
- 2001-2006 *Are the Most Mistrustful the Least Trustworthy?*  
For my dissertation research, I investigated the relationship between cynical beliefs and unethical behaviors using original laboratory cheating and stealing techniques. Regardless of technique used, cynicism was found to predict unethical behavior. Results additionally suggest that when it comes to unethical behavior, not only one's beliefs about what others do, but also one's actions, may be shaped by what one's reference group does.

- 2001-2003 *Group Dynamics Study.*  
Robert Savit, Katia Koelle, Richard Gonzalez, and I investigated the interactive properties of the person and the group across time in a well-defined game-theoretic framework and found evidence of emergent coordination among group members. My responsibilities included supervising 2 research assistants and conducting non-traditional statistical analyses using a complex systems framework, writing the code for these analyses in the statistical package R.
- 2001-2002 *Depression & Rumination Study.*  
With Richard Gonzalez and Susan Nolen-Hoeksema, I reanalyzed existing data and showed that reflection—the aspect of rumination that is free of negative valence—does not predict depression, contrary to what might have been thought.
- 2000-2001 *Power & Emotions Study.*  
Under the supervision of Oliver Schultheiss, I programmed computers using the experimental software ERTS and used my combinatorics skills to solve problems.
- 1999 *SES & College Major Study.*  
Under the supervision of Martin Covington, I generated hypotheses, statistically analyzed data using SPSS, and presented research results.
- 1998-1999 *The Mills Study of Women's Adult Development.*  
Under the supervision of Oliver P. John and Jennifer Pals, I assisted in the design of coding methodology and coded narratives for emotion.
- 1998-1999 *Infant Numerosity Study.*  
Under the supervision of Jonas Langer and Rosa Arriaga, I chose appropriate statistical methods for analysis, statistically analyzed data, and interpreted data findings.

### **Publications in Academic Journals**

- Treynor, W. (2001). Review of the book *Interpersonal Relationships*.  
*Journal of Cognition and Culture*, 1 (2), 214-215.
- Treynor, W. Gonzalez, R., & Nolen-Hoeksema, S. (2003). Rumination reconsidered: A psychometric analysis. *Journal of Cognitive Therapy and Research* 27 (3), 247-259.
- Treynor, W. (2004). Are the most mistrustful the least trustworthy?: Studies of unethical behavior (Doctoral dissertation, University of Michigan, Ann Arbor, 2004).  
*Dissertation Abstracts International-B*, 65/06, p. 3225, December, 2004.
- Savit, R., Koelle, K. Treynor, W., & Gonzalez, R. (2004). Man and superman: Human limitations, innovation and emergence in resource competition. In Tumer, K. and Wolpert, D. (Eds.) *Collectives and the Design of Complex Systems*.

Schultheiss, O.C., Pang, J.S., Torges, C.M., Wirth, M.M., & Treynor, W. (2005). Perceived facial expressions of emotions as motivational incentives: Evidence from a differential implicit learning paradigm. *Emotion* 5 (1).

### **Academic Manuscripts under Review**

Treynor, W. (revise and resubmit at *Journal of Ethics & Behavior*). Are the most mistrustful the least trustworthy? Two new methods for studying unethical behavior in the laboratory.

### **Academic Manuscripts in Preparation**

Treynor, W. Socialization theory.

Treynor, W., Ellsworth, P.C., & Gonzalez, R. Humiliation, shame, embarrassment, and guilt from an appraisal theory perspective: An investigation of the thoughts that underlie the feelings.

Treynor, W. Reference groups, everyday groups, and moral judgment.

Treynor, W. & Iskin, J. What we can learn about love from contemporary love songs.

### **Conference Presentations**

Treynor, W., Norman, C., Clay, M., Francis, K., Salinas, R., Yurttan, H., Wu, J., Benson, D., Chawla, D., Clarke, R.J., Spievack, B., Botts, C., Flemming, G., & Vogt, A. (1997). *Dances with calculators*. Math musical performed at the Mathematical Association of America Conference, Frederick, MD.

Arriaga, R.I., Joyce, K., Pathmarajah, M., Walthall, A., Treynor, W., Neufeld, S., & Langer, J. (1999). *Do 11-month olds know less about addition than 5-month olds?* Poster presented at the Western Psychological Association Conference, Irvine, CA.

Savit, R., Koelle, K., Treynor, W., & Gonzalez, R. (2002). *Experiments on the minority game*. International Conference on Complex Systems, Nashua, New Hampshire.

Savit, R., Koelle, K., Treynor, W., & Gonzalez, R. (2002). *Man and superman: Human limitations, innovation and emergence in resource competition*. Workshop on Collectives and the Design of Complex Systems, NASA-Ames Research Center, San Jose, CA.

Wirth, M.M., Pang, J.C., Torges, C.M., Villacorta, M.A., Treynor, W., Lee, T.M., & Schultheiss, O.C. (2003). *Testosterone moderates the effect of anger faces on implicit sequence learning*. Poster presented by Michelle Wirth at the Society for Neuroscience Conference, Orlando, FL.

Treynor, W. & Gonzalez, R. (2003). *Cynicism as a predictor of unethical acts*.  
Poster presented at the Kyoto University International Symposium on Self,  
Cognition, and Emotion, Ann Arbor, MI.

### **Invited Colloquia**

University of California, Santa Barbara (2009)  
Technion Israel Institute of Technology (2006)  
University of California, Los Angeles (2006)  
University of Southern California (2006)  
University of California, Berkeley (2005)  
University of Delaware (2005)  
Seattle University (2005)  
Western Washington University (2005)  
University of New South Wales (2004)  
University of Sydney (2004)

### **Community Presentations**

The Crown Plaza, Redondo Beach (2007) September  
The Crown Plaza, Redondo Beach (2007) November 29  
The Crown Plaza, Redondo Beach (2007) November 12  
The Wellness Community, South Bay Cities (2008) January  
YMCA, Torrance (2008) January  
The Crown Plaza, Redondo Beach (2008) March  
The Crown Plaza, Redondo Beach (2008) April  
The Crown Plaza, Redondo Beach (2008) May  
The Wellness Community, South Bay Cities (2008) June  
Whole Foods, West Los Angeles (2008) September  
Whole Foods, Torrance (2008) September  
The Wellness Community, Pasadena (2008) November  
YMCA, Peninsula & San Pedro (2008) November  
Shriner's Children's Hospital (2008) December  
Whole Foods, Redondo Beach (2009) March  
The Wellness Community, South Bay Cities (2009) April  
Belmont Village Assisted Living (2009) April  
The Wellness Community, South Bay Cities (2009) May 2  
The Wellness Community, South Bay Cities (2009) May 16  
The Wellness Community, South Bay Cities (2009) October  
YMCA, Peninsula & San Pedro (2009) November  
Krishnamurti Foundation of America, Ojai (2009) November  
YMCA, Peninsula & San Pedro (2009) December  
YMCA, Peninsula & San Pedro (2010) January  
YMCA, Peninsula & San Pedro (2010) February  
R & R Retreats, Sacramento (2010) March  
The Wellness Community, South Bay Cities (2010) March  
The Wellness Community, South Bay Cities (2010) April  
The Wellness Community, South Bay Cities (2010) May

M & J Retreat Center, Palos Verdes (2010) June  
The Wellness Community, South Bay Cities (2010) June  
Center for Learning, Bangalore, India (2010) July  
The Crowne Plaza, Redondo Beach (2010) October  
The Crowne Plaza, Redondo Beach (2010) October  
The Crowne Plaza, Redondo Beach (2010) October  
The Crowne Plaza, Redondo Beach (2010) October  
The World Famous Spot, Hermosa Beach (2010) November  
The Wellness Community, South Bay Cities (2010) December  
The Oaks at Ojai, Ojai, California (2011) January  
The World Famous Spot, Hermosa Beach (2011) January  
The Taft School, Watertown, Connecticut (2011) February

**Community Presentations (continued)**

The Crowne Plaza, Redondo Beach (2011) February  
The Crowne Plaza, Redondo Beach (2011) March  
The Crowne Plaza, Redondo Beach (2011) March  
The Crowne Plaza, Redondo Beach (2011) March  
Whole Foods Market, Huntington Beach (2011) March  
The Wellness Community, South Bay Cities (2011) April  
The Wellness Community, South Bay Cities (2011) April  
The Wellness Community, South Bay Cities (2011) May  
The Wellness Community, South Bay Cities (2011) June  
SBUF (2011) October  
Life Conscious Expo (2011) October  
Healing Consulting (2011) October  
Healing Consulting (2011) November  
Healing Consulting (2011) November  
Healing Consulting (2011) December

**Teaching Experience**

Statistics

2004 Fall      *Statistical Consulting.*  
University of Michigan, Ann Arbor.  
Statistical Consultant. (Provided statistical advice to undergraduate  
students, graduate students, and professors)

2003 July      *Graduate Statistics.*  
Warsaw University, Poland.  
Graduate Student Instructor.

2001 Fall      *Graduate Statistics.*  
University of Michigan, Ann Arbor.  
Graduate Student Instructor.

## Social Psychology

2004 Fall *Social Psychology*. University of Michigan, Ann Arbor.  
Lecturer. (2 discussion sections, 25 students each)

2003 Winter *Social Psychology*. University of Michigan, Ann Arbor.  
Graduate Student Instructor. (2 discussion sections, 31 students each)

## Psychological Research Methods

2002 Fall *Research Methods*. University of Michigan, Ann Arbor.  
Graduate Student Instructor. (Sole teacher, developer of course)

- Designed course syllabus, assignments, exams, & grading criteria
- Taught students how to
  - 1) write APA format papers
  - 2) create their own scales
  - 3) assess scale reliability
  - 4) assess scale convergent and discriminant validity
  - 5) perform simple regression
  - 6) perform 2 X 2 ANOVAs
- Helped students run 2 of their own IRB-approved studies:
  - 1) a correlational study using the scale they created
  - 2) an experimental study, in which they investigated what situational variables contribute to helping the homeless
- Had students perform their own analyses, write their own papers (1 practice paper and 2 graded papers), and present their results to the class

## Mathematics

1999-2000 *High School Mathematics*. Oakland Unified School District. Oakland, CA.  
Mathematics Teacher. (*listed previously*)

## **Supervisory Experience**

Advised 13 undergraduates and 3 graduate students.

## **Computer Skills (selected)**

R (the open source version of the statistical package *S-PLUS*).  
PASCAL (a predecessor of the programming language C++).  
SPSS

## **Language Skills**

English  
Conversational Spanish

**Quantitative Teaching Skills**

Structural Equations Modeling  
Confirmatory Factor Analysis  
Contrast Analyses  
Post-Hoc Analyses  
Scale Construction  
Reliability Calculations  
Covariance Algebra  
Diagnostics  
Regression  
Logistic Regression  
Multiple Regression  
ANOVA

**Teaching Interests:**

Statistics  
Research Methods  
Social Psychology

**Graduate Coursework included:**

Advanced Topics in Research Methods (SEM course taught by R. Gonzalez)  
Advanced Statistical Methods (taught by R. Gonzalez)  
Multivariate Statistics (taught by R. Gonzalez)  
Research Methods (taught by P.C. Ellsworth)  
Emotions (taught by B.L. Fredrickson)  
Advanced Social Psychology (taught by J. Crocker)  
Group Dynamics (taught by E. Burnstein)

**Undergraduate Coursework included:**

Mathematical Statistics I & II  
Econometrics  
Combinatorics  
Computer Programming I & II