

Curriculum Vitae

ROBERT P. ALLRED

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EDUCATION

August 2015: Ph.D., Clinical Psychology.

Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL; American Psychological Association accredited program.

Dissertation: Clergy Sexual Abuse, Steven N. Gold, Ph.D., Chairperson

August 2010: M.S., Clinical Psychology.

Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL.

April 2008: B.S., Behavioral Science with emphasis in psychology.

Utah Valley University, Orem, UT; Northwest Commission on Colleges and Universities accredited program.

LICENSURE & CREDENTIALS

August 2016—Present: Psychologist

Washington. Credential number: PY60623682, expires 4/30/2019

June 2013—June 2017: Mental Health Counselor Associate

Washington. Credential number: MC60390559, expired 6/21/2017

PROFESSIONAL EXPERIENCE

August 2015—Present: Behavioral Health Consultant

HealthPoint Community Health Center, Kent, WA

Responsibilities: Provided integrated behavioral health services by assisting primary care providers in recognizing and treating mental disorders and psychosocial problems, and behavioral medicine problems. Identified, triaged and co-managed patients with medical and behavioral health problems within the primary care setting (PCBHC model). Provided skills training through psycho-education and patient education strategies and developed specific behavioral change plans for patients and behavioral health protocols for target populations. Provided direct group and individual clinical supervision to psychology students and interns.

July 2013—August 2015: Care Coordinator

HealthPoint Community Health Center, Auburn, WA; Kent, WA

Responsibilities: Delivered integrated mental health care in consultation with a primary care team, coordinated referrals to clinically indicated services outside the primary care clinic, and conducted regularly scheduled caseload consultation with a psychiatrist and communicated treatment recommendations to the primary care team.

Supervised by: Jane Poisson, LICSW

HONORS & AWARDS

- **Dean's List**, Utah Valley University, 12/03, 12/05, 12/06, 4/07, 4/08
- **Academic Excellence Scholarship**, Utah Valley University, 2008
- **Student Activities Scholarship**, Utah Valley University, 2006

PROFESSIONAL AFFILIATIONS

- **American Psychological Association (APA)**, member, 2007—present
- **APA Division 56: Trauma Psychology**, member, 2011—present
- **APA Division 50: Society of Addiction Psychology**, member 2012—present
- **APA Division 36: Society for the Psychology of Religion and Spirituality**, member 2015—present
- **Mormon Mental Health Association (MMHA)**, clinical member, 2017—present

CLINICAL TRAINING EXPERIENCE

Internship

July 2012—July 2013: Behavioral Health Intern

HealthPoint Community Health Center, Kent, WA

Responsibilities: Provided behavioral health consultation to primary care providers (PCPs) in a federally qualified community health center. Provided brief assessment and short-term evidenced based treatment of problematic health related behaviors and a range of mental health issues in PCPs' patient panels.

Supervised by: James Berghuis, Ph.D. and Cara Dalbey, Psy.D.

Formal Practica Training

August 2011—April 2012: Psychology Trainee

Healthy Lifestyles Guided Self-Change Program, Psychology Services Center, Nova Southeastern University, Fort Lauderdale, FL

Responsibilities: Provided mentoring for new practicum students in assessment and motivation-based interventions for clients with substance use problems including alcohol and illicit drugs. Co-facilitated group therapy at Broward Outreach Center, a residential facility for homeless individuals with substance use disorders. Supervised incoming students on Guided Self-Change treatment model, motivational interviewing skills, and clinical procedures. Provided feedback and evaluation of student's work.

Supervised by: Mark B. Sobell, Ph.D., ABPP and Linda C. Sobell, Ph.D., ABPP

August 2010—December 2011: Psychology Trainee

Trauma Resolution and Integration Program, Psychology Services Center, Nova Southeastern University, Fort Lauderdale, FL

Responsibilities: Provided assessment and individual psychotherapy for individuals with difficulties related to traumatic experiences. Co-facilitated Dialectical Behavior Therapy (DBT) groups for individuals with histories of prolonged childhood abuse.

Supervised by: Steven N. Gold, Ph.D.

August 2009—December 2010: Psychology Trainee

Healthy Lifestyles Guided Self-Change Program, Psychology Services Center, Nova Southeastern University, Fort Lauderdale, FL

Responsibilities: Provided assessment and motivation-based interventions for clients with substance use problems including alcohol and illicit drugs. Treatment also provided for smoking cessation and court referred DUI offenders. Co-facilitated group therapy at Broward Outreach Center, a residential facility for homeless individuals with substance use disorders.

Supervised by: Mark B. Sobell, Ph.D., ABPP and Linda C. Sobell, Ph.D., ABPP

January 2008—April 2008: Undergraduate Practicum Student

Chrysalis, Orem, UT

Provided day-to-day living support and mentoring to individuals with intellectual disabilities in a group home setting. Also assisted in behavioral interventions and documented client's progress.

Supervised by: Rachel Pollock, B.A. and Susan Middleton, Ph.D., LCSW

Additional Clinical Experience**March 2011—February 2012: Quit Smoking Now Program Coordinator**

Healthy Lifestyles Guided Self-Change program, Psychology Services Center, Nova Southeastern University, Fort Lauderdale, FL

Responsibilities: Scheduled clients and assigned facilitators for group and individual smoking cessation services. Coordinated daily functioning of smoking cessation program.

Supervised by: Mark B. Sobell, Ph.D., ABPP and Linda C. Sobell, Ph.D., ABPP

February 2011—February 2012: Quit Smoking Now Group Facilitator

Area Health Education Center (AHEC), Health Professions Division, Nova Southeastern University, Fort Lauderdale, FL

Responsibilities: Facilitated smoking cessation groups in community settings.

Supervised by: Linda Sobell, Ph.D., ABPP

TEACHING/TRAINING EXPERIENCE**Teaching****January 2012—April 2012: Graduate Teaching Assistant**

Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL

Course: 1610 Adult Intervention I. Grading and feedback on students' papers and tests.

Instructor: Jedidiah Siev, Ph.D.

August 2010—December 2011: Graduate Teaching Assistant

Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL

Course: 1409 Professional Issues and Ethics. Assisted in weekly class preparations, grading of tests, and handling students' questions about the course and readings.

Instructor: Linda C. Sobell, Ph.D., ABPP

August 2007—April 2008: Undergraduate Teaching Assistant

Behavioral Science Department, School of Humanities, Arts, and Social Sciences, Utah Valley University, Orem, UT

Courses: 1010 General Psychology and 3020 Research Methods. Assisted in grading papers and exams, handling students' questions about the course, and lecturing in instructor's absence.

Instructor: McKay Stevens, M.S.

Clinical Presentations/Lectures

- **May 2018** Anxiety and Stress. Presentation to the Park Orchard Relief Society, Kent, WA.
- **May 2018** Anxiety and Stress. Presentation to the Crestwood Relief Society, Kent, WA.
- **April 2018** Anxiety and Stress. Presentation to the Park Orchard Relief Society, Kent, WA.
- **October 2015** Trauma Informed Care. Combined Medical Assistant/Support Staff In-service Training, HealthPoint, Kent, WA.
- **October 2011** Addiction: An LDS perspective. Fort Lauderdale Ward of the Church of Jesus Christ of Latter-day Saints, Fort Lauderdale, FL.
- **February 2008** Blinded By Love: Effects of Pornography Addiction on Marital Relationships. UVU NAMI Club, Utah Valley University, Orem, UT.
- **February 2008** Use of Sexually Explicit Material by College Aged LDS Males. UVU Research Topics Discussion Group, Utah Valley University, Orem, UT.

RESEARCH EXPERIENCE**April 2010—April 2012: Manuscript Coordinator**

Psychology of Addictive Behaviors and *Journal of Consulting and Clinical Psychology*

Responsibilities: Invited potential reviewers to evaluate submitted manuscripts, reminded reviewers and authors of pending deadlines, sent action letters to reviewers and authors, and informed editor of the status of all manuscripts and reviews.

Supervised by: Mark B. Sobell, Ph.D., ABPP

January 2010—March 2010: Graduate Research Assistant

Area Health Education Centers (AHEC), Health Professions Division, Nova Southeastern University, Fort Lauderdale, FL

Responsibilities: Collect and verify data on health professionals working in designated health professional shortage areas.

Supervised by: Steven Zucker, DMD, M.Ed.

November 2009—December 2010: Graduate Research Assistant

Project Self Change, Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL

Responsibilities: Data entry, screening participants for study, follow-up calls to participants.

Supervised by: Linda C. Sobell, Ph.D., ABPP (Principal Investigator)

August 2007—April 2008: Undergraduate Research Assistant

Title: Prescription Privileges for Licensed Psychologists in Utah, Student Health Services, Utah Valley University, Orem, UT

Responsibilities: Conducted literature review and assisted in development of survey measure and IRB application process.

Supervised by: Cameron R. John, Ph.D. and Porscha Shiroma, M.A.

April 2007—April 2008: Undergraduate Research Assistant

Title: Exploring LDS Missionaries' Reintegration, Behavioral Science Department, School of Humanities, Arts, and Social Sciences, Utah Valley University, Orem, UT

Responsibilities: Conducted literature review, developed research design, assisted in development of survey measure and IRB application process. Responded to IRB's concerns regarding sensitive information.

Supervised by: Cameron R. John, Ph.D.

PRESENTATIONS/PUBLICATIONS

Allred, R. P., & Gold, S. N. (in preparation). Clergy sexual abuse.

Allred, R. P. & Stevens, M. (2008, February). Use of sexually explicit material by college aged LDS males. Presentation given to *Eleventh Annual Meeting of American Association of Behavioral and Social Sciences*. Las Vegas, NV.

MEDIA APPEARANCES

Interview in Chumley, N. J. (May 2013). New directions in prayer: Trauma and prayer. *Rethinking Religion*. Institute for Religion, Culture, and Public Life, Columbia University. Retrieved from http://ircpl.org/audio/trauma_prayer.mp3

LANGUAGES SPOKEN: English and conversational French

OFFICES AND SERVICE IN PROFESSIONAL ORGANIZATIONS

2012—2014: Assistant Editor, *AMCAP Networker*, Association of Mormon Counselors and Psychotherapists

- Allred, R. P. (Ed.). Member Spotlight. *AMCAP Networker*, 13(2).
- Allred, R. P. (Ed.). Member Spotlight. *AMCAP Networker*, 14(1).

2008—2010: Board Member (IT Chair), Ethnic Minority Association of Graduate Students (EMAGS), Center for Psychological Studies, Nova Southeastern University

2009—2010: Secretary/Marketing Chair, Gay-Straight Student Association (GSSA), Center for Psychological Studies, Nova Southeastern University

2007—2008: Vice President, Co-founder, UVU NAMI Club, Behavioral Science Department, School of Humanities, Arts, and Social Sciences, Utah Valley University

VOLUNTEER ACTIVITIES

2009—2012: Student Mentor, Dean's Leadership Team, Center for Psychological Studies, Nova Southeastern University

REFERENCES

Available upon request.