

- Mental Health Clinic/Family Therapy Program
- Inpatient Post Traumatic Stress Disorder:
- Half-time each, Dual Disorders/Inpatient Spinal Cord:

1990 **Psychology Trainee**, Gainesville VA Medical Center, Gainesville, FL

- Five-hundred hour paid traineeship working with the Post-Traumatic Stress Disorder Clinical Team in all aspects of patient care.

RESEARCH COLLABORATIONS

2017 **Consultant**, University of Tulsa, Laureate Institute for Brain Research (LIBR). Group Behavioral Activation for Depression: Identifying Predictors of Treatment Response.

Principle Investigator: Robin Aupperle, Ph.D.

2013 **Consultant**, Oxford University — Centre for Research on Eating Disorders (CREDO). Treatment Dissemination Study. Principle Investigators: Christopher Fairburn, M.D. & Zafra Cooper, Ph.D.

2013 **Consultant**, University of Colorado, Dissertation of Samuel Hubley. M.A. Principle Investigator: Sona Dimidjian, Ph.D.

2010 **Consultant**, Northwestern University: “Identifying Responders to Behavioral Activation Treatment for MDD using fMRI”. Principle Investigator: Jacqueline Gollan, Ph.D.

2007 – 2010 **Consultant**, Behavioral Tech Research, Inc: Computerized Training Module in Behavioral Activation, Phase I and II. Principle Investigators: Sona Dimidjian, Ph.D., Linda Dimeff, Ph.D.

2003 **Consultant**, Talaria, Inc: Technology Enhanced Depression Intervention, Phase I. Principle Investigator: Leslie Cohn, Ph.D.

1994 – 2002 **Research Therapist and Clinical Supervisor**: Behavioral Research and Therapy Clinics, University of Washington Department of Psychology, Marsha Linehan, Ph.D., Director. National Institute of Drug Abuse study on substance abuse and Borderline Personality Disorder (until 8/96) and National Institute of Mental Health (until 7/02) study on suicidal women and Borderline personality. Principal Investigator: Marsha Linehan, Ph.D., Principle Investigator.

1998 – 2000 **Research Therapist**: Center for Clinical Research, University of Washington, Department of Psychology, Neil Jacobson, Ph.D. Director. Randomized Trial of behavioral activation, cognitive therapy and antidepressant medication in the acute treatment of adults with major depression. Principle Investigator: Neil Jacobson, Ph.D.

1990 - 1992 Graduate **Research Assistant**: Gerontology. Yvonne Brackbill, Ph.D., Dept. of Psychology, University of Florida, Gainesville.

1989 - 1990 **Research Coordinator**, Martin Heesacker, Ph.D., Dept. of Psychology, University of Florida, Gainesville.

1985 – 1986 **Research Assistant:** Behavioral genetics. Hsiu-Zu Ho, Ph.D., Dept. of Psychology, University of California, Santa Barbara.

PUBLICATIONS

- Martell, C., Dimidjian, S., & **Herman-Dunn, R.** (2022). Behavioral Activation for Depression: A Clinician's Guide, 2nd Edition. New York: Guilford Press. Translations: Swedish, German, Danish, Spanish, Japanese, and Chinese.
- Dimidjian, S., Martell, C., Addis, M., & **Herman-Dunn, R.** (2021). Behavioral activation for depression. In D.H. Barlow (Ed.), Clinical handbook of psychological disorders: A step-by-step treatment manual, 6th Edition (pp. 339 – 380). New York: Guilford Press.
- Herman-Dunn, R.** & Martell, C. (2015). Behavioral Activation. In E. Neukrug (Ed.), Encyclopedia of theory in counseling and psychotherapy (pp. 103-106). Thousand Oaks, CA: SAGE Publications.
- Dimeff, L., **Herman, R. A.**, & Linehan, M. M. (1996). Change as reality: Therapy uses philosophical approach to Borderline Personality Disorder Treatment. Professional Counselor, 11.
- Herman, R. A.**, & Heesacker, M. (1991). A developing model of exploratory psychotherapeutic research: The process within the process. International Journal of Personal Construct Psychology, 4, 409-425.

MANUSCRIPTS IN PREPARATION AND UNPUBLISHED MANUSCRIPTS

- Dimidjian, S., Hubley, S., Martell, C., **Herman-Dunn, R.**, & Dobson, K. (In preparation). Quality of Behavioral Activation Scale (Q-BAS).
- Herman, R. A.** (1993). Interpersonal communication of affiliation and dominance in close relationships: Exploring gender differences. Unpublished doctoral dissertation, University of Florida, Gainesville.
- Herman, R.A.** (1990). Personal pronouns and need for counseling: Processing counseling-relevant messages. Unpublished master's thesis, The Ohio State University, Columbus.

PRESENTATIONS

- Martell, C., Dimidjian, S., **Herman-Dunn, R.**, & Linde, T. (1999). Behavioral Activation: A Functional Analytic, Contextual Treatment for Depression. Panel presentation and discussion at the meeting of the Association for the Advancement of Behavior Therapy, Toronto, Canada.

- Martell, C., Coffman, S., Clancy, S., **Herman-Dunn, R.**, & Kosins, D. (1999). Bridging the Scientist Practitioner Gap. Panel discussion at the meeting for the Washington State Psychological Association, Shoreline, WA.
- Herman, R. A.** (1994). Perceptions of Affiliation and Dominance in Couples: Exploring Gender Differences. Paper presented at the meeting for the Washington State Psychological Association, Seatac, WA.
- Herman, R.A.**, & Heesacker, M. (1990, May). A developing model of psychotherapeutic discovery research: The process within the process. Paper presented at the meeting for Constructivism in Psychotherapy, Memphis, TN.

WORKSHOPS AND SEMINARS

- 2015 “Behavioral Activation for Depression: A Brief Overview.” Two-hour seminar presented to Samaritan Center of Puget Sound behavioral health clinicians.
- 2013 “Behavioral activation: A brief overview for Psychology 544 students.” Didactic seminar presented to 2nd-year University of Washington clinical psychology students.
- 2007 “Behavioral activation for residential veterans with PTSD.” Dimidjian, S., Martell, C. R., & **Herman-Dunn, R.** Full-day workshop presented to Denver VAMC mental health clinicians.
- 2006 “Behavioral Activation in treatment for depression.” Martell, C. R., Dimidjian, S. & **Herman-Dunn, R.** Workshop presented at the 40th Annual Convention of the Association of Behavioral and Cognitive Therapies, November, 18, Chicago, IL.
- 2002 “Dialectical Behavior Therapy for Substance Abusers.” Dimeff, L. & **Herman-Dunn, R.** Two-day workshop, Portland, OR.
- 1996—2001 “Dialectical Behavior Therapy for Borderline Personality.” One and two-day workshops presented in Columbus, Cleveland, Lewiston, Boise, Santa Cruz, the Hopi Indian Reservation and Toronto, Canada.

TEACHING AND OTHER TRAINING EXPERIENCE

- 1991 – 1992 **Teaching Assistant**, Department of Psychology, University of Florida, Gainesville:
- Personality, Personal Growth and Abnormal Psychology courses
- 1988—1990 Workshop presentations:
- Trust and Teambuilding, for CMHC workers, Columbus, Ohio
 - Power and Influence, for residence hall directors, Columbus, Ohio
 - Assertiveness, for journalism graduate students, University of Florida
 - Sex and Communication, for various campus groups, University of Florida

OTHER RELEVANT POSITIONS

- 1996 – 1997 **Staff Therapist**, Washington State Bar Association, Lawyers Assistance Program, Seattle, WA
- 1994 -1995 **Staff Mental Health Clinician**, Apogee, Inc., Seattle, WA
- Diagnostic, cognitive and personality assessment for elderly
 - Individual and group psychotherapy for elderly
 - Staff training, development, and consultation
- 1991 – 1992 **Psychology Advisor**, Dept. of Psychology, University of Florida, Gainesville:
- 1991 **Peer Educator**, Dept. Sexual Assault Recovery Service, Student Mental Health, University of Florida, Gainesville
- 1988 – 1989 **Assistant Hall Director**, Ohio State University, Columbus:
- Supervise 12 Resident Advisors for a 1200-student residence hall; advise RAs on programming; chair the Student Advisory Board; organize programming and outreach; provide on-call emergency services including crisis counseling and referrals; administrative activities related to overseeing a residence hall.

HONORS AND AFFILIATIONS

- 1987 Member, Phi Beta Kappa, University of California
- 1988 Outstanding Commitment Award - Community Service Volunteer, Santa Barbara, CA.
- National Register of Healthcare Providers in Psychology
- American Psychological Association
- Washington State Psychological Association