

Dr Liz Gulliford

Research Fellow

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About

Liz Gulliford has an interdisciplinary background. She gained a Theology degree from Trinity College, Oxford and has a BSc in Psychology. She previously worked for the *Psychology and Religion Research Group* at the University of Cambridge, where she published work on forgiveness and other virtues, co-editing *'Forgiveness in Context: Theology and Psychology in Creative Dialogue'* in 2004.

Liz studied for her doctoral thesis, an interdisciplinary evaluation of positive psychological approaches to strengths and virtues, at Queens' College, Cambridge. She is particularly interested in the topics of hope, optimism, courage, forgiveness and gratitude, the focus of her current research interests.

Qualifications

- PhD Queens' College, University of Cambridge: *An Interdisciplinary Evaluation and Theological Enrichment of Positive Psychology*
- BSc Psychology (Hons), Anglia Ruskin University, Cambridge, BPS accredited
- MPhil Theology and Religious Studies, Queens' College, University of Cambridge
- BA (Hons), now MA, Theology, Trinity College, University of Oxford

Biography

In her previous post Liz gained a great deal of teaching and supervising experience (undergraduate and graduate), particularly in psychology of religion. She produced a number of academic articles and book chapters, ranging from the cinematic portrayal of Christ to mindful awareness and self-directed neuroplasticity in Obsessive Compulsive Disorder. A paper she co-wrote with former colleagues on gratitude, forgiveness and hope, appearing in Volume 9 (3) of *'Mental Health, Religion and Culture'* was one of the top ten most downloaded articles of the journal in 2006.

Liz has been immersed in the study of virtue and virtues for some years and has been fortunate enough to have had the opportunity to present this research publicly and at specialist and professional conferences. She welcomes the opportunity to give public lectures and was invited to be a plenary speaker at the CAPS conference on *'The Abundant Life'* in Kansas, April 2010. More recently she presented at the *Fourth Positive Psychology and Well-being Conference* in Melbourne, Australia (February 2014).

Research

Liz currently works on the 'Attitude for Gratitude' project at the Jubilee Centre for Character and Values, alongside her colleagues Professor Kristjan Kristjansson and Dr Blaire Morgan.

Other activities

Professional Memberships

British Psychological Society (BPS)
BaCIP (British Association of Christians in Psychology)

Publications

Gulliford, L., Morgan, B. & Kristjansson, K. (2013). 'Recent work on the concept of gratitude in philosophy and psychology', *Journal of Value Inquiry*, **47** (3), 285-377.

Gulliford, L. (2013). 'The head and the heart of the matter in hope and forgiveness', in F.N. Watts & G. Dumbreck (Eds.), *Head and heart: Perspectives from religion and psychology*, West Conshohocken, PA: Templeton Press.

Morgan, B, **Gulliford, L.** & Kristjansson, K. (in press). 'Gratitude in the UK: A new prototype analysis and a cross-cultural comparison.'

Gulliford, L. (2007). 'Fully human, fully divine? The cinematic portrayal of Christ', in F. Watts (ed.), *Jesus and Psychology* (<http://www.darton-longman-todd.co.uk/books/9780232527094/Jesus-and-Psychology>). London, Darton, Longman and Todd.

Watts, F., Dutton, K. & **Gulliford, L.** (2006). Human spiritual qualities: Integrating psychology and religion, *Mental Health, Religion and Culture*, 9 (3), 277-289 [DOI:10.1080/13694670600615524](https://doi.org/10.1080/13694670600615524) (<http://dx.doi.org/10.1080/13694670600615524>)

Schwartz, J., **Gulliford, E.**, Stier, J., & Theinemann, M. (2005). Mindful awareness and self-directed neuroplasticity: Integrating psychospiritual and biological approaches to mental health with a focus on OCD', in S.G. Mijares, & Khalsa, G. S. (eds), *The Psychospiritual Clinician's Handbook* (http://books.google.co.uk/books/about/The_Psychospiritual_Clinician_s_Handbook.html?id=owAR6M8JrzEC&redir_esc=y). New York, London & Oxford, Haworth Press Inc

Gulliford, L. (2004). Intrapersonal forgiveness, in Watts, F. & Gulliford, L. (eds) *Forgiveness in context: Theology and psychology in creative dialogue*. London & New York: T&T Clark International.

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