

## Curriculum Vitae

**ROBERT P. ALLRED, PHD, ABAP**

**Date CV Updated:** December 2024

Kent, WA 98031  
robert@doctorallred.com

### 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

**December 2024—Present: Diplomate**

American Board of Addiction Psychology. Certificate number: 12016, granted 12/06/2024

**August 2016—Present: Psychologist**

Washington. Credential number: PY60623682, expires 4/30/2025

**June 2013—June 2017: Mental Health Counselor Associate**

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

### PROFESSIONAL EXPERIENCE

**October 2022—Present: Behavioral Health Education Program Director**

HealthPoint, Renton, WA

**Responsibilities:** Managed an internship site within the APA-accredited Cascades Region of National Psychology Training Consortium (NPTC) with 7 predoctoral interns. Additionally, ran a postdoctoral residency with up to 7 post-doctoral residents each year. Recruited applicants, managed interviews and rank lists, trained and assigned clinical supervisors, onboarded new trainees to the Primary Care Behavioral Health (PCBH) model of care, and provided feedback to

learners and supervisors. Provided direct group and individual clinical supervision as well as didactic training.

**August 2015—Present: Behavioral Health Consultant**

HealthPoint, Kent, WA

**Responsibilities:** Provided integrated behavioral health services in a family medicine clinic and free-standing urgent care by assisting primary care and urgent care providers in recognizing and treating mental disorders, psychosocial difficulties, and behavioral medicine problems.

Identified, triaged and co-managed patients with medical and behavioral health problems within the primary care and urgent care settings (PCBH model). Provided skills training through psychoeducation and patient education strategies and developed specific behavioral change plans for patients and behavioral health protocols for target populations including those with OUD, hypertension, diabetes, and chronic pain.

Helped develop and implement both a low-barrier, primary care-based opioid treatment program as well as a robust gender-affirming care program. Participated in the development and roll-out of a primary care-based autism assessment workflow for children and adolescents.

**July 2013—August 2015: Behavioral Health Care Coordinator**

HealthPoint, Auburn, WA; Kent, WA

**Responsibilities:** Delivered integrated mental health care in consultation with a primary care team using a Collaborative Care Model (CoCM), 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, 12/2003, 12/2005, 12/2006, 4/2007, 4/2008
- **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
- **Collaborative Family Healthcare Association (CFHA)**, member, 2022—present

## CLINICAL TRAINING EXPERIENCE

### Internship

#### **July 2012—July 2013: Behavioral Health Intern**

HealthPoint, Kent, WA

**Responsibilities:** Provided behavioral health consultation to primary care providers (PCPs) in a federally qualified community health center using the Primary Care Behavioral Health (PCBH) model of care. 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 and training for new psychology 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 using Contextual Trauma Therapy. 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 using a harm reduction approach. 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 toward behavioral goals.

**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. Tracked program outcome and implemented program modifications to address program goals.

**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****Continuing Education Courses Taught**

- **October 2024** *Affirming Gender for Adolescents in Primary Care - Role of the Integrated Primary Care Team*. [1 CE credit]. Annual Conference of Collaborative Family Healthcare Association (CFHA). San Antonio, TX
- **October 2024** *20 Years of PCBH Education - Lessons Learned and Best Practices*. [1 CE credit]. Annual Conference of Collaborative Family Healthcare Association (CFHA). San Antonio, TX
- **October 2024** *MOUD In Primary Care - Breaking Down Barriers through Integrated Care*. [1 CE credit]. Annual Conference of Collaborative Family Healthcare Association (CFHA). San Antonio, TX

**Clinical Presentations/Lectures (selection)**

- **May 2024** *Clinical Supervision: Strength, Limitation, and Ethical Implications of Evidence-Based Supervision*. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.
- **June 2022** *Telehealth in Primary Care Behavioral Health: Ethical Perspectives and Practical Applications*. Behavioral Health intern training presentation. HealthPoint, Renton, WA
- **March 2023** *Clinical Supervision: Strength, Limitation, and Ethical Implications of Evidence-Based Supervision*. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.

- **March 2023** *Guided Self-Change (GSC): Overview of Brief Intervention for Substance Use Disorders*. Behavioral Health staff in-service training. HealthPoint, Renton, WA.
- **July 2022** *Evidence-based Treatment Interventions for Common Behavioral and Mental Health Concerns and Presentations in Primary Care*. Co-presenter. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.
- **June 2022** *Telehealth in Primary Care Behavioral Health: Ethical Perspectives and Practical Applications*. Behavioral Health intern training presentation. HealthPoint, Renton, WA
- **June 2022** *Clinical Supervision: Strength, Limitation, and Ethical Implications of Evidence-Based Supervision*. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.
- **April 2022** *The Role of Behavioral Health in Requests for Letters for Emotional Support Animals*. Behavioral Health staff in-service training. HealthPoint, Renton, WA.
- **July 2021** *Basic Evidence-based Treatment Interventions for Common Mental Health and Behavioral Health Concerns Seen in Primary Care*. Co-presenter. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.
- **June 2021** *Telehealth in Primary Care Behavioral Health: Ethical Perspectives and Practical Applications*. Behavioral Health intern training presentation. HealthPoint, Renton, WA
- **June 2021** *Welcoming the LGBTQ+ Community*. LGBTQ+ Heritage History Celebration provider discussion panel. HealthPoint, Renton, WA
- **May 2021** *Supervision*. Co-presenter. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.
- **July 2020** *Basic Evidence-based Treatment Interventions for Common Mental Health and Behavioral Health Concerns Seen in Primary Care*. Co-presenter. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.
- **January 2020** *Pain, Pain, and More Pain: Addressing Persistent Pain with Brief Behavioral Interventions*. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.
- **September 2019** *Gender and Sexual Diversity at HealthPoint*. Behavioral Health staff in-service training. HealthPoint, Renton, WA.
- **February 2019** *Gender and Sexual Diversity at HealthPoint*. Support staff in-service training. HealthPoint, Kent, WA.
- **January 2019** *Pain, Pain, and More Pain: Addressing Persistent Pain with Brief Behavioral Interventions*. National Psychology Training Consortium didactic training. HealthPoint, Renton, WA.
- **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.
- **January 2018** *Pain, Pain, and More Pain: Addressing Persistent Pain with Brief Behavioral Interventions*. National Psychology Training Consortium didactic training. HealthPoint, Renton, 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.

### **Academic 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 the instructor's absence.

**Instructor:** McKay Stevens, M.S.

### **RESEARCH EXPERIENCE**

#### **January 2021—January 2024: Consenter; WET Clinician**

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

**Responsibilities:** Acquired informed consent to participate in a randomized controlled study comparing Written Exposure Therapy (WET) to treatment as usual in a primary care setting. Provided WET to participants randomized to that treatment option.

**Principle Investigator:** John Fortney, PhD

#### **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. [https://web.archive.org/web/20151224040714/http://ircpl.org/audio/trauma\\_prayer.mp3](https://web.archive.org/web/20151224040714/http://ircpl.org/audio/trauma_prayer.mp3)

**LANGUAGES SPOKEN:** English and conversational French

## OFFICES AND SERVICE IN PROFESSIONAL ORGANIZATIONS

**2023—Present: Board Member (Cascades Region Training Director Representative),**  
National Psychology Training Consortium (NPTC)

**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.