Allison T. Siebern, PhD, CBSM
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Education

2008-2010 **Postdoctoral Fellowship in Behavioral Sleep Medicine**, Stanford University School of Medicine, Sleep Medicine Center

2007-2008 **Predoctoral Internship in Clinical Psychology**, Miami Children's Hospital, Department of Behavioral Medicine

2003-2008 **Doctorate of Philosophy in Clinical Psychology**, Nova Southeastern University
Dissertation: A study of the mediating effects of sleep on stress, health outcome, and exam performance

2003-2006 **Master of Science in Clinical Psychology**, Nova Southeastern University

1999-2003 **Bachelor of Science in Psychology**, University of New Mexico, cum laude
Honors Thesis: Information processing in an adolescent psychiatric inpatient population

Certification and Licensure

2010-current **Psychology License**, State of California

2010-current **Behavioral Sleep Medicine**, American Board of Sleep Medicine

Academic Appointments and Positions

2011-current **Clinical Assistant Professor**, Division of Sleep Medicine, Department of Psychiatry & Behavioral Sciences. Attending psychologist supervising postdoctoral fellows in clinical care, development of education curricula for the behavioral sleep medicine program, providing didactic lectures in sleep medicine and conducting clinical research.

2010-2011 **Clinical Instructor**, Division of Sleep Medicine, Department of Psychiatry & Behavioral Sciences. Attending psychologist supervising postdoctoral fellows in clinical care and development of education curricula for the behavioral sleep medicine program.

2010-current **W.O.C. Content Expert/Educator Consultant**, Veterans Health Administration, Consultation with the VA Health Care System on an Evidenced-Based Psychotherapy CBT for Insomnia dissemination initiative. Development of training materials, presenter at VA CBT for insomnia training workshops, and training consultant for 4-month group consultation calls for VA mental health providers being trained nationally in CBT for insomnia treatment.

Administrative Appointments

2012-current **Co-Program Director**, Behavioral Sleep Medicine Fellowship Training

2010-current **Associate Director**, Insomnia & Behavioral Sleep Medicine Program

Hospital Appointments

2010-current **Staff Psychologist**, Stanford Hospital & Clinics

Committees

2012-current LTR Stanford Sleep Clinic Committee

2010-current Academic Alliance for Sleep Research (AASR) Outcome Measures Task Force
Stanford University, Harvard University, University of Pennsylvania, & University of Wisconsin-Madison, St Luke's Hospital.

2010-2011 Stanford Sleep Clinic Operations Committee

Research

2012-current CPAP adherence
Psychiatry and Behavioral Sciences, Stanford University
Principal Investigators: Michelle Cao, Allison Siebern

2010-current Treatment of insomnia and depression study
Stanford University, Duke University, University of Pittsburgh
Principal Investigator: Rachel Manber Actigraphy Scorer: Allison Siebern

2008-current CBTI group treatment outcome
Psychiatry and Behavioral Sciences, Stanford University
Principal Investigator: Rachel Manber Co-Investigator: Allison Siebern

2008-current CBTI group treatment 6, 12, 24 months follow up
Psychiatry and Behavioral Sciences, Stanford University
Principal Investigators: Rachel Manber, Allison Siebern

2008-2009 The correlation between out of pocket expense and attendance for insomnia group treatment
Psychiatry and Behavioral Sciences, Stanford University
Principal Investigators: Rachel Manber, Allison Siebern

2006-2008 Evaluation of an actigraphy monitor in weekly activity levels
Center for Psychological Studies, Nova Southeastern University
Principal Investigators: Ana Fins, Allison Siebern

2005-2007 A study of the mediating effects of sleep on stress, health outcome and exam performance
Center for Psychological Studies, Nova Southeastern University
Principal Investigator: Allison Siebern

Publications in Peer-Reviewed Journals

Siebern, A.T., Suh, S., & Nowakowski, S. (2012). Non-pharmacological treatment of insomnia: a review. *Neurotherapeutics*, 9(4), 717-727.

Siebern, A.T. & Guilleminault, C. (2012). Sleepiness and fatigue following traumatic brain injury: a clear relationship? *Sleep Med*, 13(6), 559-60.

Manber, R., Carney, C., Edinger, J., Epstein, D., Friedman, L., Haynes, T., Karlin, B., Pigeon, W., **Siebern, A.T.,** & Trockel, M. (2012). Dissemination of CBTI to the non-sleep specialist: protocol development and training issues. *J Clin Sleep Med*, 8(2), 209-18.

Suh, S., Ong, J., Steidtmann, D., Nowakowski, S., Dowdle, C., Willett, E., **Siebern, A.**, & Manber, R. (2012). Cognitions and insomnia subgroups. *Cog Therapy Res*, 36(2),120-28.

Suh, S., Nowakowski, S., Bernert, R., Ong, J., **Siebern, A.T.**, Dowdle, C., & Manber, R. (2012). Clinical significance of night-to-night sleep variability in insomnia. *Sleep Med*, 13(5), 469-75.

Manber, R., Bernert, R.A., **Siebern, A.T.**, Ong, J., & Suh, S. (2011). CBT for insomnia in patients with high and low depressive symptom severity: Adherence and clinical outcomes. *J Clin Sleep Med*, 7 (6), 645-52.

Siebern, A.T. & Manber, R. (2011). New developments in cognitive behavioral therapy as the first-line treatment of insomnia. *Psychol Res and Behav Manag*, 4, 21-28.

Siebern, A.T. & Manber, R. (2010). Insomnia and its effective non-pharmacological treatment. *Med Clin North Am*, 94, 581-91.

Manuscripts In Preparation

Manber, R., Trockel, M., Batdorf, W., **Siebern, A.T.,** Taylor, B., Gimeno, J., & Karlin, B. Lessons learned from the VHA training dissemination of CBTI: Promoting sustainability. Manuscript in preparation.

Siebern, A.T., Manber, R., Friedman, L., & Karlin, B. VA cognitive behavioral therapy for insomnia for veterans: training consultant manual. Manuscript in preparation.

Manber, R., Friedman, L., Carney, C., Edinger, J., Epstein, D., Haynes, T., Pigeon, W., & **Siebern, A.T.** Cognitive-behavioral therapy for insomnia in veterans therapist manual. Manuscript in preparation.

Nowakowski, S., Peng, K., Dowdle, C.L., Suh, S.A., **Siebern, A.T.**, & Manber, R. Therapeutic approaches to sleep and menopause. Manuscript in preparation.

Nowakowski, S., Suh, S.A., Dowdle, C.L., Elisha, H., **Siebern, A.T.**, & Manber, R. Cognitive behavioral therapy for insomnia in patients with peri- and post-menopause. Manuscript in preparation.

Book Chapters

Siebern, A.T. & Robinson, A. (In press). Eating disorders and sleep. In Kushida, C., (Ed.) *Encyclopedia of Sleep*. Elsevier.

Siebern, A.T. & Manber, R. (In press). Inadequate sleep hygiene. In Kushida, C., (Ed.) *Encyclopedia of Sleep*. Elsevier.

Manber, R., Bernert, R.A, & **Siebern, A.T.** (In press). Special considerations in the treatment of insomnia. In Kushida, C., (Ed.) *Encyclopedia of Sleep*. Elsevier.

Cottrell, L. & **Siebern, A.T.** (In press). Dreams, psychopathology and psychotherapy. In Kushida, C., (Ed.) *Encyclopedia of Sleep*. Elsevier.

Manber, R., Haynes, T., & **Siebern, A.T.** (2012). Sleep and psychiatric disorders. In C. M. Morin & C. A. Espie (Eds.) *Oxford Handbook of Sleep and Sleep Disorders*. Oxford Press.

Published Abstracts

Simpson, N., Nowakowski, S., **Siebern, A.T.**, Manber, R. (2012). Relationship between changes in self-efficacy and depression following cognitive behavioral therapy for insomnia. *Sleep*, 35, A246-7.

Nowakowski, S., Dowdle, C.L., Suh, S., **Siebern, A.T.**, Manber, R. (2012). Examination of cognitive behavioral therapy for insomnia in perimenopausal women. *Sleep*, 35, A243.

Dowdle, C., Suh, S., Nowakowski, S., Ong, J.C., **Siebern, A.T.**, Manber, R. (2012). The role of sleep effort in reducing depressive symptoms for individuals participating in cognitive-behavioral therapy for insomnia (CBT-I). *Sleep*, 35, A241.

Suh, S., Nowakowski, S., Bernert, R., Ong, J., **Siebern, A.T.**, Dowdle, C., Willet, E., Manber, R. (2011). Night-to-night sleep variability in insomnia patients participating in group CBTI. *Sleep Biol Rhythms,* 9(4), P0-1-005.

Karlin, B., Manber, R., Carney, C., Edinger, J., & **Siebern, A.T.** (2011). Answering the call for dissemination of CBT for insomnia: A VHA nationwide roll-out. *Sleep*, 34.

Bernert, R.A., **Siebern, A.T.**, Suh, S., Ong, J., & Manber, R. (2011). An open trial of cognitive behavioral therapy for insomnia (CBT-I) results in significant posttreatment reductions in suicidal ideation. *Sleep*, 34, A247.

Suh, S., Dowdle, C., Willett, E., Nowakowski, S., **Siebern, A.T.**, Ong, J., & Manber, R. (2011). Helpful components of group cognitive behavioral therapy for insomnia (CBTI) for patients who perceived pain to interfere with sleep. *Sleep*, 34, A180.

Nowakowski, S., Willett, E., Dowdle, C., Suh, S., Ong, J., **Siebern, A.T.**, & Manber, R. (2011). CBT for insomnia, perception of pain interfering with sleep and depressive symptom severity. *Sleep*, 34, A182.

Siebern, A.T., Manber, R., Png, C., & Bernert, R.A. (2010). A closer look at patients with difficulty following the behavioral interventions in CBT for insomnia. *Sleep*, 33, A223.

Manber, R., **Siebern, A.T.**, & Bernert, R.A. (2010). Adherence and outcome in CBT for insomnia among patients with high and low depression scores. *Sleep*, 33, A198.

Siebern, A.T., Manber, R & Makoni, M. (2009). The correlation between out of pocket expense and attendance for insomnia group treatment. *Sleep*, 32, A273.

Chambers, A., Manber, R., **Siebern, A.T.**, & Tikotzky, L. (2009). Persistent sleep disturbance during pregnancy predicts reemergence of a core symptom of depression in the postpartum. *Sleep*, 32, A355.

Fins, A., **Siebern, A.T.**, & Simco, E. (2008). The evaluation of an actigraphy monitor in weekly activity levels. *Sleep*, 31, A339.

Siebern, A.T. (2007) *A study of the mediating effects of sleep on stress, health outcome and exam performance*. (Doctoral dissertation, Nova Southeastern University) Retrieved from http://gradworks.umi.com/33/31/3331344.html

Invited Oral Presentations

Karlin, B., Manber, R., Carney, C., Edinger, J., & **Siebern, A.T.** Answering the call for dissemination of CBT for insomnia: A VHA nationwide roll-out. Associated Professional Sleep Societies 25th Annual Meeting, June 2011, Minneapolis, MN.

Bernert, R.A, **Siebern, A.T.**, Suh, S., Ong, J., & Manber, R. An open trial of cognitive behavioral therapy for insomnia (CBT-I) results in significant posttreatment reductions in suicidal ideation Associated Professional Sleep Societies 25th Annual Meeting, June 2011, Minneapolis, MN.

Manber, R., **Siebern, A.T.**, & Bernert, R.A. Adherence and outcome in CBT for insomnia among patients with high and low depression scores. Associated Professional Sleep Societies 24th Annual Meeting, June 2010, San Antonio, TX.

Rivero-Conil, S. & **Siebern, A.T.** Psychosocial factors in pediatric oncology patients. American Psychological Association Convention, August 2008, Boston, MA.

Conference Poster Presentations

Simpson, N., Nowakowski, S., **Siebern, A.T.**, Manber, R. Relationship between changes in self-efficacy and depression following cognitive behavioral therapy for insomnia. Associated Professional Sleep Societies 26th Annual Meeting, June 2012, Boston, MA.

Nowakowski, S., Dowdle, C.L., Suh, S., **Siebern, A.T.**, Manber, R. Examination of cognitive behavioral therapy for insomnia in perimenopausal women. Associated Professional Sleep Societies 26th Annual Meeting, June 2012, Boston, MA.

Dowdle, C., Suh, S., Nowakowski, S., Ong, J.C., **Siebern, A.T.**, Manber, R. The role of sleep effort in reducing depressive symptoms for individuals participating in cognitive-behavioral therapy for insomnia (CBT-I). Associated Professional Sleep Societies 26th Annual Meeting, June 2012, Boston, MA.

Suh, S., Nowakowski, S., Bernert, R., Ong, J., **Siebern, A.T.**, Dowdle, C., Willet, E., Manber, R. Night-to-night sleep variability in insomnia patients participating in group CBTI. The 6th World Congress of the World Sleep Federation Meeting, October 2011, Kyoto, Japan.

Suh, S., Dowdle, C., Willett, E., Nowakowski, S., **Siebern, A.T.**, Ong, J., & Manber, R. Helpful components of group cognitive behavioral therapy for insomnia (CBTI) for patients who perceived pain to interfere with sleep. Associated Professional Sleep Societies 25th Annual Meeting, June 2011, Minneapolis, MN.

Nowakowski, S., Willett, E., Dowdle, C., Suh, S., Ong, J., **Siebern, A.T.**, & Manber, R. CBT for insomnia, perception of pain interfering with sleep and depressive symptom severity. Associated Professional Sleep Societies 25th Annual Meeting, June 2011, Minneapolis, MN.

Siebern, A.T., Manber, R., Png, C., & Bernert, R.A. A closer look at patients with difficulty following the behavioral interventions in CBT for insomnia. Associated Professional Sleep Societies 24th Annual Meeting, June 2010, San Antonio, TX.

Siebern, A.T., Manber, R & Makoni, M. The correlation between out of pocket expense and attendance for insomnia group treatment. Associated Professional Sleep Societies 23rd Annual Meeting, June 2009, Seattle, WA.

Chambers, A., Manber, R., **Siebern, A.T.**, & Tikotzky, L. Persistent sleep disturbance during pregnancy predicts reemergence of a core symptom of depression in the postpartum. Associated Professional Sleep Societies 23rd Annual Meeting, June 2009, Seattle, WA.

Fins, A., **Siebern, A.T.**, & Simco, E. The evaluation of an actigraphy monitor in weekly activity levels. Associated Professional Sleep Societies 22nd Annual Meeting, June 2008, Baltimore, MD.

Media/Interviews

2013	Interview	Oprah.com, coffee versus alcohol before bed?
2013	Interview	Huffington Post, Should you pull an all-nighter? (And other health dilemmas)
2012	Interview	Oprah.com, Sleep myths, debunked
2012	Interview	Oprah.com, Sleep advice used by sleep experts
2012	Interview	Vogue, Dream state do you have to pop a pill to fall into deep sleep?
2012	Interview	KGO-AM live radio, Not getting enough sleep
2012	Interview	Parents Magazine, Rest for the weary
2011	Interview	Women Magazine, Need some ZZZZs? Understanding sleep disorders
2011	Interview	San Jose Mercury, Strategizing to defeat insomnia
2010	Interview	Psychcentral.com, 14 strategies for sleeping better
2010	Interview	WebMD, How to cope with jet lag
2010	Interview	WebMD, When sleep problems cause sex problems
2010	Interview	WebMD, How to stay awake naturally
2010	Interview	WebMD, What lack of sleep does to your mind
2010	Interview	WebMD, 10 Things to hate about sleep loss
2009	Interview	ADVANCED for Respiratory Care and Sleep Medicine, Cognitive behavior therapy for CPAP compliance
2009	Interview	StanfordU Itunes 1:2:1 Podcast, The recession and insomnia
2009	Interview	Contra Costa Times, Down economy may be causing more to stay up nights
2008	Interview	Miami Children's Hospital Gazette, How to explain economic difficulties to your child
2007	Contributor	National Institutes of Health, pediatric oncology handbook, Cultural considerations and blended families

Teaching/Lectures

2013 Stanford University School of Medicine, Sleep Medicine Center Didactic. Sleep scales and psychometrics.

2012 Stanford University School of Medicine, Sleep Medicine Center Lecture. Cognitive behavioral Treatment of Insomnia.

2012 VA CBTI Dissemination Training Workshop: New Orleans, LA. Sleep architecture, sleep regulation, cognitive therapy for insomnia, and CBTI with special considerations for traumatic brain injury, alcohol use, older adults, hypnotic users and comorbid sleep disorders.

2012 Kaiser Permanente Educational Series, Non-pharmacological treatment of insomnia.

2012 Stanford Center for Human Sleep Research, A-Step Introductory Course. Lecture: Insomnia disorder and pharmacological and non-pharmacological treatments.

2011 The School of Sleep Medicine, Inc. Lecture: Pathophysiology, assessment, and cognitive-behavioral treatment of insomnia disorder.

2011 Stanford University Vaden Health Center. Brief lecture: What is insomnia and why treat it?

2011 VA CBTI Dissemination Training Workshop: Boston, MA. Circadian rhythm disorders and assessment.

2011 Stanford University School of Medicine, Sleep Medicine Center Workshop. Pathophysiology, diagnosis, assessment and treatment of insomnia disorder and considerations for comorbid disorders.

2011 Miami Children's Hospital, Psychiatry Dept: Topic Specific Lecture Series. Pediatric behavioral sleep medicine.

2010-current VA Evidence-Based Psychotherapy CBTI Four Month Consultation Groups. Provide weekly consultation to VA mental health providers learning CBTI treatment through discussions, readings, training materials and review of providers' taped therapy sessions.

2010 VA CBTI Dissemination Training Workshop: Albuquerque, NM. Utilization of questionnaires in assessment of comorbid sleep disorders and sleep diary use in CBTI treatment.

2010 Stanford University School of Medicine, Medical Student Lecture Series. Insomnia: pathophysiology, diagnosis, and treatment.

2010 VA Menlo Park, Practicum Didactic Lecture. Sleep medicine: Insomnia disorder and treatments.

2008 Miami Children's Hospital, Psychiatry Dept: Topic Specific Lecture Series. Pediatric behavioral sleep medicine.

2007 Nova Southeastern University Center for Psychological Studies, Guest Lecture, Clinical interviewing

2007 Nova Southeastern University Psychology Services Center, Adult Services Didactic, Generalized anxiety disorder and treatment: a case example

2006-2007 Nova Southeastern University Center for Psychological Studies, Guest Lecture, Psychobiology: language and cognition

Students/Trainees

9/12-current Brandon Peters, M.D., Stanford Sleep Clinic Medical Fellow

8/12-current Britney Blair, Psy.D., Stanford Sleep Clinic Psychology Fellow

8/12-current Chris Fairholme, Ph.D. Stanford Sleep Clinic Psychology Fellow

9/11-current Norah Simpson, Ph.D. Stanford Sleep Clinic Psychology Fellow

7/11-6/12 Michelle Primeau, M.D., Stanford Sleep Clinic Medical Fellow

1/12-6/12 Susan Imamura, M.D., Stanford Sleep Clinic Medical Fellow

9/10-8/11 Sooyeon Suh, Ph.D. Stanford Sleep Clinic Psychology Fellow (currently research faculty at Korea University)

Editorial Experience (ad hoc reviewer)

2012- *Behavior Therapy*
2011- *Journal Current Pharmaceutical Design*
2011- *Behavioral Sleep Medicine*
2010- *Sleep Medicine*