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Bio

BIO

David A. Preece, PhD, is a Fulbright Scholar affiliated with the Stanford Psychophysiology Laboratory. His main research and practice interests are in assessing, conceptualising, and treating emotional disorders (e.g., depression, anxiety, loneliness). Much of his research focuses on the key role that emotional awareness (alexithymia) and emotion regulation difficulties play in a variety of mental health issues, and how this understanding can be harnessed to design and improve treatment approaches.