

Robert P. Allred, PhD, ABPP

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PROFESSIONAL PROFILE

Board Certified Clinical Psychologist (ABPP, Addiction Psychology) with over a decade of progressive leadership in Primary Care Behavioral Health (PCBH), including program development, clinical supervision, and workforce development within a federally qualified health center. Currently directs an APA-accredited predoctoral internship and postdoctoral fellowship program at HealthPoint through the National Psychology Training Consortium (NPTC) Cascades Region, overseeing training for up to fifteen clinicians annually. Brings demonstrated experience designing and scaling integrated behavioral health programs—including a primary care-based opioid treatment program and a gender-affirming care program—through sustained collaboration with medical leadership, primary care providers, and operational stakeholders. Clinical expertise encompasses substance use disorders, trauma-related conditions (PTSD and complex PTSD), and office-based opioid treatment. Scholarly and conference contributions focus on PCBH implementation, measurement-based supervision, and the population-level development of integrated behavioral health providers. Serves on the NPTC Board as Cascades Region Training Director Representative.

EDUCATION

Ph.D., Clinical Psychology — August 2015

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

APA-accredited program

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

M.S., Clinical Psychology — August 2010

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

B.S., Behavioral Science (Emphasis in Psychology) — April 2008

Utah Valley University, Orem, UT

Northwest Commission on Colleges and Universities accredited program

Honors: Dean's List (12/2003, 12/2005, 12/2006, 4/2007, 4/2008); Academic Excellence Scholarship (2008); Student Activities Scholarship (2006)

LICENSURE AND CREDENTIALS

Board Certified in Addiction Psychology — December 2024—Present

American Board of Professional Psychology. Certificate No. 12016

Licensed Psychologist, Washington State — August 2016—Present

Credential No. PY60623682, expires April 30, 2027

Licensed Mental Health Counselor Associate, Washington State — June 2013—June 2017

Credential No. MC60390559 (expired)

PROFESSIONAL EXPERIENCE

Current Positions

Behavioral Health Education Program Director

HealthPoint, Renton, WA

October 2022—Present

- Directs an APA-accredited internship site within the NPTC Cascades Region, currently training 8 predoctoral interns and up to 7 postdoctoral fellows annually across a multidisciplinary integrated care setting.
- Oversees full training program operations: applicant recruitment, interview and match processes, clinical supervisor assignment, onboarding, and continuous curriculum development.

- Provides individual and group clinical supervision, with a focus on competency-based and measurement-informed supervisory practices.
- Designs and delivers didactic training on evidence-based behavioral health interventions, clinical supervision models, and integrated care implementation—including content presented at national NPTC regional orientations.

Owner and Treating Psychologist

Rainy Day Psychology, Kent, WA

February 2025—Present

- Operates an independent telehealth practice providing individual psychotherapy to adults across Washington State.
- Clinical focus areas include substance use disorders, trauma-related conditions (PTSD, complex PTSD), and gender-affirming care.
- Credentialed provider in the Washington Labor & Industries Medical Provider Network (L&I MPN; workers' compensation).

Owner

Allred Consulting, Kent, WA

November 2024—Present

- Operates a professional LLC through which independent training, speaking, and educational activities are conducted, including continuing education instruction for the National Psychology Training Consortium and guest lectures at Antioch University.

Prior Positions

Behavioral Health Consultant

HealthPoint, Kent, WA

August 2015—Present

- Provides integrated behavioral health services in a family medicine clinic and freestanding urgent care, assisting primary care and urgent care providers in recognizing and treating mental disorders, psychosocial difficulties, and behavioral medicine problems.
- Designed and implemented a low-barrier, primary care-based opioid treatment program and a gender-affirming care program, each developed through sustained collaboration with medical directors, primary care providers, and organizational leadership, and subsequently integrated into standard clinical operations.
- Contributed to the design and rollout of a primary care-based autism assessment workflow for children and adolescents, partnering with multidisciplinary clinical and administrative stakeholders to establish screening and referral protocols.

Behavioral Health Care Coordinator

HealthPoint, Auburn and Kent, WA

July 2013—August 2015

- Delivered integrated mental health care in consultation with a primary care team using a Collaborative Care Model (CoCM), coordinated referrals to clinically indicated services, and conducted caseload consultation with a consulting psychiatrist.

Supervised by: Jane Poisson, LICSW

PROFESSIONAL GOVERNANCE AND SERVICE

Board Member, Cascades Region Training Director Representative

National Psychology Training Consortium (NPTC)

2023—Present

Board Member, IT Chair

Ethnic Minority Association of Graduate Students (EMAGS), Center for Psychological Studies, Nova Southeastern University

2008—2010

Secretary/Marketing Chair

Gay-Straight Student Association (GSSA), Center for Psychological Studies, Nova Southeastern University

2009—2010

Vice President and Co-founder

UVU NAMI Club, Behavioral Science Department, Utah Valley University
2007—2008

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
- Collaborative Family Healthcare Association (CFHA), Member, 2022—Present

SCHOLARSHIP

Publications

Allred, R. P., & Gold, S. N. (under review). The Spiritual Impact of Clergy-Perpetrated Sexual Abuse: Distinguishing Religious and Spiritual Effects from General Trauma Sequelae. *Psychological Trauma: Theory, Research, Practice, and Policy*. Manuscript No. TRA-2026-5310, submitted April 15, 2026.

Research Presentations

Allred, R. P., & Stevens, M. (2008, February). Use of sexually explicit material by college aged LDS males. Paper presented at the 11th Annual Meeting of the American Association of Behavioral and Social Sciences, Las Vegas, NV.

Media

Chumley, N. J. (May 2013). New directions in prayer: Trauma and prayer [Interview with R. P. Allred]. *Rethinking Religion*. Institute for Religion, Culture, and Public Life, Columbia University.

CONTINUING EDUCATION COURSES TAUGHT

Brown, L. S., Gold, S. N., Allred, R. P., & Miranda, M. J. L. (March 28, 2026). Persistence of ignorance about trauma and dissociation: Our supervision experiences [1.5 CE credits]. Annual Conference of the International Society for the Study of Trauma and Dissociation (ISST-D), Portland, OR.

Allred, R. P. (October 18, 2025). Integrated well child checks as a mechanism of breaking down barriers [1 CE credit]. Annual Conference of the Collaborative Family Healthcare Association (CFHA), Raleigh, NC.

Allred, R. P. (June 12, 2025). Advanced topics in supervision: Individualizing supervision [4 CE credits]. Spring Supervisor Orientation [Virtual], Cy-Hawk Region, National Psychology Training Consortium.

Allred, R. P. (June 10, 2025). Advanced topics in supervision: Navigating problems of professional competence, Part I [4 CE credits]. Spring Supervisor Orientation [Virtual], Great Lakes Region, National Psychology Training Consortium.

Allred, R. P. (June 3, 2025). Advanced topics in supervision: Navigating problems of professional competence, Part I [4 CE credits]. Spring Supervisor Orientation [Virtual], Central Region, National Psychology Training Consortium.

Allred, R. P. (October 26, 2024). 20 years of PCBH education: Lessons learned and best practices [1 CE credit]. Annual Conference of the Collaborative Family Healthcare Association (CFHA), San Antonio, TX.

Allred, R. P. (October 25, 2024). MOUD in primary care: Breaking down barriers through integrated care [1 CE credit]. Annual Conference of the Collaborative Family Healthcare Association (CFHA), San Antonio, TX.

Allred, R. P., & Metzger, P. (October 24, 2024). Affirming gender for adolescents in primary care: Role of the integrated primary care team [1 CE credit]. Annual Conference of the Collaborative Family Healthcare Association (CFHA), San Antonio, TX.

TEACHING AND LECTURES

Guest Lectures

- April 2025. The contextual interview: Initial visits in PCBH. Health Psychology: Integrated Behavioral Health (PSYC7530). Antioch University, Seattle, WA.
- April 2023. Primary Care Behavioral Health (PCBH). Health Psychology: Integrated Behavioral Health (PSYC7530). Antioch University, Seattle, WA.

Didactic Training (Selection)

- March 2025. The deliberate practice of effective clinical supervision. NPTC Cascades Region didactic, HealthPoint, Renton, WA.
- May 2024. Clinical supervision: Strengths, limitations, and ethical implications of evidence-based supervision. NPTC didactic, HealthPoint, Renton, WA.
- June 2023. Telehealth in primary care behavioral health: Ethical perspectives and practical applications. Intern training, HealthPoint, Renton, WA.
- March 2023. Clinical supervision: Strengths, limitations, and ethical implications of evidence-based supervision. NPTC didactic, HealthPoint, Renton, WA.
- March 2023. Guided self-change (GSC): Overview of brief intervention for substance use disorders. Staff in-service, HealthPoint, Renton, WA.
- July 2022. Evidence-based treatment interventions for common behavioral and mental health concerns in primary care (co-presenter). NPTC didactic, HealthPoint, Renton, WA.
- April 2022. The role of behavioral health in requests for emotional support animal letters. Staff in-service, HealthPoint, Renton, WA.
- January 2020. Pain, pain, and more pain: Addressing persistent pain with brief behavioral interventions. NPTC didactic, HealthPoint, Renton, WA.
- September 2019. Gender and sexual diversity at HealthPoint. Staff in-service, HealthPoint, Renton, WA.
- October 2015. Trauma-informed care. Combined MA/support staff in-service, HealthPoint, Kent, WA.

Academic Teaching (Graduate)

Graduate Teaching Assistant

January–April 2012

Course: 1610 Adult Intervention I. Center for Psychological Studies, Nova Southeastern University.

Instructor: Jedidiah Siev, Ph.D.

Graduate Teaching Assistant

August 2010–December 2011

Course: 1409 Professional Issues and Ethics. Center for Psychological Studies, Nova Southeastern University.

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

Undergraduate Teaching Assistant

August 2007–April 2008

Courses: 1010 General Psychology and 3020 Research Methods. Behavioral Science Department, Utah Valley University.

Instructor: McKay Stevens, M.S.

RESEARCH EXPERIENCE

Consenter and WET Clinician

January 2021–January 2024

Comparative Effectiveness PTSD Trial of Sequenced Pharmacotherapy and Psychotherapy in Primary Care (STEPS Trial). University of Washington Department of Psychiatry, Seattle, WA.

Served as a study clinician in a PCBH-embedded pragmatic randomized controlled trial evaluating the comparative effectiveness of Written Exposure Therapy (WET) against pharmacotherapy (SSRIs) for PTSD across seven FQHCs and eight VA primary care clinics. Acquired informed consent and delivered protocol-adherent WET, with treatment fidelity and outcomes tracked via the PCL-5 and standardized measurement battery. Trial results published in *JAMA Psychiatry* (Fortney et al., 2025).

Fortney, J. C., Kaysen, D. L., Engel, C. C., et al. (2025). Pragmatic comparative effectiveness of primary care treatments for posttraumatic stress disorder: A randomized clinical trial. *JAMA Psychiatry*.
<https://doi.org/10.1001/jamapsychiatry.2025.2962>

Principal Investigator: John Fortney, Ph.D.

Manuscript Coordinator

April 2010–April 2012

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

Managed manuscript review workflow including inviting reviewers, tracking deadlines, and coordinating action letters. *Supervised by:* Mark B. Sobell, Ph.D., ABPP

Graduate Research Assistant

November 2009–December 2010

Project Self Change, Center for Psychological Studies, Nova Southeastern University.

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

Undergraduate Research Assistant

August 2007–April 2008

Project: Prescription Privileges for Licensed Psychologists in Utah. Student Health Services, Utah Valley University.

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

Undergraduate Research Assistant

April 2007–April 2008

Project: Exploring LDS Missionaries' Reintegration. Behavioral Science Department, Utah Valley University.

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

PREDOCTORAL CLINICAL TRAINING

Internship

Behavioral Health Intern

July 2012–July 2013

HealthPoint, Kent, WA

Provided behavioral health consultation to primary care providers in a federally qualified community health center using the PCBH model. Delivered brief assessment and short-term evidence-based treatment across a range of mental health and behavioral medicine presentations.

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

Formal Practica

Psychology Trainee (Senior)

August 2011–April 2012

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

Provided mentoring and supervision for incoming practicum students and co-facilitated group therapy at Broward Outreach Center for homeless individuals with substance use disorders.

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

Psychology Trainee

August 2010–December 2011

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

Provided assessment and individual psychotherapy for trauma-related conditions using Contextual Trauma Therapy. Co-facilitated DBT groups for individuals with histories of prolonged childhood abuse.

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

Psychology Trainee

August 2009–December 2010

Healthy Lifestyles Guided Self-Change Program, Psychology Services Center, Nova Southeastern University
Provided assessment and motivation-based interventions for substance use disorders, smoking cessation, and court-referred DUI offenders. Co-facilitated group therapy at Broward Outreach Center.

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

LANGUAGES

English (native); French (conversational)