2014 Update

Behavioral Sleep Medicine (BSM) Training Roster

The following list of BSM training programs was started in 2007 and then updated in 2009 and 2014. The roster of programs is intended to be a guide for students seeking information regarding BSM training and includes both BSM accredited and non-accredited training programs. This roster is not comprehensive and may be subject to change and should be viewed as a starting point only. Any questions, additions or edits to this roster can be sent to the Accreditation Committee of the SBSM.
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**Acknowledgements:** Special thanks to Pamela Dubyak for assistance with the 2007 update and Jake Williams for assistance with the 2009 update and to Drs. Diana Dolan, Sid Nau, Kevin Smith, Lauren Broch and Jessica Dietch for the 2014 update.
ALABAMA

1. **University of Alabama (Tuscaloosa)**

Kenneth Lichstein, PhD, CBSM

Psychology

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205-348-4962

[http://sleepresearchproject.ua.edu](http://sleepresearchproject.ua.edu)

**Site Information**

Setting Affiliated with an Accredited Sleep Disorder Center, University/College

Training Offered Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship

**BSM Fellowship**

Accreditation BSM fellowship training is accredited by the SBSM

**Other Accreditation**

APA Accredited Clinical Psychology Program

#Faculty/Professionals Undergraduate (8), Graduate (4), Postdoctoral (0)

Years Providing BSM Training 30

Current/Recent Trainees Gregory Vander Wal; Yuriy Ustinov; Megan Ruiter; Haley Dillon; Justin Thomas; Julie Woosley, Caitlin Moran; Roberto Zamora

**Clinical**

BSM Training Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I)

Clinical Experiences Assessment, Therapy – Individual, Administration of Manualized Treatments

Patient Populations Adults, Geriatrics (aged 65+)

**Research**

Behavioral sleep medicine research with an emphasis insomnia in older adults, comorbid insomnia, and hypnotic-dependent insomnia.

Is there formal training for individuals not enrolled in the program? None

Can your program be contacted regarding training activities? (YES/NO) Yes

**Program Type:** Undergraduate Opportunities

Graduate Psychology Program

**SBSM Accredited Fellowship Training? Yes**
2. University of Arizona (Tucson)

Richard R. Bootzin, PhD
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520-621-5705
http://www.sleepresearch.arizona.edu/content/richard-bootzin-phd-0

Patricia Haynes, PhD, CBSM
Psychiatry
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520.626.1855

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center

Training Offered
Undergraduate Level – Research Opportunities, Undergraduate Level – Clinical, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), Undergraduate Course in Sleep Medicine, Graduate Course in Sleep Medicine, Advise BSM–Related Dissertations, Supervision of BSM Work outside of Formal Internships or Fellowships, Supervision of CBT-I outside of Formal Internships or Fellowships

SBSM Fellowship Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program, elective medical student rotation, elective PSY-IV rotation

#Faculty/Professionals
Undergraduate (2), Graduate (2), Professional (4)

Years Providing BSM Training
25

Current/Recent Trainees
Monica Kelly, graduate student, Kristi Pruiksma, former clinical psychology intern, Sarah Emert, post-bac student, Tucker Peck, graduate student, Spencer Dawson, graduate student, Shira Fass, former postdoctoral fellow, Michael Goldstein, graduate student, Yelena Blank, graduate student, Katharine Newman-Smith, graduate student, Leanna Garb, former undergraduate student, CJ Kalinkas, clinical psychology intern, Ketan Deoras, former psychiatric resident

Clinical BSM Training
Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Weight Loss, Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea), Behavioral Management of Narcolepsy, Imagery Rehearsal Therapy for nightmares

Clinical Experiences
Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments
Research
University of Arizona (UA) offers a rich environment for research opportunities in sleep with faculty members whose study sleep-based mechanisms in clinical psychology, developmental psychology, school psychology, psychiatry, physiology, pulmonary medicine, surgery, and nursing. There are informal and established venues by which young investigators may develop multiple and cross-disciplinary collaborations. Both Drs. Bootzin and Haynes lead research programs that explore mechanistic and clinical applications of insomnia.

Is there formal training for individuals not enrolled in the program? Formal classes, seminars
Can your program be contacted regarding training activities? (YES/NO) Yes

Additional comments:
Clinical rotations typically consist of BSM for approximately 4 hours per week. The UA Behavioral Sleep Clinic operates through the Department of Psychiatry. It is affiliated but not integrated with the UA Sleep Disorders Center. Therefore, cross-disciplinary clinical consultation operates similar to the private sector (relying primarily on paper and phone communication) rather than multi-disciplinary clinics or team meetings.

Program Type: Undergraduate Opportunities
Graduate Psychology Program
Medical Student/Resident Elective

SBSM Accredited Fellowship Training? No
CALIFORNIA
3. University of California, Berkeley (Berkeley)

Allison G. Harvey, PhD
Psychology
aharvey@berkeley.edu
510-642-7138
http://socrates.berkeley.edu/~sleeplab/

Site Information
Setting
University/College, Community Mental Health Center
Training Offered
Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Undergraduate Course in Sleep Medicine, Undergraduate Course in BSM, Graduate Course in Sleep Medicine, Graduate Course in BSM, Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA and PC-SAS Accredited Clinical Psychology Program

#Faculty/Professionals
Undergraduate (35), Graduate (35), Postdoctoral (35)

Years Providing BSM Training
2

Current/Recent Trainees
Recent: Drs. Kate Kaplan; Lisa Talbot; Ellie McGlinchey; Adriane Soehner; Anda Gershon
Current: Michael Dolsen, Jason Lee, Lauren Asnarnow, Jennifer Kanady

Clinical
BSM Training
Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Pediatric Sleep Disorders (besides Sleep Apnea)

Clinical Experiences
Assessment, Therapy – Individual, Administration of Manualized Treatments

Patient Populations
Pediatrics, Adults, Bipolar Disorder, Severe mental illness

Research
1. Treatment Development and Behavior Change

Although evidence-based treatments for the most mental illnesses have been developed, there is substantial room for improvement. The effect sizes of most available treatments are small to moderate, gains may not persist, and there are too many patients who derive little or no benefit. Even under optimal conditions, treatment failure is alarmingly common.

Traditionally the development of psychological treatments has involved consensus between groups of skilled clinicians researchers and many medication treatments have been discovered by serendipity. Hence, there have been calls for 'increased attention to science' as the treatments (Aronson, 2005; Insel, 2009; Salkovskis, 2002). More specifically, whereas knowledge has been minimally leveraged in the service of developing highly efficacious and effective treatments.

We have a 15-year track record in treatment in development research. We are currently running NIH-funded treatment studies: for teens with depression and insomnia; teens with an anxiety disorder and a sleep problem; teens who are owls (go to bed late and wake late); adults with bipolar disorder and sleep disturbance; and adults with...
chronic insomnia. Our collaborators include Greg Clarke (Kaiser, Oregon), Charles Morin (University Laval, Quebec), Dan Buysse (Pittsburgh), Terence Ketter (Stanford), Descartes Li (UCSF) and Tom Neylan (UCSF).

Our approach to treatment development is to use a multi-systems and mechanisms-focused framework in which (a) cognitive, affective, biological, behavioral and developmental contributors are emphasized as the source for deriving novel interventions and (b) intervention research is used to develop hypotheses about and/or confirm mechanisms.

Most of the treatments we have/are developed/ing focus on teaching skills relating to sleep, diet, exercise and emotion regulation. As such, we have a deep interest in the growing science of behavior change.

http://obssr.od.nih.gov/scientific_areas/health_behaviour/behaviour_changes/index.aspx

2. Sleep and Comorbidity

Another focus is the ever fascinating topic of SLEEP. Humans spend one-third of their lives sleeping. Yet there are still so many puzzles that remain to be solved about why humans sleep. It is a very exciting time to be studying sleep because it is a relatively young science; much has been learned but much remains to be discovered. The aims of our current research program are briefly described below.

Chronic Insomnia

a) We are interested in uncovering the processes that contribute to the cause and/or maintenance of chronic insomnia. In particular we are interested in the interaction between cognitive processes (e.g., worry/ rumination, attention, memory, reasoning), emotional processes (measured by psychophysiology, FACS coding, subjective ratings) and biological processes (measured by ERP and fMRI and analysis of DNA).

b) We have an NIMH-funded randomized controlled trial comparing three psychological treatments for chronic insomnia. This is a two-site study conducted in collaboration with Dr. Charles Morin at the University of Laval.

c) Most of the research on insomnia has focused on nighttime factors. We are pursuing the hypothesis that insomnia is a 24-hour disorder and that the daytime processes are just as important as the nighttime processes.

d) We collaborate with Matthew Walker's lab on studies that include detailed analyses of the sleep EEG of insomnia patients as well as the impact of insomnia on daytime processing of emotions.

To read more take a look at:

Sleep disturbance across other psychiatric disorders: A transdiagnostic approach

Working across a range of psychiatric disorders, we have been struck by the similarities in the processes that maintain different disorders. Although the dominant approach taken has been 'disorder focused' (i.e., researchers tending to specialize in one disorder, seeking to systematically illuminate its phenomenology, cause, maintenance, and treatment), we are interested in the viability and benefits of shifting the perspective away from a 'disorder focus' and toward elucidating the common mechanisms across disorders. Among the advantages of taking an across-disorder approach is that it may help explain the high rates of comorbidity observed among patients with psychiatric disorders. Our focus so far has been on showing that cognitive and behavioural processes of thought (worry/rumination), attention, memory, reasoning and avoidance are transdiagnostic, but it is possible that the same approach could be taken for emotional and biological processes.
We are particularly interested in sleep disturbance as a transdiagnostic process. The rationale is that (a) chronic insomnia is a symptom of most disorders and (b) longitudinal epidemiological studies indicate that chronic insomnia is a risk factor for the development of several psychiatric disorders.

To read more take a look at:

Our group has begun to test the relevance of research on chronic insomnia to other psychiatric disorders known to be characterized by sleep disturbance. Our current focus is on bipolar disorder.

3. Sleep in bipolar disorder

Sleep disturbance is a core feature of bipolar disorder. It escalates just before an episode and worsens during an episode. Moreover, there is empirical evidence indicating that sleep disturbance may be one causal pathway that leads to relapse in bipolar disorder. Our ongoing research aims to (1) identify the mechanisms that cause sleep to be so pervasively disturbed in those affected by bipolar disorder, (2) identify the mechanisms that cause sleep disturbance to trigger an episode and (3) develop interventions that reduce sleep disturbance in individuals affected by bipolar disorder. We have funding from NIMH to study sleep in bipolar disorder. Graduate students have the opportunity to participate in this study across a range of roles.

To read more take a look at:

4. Sleep and health

The links between sleep, exercise, diet and overall health are increasingly core interests among our group, particularly in teens but also in adults with psychiatric disorders. To give just once example, it has been surprising for the field to realize that the suffering associated with bipolar disorder is not limited to the psychiatric symptoms. Bipolar disorder is associated with a wide range of medical problems with the most common being cardiovascular disease, diabetes mellitus and thyroid disease (Krishnan, 2005). The etiology of these concerning conditions will likely be complex and multi-factorial. Side effects of medications are one possible cause of the observed health effects. But there are likely to be many other contributors. We are interested in the possibility that sleep disturbance may be one additional, but currently unrecognized, contributor given it’s known role in cardiovascular, metabolic, and immune system functioning. Our ongoing research investigates how sleep disturbance, namely insomnia, relates to biological (autonomic, immune) and behavioral (diet, physical activity, substance use) mechanisms underpinning poor health outcomes.

To read more take a look at:

5. Sleep disturbance across the age range

Sleep across other phases of the lifespan is fascinating.

a. Infancy. In collaboration with the Oxford Parents Project (PI: Dr. Alan Stein) based in the Department of Psychiatry at the University of Oxford, we are investigating sleep disturbance in infancy as an index of developing
emotion regulation skill.

b. Children and adolescents with bipolar disorder. In collaboration with the Hinshaw lab at UC Berkeley, we are interested in understanding the contribution of sleep disturbance to symptoms of bipolar disorder in children and adolescents.

c. Adolescence. We are conducting investigations to identify the impact of sleep disturbance in adolescence. We have been developing interventions for adolescents with insomnia that is comorbid with an anxiety disorder and/or depression and for teens who are ‘owls’ (go to bed late and wake up late).

To read more take a look at:


Across all of our research we make use of a multi-systems and mechanisms-focused framework in which (a) cognitive, affective, biological, behavioral and developmental contributors to sleep disturbance are emphasized as the source for deriving novel interventions and (b) intervention research is used to develop hypotheses about and/or confirm mechanisms.

6. Ethnic Minority Mental Health

We're increasingly aware of, and concerned about, disparities in both access to and quality of mental health care for racial and ethnic minority groups in the United States. Little is known about differences across racial and ethnic groups in sleep. As such, we're excited about an emerging research interest in our group to study:

a. How different racial and ethnic groups sleep similarly/differently
b. Issues of access, outreach, and dissemination of knowledge about treatments
c. Adapting services and treatments to be culturally appropriate.

Across all of our research we make use of a multi-systems and mechanisms-focused framework in which (a) cognitive, affective, biological, behavioral and developmental contributors to sleep disturbance are emphasized as the source for deriving novel interventions and (b) intervention research is used to develop hypotheses about and/or confirm mechanisms.

Is there formal training for individuals not enrolled in the program? Formal Classes, Seminars/Workshops (YES/NO) Yes

Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBSM Accredited Fellowship Training? No
4. University of California, Los Angeles / VA Greater Los Angeles Healthcare System – Sepulveda campus (Los Angeles)

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Cathy A. Alessi, MD
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Cathy.Alessi@va.gov
818-895-9311

Site Information
Setting
University/College, Hospital/Medical Center, Veterans Administration (with AASM accredited sleep center)

Training Offered
Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship, Supervision of BSM Work outside of Formal Internships or Fellowships, Supervision of CBT-I outside of Formal Internships or Fellowships

SBMS Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program (Health Psychology, Neuropsychology, Geropsychology), Pre-internship Graduate Level Practica in Health and Geriatrics, ACGME Certified Sleep Medicine Fellowship Program

#Faculty/Professionals
Not provided

Years Providing BSM Training
7

Current/Recent Trainees
Joseph Dzierzewski, PhD; Constance H. Fung, MD, Britney Blair, PsyD, Lavinia Fiorentino PhD

Clinical
BSM Training
Stimulus Control, Sleep Restriction, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Light Therapy for Circadian Rhythm Disorders, Behavioral Treatment of Nightmares, General Training in Sleep and Sleep Disorders through Sleep Medicine Fellowship Program

Clinical Experiences
Assessment, Therapy – Individual, Therapy – Group, Administration of Manualized Treatments

Patient Populations
Adults, Geriatrics (aged 65+), Medical Populations, Psychiatric Populations, Women Veterans

Research
Site primarily provides research training in geriatric sleep disorders and sleep and women’s health via individual arrangements with faculty, including pre- and post-doctoral training. Supervised experience in delivery of manualized CBT-I in the context of research protocols is also available. The site also has an affiliated APA accredited clinical psychology internship with an emphasis on sleep within the health psychology rotation.

Is there formal training for individuals not

No
enrolled in the program?
Can your program be contacted regarding training activities? (YES/NO) Yes. Please contact Dr. Martin or Dr. Alessi directly.

Program Type: Graduate Psychology Program
Graduate Psychology Pre-doctoral Internship

SBSM Accredited Fellowship Training? No
### 5. Stanford University (Palo Alto)

**Rachel Manber, PhD, CBSM**  
Psychiatry & Behavioral Sciences  
rmanber@stanford.edu  
650-721-7556  
http://insomnia.stanford.edu/

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<td>15+</td>
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<td>Britney Blair, PsyD; Norah Simpson, PhD; Andrea Chambers, PhD; Allison Siebern, PhD; Jason Ong, PhD; Elena Gonzales, PhD; Tammy Moroz, PhD; Tracy Kuo, PhD, John Peachey, PhD, Rie Lebus, PhD, Elaine Bank, PhD</td>
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<th>Clinical BSM Training</th>
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<tr>
<td>Multi-Component Cognitive Behavioral Therapy for Insomnia, Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, CPAP Adherence, CPAP Desensitization, Positional Therapy for OSA, Light Therapy (for insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea), Parasomnias</td>
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<td>Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments</td>
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<tr>
<td>Pediatrics, Adults, Geriatrics (aged 65+), Medical &amp; Psychiatric Populations</td>
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<th>Research</th>
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<td>Research training aims to foster independent research focused on each trainee’s interest and is not limited to the current project in our program. Current ongoing research projects include the treatment of insomnia co morbid with depression, insomnia during pregnancy, improving sleep of college students, and predictors of CBT for insomnia.</td>
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<th>Is there formal training for individuals not enrolled in the program?</th>
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<td>None</td>
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Can your program be contacted regarding training activities? *(YES/NO)* Yes

Program Type: Graduate Psychology Post-Doctoral Fellowship

**SBSM Accredited Fellowship Training?** Yes
6. University of California San Diego and SDSU/UCSD Joint Doctoral Program in Clinical Psychology; Veterans Affairs San Diego Healthcare System (San Diego)

Sean P.A. Drummond, PhD
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858-642-1274

Site Information
Setting
Affiliated with a Non-Accredited Center, University/College, Hospital/Medical Center

Training Offered
Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 hrs), BSM Internship (> 500 hrs), Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship, Supervision of BSM Work outside of Formal Internships or Fellowships, Supervision of CBT-I outside of Formal Internships or Fellowships

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA accredited clinical psychology program
Specialty / Area: Behavioral Medicine, Experimental Psychopathology, Neuropsychology; Formal Predoctoral Psychology Internship training opportunities, Post-Doctoral Opportunities

#Faculty/Professionals
Undergraduate (3), Graduate (2), Postdoctoral (2), Professional (2)

Years Providing BSM Training
15+

Current/Recent Trainees
(last 3 years) Henry Orff; Ben McKenna; Ariel Neikrug; Megan Ruiter Petrov, Laura Straus, Melissa Jenkins, Laura Testerman, Rina Sobel, Amanda Schwartz, Kyle Davis, Cassidy Gutner

Clinical
BSM Training
Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders

Clinical Experiences
Assessment, Therapy – Individual, Therapy – group, Administration of Manualized Treatments

Patient Populations
Adults, Geriatrics (aged 65+), Medical Populations, Psychiatric Populations

Research
Effect of sleep deprivation on cognition as measured through functional MRI and cognitive testing
Cognitive function in sleep apnea and insomnia
Clinical interventions for nightmares and insomnia in PTSD
Sleep in mood disorders

Is there formal training for individuals not enrolled in the program? Seminars/Workshops
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Program
Graduate Psychology Pre-doctoral Internship

SBSM Accredited Fellowship Training? No
7. University of California, San Francisco (San Francisco)

Kathryn A. Lee, PhD, CBSM

Family Health Care Nursing
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415-476-4442
http://nurseweb.ucsf.edu

Site Information
Setting University/College
Training Offered Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities

SBSM Fellowship
Accreditation Training program is not SBSM-accredited

Other Accreditation Advanced Practice Nursing and Doctoral and Postdoctoral Nursing

#Faculty/Professionals Graduate (5), Postdoctoral (5), Professional (5)
Years Providing BSM Training 15
Current/Recent Trainees
Pamela Minarik; Geoffry McEnany; Sylvia (Shih-Yu) Lee; Teresa Ward;
Eeeseung Byun (current)

Clinical
BSM Training Not provided
Clinical Experiences None
Patient Populations Adults, Medical Populations, Psychiatric Populations

Research
Research is primarily funded by the National Institutes of Health (NIH) to study sleep and health outcomes in childbearing families, menopausal women, and in adults with chronic health conditions (cancer, HIV/AIDS, etc.).

We also have a T32 training grant from NIH Institute of Nursing Research to provide advanced training for doctoral-prepared nurses in management of symptoms that include insomnia and daytime fatigue, as well as clusters of symptoms associated with sleep (such as depression, anxiety, and pain).

Is there formal training for individuals not enrolled in the program?

Seminars/Workshops

Can your program be contacted regarding training activities? YES/NO Yes

Additional Information Our site is ideally suited to advanced training for nurses who seeking skill in research design and methods that will advance intervention trials for co-morbid insomnia and sleep-related symptoms in populations living with chronic illnesses.

Program Type: Graduate Nursing Program

SBSM Accredited Fellowship Training? No
FLORIDA

8. University of Florida (Gainesville)
Christina S. McCrae, PhD, CBSM
Clinical and Health Psychology
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Site Information
Setting Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center
Training Offered Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 hrs), Graduate Course in Sleep Medicine, Graduate course in sleep medicine, Graduate Course in BSM, BSM Internship (> 500 hrs), Advise BSM–Related Dissertations, BSM post-doctoral fellowship, Supervision of BSM Work outside of Formal Internships or Fellowships, Supervision of CBT-I outside of Formal Internships or Fellowships

SB SM Fellowship
Accreditation Training program is not SBSM-accredited
Other Accreditation APA Accredited Clinical Psychology Program
Specialty / Area: Health

#Faculty/Professionals Graduate (6, 29 total), Postdoctoral (3)
Years Providing BSM Training 9
Current/Recent Trainees Natalie D. Dautovich, Ph.D, Joseph P. H. McNamara, Ph.D, Adam Bramoweth, Ph.D, Joseph Dzierezewski, Ph.D, Jacob Williams, Alicia Roth, Karlyn Vatthauer, Jennifer Mundt, Chuck Crew, Kendra Krietsch, S. Justin Thomas, Caterina Mosti

Clinical BSM Training Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Biofeedback, CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Light Therapy (for insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides sleep apnea)
Clinical Experiences Assessment, Therapy – Individual, Administration of Manualized Treatments, Supervised Supervision
Patient Populations Pediatrics, Adults, Geriatrics (aged 65+)

Research
Dr. Christina McCrae, director of UF’s Sleep Research Lab, is a clinical psychologist who specializes in behavioral sleep medicine and geropsychology. Her research focuses on cognitive-behavioral interventions for insomnia in older adults, caregivers of persons with dementia, and medical populations. Specific areas of interest include:

- Effectiveness of behavioral interventions with insomnia with older patients in primary care settings
- Efficacy of behavioral interventions for insomnia in medical patients (cardiac, pain, cancer)
- Older adults' objective and subjective sleep patterns
Current research projects examine:

**Sleep & Pain Interventions in Fibromyalgia: Hyperalgesia & Central Sensitization, McCrae (PI), NIH/NIAMS**

Goal: To compare the effects of Cognitive-Behavioral Treatment for Insomnia (CBT-I) and Cognitive-Behavioral Treatment for Pain (CBT-P) on pain and sleep outcomes in patients with Fibromyalgia. Also, to explore the mechanisms underlying the relationship between sleep and pain in patients with Fibromyalgia.

**Sleep & Pain Interventions in Fibromyalgia: Hyperalgesia & Central Sensitization, McCrae (PI), NIH/NIAMS**

Goal: This Supplement extends the Parent Project to investigate the neural underpinnings of insomnia & pain in patients with Fibromyalgia by examining baseline and post-treatment neuroimaging data following cognitive-behavioral treatment for insomnia.

**Improving Dementia Caregiver Sleep and the Effect on Heart Disease Biomarkers, Rowe (PI), NIH/NIA**

Goal: This study examines whether a nighttime monitoring device combined with cognitive-behavioral treatment for insomnia (CBTi) will produce better sleep and other biopsychosocial outcomes in caregivers of person with dementia than a nighttime monitoring device alone. This study will use videoconferencing to remotely deliver a brief CBTi protocol specifically designed for caregivers (CBTi.cg). Our lab is responsible for the design and administration of the remote CBTi.cg.

**Sleep in Patients with Implantable Cardioverter Defibrillators (ICDs), McCrae (PI), NIH/NHLBI**

Goal: To develop, implement, and test cognitive-behavioral treatment for insomnia for use with ICD patients.

**Sleep in Patients with Implantable Cardioverter Defibrillators (ICDs), McCrae (PI), NIH/NHLBI**

Goal: This Supplement broadens the scope of scientific inquiry into sleep/insomnia in cardiac patients with ICDs through investigation of the cognitive functioning/performance of such patients.

**Cognitive-Behavioral Effects on Sleep, Pain, and Cytokines in Gynecologic Cancer, Pereira (PI), NIH/NCI**

Goal: To examine the effects of a combined Cognitive-Behavioral Treatment for insomnia and pain (CBT-IP) on sleep, pain, and cytokines in patients with gynecological cancer.

Current trainee research projects examine:

- The relationship between sleep, pain, and cognitive functioning variability in older adults with chronic insomnia, osteoarthritis, comorbid chronic insomnia and osteoarthritis, and good health
- Exploring the interaction of chronic insomnia and chronic pain through the use of structural and functional neuroimaging
- Short-term variability in, and dynamic coupling between, sleep and cognitive performance in older adults
- The nature of sleep disturbances and optimal intervention approaches in caregivers of persons with dementia
- The effect of cardiovascular disease and implantable cardioverter defibrillators (ICDs) on sleep, mood, and cognition
- The impact of age on fatigue and sleep in adult end stage renal disease (ESRD)
Link between sleep and obesity in pediatric populations

Is there formal training for individuals not enrolled in the program?
Formal classes, Seminars / workshops, Workshops on manualized CBT-I provided annually for CE credit through UF’s Dept of Clinical & Health Psychology, Workshops provided on request, Workshops provided annually for UF’s Sleep Medicine Fellowship Training Program

Can your program be contacted regarding training activities?
Yes

Program Type: Undergraduate Opportunities Graduate Psychology Program

SBM Accredited Fellowship Training? No
9. Rush University Medical Center, Sleep Disorders Service and Research Center (Chicago)

Jason C. Ong, PhD
Behavioral Sciences
jason_ong@rush.edu
312-942-0566
http://www.rush.edu/sleepcenter

Jamie Cvengros, Ph.D.
Behavioral Sciences
Jamie_Cvengros@rush.edu
312-942-2844

Site Information
Setting SBSM Accredited Training Program in BSM, Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center
Training Offered Undergraduate level – research opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), BSM Internship (> 500 Hrs), Advise BSM—Related Dissertations, BSM post-doctoral fellowship

SBSM Fellowship Accreditation BSM fellowship training is accredited by the SBSM
Other Accreditation APA accredited clinical psychology program
Specialty/Area: Health Psychology Internship Program

#Faculty/Professionals Graduate (3), Postdoctoral (3)
Years Providing BSM Training 35

Current/Recent Trainees Ariel Niekrug, Sarah Simpson, Aly Suh, Liis Hantsoo

Clinical BSM Training Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia, CPAP Adherence Program, CPAP Desensitization, Weight Loss Programs, Light Therapy for insomnia, Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea), Behavioral Management of Narcolepsy, Mindfulness meditation, CBT for narcolepsy

Clinical Experiences Assessment, Therapy - Group, Therapy – Individual, Administration of Manualized Treatments

Patient Populations Pediatrics, Adults, Geriatrics (aged 65+), Medical populations

Research Our group’s research interests encompass assessment and non-pharmacological treatment of sleep disorders and adherence to treatment. Specific areas of interests include: 1) mindfulness-based treatments for insomnia, 2) treatment adherence to CPAP and CBT for insomnia, 3) treatment of
comorbid OSA and insomnia, 4) assessment and treatment of sleep disturbance in chronic headache, 5) weight management and OSA, and 6) circadian rhythm sleep disorders. Please see website for current list of research projects.

Is there formal training for individuals not enrolled in the program? Yes
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Program
Graduate Psychology Pre-doctoral Internship

SBSM Accredited Fellowship Training? Yes
**10. Northwestern University, Feinberg School of Medicine (Evanston)**

*Kelly Glazer Baron, PhD, MPH*

Neurology  
k-baron@northwestern.edu  
312-503-1526

**Site Information**

<table>
<thead>
<tr>
<th>Setting</th>
<th>AASM Accredited Training Program in BSM, Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training Offered</td>
<td>Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (&lt; 500 Hrs), Advise BSM–Related Dissertations, Supervision of BSM Work outside of Formal Internships or Fellowships,</td>
</tr>
</tbody>
</table>

**SBSM Fellowship**

**Accreditation**  
BSM fellowship training is accredited by the SBSM

**Other Accreditation**  
APA Accredited Clinical Psychology Program

<table>
<thead>
<tr>
<th>#Faculty/Professionals</th>
<th>Graduate (3), Professional (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Years Providing BSM Training</td>
<td>3</td>
</tr>
</tbody>
</table>

**Current/Recent Trainees**  
Sarah Ballou, Anjali Pandit, Tamar Gefen, Tiffany Brakefield

**Clinical**

**BSM Training**  
Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Behavioral Management of Narcolepsy, Imagery Rehearsal Therapy for nightmares

**Clinical Experiences**  
Assessment, Therapy – Group, Therapy – Individual

**Patient Populations**  
Adults, Geriatrics (aged 65+), Medical Populations

**Research**

There is not a formal research component to the clinical program but trainees may participate in a variety of research projects including
- Circadian rhythms and obesity
- Characterization of circadian rhythm sleep disorders
- Exercise as a treatment for insomnia
- Relationship between sleep and dietary behaviors
- Development of mobile applications to improve sleep

Is there formal training for individuals not enrolled in the program?  
Formal classes, seminars/workshops

Can your program be contacted regarding training activities? *(YES/NO)* Yes

**Additional comments:**
The Behavioral Sleep Medicine Program at the Feinberg School of Medicine at Northwestern University is part of a multidisciplinary Sleep Medicine Program. This program offers BSM training to clinical psychology PhD students as well as Sleep Medicine Fellows (MDs). Patients range in age from adults to older adults and have a variety of medical and psychiatric comorbidities. Treatment is highly collaborative and includes multicomponent CBT for insomnia as well as phase shifting for circadian rhythm disorders as well as the behavioral components of OSA, excessive sleepiness, night mares and parasomnias.

Program Type: Undergraduate Opportunities
Graduate Psychology Program
Medical Student/Resident Elective

SB SM Accredited Fellowship Training? Yes
MARYLAND

11. Johns Hopkins Behavioral Sleep Medicine Program (Baltimore)

Luis F. Buenaver, PhD
Psychiatry and Behavioral Sciences
lbuenav1@jhmi.edu
410-550-7000
http://www.sleeplessinbaltimore.com

Michael T. Smith, PhD, CBSM
Psychiatry
msmith62@jhmi.edu
443-550-7000

Site Information
Setting: Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center
Training Offered: Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, BSM Post-Doctoral Fellowship

SBSM Fellowship
Accreditation: BSM fellowship training is accredited by the SBSM

Other Accreditation: Applicants must have earned Ph.D. prior to starting fellowship.

#Faculty/Professionals: Postdoctoral (1), Professional (2)
Years Providing BSM Training: 7
Current/Recent Trainees: Emerson Wickwire, Renata Okonkwo, Virginia Runko

Clinical
BSM Training: Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, Light Therapy for Circadian Rhythm Disorders
Clinical Experiences: Assessment, Therapy – Individual, Administration of Manualized Treatments
Patient Populations: Adults, Geriatrics (aged 65+), Medical Populations

Research
Although the focus of this fellowship is clinical training, research exposure will be provided by matching the fellow’s interests with ongoing faculty research. Some activity on a research project is expected. Preference will be given to candidates with strong research interests and potential. Fellows will have access to active research mentorship in four broad areas: 1) Sleep as a health behavior (the role of sleep in obesity, physical activity, diet, smoking, alcohol consumption, etc.); 2) Sleep in medical disorders (rheumatologic diseases, chronic pain, burn injury, cardiovascular disease, etc.); 3) Psychiatric, physiologic & behavioral dimensions of primary sleep disorders (restless legs syndrome, primary insomnia, sleep disordered breathing, sleep bruxism, circadian rhythm d/o, & parasomnias); and/or 4) Physiologic and neurocognitive consequences of sleep deprivation.
Is there formal training for individuals not enrolled in the program? Seminars / workshops, Fellows will participate in a weekly sleep medicine seminar with the Department of Medicine and Neurology sleep medicine fellows. BSM fellows are also expected to attend a monthly Neuroscience of Sleep Seminar.

Can your program be contacted regarding training activities? (YES/NO) Yes

Additional Information Successful applicants must demonstrate strong psychodiagnostic and clinical skills in health psychology / behavioral medicine or training in cognitive-behavior therapy. Specific predoctoral experience in BSM is a plus; it is expected that most fellows will already have some clinical experience conducting CBT for insomnia. Individual supervision hours meet requirements for eligibility for state licensure as a clinical psychologist.

Program Type: Undergraduate Opportunities
Psychology Post-doctoral Fellowship

SBSM Accredited Fellowship Training? Yes
12. University of Michigan (Ann Arbor)
J. Todd Arnedt, PhD, CBSM and Deirdre A. Conroy, Ph.D., CBSM
Psychiatry
tarnedt@med.umich.edu
734-764-1234

Site Information
Setting Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center
Training Offered Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), Undergraduate Course in Sleep Medicine, Graduate Course in Sleep Medicine, Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship, Supervision of CBT-I outside of Formal Internships or Fellowships

SBM Fellowship Accreditation BSM fellowship training is accredited by the SBSM

Other Accreditation APA Accredited Clinical Psychology Program
Specialty / Area: Adult Clinical Psychology

#Faculty/Professionals Graduate (3), Postdoctoral (6)
Years Providing BSM Training 7

Current/Recent Trainees Leslie Swanson, Ph.D, Leisha Cuddihy, Ph.D. Danielle Novick, Ph.D., Edward Huntley, Ph.D., Elizabeth Duval, Ph.D., Todd Favorite, PhD

Clinical BSM Training Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea), Behavioral Management of Narcolepsy

Clinical Experiences Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments

Patient Populations Pediatrics, Adults, Geriatrics (aged 65+), Medical Populations, Psychiatric Populations

Research All trainees conduct research for roughly 50% effort during their fellowship. Our group conducts research in multiple areas of behavioral sleep medicine. Current areas of interest include: (1) psychological interventions for insomnia and circadian rhythm disorders in psychiatric disorders; (2) insomnia in adolescent depression; (3) sleep and alcohol use/abuse; and (4) PAP adherence

Is there formal training for individuals not enrolled in the program? None
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBSSM Accredited Fellowship Training?  Yes
13. Henry Ford Hospital Sleep Disorders and Research Center (Detroit)

Christopher Drake, Ph.D.
Medicine/Psychiatry
cdrake1@hfhs.org
313-916-4455
http://www.henryford.com/body.cfm?id=38441&action=detail&ref=3479&bolShowHFPN=true

Timothy Roehrs, Ph.D.
Medicine/Psychiatry
troehrs1@hfhs.org
313-916-5177
http://www.henryford.com/body.cfm?id=57814

Vivek Venugopal, Ph.D.
Medicine/Psychiatry
vvvenugo@gmail.com
313-916-2018

Site Information
Setting Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center, University/College (WSU)
Training Offered Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Graduate course in sleep medicine, Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship, Supervision of BSM work outside of formal internships or fellowships, Supervision of CBT-I outside of Formal Internships or Fellowships

SBM Fellowship
Accreditation Training program is not SBSM-accredited
Other Accreditation Accredited Sleep Medicine Fellowship Program

#Faculty/Professionals Undergraduate (1); Graduate (2), Postdoctoral (1); Professional (5)
Years Providing BSM Training 36+

Current/Recent Trainees Valentina Gumenyuk, PhD, Meeta Singh, MD, Edward Stepanski, PhD, Alice Stroe, MD, Cynthia Fellman-Couture, PhD, RN, Sara Eklov, MSW, Leon Rosenthal, MD,
Vivek Venugopal, PhD, Luisa Bazan, MD

Clinical BSM Training Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Biofeedback, CPAP Desensitization, Weight Loss Programs, Light Therapy (for insomnia), Light Therapy for Circadian Rhythm Disorders
Clinical Experiences Assessment, Therapy – Individual, Administration of Manualized Treatments
Patient Populations Adults, Geriatrics (aged 65+), Medical Populations
Research
We currently have a 5 year Behavioral Treatment of Insomnia Grant (menopause) in its first year. This study is testing a variety of behavioral treatments including mult-component CBT-i and BBT-i. We collaborate with the University of Michigan Behavioral Treatment of Insomnia program on projects as well. In addition to CBT-I studies, we run a number of funded grants to study the pathophysiology of insomnia using both laboratory and longitudinal population-based designs. Finally, our group is also interested in the pathophysiology and treatment of shift work disorder and other circadian rhythm sleep disorders including the use of bright light therapy.

http://www.henryford.com/body.cfm?id=57809

Specific research interests of the laboratory include:
• Pathophysiology of insomnia disorder
• The comorbidity between mood disorders and insomnia
• The role of stress and cognitive arousal in insomnia
• The pathophysiology and treatment, including bright light therapy, of shift work disorder and other circadian rhythm sleep disorders.
• Abuse potential of hypnotic medications

Is there formal training for individuals not enrolled in the program? Formal classes, Seminars / workshops, Journal club as well as outside lectures from nationally recognized faculty.

Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Sleep Medicine Fellowship

SBSM Accredited Fellowship Training? No
### MISSISSIPPI

**14. Mississippi State University**

**Michael R. Nadorff, PhD**  
Psychology  
mnadorff@psychology.msstate.edu  
662-325-1222  

**Site Information**

<table>
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<th>Setting</th>
<th>University/College</th>
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<td>Training Offered</td>
<td>Undergraduate Level – Research Opportunities, Undergraduate Level – Clinical Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Advise BSM–Related Dissertations, Supervision of BSM work outside of formal internships or fellowships, Supervision of CBT-I outside of formal internships or fellowships</td>
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**SBSM Fellowship**

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<th>Accreditation</th>
<th>Training program is not SBSM-accredited</th>
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**Other Accreditation**

<table>
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<tr>
<th>#Faculty/Professionals</th>
<th>Undergraduate (1), Graduate (1)</th>
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<tbody>
<tr>
<td>Years Providing BSM Training</td>
<td>3</td>
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<tr>
<td>Current/Recent Trainees</td>
<td>Current: Meredith Pearson, Shea Golding</td>
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<tr>
<td></td>
<td>Recent: Karen Lambdin, Kyle Wong, Claire Harris</td>
</tr>
</tbody>
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**Clinical**

<table>
<thead>
<tr>
<th>BSM Training</th>
<th>Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I)</th>
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</thead>
<tbody>
<tr>
<td>Clinical Experiences</td>
<td>Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments</td>
</tr>
<tr>
<td>Patient Populations</td>
<td>Adults, Geriatrics (aged 65+), Medical Populations</td>
</tr>
</tbody>
</table>

**Research**

We research the association between sleep disorders and serious mental illness, especially in late life. Our primary focus currently is investigating the relation between insomnia symptoms, nightmares, and suicidal ideation and risk. We are moving toward investigating the efficacy of utilizing sleep interventions in addition to treatment as usual in treating individuals at risk of suicide.

**Is there formal training for individuals not enrolled in the program?**

Seminars/workshops

**Can your program be contacted regarding training activities? (YES/NO)** Yes

The American Psychological Association (APA) does not currently accredit the Clinical Psychology Ph.D. program at Mississippi State University. Although the program is actively working toward accreditation, and plans to apply for APA accreditation as soon as we are eligible to do so. However, it is not guaranteed that we will receive accreditation, and non-accreditation status at the time of
graduate may impact licensure eligibility in the state in which the student intends to practice. The program is designed to meet Mississippi state licensure laws; however, each student is encouraged to become knowledgeable about licensure requirements of the state in which they intend to practice (asppb.org). Faculty will assist students in this process.

**SBSM Accredited Fellowship Training?** No
NEBRASKA

15. Children’s Sleep Disorders Center: In Affiliation with the University of Nebraska Medical Center (Omaha)
Brett R. Kuhn, PhD, CBSM
Department of Pediatric Psychology, Munroe-Meyer Institute and the University of Nebraska Medical Center
brkuhn@unmc.edu
402-559-6408
http://www.childrensomaha.org/SleepTesting

Site Information
Setting
Affiliated with a Non-Accredited Center, Hospital/Medical Center (Children’s Sleep Disorders Center: In affiliation with the University of Nebraska Medical Center.

Training Offered
Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA accredited clinical internship site (Nebraska Consortium)
Specialty/Area: Behavioral Pediatrics/Clinical Child Psychology

#Faculty/Professionals
Undergraduate (4), Graduate (8), Postdoctoral (10)

Years Providing BSM Training
20

Current/Recent Trainees
Brandy Roane PhD, Jami Givens PhD, Sarah Kurien PhD, Stephanie Wagner PhD, Ryan Anderson PhD, Rachel Knight PhD, Lindsay Campbell PhD, Sean O’Dell PhD

Clinical
BSM Training
Stimulus Control, Sleep Restriction, CPAP Adherence Program, CPAP Desensitization, Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea)

Clinical Experiences
Assessment, Therapy – Individual, Administration of Manualized Treatments

Patient Populations
Pediatrics (0-18 yrs)

Research
Feel free to call Dr. Kuhn to discuss research projects that are currently underway, or to get a list of publications.

Is there formal training for individuals not enrolled in the program? Seminars/Workshops

Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Graduate Psychology Pre-doctoral Internship
SBM Accredited Fellowship Training? No
NEW YORK

16. The City College of the City University of New York (New York City)

Art Spielman, PhD, CBSM
Sleep Disorders Center
Department of Psychology
artspielman@gmail.com
212-650-5442

Site Information
Setting Masters, Doctoral Psychology Programs at the University
Training Offered Site provides didactic and practica training in BSM in both research and clinical domains in the Cognitive Neuroscience doctoral program and affiliated hospitals.

SBSM Fellowship
Accreditation Training program is not SBSM-accredited
Other Accreditation APA Accredited Clinical Psychology Program

#Faculty/Professionals One full-time Professor (Spielman) at the University and multiple sleep professionals at hospitals.

Years Providing BSM Training 25 years

Current/Recent Trainees Forrest Armstrong

Clinical
BSM Training Didactic and Practica Courses
Clinical Experiences Patients at Two Sleep Disorders Centers
Patient Populations Sleep Disorders

Research
Insomnia, Circadian Rhythms, Sleep Apnea

Is there formal training for individuals not enrolled in the program? Informal Training
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Graduate Psychology Opportunities

SBSM Accredited Fellowship Training? No
17. Weill Cornell Medical College of Cornell University (New York City)

Matthew R. Ebben, PhD, CBSM
Neurology and Neuroscience
mae2001@med.cornell.edu
646-962-7378

Arthur J. Spielman, PhD, CBSM
Neurology and Neuroscience
artspielman@gmail.com
646-962-7378

Site Information
Setting Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center
Training Offered Undergraduate Level – Research Opportunities, Undergraduate Level – Clinical Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), Graduate Course in Sleep Medicine, Graduate Course in BSM, Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship, Supervision of BSM Work outside of Formal Internships or Fellowships

SBM Fellowship
Accreditation Training program is not SBSM-accredited

Other Accreditation
#Faculty/Professionals Undergraduate (1), Graduate (2), Postdoctoral (3), Professional (3)
Years Providing BSM Training Not provided
Current/Recent Trainees Forrest Armstrong

Clinical
BSM Training Relaxation/Hypnotherapy, Stimulus control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Biofeedback, CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea), Behavioral Management of Narcolepsy

Clinical Experiences Assessment, Therapy – Individual, Administration of Manualized Treatments
Patient Populations Pediatrics, Adults, Geriatrics (aged 65+), Medical Populations

Research
Currently we have research protocols investigating new behavioral treatments for insomnia and new objective and subjective measurements of restless legs syndrome.
Is there formal training for individuals None
not enrolled in the
program?
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBSM Accredited Fellowship Training? No
18. Montefiore Medical Center, Sleep-Wake Disorders Center (Bronx)
Shelby F. Harris, Psy.D., CBSM
slharris@montefiore.org
718-920-4841
http://www.montefiore.org/sleep-wake-disorders-behavioral
http://www.montefiore.org/prof/departments/psychiatry/psychology_internship/

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, University/College (the university hospital of the Albert Einstein Medical College), Hospital/Medical Center

Training Offered
Undergraduate level – research opportunities, Graduate level – research opportunities, Graduate level – clinical opportunities available to interns at Montefiore, Clinical rotation of practicum in BSM (< 500 hrs), Supervision of BSM work outside of formal internships or fellowships, Supervision of CBT-I outside of formal internships or fellowships, looking to expand to externship opportunities for graduate students before internship

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program

#Faculty/Professionals
Graduate (1), Postdoctoral (1)

Years Providing BSM Training
2.5

Current/Recent Trainees
Jamie Schumpf, PhD, Alex Garcia-Mansilla, MA (PhD candidate), Syed Anees MD (Sleep Fellow), Winfred Wu MD (Sleep Fellow), Ellie McGlinchey, PhD, Laurie Zandberg, PhD, Alex Behn Berliner, PhD, Jenny Rogojanski, PhD

Clinical BSM Training
Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea), Behavioral Management of Narcolepsy, Imagery Rehearsal Therapy for Nightmares

Clinical Experiences
Assessment, Therapy – Individual, Administration of Manualized Treatments

Patient Populations
Pediatrics, Adults, Geriatrics (aged 65+), Medical populations (migraines, chronic pain and fibromyalgia)

Research: We currently are involved in two research projects, one investigating the use of medication in the treatment of RLS and the other, a major multi-site study that investigates the clinical and neuropsychological outcomes of children (ages 5-9) after adenotonsillectomy. We are very much interested in having trainees develop and execute research projects using our population and database.

Is there formal training for individuals not enrolled in the program?
Grand Rounds, Sleep-Wake weekly case conference, Sleep-ENT monthly conference
Can your program be contacted regarding training activities? *(YES/NO)* Yes

**Additional Information:** Montefiore Medical Center’s psychology internship has a part-time 6 month elective rotation in the Sleep-Wake Disorders Center. More information about our internship can be found at our website: http://www.montefiore.org/prof/departments/psychiatry/psychology_internship/. We do not currently have any formal post-doctoral training opportunities.

Program Type:  
Undergraduate Opportunities  
Graduate Psychology Pre-doctoral Internship

**SBSM Accredited Fellowship Training?**  No
19. University of Rochester Sleep & Neurophysiology Research Lab (Rochester)
Wilfred Pigeon, PhD, CBSM
Psychiatry
Wilfred_Pigeon@urmc.rochester.edu
585-275-2900

Sara Matteson-Rusby, PsyD, CBSM
Sara_Matteson@urmc.rochester.edu

Site Information
Setting
Sleep Research Lab in the Dept of Psychiatry; Affiliated with an Accredited Sleep Disorder Center, which houses the BSM clinic; University/Academic Medical Center

Training Offered
Undergraduate Level – Research Opportunities, Graduate Students – Research Opportunities, BSM rotation (including BSM track in APA internship), BSM Post-Doctoral Fellowship (currently not funded), Limited Supervision of CBT-I outside of Formal Internships or Fellowships

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program

#Faculty/Professionals
Undergraduate (4), Graduate (3), Postdoctoral (1), PhD or MD faculty (2)

Years Providing BSM
15

Current/Recent Trainees
Matt Cribbet, PhD; Susan Lee (current APA intern)

Clinical
BSM Training
Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Desensitization, Positional Therapy for OSA, Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Behavioral Management of Narcolepsy

Clinical Experiences
Assessment, Therapy – Individual, Administration of Manualized Treatments

Patient Populations
Adults, Co-Morbid populations (esp. chronic pain, depression, PTSD)

Research
Our site focuses on insomnia research in general; on the relationship between insomnia and other mental and physical disorders such as depression, PTSD, and chronic pain; and on the association of sleep and inflammatory and neuroendocrine processes. Strong associations/collaborations with Rochester Center for Mind/Body Research and the Psychoneuroimmunology Lab as well as the VA Center for Suicide Prevention and the VA Center for Integrated Healthcare.

Is there formal training for individuals not enrolled in the program?
Not provided.
Can your program be contacted regarding training activities? \(YES/NO\) Yes

Program Type:  
- Undergraduate Opportunities
- Graduate Opportunities
- Graduate Psychology Pre-doctoral Internship

SBSM Accredited Fellowship Training?  No
NORTH CAROLINA

20. Durham VA Medical Center (Durham)
Melanie K. Leggett, PhD, CBSM
Psychology
melanie.leggett@va.gov
919-286-0411 x7025
http://www.psychologytraining.va.gov/durham/

Site Information
Setting Affiliated with a Hospital/Medical Center
Training Offered BSM Clinical Rotation of APA-Approved Psychology Internship Program

SBSM Fellowship
Accreditation Training program is not SBSM-accredited
Other Accreditation APA Accredited Clinical Psychology Program

#Faculty/Professionals 3
Years Providing BSM Training 20 years (program); 11 years (Dr. Leggett)

Current/Recent Trainees Meredith Rumble, PhD; Philip Gehrman, PhD, CBSM; Margaret Lineberger, PhD

Clinical BSM Training Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Behavioral Management of Narcolepsy, Nightmare Rehearsal Therapy, Actigraphy, Behavioral Treatments for Circadian Rhythm Disorders and Insufficient Sleep Syndrome

Clinical Experiences Assessment, Therapy – Individual and Group, Administration of Manualized Treatments,

Patient Populations Adults, Geriatrics (aged 65+), Medical Populations, Psychiatric Populations, Veterans

Research Psychology interns may have the opportunity to conduct BSM-related research during their internship tenure. Some of our current BSM research projects include CPAP adherence in individuals with psychiatric disorders, sleep disturbance and suicidal ideation, sleep and hostility/aggression, PTSD and sleep, and stepped care insomnia treatment for Veterans.

Is there formal training for individuals not enrolled in the program? Seminars/Workshops

Can your program be contacted regarding training activities? Yes

Additional Information The Psychology Internship Program at the Durham VAMC has a part-time 6 month rotation in the Sleep Psychology Clinic. More information about our internship can be found at http://www.psychologytraining.va.gov/durham/. There is no formal post-doctoral fellowship or training program at the current time.
Program Type: Graduate Psychology Pre-doctoral Internship

SBSM Accredited Fellowship Training? No
21. East Carolina University and Vidant Sleep Center (Greenville)

D. Erik Everhart, PhD, ABPP, CBSM
Professor
Department of Psychology, Rawl Building, East Carolina University, Greenville, NC 27858
everhartd@ecu.edu
252-328-4138
http://www.ecu.edu/psyc/everhart.cfm

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center, Specialty Practice, Group Private Practice, Individual Private Practice
Training Offered
Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), Advise BSM–Related Dissertations, Supervision of BSM Work outside of Formal Internships or Fellowships, Supervision of CBT-I outside of Formal Internships or Fellowships

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA accredited Clinical Psychology Doctoral Program that emphasizes clinical health psychology

Accreditation
#Faculty/Professionals Undergraduate (2), Graduate (2)
Years Providing BSM 6+
Training
Current/Recent Trainees Alicia Moran, PhD (now on postdoctoral fellowship at University of Pittsburgh Medical Center); Katie LeHockey, MA (currently completing APA accredited internship at Buffalo VAMC); Jonathan Highsmith, MA (currently completing internship at Memphis VAMC), Eric Watson, MS (currently a doctoral student), James Loveless, MA (currently a doctoral student), Kelly Bickel, BS (undergraduate research assistant)

Clinical BSM Training
Stimulus control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Behavioral Management of Narcolepsy
Clinical Experiences Assessment, Therapy – Individual
Patient Populations Adults, Geriatrics (aged 65+), Medical Populations

Research
The research program is currently divided into two arms:

1) Researchers are also involved in investigator initiated studies including the following:
a) Psychological and neurophysiological correlates of adherence to CPAP in OSA.
b) Neurocognitive correlates of OSA and RLS.
c) Sex related differences in sleep architecture among individuals with OSA
d) Characteristics of adolescent sleep.
Is there formal training for individuals not enrolled in the program?

Seminars/Workshops, Journal Club

Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBSCM Accredited Fellowship Training? No
OHIO

22. Cincinnati Children’s Hospital Medical Center (Cincinnati)
Kelly Byars, PsyD, CBSM
Divisions of Behavioral Medicine and Clinical Psychology and Pulmonary Medicine
513-636-4336
Kelly.Byars@cchmc.org
http://www.cincinnatichildrens.org/bio/b/kelly-byars/

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center, APPIC Psychology Internship; Psychology Fellowships; ACGME Accredited Sleep Medicine Fellowship
Training Offered
Graduate level – research opportunities, Graduate level – clinical opportunities, Clinical rotation of practicum in BSM (< 500 hrs), Supervision of BSM work outside of formal internships or fellowships

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA accredited clinical psychology program, ACGME Sleep Medicine Fellowship; individualized training experiences

#Faculty/Professionals
Psychologists (2), Sleep Physicians (8)

Years Providing BSM Training
10

Current/Recent Trainees
Clinical BSM Training
Stimulus control, Relaxation, Hypnotherapy, etc., Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides sleep apnea), Behavioral Management of Narcolepsy.

Clinical Experiences
Assessment, Therapy – Individual

Patient Populations
Pediatric

Research
There are numerous NIH funded projects in the area of sleep. At this time the BSM training is limited to clinical care.

Is there formal training for individuals not enrolled in the program? None

Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Graduate Psychology Pre-doctoral Internship Sleep Medicine Fellowship
SBM Accredited Fellowship Training? No
23. Cleveland Clinic Sleep Disorders Center (Cleveland)

Michelle Drerup, PsyD, CBSM
Neurological Institute
216-445-9251
drerupm@ccf.org
http://my.clevelandclinic.org/neurological_institute/for-medical-professionals/fellowships/psychiatry-psychology-fellowships.aspx

Site Information
Setting Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center,
Training Offered Graduate level – research opportunities, BSM post-doctoral fellowship, Supervision of BSM work outside of formal internships or fellowships, Supervision of CBT-I outside of formal internships or fellowships

SBSM Fellowship
Accreditation Training program is not SBSM-accredited

Other Accreditation Post-doctoral fellowship in clinical health psychology

Accreditation
#Faculty/Professionals Post-Doctoral (2)
Years Providing BSM Training 7

Current/Recent Trainees
Megan Clancy, PhD, Megan Lavery, PsyD, Heather Prayor-Patterson, PhD, Yelena Chernyak, Ph.D., C.BSM

Clinical
BSM Training Stimulus control, Relaxation, Hypnotherapy, etc., Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Weight Loss Programs, Light Therapy (for insomnia), Light Therapy for Circadian Rhythm Disorders, Behavioral Management of Narcolepsy.

Clinical Experiences Assessment, Therapy – Group, Therapy – Individual
Patient Populations Adults, Geriatrics, Medical populations

Research
Efficacy of CBT-I in complex comorbid patient populations (Multiple Sclerosis, Parkinson’s Disease, heart failure, and Stepped Care approach to treatment of insomnia)

Is there formal training for individuals not enrolled in the program? Seminars / workshops
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Psychology Post-doctoral Fellowship

SBSM Accredited Fellowship Training? No
PENNSYLVANIA

24. Western Psychiatric Institute and Clinic/University of Pittsburgh (Pittsburgh)

Daniel J. Buysse, MD and Brant P. Hasler, PhD
Department of Psychiatry
buysssedj@upmc.edu
haslerbp@upmc.edu
412-246-6451 (Buysse)
412-246-6674 (Hasler)
http://researchsleep.wpic.pitt.edu/

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center, Community Mental Health Center, Specialty Practice

Training Offered
Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation or Practicum in BSM (< 500 Hrs), Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship

SBM Fellowship

Accreditation
BSM fellowship training is accredited by the SBSM

Other Accreditation
APA Accredited Clinical Psychology Program

#Faculty/Professionals
Graduate (2), Postdoctoral (2)

Years Providing BSM Training
25

Current/Recent Trainees
Benjamin Mullin, Leslie Brown, Jay Fournier, Kyle DeYoung, Rebecca Price, Kasey Griffin Creswell, Kathryn Sowder, Sarah Racine, Jessica Levenson, Heather Gunn, Melynda Casement, Caroline Oppenheimer, Adriane Soehner, Patricia Wong

Clinical

BSM Training
Stimulus control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Light Therapy for Circadian Rhythm Disorders, Behavioral Management of Narcolepsy

Clinical Experiences
Assessment, Therapy – Individual, Administration of Manualized Treatments

Patient Populations
Adults, Geriatrics (aged 65+)

Research
The University currently receives external funding for sleep research in three schools (Medicine, Nursing, Arts & Sciences) and six Departments or Divisions within the School of Medicine (Psychiatry, Pulmonary Medicine, Critical Care Medicine, Neuroscience).
Approximately 26 faculty members at the University of Pittsburgh have external funding as principal investigators (PI) for sleep research and >90% of the Training Faculty currently serve as a PI, investigator, or consultant on a sleep research grant.
The thematic research programs of the faculty span the breadth of basic, clinical, and epidemiological research, making the University a fertile ground for translational Sleep Medicine research.
Faculty from these different areas meet regularly for educational and research programs, and collaborate in clinical and training activities.
The University of Pittsburgh received one of the original 12 Clinical and Translational Science Awards (CTSA) from NIH. Multidisciplinary, translational research and research training are central to the University’s mission.

We have a Translational Research Training in Sleep Medicine (T32) postdoctoral fellowship funded by NHLBI.

Is there formal training for individuals not enrolled in the program? (YES/NO) Yes

Program Type: Undergraduate Opportunities Graduate Psychology Program

**SBSM Accredited Fellowship Training?** Yes
25. Children's Hospital of Philadelphia Sleep Center (Philadelphia)

Jodi A. Mindell, PhD, CBSM
Department of Psychology, Saint Joseph’s University
mindell@email.chop.edu
610-660-1806
http://www.chop.edu/professionals/psychology-training-program/practicum-training/

Melisa Moore, PhD, CBSM
mooremel@email.chop.edu
267-426-5842

Site Information
Setting
AASM Accredited Training Program in BSM, Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center

Training Offered
Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), BSM Internship (> 500 Hrs), Advise BSM-related dissertations (master’s thesis), BSM Post-Doctoral Fellowship

SBSM Fellowship
Accreditation
BSM fellowship training is accredited by the SBSM

Other Accreditation
APA Accredited Clinical Psychology Program
Specialty / Area: Pediatric Psychology

Accreditation
#Faculty/Professionals Undergraduate (2), Graduate (2), Postdoctoral (2)
Years Providing BSM Training 10

Current/Recent Trainees
Not provided

Clinical
BSM Training CPAP Adherence Program, CPAP Desensitization, Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea)

Clinical Experiences Assessment, Therapy – Individual
Patient Populations Pediatrics

Research
Dr. Mindell’s research focuses on the assessment and non-pharmacologic treatment of sleep problems in infants and toddlers. Furthermore, she is currently working on several projects investigating cross-cultural differences in sleep and sleep problems.

Dr. Moore’s research focuses on, sleep in children with chronic conditions, and the contribution of factors such as temperament and environmental variables on sleep problems throughout childhood and adolescence.

Is there formal training for individuals not enrolled in the program?

Seminars/Workshops
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBM Accredited Fellowship Training? Yes
26. Drexel University; Department of Psychology; Drexel Sleep Center (Philadelphia)
Jacqueline D. Kloss, PhD
Psychology
jdk29@drexel.edu
215-895-1653

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, University/College, Specialty Practice

Training Offered
Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities (limited)

SBM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program

#Faculty/Professionals
Not provided

Years Providing BSM Training
5+

Current/Recent Trainees
Cindy Philips; Jessica Wolfman; Sarah Horsey; Christina Nash; Jessical Zamzow; Caterina Mosti; Elizabeth Culnan

Clinical
BSM Training
Stimulus Control, Sleep Restriction, Cognitive Therapy, Cognitive Behavioral Therapy for Insomnia (CBT-I)

Clinical Experiences
CBTi – Individual

Patient Populations
Adults

Research
We are currently working on studies that involve three lines of research: (1) The intersection of neuropsychology and sleep; (2) College student sleep and health; and (3) Women and sleep

Is there formal training for individuals not enrolled in the program?
We provide lectures to medical students, residents, and fellows through DUCOM and who are in training at the Sleep Center.

Can your program be contacted regarding training activities? (YES/NO)
Yes

Program Type: Graduate Psychology Program

SBM Accredited Fellowship Training? No
27. University of Pennsylvania/Children’s Hospital of Philadelphia (Philadelphia)

Philip Gehrman, PhD, CBSM
The Center for Sleep and Circadian Neurobiology
gehrman@exchange.upenn.edu
215-746-3578

Jodi Mindell, PhD, CBSM
Psychology
jmindell@sju.edu

Site Information

Setting
Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center

Training Offered
Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Practicum in adult or pediatric BSM (< 500 Hrs), Psychology Internship sleep clinic rotation (both at CHOP and Philadelphia VA) (> 500 Hrs), Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship, Supervision of BSM Work outside of Formal Internships or Fellowships, Supervision of CBT-I outside of Formal Internships or Fellowships

SBSM Fellowship

Accreditation
BSM fellowship training is accredited by the SBSM

Other Accreditation
APA Accredited Clinical Psychology Program and clinical psychology internships

Accreditation

#Faculty/Professionals
Undergraduate (4), Graduate (4), Postdoctoral (4), Professional (4)

Years Providing BSM Training
Not provided

Current/Recent Trainees
Postdoctoral fellows: Melisa Moore (2010-2012); Michael Grandner (2010-2012); Sheila Garland (2012-present); Janeese Brownlow (2013-present); Psychology interns: Scott Woodruff (current); Ashley Miles (2013); Amy Andre-McNamee (2012) Practicum students: Ashley Witt (current); Maria Gershkovich (current); Lisa Hayley-Glassman (2012-2013); Elana Graber (2012-2013)

Clinical

BSM Training
Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Desensitization, Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea)

Clinical Experiences
Assessment, Therapy – Individual

Patient Populations
Pediatrics, Adults, Geriatrics (aged 65+), Medical Populations

Research

• Jodi Mindell primary research focus is on the treatment of behaviorally-based pediatric sleep disorders, as well as the pharmacological treatment of pediatric insomnia.

• Philip Gehrman’s research focuses on the mechanisms and treatment of insomnia. Ongoing and upcoming projects include: sleep in Veterans with PTSD, telehealth delivery of CBT-I,
• Michael Perlis' research focuses on neurocognitive phenomena in insomnia, the cognitive and/or behavior effects of sedative hypnotics and placebos, the development of alternative treatment approaches for insomnia, and sleep in depression.

• Dr. Grandner's research focuses on the adverse cardiometabolic and behavioral outcomes associated with insufficient sleep and the social and behavioral determinants of sleep. This includes issues including interventions for insufficient sleep, biomarkers of insufficient sleep, sleep and health disparities, sleep epidemiology, and occupational sleep medicine.

• Richard Ross has a program of research examining sleep disturbance in PTSD. His current project is a randomized controlled trial of Imagery Rehearsal for the treatment of chronic nightmares in Vietnam veterans with PTSD. He is in the process of composing a grant to extend this study to veterans returning from Iraq and Afghanistan.

• Nalaka Gooneratne's research focuses on insomnia in the elderly. He currently is working on a randomized controlled trial of melatonin in the elderly. He also has a project investigating treatment of insomnia in elderly with insomnia and comorbid sleep apnea.

Is there formal training for individuals not enrolled in the program?  
Can your program be contacted regarding training activities?  

Program Type:  
Undergraduate Opportunities
Graduate Psychology Program
Graduate Psychology Pre-doctoral Internship
Psychology Post-Doctoral Fellowship

SBSM Accredited Fellowship Training?  
Yes
RHODE ISLAND

28. Brown Medical School Clinical Psychology Internship (Providence)

Erin O’Brien, PhD, CBSM
Department of Psychiatry and Human Behavior
Eobrien4@lifespan.org
401-793-3214
http://brown.edu/academics/medical/about/departments/psychiatry-and-human-behavior/training/clinical/clinical-psychology-internship

Mary Carskadon, PhD
Department of Psychiatry and Human Behavior
Mary_Carskadon@brown.edu
401-421-9440

Katherine M. Sharkey, MD, PhD
Katherine_Sharkey@brown.edu
401-421-9440

Eliza Van Reen, PhD
Department of Psychiatry and Human Behavior
Eliza_van_reen@brown.edu
401-421-9440

Richard Millman, MD
rmillman@lifespan.org
Sleep Disorders Centers of Lifespan Hospitals
401-615-5878

Julie Boergers, PhD
Department of Psychiatry and Human Behavior
Julie_Boergers@Brown.EDU
401-444-8945

Site Information
Setting Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center
Training Offered Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs)

SBSM Fellowship Accreditation Training program is not SBSM-accredited

Other Accreditation APA Accredited Clinical Psychology Program

#Faculty/Professionals Pre-Doctoral Internship site (6)
Years Providing BSM Training 20
Current/Recent Trainees Michael Perlis; Pamela Thacher; James Wyatt; Todd Arnedt; Daniel Taylor; Peggy Ruyak; Jennifer Martin; Kristen Stone; Willoughby Britton; Mark Aloia, Erin O’Brien, Lavinia Fiorentino, Norah Simpson, Leisha Cuddihy, Sara
Nowakowski, Theodore Wagener, Betsey Mezick, Laurin Mack, Lora Wu, Hannah Taylor

**Clinical**

**BSM Training**
Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Desensitization, Positional Therapy for OSA, Light Therapy for Circadian Rhythm Disorders

**Clinical Experiences**
Assessment, Therapy – Individual, Administration of Manualized Treatments

**Patient Populations**
Pediatrics, Adults, Geriatrics (aged 65+), Medical populations

**Research**

Several ongoing projects are available for interns’ participation in the E.P. Bradley Hospital/Brown SleepforScience Research Lab. One major project supervised by Dr. Carskadon involves examining food choices of overweight and normal weight adolescents during forced desynchrony. Data are collected during intensive summertime in-lab studies that include sleep/wake scheduled on a non24-h day. Performance, chemosensory acuity, sleepiness, and polysomnography are collected during the protocol, as are saliva and blood for hormonal assays. The goal of the study is to examine how circadian timing and sleep homeostasis affect food choices and food consumption.

A second Carskadon project involves a prospective study of first-year college/university students. Students who accept admission to college are invited to complete a questionnaire in the spring before they begin school. They are then invited to participate during the first semester by completing sleep diaries and providing samples for subsequent targeted genotyping. Depressed mood (measured with the CES-D) is a primary outcome measure. The goal of this project is to examine the role of the serotonin system in mediating depressed mood in young people with chronic sleep restriction. Additional planned components will examine alcohol use and will include other genetics and epigenetics approaches to examine phenotypes.

Other developing lines of research include a potential study of alcohol and alcohol combined with energy drinks on sleep regulatory processes, led by Dr. Van Reen in the Sleep for Science lab.

Dr. Sharkey’s research examines associations of sleep and circadian rhythm disruption and genetic polymorphisms on perinatal mood regulation. Current projects emanating from this study include (a) an examination of maternal sleep patterns, specifically the impact of daytime naps and regularity of sleep habits on postpartum mood, and (b) associations between maternal sleep patterns during pregnancy and infants’ sleep during the first 4 months of life.

Is there formal training for individuals not enrolled in the program? Providence Sleep Research Interest Group monthly seminar. SleepforScience Research group journal club. Video feed of monthly Harvard Sleep Grand Rounds

Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Graduate Psychology Pre-doctoral Internship

**SBSM Accredited Fellowship Training?** No
29. Pediatric Sleep Program, Rhode Island Hospital/Hasbro Children’s Hospital (Providence)

Julie Boergers, Ph.D. (Co-Director, Pediatric Sleep Program)
Departments of Psychiatry & Human Behavior and Pediatrics,
Alpert Medical School of Brown University
Jboergers@lifespan.org
401-444-1614
http://www.hasbrochildrenshospital.org/pediatric-sleep-disorders-at-hasbro-childrens-hospital.html

Richard Millman, MD, DABSM (Co-Director, Pediatric Sleep Program; Director, Sleep Disorders Center of Lifespan Hospitals)
rmillman@lifespan.org
Departments of Medicine and Pediatrics, Alpert Medical School of Brown University
401-444-1614

Stephanie Hartselle, MD
Department of Psychiatry & Human Behavior, Alpert Medical School of Brown University
Shartselle@lifespan.org
401-444-1614

Site Information
Setting Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center
Training Offered Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs)

SBSM Fellowship
Accreditation Training program is not SBSM-accredited

Other Accreditation APA Accredited Clinical Psychology Program

#Faculty/Professionals Graduate (3); Postdoctoral (3)

Years Providing BSM Training 25

Current/Recent Trainees Christine Chambers, Chantelle Nobile Hart, Tyish Hall Brown, Lauren Daniel, Ted Wagener, Brandy Roane

Clinical BSM Training Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Light Therapy for Insomnia, Light Therapy for Circadian Rhythm Disorders

Clinical Experiences Assessment, Therapy – Individual, Administration of Manualized Treatments

Patient Populations Pediatrics

Research Opportunities exist for involvement in pediatric research on the sleep patterns of children with chronic illnesses, and the effect of childhood sleep disruption on family and academic functioning. Current projects include examination of sleep disruption among hospitalized children, sleep patterns of children with cancer and inflammatory bowel diseases, and the effect of missed sleep on the academic functioning of urban children with asthma.
Is there formal training for individuals not enrolled in the program? **Seminars/workshops**

Can your program be contacted regarding training activities? *(YES/NO)* Yes

Additional Information: The Pediatric Sleep Program offers formal clinical training in pediatric behavioral sleep medicine via a number of mechanisms, including:

a) 4 month rotations for psychology residents in the Pediatric or Behavioral Medicine tracks (Psychology Clinical Training Consortium, Alpert Medical School of Brown University)

b) 4 month elective rotations for postdoctoral fellows in Pediatric Psychology at Rhode Island Hospital (Psychology Clinical Training Consortium, Alpert Medical School of Brown University)

c) 1 to 12 month elective rotations for Adult Psychiatry residents, Child Psychiatry fellows, Triple Board fellows, and Developmental and Behavioral Pediatrics fellows at Rhode Island Hospital

Program Type: Graduate Psychology Pre-doctoral Internship
Psychology Post-Doctoral Fellowship

*SBSM Accredited Fellowship Training?* No
TEXAS

30. University of North Texas (Denton)
Daniel J. Taylor, PhD, ABSEM
Department of Psychology (Clinical Health Psychology Program)
djtaylor@unt.edu
940-565-2655
http://www.psyc.unt.edu/sleeplab/

Site Information
Setting Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center, Community Mental Health Center
Training Offered Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical rotation of practicum in BSM (> 500 Hrs), Undergraduate Course in BSM, Graduate course in BSM, Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship (TBD), Supervision of BSM Work outside of Formal Internships or Fellowships, Supervision of CBT-I outside of Formal Internships or Fellowships

SBM Fellowship
Accreditation BSM fellowship training is accredited by the SBSM
Other Accreditation APA Accredited Clinical Psychology Program
Specialty / Area: Clinical Health Psychology/Behavioral Medicine

#Faculty/Professionals Undergraduate (3), Graduate (3), Postdoctoral (3+)
Years Providing BSM Training 8

Current/Recent Trainees
Current: Kevin Sethi, MS Katherine Marczyk, MS; Allison Wilkerson, MEd; Rosemary Estevez, MS; Jade Francetch, MS; Jessica Dietch, BA
Recent: Kristi Pruiksma, PhD; Jacob Williams, PhD; Adam Bramoweth, PhD; Diana Dolan, PhD, CBSM; Emily Grieser, PhD; Brandy Roane, PhD, CBSM; JoLyn Tatum, PhD, CBSM; Marian Zimmerman, PhD; Christie Gardner, MS; Kristie Alloway, PhD

Clinical BSM Training
Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Positional Therapy for OSA, Light Therapy for Circadian Rhythm Disorders, Pediatric Behavioral Sleep Medicine, Behavioral Management of Narcolepsy

Clinical Experiences Assessment, Therapy – Individual, Administration of Manualized Treatments
Patient Populations Pediatrics, Adults, Geriatrics (aged 65+), Medical populations

Research
The University of North Texas Insomnia Research Laboratory was created by Daniel Taylor, Ph.D., CBSM, ABSEM, when he was hired at UNT in 2004. Current research focuses primarily on the epidemiology and treatment of insomnia comorbid with other disorders. Dr. Taylor is a principal investigator or co-investigator on federal research grants investigating insomnia as a risk factor for the development of comorbid disorders (e.g., infection, PTSD, cardiovascular disease) as well as the
efficacy and effectiveness of cognitive behavioral therapy of insomnia in patients with comorbid disorders (e.g., depression, fibromyalgia, PTSD).

The lab currently has 6 doctoral and 8 undergraduate research assistants focusing on a variety of research topics. For more information about ongoing projects, please proceed to the link for the Research Team.

Is there formal training for individuals not enrolled in the program? 
Can your program be contacted regarding training activities? (YES/NO) Yes

Additional Information

The University of North Texas has three APA accredited doctoral training programs (Clinical, Counseling, and Clinical Health Psychology/Behavioral Medicine). It is extremely important to apply to the Clinical Health Psychology program if you want training with Dr. Taylor in Behavioral Sleep Medicine.

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBSM Accredited Fellowship Training? Yes
31. Wilford Hall Medical Center (Lackland Air Force Base, San Antonio)

Lt Col Ann S. Hryshko-Mullen, PhD, CBSM
Psychology
ann.hryshko-mullen@lackland.af.mil
210-292-5968

Capt Kathryn Appolonio, PsyD
Psychology
Kathryn.Appolonio@lackland.af.mil
210-292-5968

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center
Training Offered
Clinical Rotation of Practicum in BSM (< 500 Hours) at Internship and Postdoctoral Levels

SBSM Fellowship
Accreditation
BSM fellowship training is accredited by the SBSM

Other Accreditation
APA Accredited Clinical Psychology Program, Residency: Clinical Psychology, Postdoctoral: Clinical Health Psychology

Accreditation
#Faculty/Professionals
Graduate (4), Postdoctoral (4)
Years Providing BSM Training
15+
Current/Recent Trainees
Katie Appolonio, PsyD; Robert J. Vanecek, PhD; Tracy Neal-Walden, PhD

Clinical
BSM Training
Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Biofeedback, Weight Loss Programs
Clinical Experiences
Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments
Patient Populations
Adults, Geriatrics (aged 65+), Medical Populations

Research
Have examined treatment efficacy of manualized group treatment for insomnia in specialized clinic as well as applications in primary care consultation. Future research projects will focus on a stepped care approach to treatment of insomnia in interdisciplinary Sleep Clinic.

Is there formal training for individuals not enrolled in the program? None
Can your program be contacted regarding training activities? (YES/NO) Yes

Additional Information
Training experiences are provided in the context of predoctoral internship and postdoctoral fellowship programs (both accredited by the Council on Accreditation of the American Psychological Association).

Program Type: Graduate Psychology Pre-doctoral Internship
Psychology Post-Doctoral Fellowship

SBSM Accredited Fellowship Training? Yes
32. University of Texas Southwestern Medical Center and Children’s Medical Center of Dallas (Dallas)

John Herman, PhD, FAASM
Behavioral Sleep Medicine Fellowship Program
Psychiatry and Pediatrics
john.herman@childrens.com
214-456-7267

W. David Brown, PhD, FAASM, CBSM University of Texas Southwestern Medical Center and Children’s Medical Center of Dallas; Behavioral Sleep Medicine Fellowship Program
Psychology
William.brown@childrens.com
214-456-0414

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, University/College, University Affiliated ACGME Fellowship Training Program in Sleep Medicine

Training Offered
Graduate level – research opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), BSM Post-Doctoral Fellowship, Advise BSM–related dissertations

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program

#Faculty/Professionals
Graduate (3), Postdoctoral (1), Professional (5)

Years Providing BSM Training
14

Current/Recent Trainees
Daniel Taylor, PhD; Brandy Roane, PhD; Gabby Reed, PhD; Mark Rogerson, PhD; Teresa Masdon, PhD

Clinical BSM Training
Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Light Therapy (for Insomnia), Light, Blue Light, and Melatonin Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea) Behavioral Management of Narcolepsy, Integrated Psychotherapy and Behavioral Sleep Therapy, inpatient and outpatient consults, development of evaluation, diagnosis, and treatment plans based on history, physical, and polysomnograms (physical exam provided by sleep boarded physicians). Training in the etiology, underlying cause or causes of insomnia, including behavioral, psychiatric, and medical

Clinical Experiences
Assessment, Therapy – Individual, Comprehensive evaluation of patients, training in relationship between psychodynamic psychotherapy and BSM.

Patient Populations
Pediatrics; children with settling disorders, autistic spectrum disorders, developmental delay, parasomnias, breathing disorders, hypersomnia, insomnia

Research
1. Web based survey of sleep in medical students following incoming class through 4 years of medical
school while measuring the development of insomnia, anxiety, and depression.
Is there formal training for individuals not enrolled in the program? Yes
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Graduate Psychology Practicum Site, Psychology Post-doctoral Fellowship

SBM Accredited Fellowship Training? No
33. Children’s Medical Center of Dallas (Dallas)

W. David Brown, PhD, FAASM, CBSM
Psychology
William.brown@childrens.com
214-456-0414

John Herman, PhD, FAASM
Psychiatry and Pediatrics
john.herman@childrens.com
214-456-7267

Site Information
Setting: Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center
Training Offered: Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), BSM Internship (>500 hrs), BSM post-doctoral fellowship

SBSM Fellowship/Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program

#Faculty/Professionals
Graduate (2), Postdoctoral (2)

Years Providing BSM Training
Not provided

Current/Recent Trainees
Not provided

Clinical BSM Training
Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization, Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea) Behavioral Management of Narcolepsy

Clinical Experiences
Assessment, Therapy – Individual
Patient Populations
Pediatrics; medical populations

Research
We are developing the program. We are currently completing a clinical database that will allow access to both sleep and clinical data for research purposes.

Is there formal training for individuals not enrolled in the program? Seminars/Workshops are in development
Can your program be contacted regarding training activities? Yes

Additional Information
We are hoping to be accredited as a training site. I have been here only a few
months but we are developing the program and hope to be offering training in 2014

Program Type: Graduate Psychology Practicum
SBSM Accredited No
Fellowship Training?
34. University of Houston Sleep and Anxiety Center for Kids [SACK] (Houston)

Candice Alfano, PhD
Department of Psychology
calafano@uh.edu
713-743-8611
www.uh.edu/sack

Site Information
Setting
Affiliated with a non-Accredited Center, University/College
Training Offered
Undergraduate level – research opportunities, Graduate level – research opportunities, Graduate Level – Clinical Opportunities, BSM Post-Doctoral Fellowship, Advise BSM–related dissertations, Supervision of BSM work outside of formal internships or fellowships, Supervision of CBT-I outside of formal internships or fellowships

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program

#Faculty/Professionals
Undergraduate (2), Graduate (5), Postdoctoral (2), Professional (1)

Years Providing BSM Training
3

Current/Recent Trainees
Katharine Reynolds, BA, Radhika Reddy, MS, Jennifer Cowie, BA, Michelle Clementi, BA, David Talavera, BA, Jonathan Kushnir, PhD, Michelle Patriquin, PhD

Clinical
BSM Training
Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Desensitization, Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea) Behavioral Management of Narcolepsy

Clinical Experiences
Assessment, Therapy – Individual, Administration of Manualized Treatments

Patient Populations
Pediatrics

Research
SACK is a clinical research center in the Department of Psychology at the University of Houston dedicated to understanding the connections between children’s sleep at night and their behavior and emotions during the day. Our research focuses on helping school-aged kids manage and overcome their anxiety, fears, and sleep-related problems. SACK offers both research opportunities and low-cost clinical services for families based on the latest scientific evidence. Several ongoing projects are being conducted at SACK including projects funded by the National Institute of Mental Health (NIMH), the National Institute of Child Health and Human Development (NICHD), and the Department of Defense (DoD).

Is there formal training for individuals not enrolled in the
Seminars / workshops
program?
Can your program be contacted regarding training activities?  *(YES/NO)* Yes

Program Type:  
Undergraduate Opportunities
Graduate Psychology Program

**SBSM Accredited Fellowship Training?**  No
VIRGINIA

35. Virginia Commonwealth University (Richmond)
Bruce Rybarczyk, Ph.D., ABPP
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http://www.has.vcu.edu/psy/clinical/index.html

Site Information
Setting: Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center
Training Offered: Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 Hrs), Graduate Course in Sleep Medicine

SBM Fellowship
Accreditation: Training program is not SBSM-accredited

Other Accreditation: APA Accredited Clinical Psychology Program

#Faculty/Professionals: Undergraduate (1), Graduate (1)
Years Providing BSM Training: 5
Current/Recent Trainees: Laurin Mack (recent), Skye Ochsner-Margolies (recent), Hannah Lund (current), Andrea Garroway (current)

Clinical
BSM Training: Relaxation/Hypnotherapy, Stimulus control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I)
Clinical Experiences: Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments
Patient Populations: Adults, Geriatrics (aged 65+), Medical Populations

Research
Our lab continues to do research primarily in CBT-I treatment for comorbid insomnia. Recent work has been with chronic psychiatric patients, newly diagnosed cancer patients waiting for treatment, and PTSD patients.

Is there formal training for individuals not enrolled in the program? Seminars/Workshops

Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBM Accredited Fellowship Training? No
36. Sleep Disorders Center, Eastern Virginia Medical School/Sentara Norfolk General Hospital (Norfolk)

J Catesby Ware, Ph.D.
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Serina Neumann, Ph.D.
Department of Psychiatry and Behavioral Sciences
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Sk ye Ochsner Margolies, Ph.D.
Department of Physical Medicine & Rehabilitation/Department of Psychiatry and Behavioral Sciences
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757-446-5915

Site Information
Setting
Affiliated with an Accredited Sleep Disorder Center, University/College, Hospital/Medical Center

Training Offered
Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities

SBSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
APA Accredited Clinical Psychology Program

#Faculty/Professionals
Graduate (3); Postdoctoral (3); Professional (3)

Years Providing BSM Training
20

Current/Recent Trainees
Vivek Venugopal, Lauren King, Skye Ochsner Margolies, PhD

Clinical
BSM Training
Relaxation/Hypnotherapy, Stimulus control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), CPAP Adherence Program, CPAP Desensitization

Clinical Experiences
Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments

Patient Populations
Pediatrics, Adults, Geriatrics (aged 65+), Medical Populations, psychiatric populations

Research
The research program focuses on group and individual administered CBT-I for insomnia patients and patients with comorbid medical and psychiatric diagnoses.

The research program also focuses on alertness, with the primary tool of a driving simulator, and a
number of other sleep related problems. In recent years funding has come from NIH, SBIR, local granting agencies, and the pharmaceutical companies.

Is there formal training for individuals not enrolled in the program? Formal classes Medical School and PhD seminars, Seminars/Workshops

Can your program be contacted regarding training activities? (YES/NO) Yes

Additional Information We are also the site for an AMA accredited Sleep Medicine Fellowship program. Psychology trainees interact with sleep medicine fellows and the faculty of the fellowship program. These include Sleep medicine boarded physicians from pediatrics, otolaryngology, and internal medicine. Trainees participate in the weekly journal and patient review conferences and monthly fellowship lectures on various aspects of sleep. Robert Vorona, MD leads the fellowship program.

Program Type: Graduate Psychology Program

SBSM Accredited Fellowship Training? No
WEST VIRGINIA

37. West Virginia University (Morgantown)

Hawley Montgomery-Downs, PhD
Psychology, Behavioral Neuroscience
Hawley.Montgomery-Downs@mail.wvu.edu
304-293-1761
http://psychology.wvu.edu/faculty_staff/directory/hawley_montgomery_downs

Amy Fiske, PhD, CBSM
Psychology, Clinical
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304-293-1708
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Site Information
Setting University/College, Affiliated with an Accredited Sleep Disorder Center, Hospital/Medical Center
Training Offered Undergraduate Level – Research Opportunities, Undergraduate Level – Clinical Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Undergraduate Course in Sleep Medicine, Graduate Course in BSM, Advise BSM-Related Dissertations, Supervision of BSM Work outside of Formal Internships or Fellowships

SBSM Fellowship
Accreditation Training program is not SBSM-accredited

Other Accreditation APA Accredited Clinical Psychology Program

#Faculty/Professionals Undergraduate (3), Graduate (3)
Years Providing BSM 9

Training Current/Recent
Trainees Amanda McBean (current), Margeaux Gray (current), Salvatore Insana (recent), Michael Nadorff (recent), Megan Clegg-Kraynok (recent), Michael Winser (recent), Kelsey Meekins (recent)

Clinical BSM Training Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Pediatric Sleep Disorders (besides Sleep Apnea)
Clinical Experiences Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments
Patient Populations Pediatric, Adults, Geriatrics (aged 65+), Medical Populations

Research
Dr. Montgomery-Downs is an Associate Professor of Psychology in the Behavioral Neuroscience Program, an Adjunct Associate Professor of Pediatrics, and a member of the Behavioral Neuroscience group in the Center for Neuroscience. Her sleep laboratory is a 2-bed facility used predominantly to study infant sleep-disordered breathing and maternal and paternal postpartum sleep disturbance. In addition, field studies utilize actigraphy and palm-based self-report measures. She teaches an undergraduate sleep research course and provides mentorship for undergraduates and graduate students working on thesis and dissertation projects related to sleep and sleep disorders.
Dr. Fiske is an Associate Professor in the Clinical Program. She supervises doctoral students who provide Cognitive Behavioral Therapy for Insomnia in the psychology department’s clinic as well as a primary care setting. She also mentors students on research projects related to insomnia and other sleep disorders in late life.

Is there formal training for individuals not enrolled in the program? None

Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities

Graduate Psychology Program

SBSM Accredited Fellowship Training? No
AUSTRALIA

38. Flinders University Sleep Research/Insomnia Treatment Program (Adelaide)

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Site Information
Setting Affiliated with a non-Accredited Center, University/College
Training Offered Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Clinical Rotation of Practicum in BSM (< 500 hrs), Undergraduate Course in BSM, Supervision of BSM Work outside of Formal Internships or Fellowships

SBSM Fellowship
Accreditation Training program is not SBSM-accredited

Other Accreditation Australian Psychological Society

#Faculty/Professionals Undergraduate (5), Graduate (11), Postdoctoral (2), Professional (4)
Years Providing BSM 16

Current/Recent Trainees Michael Gradisar; Nicole Lovato; Gorica Micic; Alexander Sweetman; Kate Bartel; Lisa Smith; Neralie Cain; Cele Richardson

Clinical BSM Training Stimulus control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Light Therapy (for Insomnia), Light Therapy for Circadian Rhythm Disorders, Pediatric Sleep Disorders (besides Sleep Apnea), Insomnia/OSA Co-morbidity

Clinical Experiences Assessment, Therapy – Group, Therapy – Individual, Administration of Manualized Treatments

Patient Populations Pediatrics, Adults, Geriatrics (aged 65+)

Research
- Benefits of brief naps (5-30 min) in the afternoon or on night shift work.
- Technology use and sleep
- Bright light therapy for treatments of insomnia.
- Intensive Sleep Retraining novel therapy for insomnia.
- Sleepiness, DSPD, and insomnia in adolescents and children.
- Insomnia/OSA co-morbidity and its treatment.

Is there formal Formal Classes, Seminars/Workshops
training for individuals not enrolled in the program?

Can your program be contacted regarding training activities? (YES/NO) Yes

Additional Information: BA or Bsc degree holders with majors in Psychology from North American universities can enquire about possible entry into the Flinder’s Honors Psychology program. Students with Psychology Honors, Msc, or MA degrees can enquire about PhD programs.

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBSM Accredited Fellowship Training? No
39. Centre d’étude des troubles du sommeil – Université Laval (Quebec City)

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Josée Savard, PhD
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josee.savard@psy.ulaval.ca

Site Information
Setting
Affiliated with a non-Accredited Center, University/College, Hospital/Medical Center

Training Offered
Undergraduate Level – Research Opportunities, Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Undergraduate Course in Sleep Medicine, Advise BSM–Related Dissertations, BSM Post-Doctoral Fellowship, Supervision of CBT-I outside of Formal Internships or Fellowships

BSM Fellowship
Accreditation
Training program is not SBSM-accredited

Other Accreditation
Canadian Psychological Association Accredited Clinical Psychology Program

#Faculty/Professionals
Undergraduate (6), Graduate (8), Postdoctoral (0), Professional (3)

Years Providing BSM Training
12

Current/Recent Trainees
Judith Davidson, PhD; Annie Vallières, PhD; Marie-Christine Ouellet, PhD; Mélanie LeBlanc, PhD; Lynda Bélanger, PhD; Geneviève Belleville, PhD; Meagan Daley, PhD

Clinical
BSM Training
Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I)

Clinical Experiences
Assessment, Therapy – Group, Therapy – Individual, Administration of
Manualized Treatments
Patient Populations Adults, Geriatrics (aged 65+), Medical Populations

Research
A total 12 graduate students, 2 post-doctoral research fellows, and 4 full-time faculty members are involved in our center. Ongoing research include studies on:
Epidemiology, natural history, and cost of insomnia (longitudinal study)
Clinical trials of insomnia therapies - CBT, medication, alternative therapies (valerian), self-help approaches
Insomnia and cancer, Evoked potential studies in insomnia, Shift-work and sleep

Is there formal training for individuals not enrolled in the program? Yes
Can your program be contacted regarding training activities? (YES/NO) Yes

Additional Information
Our center provides mostly research training in BSM but it is possible to integrate assessment and treatment training as part of clinical studies involving CBT of insomnia.

Program Type: Undergraduate Opportunities
Graduate Psychology Program

SBSM Accredited Fellowship Training? No
40. University of Ottawa (Ottawa)

Joseph De Koninck, PhD
School of Psychology
Clinical Psychology
jdekonin@uottawa.ca
613-562-5800 ex 4315
http://www.uottawa.ca

Site Information
Setting University/College
Training Offered Graduate Level – Research Opportunities, Graduate Level – Clinical Opportunities, Graduate Course in Sleep Medicine, Advise BSM–Related Dissertations

SBSM Fellowship
Accreditation Training program is not SBSM-accredited

Other Accreditation APA Accredited Clinical Psychology Program

#Faculty/Professionals Graduate (2)
Years Providing BSM Training 33

Current/Recent Trainees
Dr. Jean Grenier (1999); Dr. Francine Roussy (1999); Dr. Marcel Viens (1991);
Dr. Gilles Hébert (1995); Dr. Anik Gosselin (2005); Dr. Mélanie St-Onge (2002);
Dr. Lynne Lamarche (2007); Catherine Sabourin (2010); Dominique Gosselin (current)

Clinical
BSM Training Relaxation/Hypnotherapy, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I)

Clinical Experiences Assessment, Therapy – Group, Therapy – Individual

Patient Populations Adults, Psychiatric Populations

Research
Basically, CBT for sleep management is offered through practica and internships within the APA accredited Ph.D. program in Clinical Psychology. Students are typically supervised in their thesis research by a sleep researcher and take opportunities for clinical experience with clinical supervisors with experience mainly on behavioral treatment of insomnia. Students can also complete a specialization in neuroscience.

Is there formal training for individuals not enrolled in the program? Not provided

Can your program be contacted regarding training activities? (YES/NO) Yes

Additional Information Currently there is no new placement available for the next year with a supervisor in sleep research. Admissions may resume in 2015.

Program Type: Graduate Psychology Program

SBSM Accredited Fellowship Training? No
41. Department of Clinical Health Psychology, University of Manitoba (Winnipeg)
Norah Vincent, PhD, CPsych
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204-787-3272

Site Information
Setting: Affiliated with an Accredited Sleep Disorder Center, University/College (University of Manitoba), Health Sciences Center (hospital)
Training Offered: Undergraduate Level – Research Opportunities, Graduate Level – Research and Clinical Opportunities, Advise BSM–Related Dissertations and Master's Theses, Pre-Doctoral Level- Clinical and Research Opportunities

BSM Fellowship
Accreditation: Training program is not SBSM-accredited
Other Accreditation: CPA Accredited Pre-Doctoral Internship, APA and CPA Accredited Clinical Psychology Program (affiliated with)

#Faculty/Professionals: Graduate (3)
Years Providing BSM Training: 15
Current/Recent Trainees: Julie Beaulac, Kate Williamson, Maxine Holmqvist, Lisa Schwartzman, Anne Sophie Champod, Samatha Lewycky, Kris Boksman, April O'Grady, Cheryl Harris, Grant Burt, Mark Olver, Angelina Baydala, Darek Dawda, Kathy Keating, David Podnar, Kathryn Sexton, Kristin Calverly

Clinical
BSM Training: Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Mindfulness Meditation
Clinical Experiences: Assessment, Therapy – Group, Therapy – Individual, Online, Telehealth-based Treatments
Patient Populations: Adults, Geriatrics (65+)

Research
Behavioral sleep medicine research with an emphasis on insomnia and parasomnias, treatment process factors (e.g., adherence, motivation), and fatigue.
Is there formal training for individuals not enrolled in the program? Yes-practicum placements can be arranged provided the individual is currently enrolled in an accredited graduate program.
Can your program be contacted regarding training activities? (YES/NO) Yes

Program Type: Undergraduate Opportunities
Graduate Psychology Practicum Site
Graduate Psychology Pre-doctoral Internship

BSM Accredited Fellowship Training? No
UNITED KINGDOM/SCOTLAND
42. University of Oxford (Oxford)

Colin Espie PhD
MSc Sleep Medicine
Sleep and Circadian Neuroscience Institute
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http://www.ndcn.ox.ac.uk/team/principal-investigators/colin-espie;d=TkxP

Chris Harvey, PhD
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http://www.ndcn.ox.ac.uk/team/support-staff/christopher-james-harvey;d=TkxP

Site Information
Setting University/College, Hospital/Medical Center
Training Offered Graduate Level – Research Opportunities, Graduate Course in Sleep Medicine,
Graduate Course in BSM

SBSM Fellowship
Accreditation Training program is not SBSM-accredited

Other Accreditation Masters programme is being set up in accordance with ESRS and AASM
accreditation guidelines

#Faculty/Professionals Graduate (3), Post-Doctoral (4), Professional (11)

Years Providing BSM Training
Current/Recent Trainees

Clinical
BSM Training Relaxation, Stimulus Control, Sleep Restriction, Cognitive Therapy, Multi-
Component Cognitive Behavioral Therapy for Insomnia (CBT-I), Light Therapy for Circadian Rhythm Disorders

Clinical Experiences None

Patient Populations

Research
The SCNi is a new institute, comprising a team of internationally renowned researchers and clinicians,
with a broad range of expertise. The team’s experience covers both experimental and non-
experimental research design and the analyses of qualitative, quantitative, and mixed-methodology
data. Additionally, we have the necessary equipment and skills to conduct research at the
biological/genetic level through to large-scale epidemiological studies.

The institute is split up into 5 groups researching 5 main themes. These themes range from
understanding sleep at a molecular and genetic level, through to interventions in complex cases, such
as psychoses and schizophrenia. The over-arching themes are:

1) Human phenotyping
2) Therapeutic intervention
3) Outreach and Public engagement
4) Mouse Models: Genotype and Phenotype
5) New Sleep and Circadian Assays

If you wish to find out more about the research taking place then please email scni@ndcn.ox.ac.uk

Is there formal training for individuals not enrolled in the program?

Can your program be contacted regarding training activities? (YES/NO) Yes

Additional Information

We are currently developing an online Master’s programme in Sleep medicine. The course will provide a comprehensive over-view of sleep medicine, covering all aspects of the ESRS and AASM accreditation guidelines. Drawing on the expertise within the team, there will be a strong focus on the behavioural aspects of sleep medicine, particularly with regard to understanding and implementing cognitive behavioural therapy for sleep disorders.

It is anticipated that the course will be open for enrolment by 2015, but is currently still subject to University approval. Oxford staff will deliver teaching, with supplementary material provided by external experts in the given area. Although ultimately designed as an MSc qualification, diploma and post-graduate certificate levels will also be offered, as well as continued professional development credits.

To be kept up to date with the development of the course, please e-mail Dr. Chris Harvey: Christopher-james.harvey@ndcn.ox.ac.uk

We will also be running 2 summer schools. One will focus on circadian neuroscience and the other on sleep medicine. These are aimed primarily at Ph.D. students and individual who are 5 or fewer years post-doc, but anyone is welcome to apply. For more information on this please contact: scni@ndcn.ox.ac.uk

Program Type: Graduate Master’s Program

SBSM Accredited Fellowship Training? No