Curriculum Vitae

# Richard A. Blackburn, PhD

**Licensed Psychologist**

**Diplomate, Board of Behavioral Sleep Medicine**

**Certified in Behavioral Sleep Medicine**

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**NPI #**, 1134293400

## Certifications, Licensures and Professional Associations

**Licensed Psychologist**,State of Minnesota, Minnesota Board of Psychology, Licensed for Independent Practice, November 3, 2006, to present. License LP #4743.

**Licensed Psychologist**, State of Wisconsin, Wisconsin Department of Safety and Professional Services, Licensed for Independent Practice, October 6, 2017, to present. License 3523-57.

**Diplomate in Behavioral Sleep Medicine**, The Board of Behavioral Sleep Medicine, June 29, 2018; expiry December 31, 2023.

**Certified in Behavioral Sleep Medicine**, The American Board of Sleep Medicine, July 30, 2012.

**Board-Approved Supervisor for LPC and LPCC,** Minnesota Board of Behavioral Health and Therapy, December 7, 2020-Present.

**Certified Clinical Telemental Health Provider**, Center for Credentialing and Education, July 1, 2020.

**Certified Clinical Anxiety Treatment Professional**, Center for Credentialing and Education, October 2, 2020.

**Society of Behavioral Sleep Medicine,** Founding Member, April 2011-Present.

**American Board of Sleep Medicine**, Member, April 2011-April 2020.

## Leadership/Training Experience

**Secretary/Treasurer/Member of Executive Committee,** The Society of Behavioral Sleep Medicine, June 2018-Present.

* Board Liaison for the Accreditation Committee.
* Increased accredited behavioral sleep medicine training programs from four to seventeen, focusing on geographic diversity and including our first international program at National Chengshi University in Taiwan.
* Assisted Executive Director in creating budget and financial reporting on $300,000 budget.
* Created and funded a new non-profit certification board, The Board of Behavioral Sleep Medicine, and a certification exam for the newly created Diplomate of the Board of Behavioral Sleep Medicine credential in 2018.
* Successfully developed and funded three international scientific conferences with over 350 registrants for each and two Board Review courses.
* Oversaw the creation and budgeting of over 75 online CME programs approved for continuing education credits across four clinical credentials:  Psychology, Physicians and Extenders (APRN, DNP, PA-C), Social Work, and Nursing. Courses are updated regularly to assure up to date science. These programs have become a major source of revenue for the Society and each fulfills a critical part of the training requirements for Board Certification.
* Oversaw the creation and funding of a Virtual Journal Club that has presented bi-monthly a scholarly review of recently published journal articles since 2017. The subject matter experts serve as discussants and typically pre/post-doctoral students present the journal article review.  The webinars are archived to continue to provide enduring educational opportunities.
* Supervised and funded “The Journal of Behavioral Sleep Medicine”, the flagship journal for the Society of Behavioral Sleep Medicine, increasing the Journal Impact Factor by 21.46% from 2019-2020 to 2.83.
* Served on the Executive Committee when membership increased 200% over the past two years largely due to training opportunities.
* Reviewed the SBSM Reading list of peer-reviewed references to be used by SBSM accredited BSM training programs, and the Board of Behavioral Sleep Medicine exam preparation
* Assisted with creation of the BSM Consultation Registry of available board-certified Behavioral Sleep Medicine providers to serve as consultants for individuals gaining eligibility to sit for the certification exam.
* Ongoing review and editing of peer-reviewed educational tools for professional and patient audiences created by the SBSM.

**Chief Executive Officer,** Sumus Health, Inc., September 3, 2018-September 3, 2020.

**Member-At-Large of the Board of Directors,** The Society of Behavioral Sleep Medicine, June 2015-June 2018.

* Board Liaison and Co-Chair of The Practice Committee
* Implemented bi-monthly practice and consultation educational webinars for practitioners utilizing field experts around the globe. These cover essential training for the Board exam content areas.

## Publications

Blackburn, R.A. (March 1, 2020). iSomnia: The Self-Guided Treatment for Insomnia. Sumus Health. Online. Out of print.

Blackburn, R.A. (March 23, 2016). An SBSM Board of Directors Statement on Sleep Coaching. *Behavioral Sleep Medicine*, Vol. 14 (3). Pp 233-234.

Ong, J.C., Arrand, D., Schmitz, M., et. al. (October 2018). A Concept Map of Behavioral Sleep Medicine: Defining the Scope of the Field and Strategic Priorities. *Behavioral Sleep Medicine,* Vol. 16 (6). Pp. 523-526.

## Professional Presentations

* “The Suicidal Mind – Part I,” Headway Emotional Health Services. (April 9, 2021).
* “How Sleep Works: A Primer for Helping Your Clients Sleep Better,” Headway Emotional Health Services. (January 15, 2021) & Canvas Health (March 15, 2021).
* “Virtual CBT-I: Dream or Reality,” Minnesota Sleep Society, (October 6, 2018).
* Panel Member, “Cognitive Behavioral Therapy for Insomnia (CBT-I): Essential Skills for Clinical Practice,” Allina Learning & Development, (March 27, 2015).
* Coffee Chat: “Stopping Insomnia: How to Prevent a Few Bad Nights from Becoming a Chronic Sleep Problem” Cambridge Medical Center. (Feb. 12, 2015).
* “The Impact of Sleep Duration on Chronic Health Conditions: Why Addressing Sleep Duration May Be Essential To CCI Goals.” Allina Learning & Development Continuing Medical Education. (February 26, 2014)
* “Insomnia Due to Circadian Rhythm Disorders - Assessment and Management of Insomnia: A Practical Guide for Primary Care.” Allina Learning & Development (May 1, 2013).
* “Insomnia with Depression” Assessment and Management of Insomnia: A Practical Guide for Primary Care. Allina Learning & Development (May 1, 2013).

## Work Experience

**Headway Emotional Health Services November 6, 2020 to Present**

Headway Emotional Health Services is composed of a group of experienced mental health care professionals providing outpatient therapy, psychiatric services, divorce education, in-school therapy, day treatment services, and more throughout the Twin Cities, including Richfield, Brooklyn Center and Hopkins. Headway has a diverse team of more than 100 therapists, psychiatrists, caseworkers, and medical and administrative staff dedicated to helping people in emotional distress transform their lives. Headway’s mission is “to empower individuals and families in the Twin Cities Metro area to live emotionally healthy lives.

***Manager, Training***

* Served as Training Director for APA-Accredited on Contingency doctoral internship program and doctoral and master’s practicums.
* Met specific and global training needs of the Headway organization to improve clinical practice in evidence-based treatments.
* Served as HIPPA Compliance Officer.
* Supervised interns and non-licensed staff.
* Provided clinical supervision of psychometric testing

**Sumus Health, Inc. September 3, 2018-September 3, 2020**

Sumus Health, Inc. was a med tech startup designing digital tools for providers of Cognitive Behavioral Therapy for Insomnia. Sumus Health’s goal was to bring CBT-I to all patients regardless of location.

***Chief Executive Officer***

* Completed all legal paperwork for corporation formation and compliance.
* Assisted CFO in creating and managing budget.
* Created company vision and values and guided development of products.
* Wrote and published *Isomnia: The Self-Guided Treatment for Insomnia*.

**Health Partners’ Regions Sleep Health Center June 10, 2016-Sept. 11, 2020**

Health Partners’ Regions Sleep Health Center is a 10-bed JACHO accredited, AASM accredited sleep lab that includes an insomnia clinic offering comprehensive Behavioral Sleep Medicine services for patients aged 15 and older. The Center has a multidisciplinary staff that includes pulmonology, neurology, psychiatry, psychology, and sleep technicians and serves the Twin Cities metro area. It is located at 2688 Maplewood Drive, Maplewood, MN, 55109

***Licensed Psychologist/Sleep Psychologist***

* Supervised/consulted with providers seeking Board Certification in Behavioral Sleep Medicine.
* Created insomnia group to increase access and affordability for patients.
* Evaluated the impact of the groups on the Insomnia Clinic’s budget drivers.
* Instructed operations manager on WRVUs and how to use them to improve budget forecasts.
* Instructed staff on legal and compliance requirements for telemedicine and created procedures for providing legally compliant and “best-practice” care.

**Cambridge Medical Center – Allina Health Nov. 2011-June. 2016**

Cambridge Medical Center is a combined clinic and JCAHO-accredited hospital providing comprehensive care to the 30,000 residents of Isanti County and the surrounding areas. The campus includes a large multi-specialty clinic, an 86-bed hospital, Sister Kenny Rehabilitation Services, retail pharmacy, an [eye clinic and optical shop](http://www.allinahealth.org/ahs/cambridge.nsf/page/eye), and a [same day clinic](http://www.allinahealth.org/ahs/cambridge.nsf/page/sameday). There are 75+ providers on staff and 25+ consulting physicians providing specialty care. It is located at 701 South Dellwood, Cambridge, MN 55008.

***Licensed Psychologist, Associate Member of the Medical Staff***

* Provided clinical consultation to primary care, outpatient behavioral health staff and inpatient psychiatric providers.
* Co-created a hybrid training model for Behavioral Sleep Medicine, making Minnesota the 4th largest hub of certified behavioral sleep medicine providers in the U.S.
* Provided training to over 200 mental health professionals in Cognitive Behavioral Therapy for Insomnia for pediatric and adult populations.
* Trained over 120 providers at a professional conference on the treatment of insomnia with comorbid depression and on the behavioral treatment of circadian rhythm disorders.
* Created and implemented Behavioral Sleep Medicine program at Cambridge Medical Center, treating children, adolescents and adults with insomnia, circadian rhythm disorders, CPAP compliance issues, and narcolepsy.
* Provided continuing medical education for physicians on treating chronic pain and the impact of sleep disorders on critical care goals.
* Created and implemented ACT Therapy group for Chronic Pain.

**Community Addiction Recovery Enterprise Apr. 2007 to Nov. 2011**

CARE-Fergus Falls is a JCAHO-accredited and MN licensed locked 60-bed chemical dependency treatment center serving adult, medically fragile, and pregnant clientele. The hospital is part of the Department of Human Services, State Operated Services, and is located at 1174 Western Ave. in Fergus Falls, MN, 56537.

***Licensed Psychologist, Associate Member of the Medical Staff***

Responsibilities included individual therapy, psychological assessments, group

therapy, implementation of contingency management planning, and consultation

with all treatment staff.

* Member of state-wide Failure Mode Effect Analysis (FMEA) group for nursing suicide re-assessments.
* Member of Fergus Falls Program Performance Improvement Committee.
* Designed and implemented a contingency management plan to improve engagement in treatment activities and decrease undesired behaviors.
* Trained staff in Fergus Falls, Willmar, and Brainerd CARE facilities to utilize contingency management.
* Conducted diagnostic assessments, psychological evaluations, and formal consultations to all treatment staff to improve clinical outcomes.
* Wrote Statements in Support of Recommitment and Hold Orders as needed to ensure patient and community safety.

**Neighborhood Counseling Center, Wadena, MN June 2002 to Apr. 2007**

Neighborhood Counseling Center was a Rule 29-licensed, rural mental health facility. It was located at 11 2nd Ave. SW, Wadena, MN 56482.

***Licensed Psychologist***

Responsibilities included individual therapy, psychological assessments, group therapies, and supervision of unlicensed practitioners.

* Co-wrote applications for Child Treatment Support Services (CTSS), Adult Rehabilitative Mental Health Services (ARMHS), and re-licensure for a Rule 29 facility.
* Conducted all pre-petition evaluations for civil commitment for Wadena County Social Services.
* Provided EAP services for a local manufacturing company.
* Conducted bariatric pre-surgical evaluations and pre-employment screenings for peace officers.
* Provided psychological consultations for two psychiatrists and several local primary care physicians.
* Consulted on complex cases with the children’s day treatment program.
* Provided training on suicide assessment for the Central Minnesota Suicide Hotline.

***Therapist/Licensed Professional Counselor***

Responsibilities included individual counseling, managing the ADHD Clinic, and

psychological testing as a technician for Dr. Wayne Samuelson.

* Founded Neighborhood Counseling Center’s ADHD Clinic for Adults, Adolescents, and Children.
* Provided continuing education training to staff on PTSD, EMDR therapy, and Traumatic Brain Injuries.
* Conducted workshops on PTSD, school bullying, depression, suicide prevention and assessment, and teaching children with ADHD to local schools.
* Provided evaluation and treatment for dual-diagnosed patients from Bell Hill Recovery Center.
* Provided psychological consultations for local clinics and hospitals.

***Intern, Doctoral Level***

Responsibilities included individual counseling and psychological assessment for children, adolescents, and adults.

* 2014 hours of supervised treatment completed

***Practicum Student, Doctoral Level***

Responsibilities included individual counseling and psychological assessment for children, adolescents, and adults.

**Minnesota Neurorehabilitation Hospital Sept. 2005 to Sept. 2006**

Minnesota Neurorehabilitation Hospital (MNH) is a JCAHO-accredited, licensed 15-bed neurobehavioral rehabilitation hospital for adults with traumatic or acquired brain injuries. The hospital is part of the Department of Human Services, State Operated Services, and is located on the Brainerd Regional Human Services Center campus at 1777 Highway 18 East, Brainerd, MN 56401.

***Post Doctoral Fellow in Rehabilitation Psychology***

Responsibilities included working with a multidisciplinary staff including

behavioral analysts, rehabilitation nurses, occupational therapists, physical

therapists, chemical dependency counselors, rehabilitation counselors,

neuropsychologists, psychiatrists, and neurologists.

* Provided rehabilitative services including individual, group, and cognitive retraining therapies.
* Provided clinical consultation to staff for all patients during daily treatment rounds.
* Attained competency in the assessment, treatment, and discharge planning for persons with traumatic and acquired brain injuries.
* Co-supervised all master’s and doctoral level interns in practicum and internship placements.
* Obtained supervised experience providing specialized or alternative treatments for persons with traumatic/acquired brain injuries, including biofeedback, art therapy, and behavioral/cognitive reprogramming.

**Alexandria Psychological Services Dec. 2004 to June 2005**

Alexandria Psychological Services was a privately owned facility conducting psychological, neuropsychological, and forensic testing for a variety of clients.

**Psychological Testing Technician**

Responsibilities included conducting testing for a variety of forensic and neuropsychological clientele.

**Autism and Behavioral Consultants 1997-1998**

Autism and Behavioral Consultants provided in-home Applied Behavioral Analysis to children with Autistic Spectrum Disorders.

***Senior Therapist***

* Trained and supervised 30 therapists in In-Home Applied Behavioral Analysis for Autism for 5 families with children with autism spectrum disorders.
* Designed and implemented comprehensive training program for other senior therapists to utilize for their teams.

### Education

**Behavioral Sleep Medicine Training Program**, Allina Health, completed March 16, 2012.

**Postdoctoral Fellowship in Rehabilitation Psychology,** Minnesota Neurorehabilitation Hospital, Brainerd Regional Human Services Center, State Operated Services, completed September 26, 1996.

**Doctorate of Philosophy in Psychology with a Specialization in Clinical Psychology**, Capella University, Completed June 30, 2005.

**Master’s Degree in Education with an Emphasis in School Counseling**, University of Wisconsin Oshkosh, completed January 1999.

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**Bachelor’s Degree of Science in Secondary Education - English**, Bemidji State University, completed May 1995, Magna Cum Laude.

## Doctoral Dissertation Title

Severity of PTSD in Sexually Assaulted Homosexual and Heterosexual Males in Two St. Paul Substance Abuse Clinics