

Dr Alexander De Foe, PhD, MCouns, MACA

Thinker

Writer

Speaker

Foci: Neurophilosophy - consciousness, embodiment, ToM; Sensory-perceptual modelling - AR/VR, psychedelics, Jungian typology; Developmental models of selfhood and cognition

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1. Academic posts

Tenured: Monash University (Lecturer in Counselling) - 2021-2023; RMIT University (Lecturer in Psychology) - 2016-2021

Honorary: RMIT University (Associate) - 2021-2024

Guest lecturer: Ikon Institute (2020 - transpersonal research methods); Federation College (2016 - casual); Monash College (2015 - casual); Australian College of Applied Psychology (2015-2016 - clinical & counselling skills); Phoenix Institute (2014-2015 - personality theory / altered states)

Assistant Lecturer and Teaching Associate in Psychological Studies and Transitional Education Pathways, Monash University - 2011-2014

2. Education

Basic training: BICT, business intelligence (minor in philosophy), University of Notre Dame Australia, 2007 (D. avg.)

Clinical credentials: Graduate Certificate MFV telephone counselling, Swinburne, 2011; Master's in counselling, Monash, 2010; Diploma of Counselling, AIPC, 2009

Higher research diplomas: PhD, Monash, 2016; PGDip research (Hons.), Monash, 2011

3. Funded projects

The relationship between temporal lobe lability and anomalous cognition (Parapsychology)

Awarded 40k (Euro) via the BIAL Foundation Portugal in 2022: This study has two major objectives: (1) to show that repetitive Transcranial Magnetic Stimulation (rTMS) combined with Imagery Cultivation (IC) treatment can induce a modulation in brain cortical excitability (in the left anterior temporal lobe) that results in enhanced anomalous cognition above and beyond the IC treatment on its own; and (2) to determine whether performance in an anomalous cognition (AC) task can be predicted by transliminality and temporal lobe lability and its related factors.

Research team: Dr Lance Storm, Dr Vladimir Dubaj, Dr Alexander De Foe

Human Observer Detection Performance (Cognitive Science)

Awarded >700k from 2019-2023 via a research project agreement between RMIT University and the Defence Science and Technology Group: Since 2019, the Human Visual Perception Team at RMIT has been working closely with members of the Defence Science and Technology Group (DSTG). Our primary goal is to identify and understand the attributes that enable some individuals to perform better than their peers in difficult visual search tasks. We are refining a battery of psychometric tests that can identify individuals who are exceptional at visual search tasks, so that future search-and-rescue missions can have the best possible chances of success.

Research team: Professor Stephen Robinson, Professor Gerard Kennedy, Associate Professor Russell Conduit, Dr Alexander De Foe, Dr Wendell Cockshaw

Website: <http://rmit.edu.au/hodp-study>

4. Communal projects

- (1) Founding Director, Australian Centre for Consciousness Studies, 2021-2024 (NFP): The principal focus of The Australian Centre for Consciousness Studies is to promote the advancement of our understanding of consciousness; by engaging transdisciplinary perspectives of science, phenomenology, spirituality, religion, clinical medicine, psychology, mental health, and traditional knowledge systems, we aim to generate outcomes that contribute to the prevention of human suffering and the promotion of human flourishing
- (2) Educational Psychology initiatives and psycho-education material development: Liaised with various world-leading publishers such as Routledge and Wiley - for example, I produced 18 videos and multimedia chapter excerpts for Wiley's flagship textbook on lifespan development (2019, 4th ed.)
- (3) Student/Research nexus: Garnered internal seed/translative funding to the tune of ~AUD25,000 which I leveraged to enhance community-led and student-empowered (i.e., 3 honours and 1 clinical masters) projects that centred on technology-based interventions, 2016-2018
- (4) Knowledge/expertise: Active specialist consultant via various fora such as the Community Health & Research Group and Neurodevelopment & Health Program (both at RMIT) as well as Monash Expert-line (parapsychology), 2017-2019; 2011-2013 respectively
- (5) Expert Consultant: Dis-embodiment accounts and aberrant OBEs, Australian Institute of Parapsychological Research, 2011-2022

5. Teaching

Large scale innovations: first to introduce a research-experience sampling program in the discipline of Psychology at RMIT University in 2019; created the first Australasian Personality subject with a focus on melding Eastern/Western perspectives on ego development in 2014

Leadership: Chief examiner / coordinator for 5 years in developmental and cognitive psychology with large (i.e., n=300-500) UG student cohorts; coordinator of PG clinical ethics; personality theory; advanced research methods

Facilitation (i.e., lecturer/tutor): Counselling skills, theories, models; therapist development; lifespan counselling; developmental (neo-Piagetian) theory; philosophy of psychology; foundational academic skills

Peer-review/audit:

I have delivered professional development coursework for industry and have been involved in panels of academics from n=3-27 for National-level coursework approval deliberations including a TEQSA accreditation in 2014 (HE/VET) and full discipline-level APAC accreditations in 2017 and 2021.

Metrics:

My teaching is often lauded by students across levels. Upon commencement as coordinator, I improved the Overall Student Satisfaction Index in Developmental Psychology at — from 49% in 2017 to 84% in 2018. Upon commencement as coordinator, I improved the Overall Student Satisfaction Index in Cognitive Psychology at — from 56% in 2016 to 74% in 2017 and 86% in 2018.

6. Student mentorship

3 current PhD students; 1 PhD completion; 15 prior honours/masters students - mostly situated in Psychology but also cross-disciplinary supervision teams in Exercises Sciences and Traditional Chinese Medicine

7. Awards

- (1) Scheme for Teaching & Learning Research award, RMIT, 2018 to support developing an app for 2nd year psychology students
- (2) Postgraduate Publication Award, Monash, 2015
- (3) Alex Tanous Scholarship Award, 2014
- (4) Original Research Article Award, Australian Institute of Parapsychological Research, 2013
- (5) One of 5 academics in a team at Monash University that won the Australian Government Office of Learning and Teaching Program Award for 'widening participation' based on teaching outcomes in the Monash flagship 'Diploma of Tertiary Studies' transition pathway, 2012

8. Additional skills

Clinical: Narrative Practice - Level 1 at the Dulwich Centre, 2019; Telephone Counselling, 2011; NLP Coach / Master Practitioner, 2009

Web: WordPress (expert), six-sigma methods in critical systems analysis, learning methods and h5p applications (via Canvas, Blackboard, Moodle, etc.) - basic empirical knowledge of Ajax/PHP interface with small-medium dbs, Adobe cs

Research: Ecological sampling, mixed-method design, Qualtrics etc.

9. Conference presentations

Australian Institute of Parapsychological Research Mini-Convention, Sydney (2021,2018,2014); Emerging Technology Assisting Wellbeing Conference, Melbourne (2019); 58th Annual Convention of the Parapsychological Association, London (2015); 3rd International Conference on Interdisciplinary Research in Education, Milan (2014); 4th International Conference on the Teaching of Psychology, Vancouver (2013); Monash University Research in Focus Conference, Gippsland (2012)

10. Refereed works (Selected Only)

Psychotherapy, psychedelics, and spiritual development:

- (1) Takac, M., Collett, J., Conduit, R., & De Foe, A. (2023). A cognitive model for emotional regulation in virtual reality exposure. *Virtual Reality*, 1-14. Q1 IF=5.1
- (2) De Foe, A. (2023). Considerations in the Application of Psychedelic-Augmented Psychotherapy: A Commentary on Clinical Mechanisms. *Psychoactives*, 2(2), 162-173.
- (3) McGovern, H. T., De Foe, A., Biddell, H., Leptourgos, P., Corlett, P., Bandara, K., & Hutchinson, B. T. (2022). Learned uncertainty: The free energy principle in anxiety. *Frontiers in Psychology*, 13. Q1 IF=4.2
- (4) McCartney, A. M., McGovern, H. T., & De Foe, A. (2022). Predictors of Psychedelic Experience: A Thematic Analysis. *Journal of psychoactive drugs*, 1-9. IF=3.3
- (5) McCartney, A. M., McGovern, H. T., & De Foe, A. (2022). Psychedelic assisted therapy for major depressive disorder: Recent work and clinical directions. *Journal of Psychedelic Studies*, 6(1), 10-22.

- (6) Chandrasiri, A., Collett, J., Fassbender, E., & De Foe, A. (2020). A virtual reality approach to mindfulness skills training. *Virtual Reality*, 24(1), 143-149. Q1 IF=5.1
- (7) Takac, M., Collett, J., Blom, K. J., Conduit, R., Rehm, I., & De Foe, A. (2019). Public speaking anxiety decreases within repeated virtual reality training sessions. *PLoS*, 14(5), e0216288. Q1 IF=3.8
- (8) De Foe, A., & Kalla, M. (2016). Formative impacts of psycho-spiritual experience: A preliminary questionnaire investigation. *Journal of Exceptional Experiences and Psychology*, 4(1), 37-.
- (9) De Foe, A. (2012). How should therapists respond to client accounts of out-of-body experience. *International Journal of Transpersonal Studies*, 31(1), 75-82.

Consciousness, threshold experiences, body/self-representation:

- (10) De Foe, A. (2023). Are out-of-body experiences illusory? A pilot study. *Australian Journal of Parapsychology*, 23(1), 28-34.
- (11) Bok, L. W. J., & De Foe, A. (2022). The efficacy of HypnOBES in producing veridical psi experiences: A replication study. *Australian Journal of Parapsychology*, 22(1), 31-54.
- (12) Van Doorn, G., De Foe, A., Wood, A., Wagstaff, D., & Hohwy, J. (2018). Down the rabbit hole: assessing the influence of schizotypy on the experience of the Barbie Doll Illusion. *Cognitive Neuropsychiatry*, 23(5), 284-298. IF=1.9
- (13) De Foe, A. (2014). A state cultivation model. *Journal of Exceptional Experiences and Psychology*, 2(1), 14-21.
- (14) De Foe, A., Van Doorn, G., & Symmons, M. (2013). Floating sensations prior to sleep and out-of-body experiences. *The Journal of Parapsychology*, 77(2), 271-281.
- (15) De Foe, A., Van Doorn, G., & Symmons, M. (2012). Auditory hallucinations predict likelihood of out-of-body experience. *Australian Journal of Parapsychology*, 12(1), 59-68.
- (16) De Foe, A., van Doorn, G., & Symmons, M. (2012). Research note: Induced out-of-body experiences are associated with a sensation of leaving the body. *Australian Journal of Parapsychology*, 12(2), 177-185.

ASMR, VR, and liminality:

- (17) Mahady, A., Takac, M., & De Foe, A. (2023). What is autonomous sensory meridian response (ASMR)? A narrative review and comparative analysis of related phenomena. *Consciousness and Cognition*. Q1 IF=2.7
- (18) Mahady, A., Takac, M., & De Foe, A. (2023). Differences between autonomous sensory meridian response (ASMR) and biophilia: A pilot study. *Psychology of Consciousness: Theory, Research, and Practice*.
- (19) Takac, M., Collett, J., Conduit, R., & De Foe, A. (2021). Addressing virtual reality misclassification: A hardware-based qualification matrix for virtual reality technology. *Clinical Psychology & Psychotherapy*, 28(3), 538-556. Q1 IF=3.2
- (20) Piccione, J., Collett, J., & De Foe, A. (2019). Virtual skills training: the role of presence and agency. *Heliyon*, 5(11), e02583. Q1 IF=3.9