

CURRICULUM VITAE

I am currently an Associate Professor of Clinical Psychology at HELP University in Kuala Lumpur. I teach clinical research and evaluation, personality, psychotherapy, personality assessment, family systems and therapy, and clinical interviewing. For eight years I also taught as an adjunct faculty at Northcentral University (NCU), Arizona where I taught research and statistics to Ph.D. students in the School of Psychology through an online portal. I also conduct workshops in conflict management and mediation at the Philippine Judicial Academy, the educational arm of the Supreme Court of the Philippines.

I regularly consult with MNCs and organizations in the aspects of conflict and crisis management, performance management and measurement, team building and visioning, stress management, and in conducting organization climate surveys.

I am a practicing psychologist. I hold a master's in I/O Psychology and a Ph.D. in clinical psychology.

PERSONAL DATA

Name : **Fredrick A. Boholst, Ph.D.**

Current Positions **Associate Professor**

Department of Psychology
Master of Clinical Psychology Program
HELP University, Kuala Lumpur, MY

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Affiliations:

Colloquia Manilana, Official Journal of the Philippine Dominican
Center for Institutional Studies, Editorial Board Member (2010-
present)

Philippine Mental Health Association—Cebu Chapter, Vice Chairman
(2003-present)

Faculty on Mediation, Philippine Judicial Academy (2003-present)

International Transactional Analysis Association (ITAA),
Associate Member (1992-2009)

Transactional Analysis Journal, Official Journal of the ITAA, Editorial
Board Member (2004-2006)

EDUCATIONAL and TRAINING BACKGROUND

Post Graduate Ateneo de Manila University

Ph.D. Clinical Psychology (2002)

Dissertation: *The Influence of Scripts and Life Positions On Psychopathology and Positive Mental Health: A Structural Equation Modeling*

Internship: 1. Armed Forces of the Philippines, Department of Psychiatry
2. Center for Women and Children (Department of Social Welfare and Development, Region VII, Philippines)

Graduate

University of San Carlos, Cebu City

M.A. in Psychology, Major in Industrial/Organizational Psychology (1995)

Thesis: The Effects of Encounter Group Using Transactional Analysis as Theoretical Model on Ego states, Depression, Submissiveness, and Peer-perception

College

University of San Carlos, Cebu City

B.S. in Psychology (1989)

Training

Ekman Micro Expression Training Tool (eMETT 3.0). Certificate of Training issued by the Paul Ekman Group, LLC, *Expert Level*, September 9, 2014.

Ekman Subtle Expression Training Tool (eSETT 3.0). Certificate of Training issued by the Paul Ekman Group, *Expert Level*, September 19, 2014.

Research

Structural Equation Modeling, Using AMOS, HELP University, October 2013

CITI Collaborative Institutional Training Initiative
Human Research Curriculum Completion Certificate (2011)
Ref # 5496892

ACADEMIC Publications

Book Chapter

- Boholst, F. A. (2010). Of Stars and Forgiveness (2010). In Bulatao, J. and Lopez, G., (2010). *Consciousness mapping: Exploring your relationships through the Star Matrix*. Ateneo de Manila University Press: Quezon City

Journal Publications

- Boholst, F. A. (2005). The Reliability and Validity of the USC Performance Evaluation Tool. *Journal of Business Studies*. Vol 2 No. 1, pp 16-26. University of San Carlos, Philippines.

- Boholst, F. A., Boholst, G. B., & Mende, M. B. (2005). Life Positions and Attachment Styles: A Canonical Analysis. *Transactional Analysis Journal*, 35, 1, 62-67.
- Boholst, F. A. (2003). The Effects of a TA Group Therapy on Ego States and ego state perception. *Transactional Analysis Journal*, 33, 3, 254-261.
- Watkins, D., McInerney, D. M., & Boholst, F. A. (2003). The Reliability and Validity of the Inventory of School Motivation: A Filipino Investigation. *The Asia-Pacific Education Researcher*, 12, 1, 87-100.
- Boholst, F. A. (2002). A Life Position Scale. *Transactional Analysis Journal*, Vol. 32, 28-32.

Publications through International Collaboration

International Sexuality Descriptive Project (ISDP). For a complete list of authors, including Boholst, F.A., type in the project name in any internet search engine.

- Schmitt, D. P.,...Boholst, F.A., et al (2017). The Narcissism and the Strategic Pursuit of Short-Term Mating: Universal Links across 11 World Regions of the International Sexuality Description Project-2. *Psychological Topics*, 26, 1, 89-137. 2017.
- Schmitt, D. P.,...Boholst, F.A., et al (2007). The Geographic Distribution of Big Five Personality Traits: Patterns and Profiles of Human Self-Description Across 56 Nations *Journal Cross-Cultural Psychology*, Vol. 38 No. , March 2007 173-212. 2007.
- Schmitt, D. P.,...Boholst, F.A., et al (2004). Patterns and universals of adult romantic attachment across 62 cultural regions: Are models of self and other pancultural constructs? *Journal of Cross-Cultural Psychology*, 35, 367-402. 2004.
- Schmitt, D. P.,...Boholst, F.A., et al (2004). Patterns and universals of mate poaching across 53 nations: The effect of sex, culture, and personality on romantically attracting another person's partner. *Journal of Personality and Social Psychology*, 86, 560-584.
- Schmitt, D. P.,...Boholst, F.A., et al (2003). Are men universally more dismissing than women? Gender differences in romantic attachment across 62 cultural regions. *Personal Relationships*, 10, 309-333.
- Schmitt, D. P.,...Boholst, F.A., et al (2003). Universal sex differences in the desire for sexual variety: Tests from 52 nations, 6 continents, and 13 islands. *Journal of Personality and Social Psychology*, 85, 85-104.

Unpublished Papers (Due to confidentiality agreements with private corporations)

- Organizational Climate Survey (Take Two). A Posttest research project of Chong Hua Hospital measuring pre and post tests on 19 variables (2018).
- Researching the Medical Service Climate at Chong Hua Hospital: A research investigation for ISO accreditation (2015).
- Organizational Climate Survey: A Research Project of FUNAI, Inc. Mactan Export Processing Zone (2014).
- Organizational Climate Survey: A Research Project for Lexmark International Philippines, Inc. (2011)
- Profiling and Predicting Performance: A research project for Lexmark International Philippines, Inc. (2010).
- Solo Parenting Act of 2000: An Evaluation and Monitoring Research. A Project Funded by the Department of Social Welfare and Development Region VII (2010).

- Boholst, F. A. (2004). Cutting the Gordon Knot. Transactional Analysis in Social Transformation. An unpublished monograph.
- Boholst, F. A. (2002). Pinoy Personality and the Safety Program: A paper read at the Launching of the “Take 5” Safety Program of the Southern Industrial Gases, Consolidated Industrial Gases, Inc., and the British Oxygen Company. Hotel Intercontinental, Makati City, Philippines. August 19, 2002.

On-going research projects

- Psychobiographical Presentations of Exemplary Lives
- Voices from Mars: Psychobiography of a person with paranoid schizophrenia

Previous Teaching experience: University of San Carlos, 1989 to 2009
 Ateneo de Manila University, 1997-1999
 University of the Philippines Cebu College, 1992-1994

Subjects Taught: Research Methods
 Behavioral Statistics, Advanced Statistical Methods
 Group Therapy
 Human Behavior in Organizations
 Organization Development
 Theories of Personality
 Abnormal Psychology
 Counseling and Psychotherapy
 Clinical Interviewing

CONFERENCES/WORKSHOPS/LECTURES CONDUCTED

Sample of Workshops/Projects

- Systems Thinking and Family Therapy. A two-day workshop for the Philippine Association of Guidance Counselors, Cebu City Philippines. (August 29-30, 2019).
- Life stories and psychotherapy: a psychobiographic therapy workshop for psychologists. Rainbow Playroom and Psychological Services, Cebu City Philippines. (August 3-4, 2019)
- Data Mining Stories: What to Listen for in People’s Storied Lives. 2nd International Malaysian Conference on Existential/Humanistic Psychology. Plenary Lecture. July 21-22 (2018).
- Life stories and Psychotherapy: A three-day experiential group therapy session for psychologists and counselors. Lighthouse—Psychological Wellbeing Centre, Kuala Lumpur, MY. (March 24-26, 2017)
- Stories, Consciousness Maps, Meaning-making and Psychotherapy: A tale of Schizophrenia. Plenary Presentation for Malaysia’s First International Conference on Humanistic-Existential Psychology. HELP University, Kuala Lumpur, Malaysia (June 4-5, 2016).
- Conflict Resolution Strategies: Cagayan Electric Power and Light Co. A two-day workshop for Union Representatives and Management Team, Cagayan de Oro, Philippines (February 17-18, 2015).

- **Rewriting Scripts.** An eight-hour Psychotherapy Workshop integrating Transactional Analysis lifescritps, Social Constructivist/Narrative Therapy, Gestalt Therapy, and Redecision Therapy. Ninth (9th) Kuala Lumpur Mental Health Conference (25th-27th August 27, 2014).
- **Measuring the Effects of Training (MET).** A seminar-workshop on the Methodologies of measuring training effectiveness. Sponsored by the Philippine Society for Training and Development (PSTD). Quest Hotel, Cebu City, Philippines. (March 27-28, 2014).
- **Like all others . . . like some others . . . like no other: Moving Psychology Backward and Finding a Research Niche in Malaysian Psychology.** A Plenary Talk During the 2nd Malaysian Psychology Conference, Monash University, Sunway Campus, (October 20, 2012)
- **Rewriting Scripts: A Psychotherapy Workshop** integrating Transactional Analysis lifescritps, Social Constructivist/Narrative Therapy, Gestalt Therapy, and Redecision Therapy. HELP University, Kuala Lumpur, (October 18-19, 2012)
- **Establishing Psychological Incapacity Under Article 36 of the Family Code.** A talk for the Mandatory continuing Legal Education (MCLE) for lawyers of the Integrated Bar of the Philippines (Sept. 27, 2012)
- **Lectures on Organizational Behavior.** LEE Community College, Singapore. (Nov. 25-29, 2011).
- **Silencing the child: A talk on child abuse.** Sponsored by the Philippine Mental Health Association (December 4, 2010).
- **Lectures on Family Therapy.** Lee Community College, Singapore. Kota Kinabalu Campus (October 8-10, 2010).
- **Personality Disorders: Implications in Serial Murders: A Lecture during the Personal Safety Training for Judges.** Sponsored by the Philippine Judicial Academy. Waterfront Hotel, Mactan Cebu (August 18, 2010).
- **Sykes, Predicting Performance: A Data Mining Project that Analyzes several Variables that may predict future performance** (2010).
- **Mediation Training Workshops for the Court Annexed Mediators and Judges** A Project of the Philippine Judicial Academy (2002-present).

Sample of Past Workshops/Projects

- **Measuring Training Effectiveness.** Metropolitan Cebu Water District. February 19 – 22, 2008.
- **Management Development Program: Workshop Modules on Communication, Performance Management, and Motivation.** Cagayan Electric Power and Light, Inc. (June 9-12, 2008)

- Analyzing Transactions for the Philippine Judicial Academy Mediation Project. Feb 26, 2007. Ridgewood Hotel, Baguio City
- Stress Management and Team Building for the Department of Social Welfare and Development (DSWD) Kalahi Project, Garwood Hotel, Cebu City. (April 15-16, 2004)
- Management Development Program: Modules on Communication, Performance Management, and Motivation. Cagayan Electric Power and Light, Inc. (September 10-12, 2003)
- Analyzing Transactions in the Context of Transference and Counter Transference Relationships. 12th Regional Convention of the Psychological Association of the Philippines, Xavier University—Ateneo de Cagayan (2003).
- Assessment Training for the DSWD: Interview, Diagnosis, and Treatment Plan for victims of child abuse. (2001-2003)
- Series of Seminars in Executive Counseling, People Handling, and Transactional Analysis for the Madera Foundation and Corporate University and its subsidiary companies March – September 2001.
- True Colors Assessment Program for GH Clothing, Inc. (Philippine Export Zone Authority (PEZA). This involved construction of an in-house assessment program for executive screening and promotion (2001).
- Healing the Child: A 4-day Psychotherapy Training for Social Workers and Therapists of Victims of Child Abuse. Sponsored by the Department of Social Welfare and Development (DSWD)- VII, 2001.
- 360 Degree Feedback for Asian Development Bank. This involved construction of a 360 degree performance appraisal kit for the ADB (1998). I worked with a team from the Ateneo de Manila University – Human Resource Center.
- Brainstorming and Planning Session, Human Resource Team, Aboitiz Transport Systems (1993).
- Transactional Analysis and Leadership Training, Dunkin' Donuts Supervisors, (1994).
- “Conflict Management” Resource speaker during the Aboitiz Transport Systems First National Labor-Management Council Convention (1993)
- Vision-Mission for the Human Resource Department, Trans-Asia Shipping Lines, (1993).

Consultation Work

Lexmark Philippines	On-call Training and Research Consultant (2004-present)
NEC Software Phils., Inc.	Psychologist Retainer and Training Consultant (2004-present)

Madera Foundation and Corporate University	Organizational consultant (2001)
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Asia Pacific Consultants Inc.	On-call training consultant (1994-1995)
Trans-Asia Shipping Lines Inc.	On-call training consultant (1993-1995)
Aboitiz Transport Systems, Inc.	On-call training consultant (1992-1994)

Department of Social Welfare and Development (DSWD)
Psychotherapist and Research Consultant (1999-present)

References:

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