



# EAST TEXAS A&M

## Curriculum Vita September 2025

**Instructor:** Karin Tochkov, PhD  
Associate Professor

**Academic Department:** Psychology and Special Education

**University Address:** Henderson Hall  
Texas A&M University-Commerce  
PO Box 3011  
Commerce, TX 75429-3011

**University Email Address:** Karin.Tochkov@etamu.edu

**Faculty Web Page Address:** <https://etamu.edu/people/karin-tochkov/>

### EDUCATION

Ph.D. Clinical Psychology,  
SUNY Albany – State University of New York at Albany, 2007

M. A. Clinical Psychology,  
SUNY Albany – State University of New York at Albany, 2003.

B. S. Psychology,  
Heidelberg University – Germany, 2000.

### Professional Licenses

Licensed Psychologist State of Texas 08/2016

License Number 37447

### TEACHING EXPERIENCE

2007 – Present, Associate Professor, East Texas A&M University

2001-2006, Instructor, SUNY Albany-State University of New York at Albany

## **East Texas A&M University, 2007 - present**

### Undergraduate Courses:

PSY 131 Introduction to Psychology (*fall 2007, spring 2008*)

PSY 131H Honors Introduction to Psychology (*spring 2009/2010*)

PSY 232 Sexual Behavior (*fall 2007/2008/2009, spring 2008*)

PSY 316 Abnormal Psychology (*spring 2009/2010/2017-2019*)

PSY 317 Psychology of Personality (*spring 2011, fall 2016*)

PSY 319 Child and Adolescent Development (*spring 2017*)

PSY 321 Psychology of Adolescence (*fall 2016*)

PSY 490 Honors Thesis (*spring 2011/2023*)

PSY 491H Honors Readings (*fall 2010/2022-2023*)

### Graduate Courses:

PSY 502 Theories of Personality (*fall 2011/2017/2019-2021, spring 2023*)

PSY 503 Psychopathology (*summer 2008-2011, fall 2008-2011/2018-2019, spring 2010/2012/2017-2020/2022-2023*)

PSY 508 Theory and Technique in Applied Psychology (*spring 2011/2019-2020, fall 2016/2022*)

PSY 518 Thesis (*fall 2007-2011/2017, spring 2008-2011/2018, summer 2008-2010*)

PSY 527 GLB/Social/Cultural Bases of Behavior (*fall 2016/spring 2018*)

PSY 535 Applied Behavior Analysis (*fall 2012/spring 2013*)

PSY 537 Advanced Therapeutic Intervention (*fall 2017-2018*)

PSY 538 Ethics in Clinical Practice (*fall 2012/spring 2013*)

PSY 572 Psychological Assessment/Measurement (*fall 2007-2011/2022, spring 2008/2009/2012*)

PSY 573 Intellectual Assessment (*spring 2023*)

PSY 592 Group Psychotherapy (*fall 2010/2018-2022 spring 2012/2017*)

PSY 589 Marital Communication (*fall 2021*)

PSY 595 Independent Study and Research (*fall 2011*)

PSY 680 Educational Psychology (*fall 2010*)

PSY 691 Clinical Practicum (*summer 2008*)

PSY 718 Doctoral Dissertation (*summer 2010, fall 2009/2010/2011/2017, spring 2010/2011/2018-2023*)

## PUBLICATIONS

Cook, E. & **Tochkov, K.** (2022). Does social anxiety affect student learning? *Advances in Social Sciences Research Journal*, 9(11), 266-271. Doi:10.14738/assrj.911.13448

**Tochkov, K.** (2021). Orthorexia nervosa: healthy eating or dangerous obsession. *International Journal of Humanities and Social Science*, 11(9), 111-112. Doi:10.30845/ijhss.v11n9p12

**Tochkov, K.** (2020). Clinical practice guidelines for the treatment of paranoid personality disorder. *The Clinical Practitioner*, 15(3), 9-10.

**Tochkov, K.** & Williams, N. (2019). Knowledge is power. A discussion of patient rights, resources, and treatment alternatives for involuntary hospitalization. *The Clinical Practitioner*, 14(2), 11-12.

**Tochkov, K.**, Williams, N. & Bokman, C. (2018). A review of a psychology intern's insights presented in Brooklyn Zoo: the education of a psychotherapist. *Ethical Human Psychology and Psychiatry*, 20(3), 169-172.

**Tochkov, K.** & Williams, N. (2018). Patient or prisoner? Forced treatment for the severely mentally ill: life-long implications for patients who have been treated against their will. *Ethical Human Psychology and Psychiatry*, 20(1), 56-68.

**Tochkov, K.** & Williams, N. (2017). A review of treatment failures presented in Committed: the battle over involuntary psychiatric care. *Ethical Human Psychology and Psychiatry*, 19(2), 139-142.

Karaffa, K. & **Tochkov, K.** (2013). Attitudes toward seeking mental health treatment and provider references among law enforcement officers. *Applied Psychology in Criminal Justice*, 9(2), 75-99.

**Tochkov, K.** (2012). No regrets? Mood and the anticipation of emotions in problem gambling. *International Gambling Studies*, 12(1), 39-53.

**Tochkov, K.** (2011). How far have we come in understanding obsessive-compulsive disorder in children and adolescents? *Annals of the American Psychotherapy Association*, 14(3), 18-28.

Sides-Moore, L., & **Tochkov, K.** (2011). The thinner the better? Competitiveness, depression and body image among college student women. *College Student Journal*, 45(2), 439-448.

Hawthorne, M., Weatherford, D. & **Tochkov, K.** (2011). The effects of explicit and implicit cognitive factors on the learning patterns in the Iowa gambling task. *American Journal of Psychological Research*, 7(1), 64-78.

**Tochkov, K.**, (2010). Self-control deficits and pathological gambling. *International Journal of Psychological Studies*, 2(2), 65-69.

**Tochkov, K.**, Levine, L., & Sanaka, A. (2010). Variation in the prediction of cross-cultural adjustment by Asian-Indian students in the United States. *College Student Journal*, 44(3), 677-689.

**Tochkov, K.** (2009). The effects of anticipated regret on risk preferences of social and problem gamblers. *Judgment and Decision Making*, 4(3), 227-234.

McAllister, C., & **Tochkov, K.** (2009). The effects of delayed rewards on problem solving perseverance. *European Journal of Social Sciences*, 11(4), 544-550.

**Tochkov, K.** (2009). The impact of emotions on problem gambling. *American Journal of Psychological Research*, 5(1), 7-19.

## Abstracts

**Tochkov, K.** (2008). The failure to anticipate regret and persistence in gambling, *International Journal of Psychology*, 43(3/4), 244.

## Conference Presentations

**Tochkov, K.** (July 2024). *Enhancing mental health support in educational settings: Strategies and implications*. 8th International Conference on Education and Psychology, Fukuoka, Japan.

Pierce, D., Pierce, L., Williams, N. & **Tochkov, K.** (April 2019). *Do drinking patterns impact how people mentally represent alcoholic beverage concepts?* SWPA 2019 Southwestern Psychological Association, Albuquerque, NM.

**Tochkov, K.** & Williams, N. (October 2018). *Exercising restraint instead of restraining: Alternatives to the use of seclusion and restraint*. 21<sup>st</sup> Annual Conference of the International Society for Ethical Psychologists and Psychiatrists, Toronto, ON.

**Tochkov, K.** (October 2017). *Patient or prisoner? Life-long implications for mentally ill patients who have been treated against their will.* 20<sup>th</sup> Annual Conference of the International Society for Ethical Psychologists and Psychiatrists, Denver, CO.

**Tochkov, K.** (December 2011). *University efficiency and public funding for higher education in Bulgaria.* 2011 International Symposium on the Economics of Education, Hong Kong, China.

Hawthorne, M. & **Tochkov, K.** (November 2011). *Executive function and the Iowa Gambling Task.* 52<sup>nd</sup> Annual Meeting of the Psychonomic Society, Seattle, WA.

Karaffa, K. & **Tochkov, K.** (November 2011). *Attitudes toward seeking mental Health treatment and provider preferences among law enforcement officers.* 9th Annual Pathways Student Research Symposium, College Station, TX.

Weatherford, D., Hawthorne, M. & **Tochkov, K.** (November 2010). *The influence of implicit and explicit variation on the Iowa Gambling Task.* 31<sup>st</sup> Annual Conference of the Society for Judgment and Decision Making, St. Louis, MO.

**Tochkov, K.** (April 2010). *Deal or no deal? Delayed discounting, anticipated regret, and persistence in gambling.* Annual Conference of the British Psychological Society, Stratford-upon-Avon, UK.

**Tochkov, K.** (April 2009). *Anticipated emotions and their effect on risk attitudes of gamblers.* Annual Conference of the British Psychological Society, Brighton, UK.

**Tochkov, K.** & Clark, T. (November 2008). *Regret, risk seeking, and the role of feedback in problem gambling.* 42<sup>nd</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Orlando, FL.

**Tochkov, K.** (July 2008). *The failure to anticipate regret and persistence in gambling.* XXIX International Congress of Psychology, Berlin, Germany.

**Tochkov, K.** (April 2008). *Anticipated regret and cognitive vulnerability to problem gambling.* Annual Conference of the British Psychological Society, Dublin, Ireland

**Tochkov, K.** & Wulfert, E. (November 2005). *The underestimation of regret and its consequences for problem gambling.* 39<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Washington, D.C.

**Tochkov, K.** & Wulfert, E. (November 2004). *The error in predicting emotions and its relationship to college students' gambling, alcohol and drug use.* 38<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

**Tochkov, K.** & Wulfert, E. (November 2003). *The effects of anticipated emotions on the gambling behavior.* 37<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA.

**Tochkov, K.** & Wulfert, E. (November 2003). *Are frustrated gamblers less able to predict their regret?* 37<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA.

**Tochkov, K.** (November 2002). *Discounting of delayed rewards: Theoretical insights and clinical implications.* 36<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Reno, NV.

#### RESEARCH GRANTS AND AWARDS

Kostoulus, T. – PI, Bournemouth University, Ali, R. - Co-I, Bournemouth University, Renshaw-Vuillier, L. - Co-I, Bournemouth University, Chaspari, T.–PI, Texas A&M University (TAMU) & **Tochkov, K.**-Co-I, Texas A&M University-Commerce (TAMU-C). National Center for Responsible Gambling (NCRG) 2018 Large Grant, Title: Affective Computing and Gambling: A Computational Model for Gambling Experience. (**\$170,570** not funded, 2018).

**Tochkov, K.** – PI, Texas A&M University – Commerce Research Enhancement Grant, Title: Regret, Risk Seeking, and the Role of Feedback in Problem Gambling. (**\$10, 318** awarded, 2008-2009).

- Spring 2023, Texas A&M University-Commerce Faculty Senate Award for Professional Excellent in Teaching Technology, nominated
- Spring 2022, Texas A&M University-Commerce Faculty Senate Award for Professional Excellent in Teaching Technology, nominated

Academic Excellence Award, Department of Psychology, Counseling and Special Education, Texas A&M University – Commerce, spring 2013

Student Recognition Award for Teaching Excellence, Texas A&M UniversitySystem, spring 2012

Student Recognition Award for Teaching Excellence, Texas A&M University System, spring 2011

Student Recognition Award for Teaching Excellence, Texas A&M University ystem, fall 2010

Provost Award Research & Creative Activity, Texas A&M University-Commerce, 2010

Teaching Excellence Award, Texas A&M University System, 2009-2010

Teaching Excellence Award, Texas A&M University System, 2008-2009