



EAST TEXAS A&M

Curriculum Vita September 2025

Instructor: Karin Tochkov, PhD
Associate Professor

Academic Department: Psychology and Special Education

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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*. 21st 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*. 20th 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*. 52nd 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*. 31st 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*. 42nd 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*. 39th 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*. 38th 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*. 37th 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?* 37th 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.* 36th 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 system, 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