

Michael Twohig

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2024 D. Wynne Thorne Career Research Award Nominee

Emma Eccles Jones College of Education and Human Services | Psychology



Michael P. Twohig, Ph.D. is a licensed psychologist in the state of Utah and a Professor of Psychology at Utah State University. He co-runs the ACT Research Group with Dr. Levin, and co-runs a research team with Dr. Muñoz that focuses on person- and family-centered care in audiology. He received his B.A. and M.S. from the University of Wisconsin-Milwaukee, his Ph.D. from the University of Nevada, Reno, and completed his clinical internship at the University of British Columbia Hospital. He is past-President of the Association of Contextual Behavioral Science, the organization most associated with Acceptance and Commitment Therapy (ACT). His research focuses on the use of ACT across a variety of clinical presentations with an emphasis on obsessive compulsive and related disorders such as trichotillomania. He has published over 200 peer-reviewed papers, many book chapters, and 9 books, with the most recent being the *Anxious Perfectionist* (with Ong) and *Trichotillomania: An ACT-Enhanced Behavior Therapy Approach* (2nd Ed.; with Woods). He is an impactful researcher with an H-index of 61 and over 14,000 citations. His research

has been funded through multiple sources including the National Institute of Mental Health, International OCD Foundation, and the Misophonia Research Fund. In 2022, he was rated as the most productive author on ACT and that USU was the most productive institution in the world for ACT research.