



THE UNIVERSITY OF ALABAMA AT BIRMINGHAM
SCHOOL OF MEDICINE
Department of Psychiatry and Behavioral Neurobiology

August 30, 2021

Kathryn Hansen, R. EEG T., CPC, BS
Executive Director
Society of Behavioral Sleep Medicine

Dear Ms. Hansen and Fellow committee,

It is my privilege to nominate Dr. Michael Nadorff for Fellow status within the Society of Behavioral Sleep Medicine (SBSM). Dr. Nadorff has notable contributions to our organization, the field, and psychology broadly. and I believe he is deserving of this honor.

Dr. Nadorff has been a continuous member (to the best of his knowledge) of the SBSM since 2010, and he and his lab have been very involved in our organization. He began on the Web and Communications Committee in 2016, won the Arthur J. Spielman Early Career Distinguished Achievement Award in 2017, and then joined our Board of Directors in 2019. In addition to his service, he has encouraged his students to become active in our society, with two of them serving as the student representative to the Board of Directors (Katrina Speed and Courtney Bolstad).

Dr. Nadorff is an internationally-recognized scholar in our field, particularly in the study of nightmares. His paper on nightmares and suicidal ideation amongst college students, which was published in *SLEEP*, has been cited over 250 times and he has presented both nationally and internationally on this topic. For instance, he has been an invited presenter at the New Perspectives on Nightmare Treatment symposium in Hanover, Germany in 2016 and was an invited presenter at the International Association for the Study of Dreams meeting this year. He has also been featured for his work on nightmares in prominent news stories, most notably a segment on COVID-19 dreams that aired on CBS Sunday Morning. On a personal note, I specifically reached out to Dr. Nadorff to collaborate on a case study involving the use of Imagery Rehearsal Therapy in a patient with REM-Sleep Behavior Disorder because of my respect for his work in this area. This manuscript was recently accepted for publication in the journal *Dreaming* and Dr. Nadorff and his graduate students were wonderful collaborators on this project.

Overall, Dr. Nadorff has more than 75 peer-reviewed publications in his career, many of which are on topics related to behavioral sleep medicine (BSM). Additionally, his work has been funded by NIMH, SAMHSA, CDC, and the state of Mississippi. Perhaps unsurprisingly since his work spans several fields, he has demonstrated broad leadership in the field not only in sleep but also in related areas. For instance, he chaired the 50th annual meeting of the American Association of Suicidology and is on

the Editorial Boards of Suicide and Life-Threatening Behavior, Bulletin of the Menninger Clinic, International Journal of Aging and Human Development, Clinical Gerontologist, and the Journal of Clinical and Consulting Psychology. He also currently serves as a reviewer for the DoD PRMRP grant program on the Sleep Disorders and Restrictions panel.

Last, but not least, it is worth discussing Dr. Nadorff's commitment and involvement in training future psychologists, as this is a key part of his impact on the field. Dr. Nadorff took on leading the Clinical Psychology Doctoral Program at Mississippi State University (MSU) in its inaugural year, 2014, and only his third year on faculty. Since then, he has developed the program into a fully APA-accredited program and aided the Student Counseling Center at MSU to develop an APA-accredited Psychology Internship, the only accredited counseling center internship in the state. Every year Dr. Nadorff presents on BSM to the psychology interns at the counseling center and also continuously runs a BSM practice in his training clinic to afford all of his students an opportunity to train in BSM. It is due to this that many students not only from his lab, but also from other labs (e.g., Dr. Melanie Stearns, current post-doctoral fellow for Dr. McCrae) have entered the field. He has recently joined the Board of Directors of the Council of University Directors of Clinical Psychology, which is an organization made up of the training directors of all of the clinical psychology doctoral programs in the U.S., demonstrating Dr. Nadorff's reputation broadly to the training and mentoring of future psychologists, many of whom he guides into our field.

I believe Dr. Nadorff has established an international reputation in our field and has shown excellence in service, mentorship, and scholarship. Aside from this excellence across academic domains, he is a genuinely nice colleague and I strongly support him receiving recognition as a Fellow of the SBSM.

Kind regards,



S. Justin Thomas, PhD, DBSM
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