

# Jason B. Luoma, Ph.D.

## CONTACT INFORMATION

Portland Psychotherapy Clinic, Research, & Training Center, PC  
1830 NE Grand Ave.  
Portland, OR 97212  
Business Phone: (503) 281-4852, x4  
Fax: (503) 281-4852  
Websites : [www.drjuoma.com](http://www.drjuoma.com), [www.learningact.com](http://www.learningact.com), [www.portlandpsychotherapyclinic.com](http://www.portlandpsychotherapyclinic.com),  
[www.portlanddepressiontreatment.com](http://www.portlanddepressiontreatment.com)  
E-mail: jbluoma@gmail.com

## CURRENT POSITIONS

Director, Portland Psychotherapy Clinic, Research, & Training Center, PC: May, 2005 - present

Consultant (10-20% effort), Veterans Administration Healthcare System, Project on Dissemination of Acceptance and Commitment Therapy for Depression: June, 2008 - present.

Clinical Investigator, Center for Health Research, Kaiser Permanente Northwest: May 2008 – present

Vice President, Behavioral Health Research Collaborative (2011 - present)

## EDUCATION:

The Catholic University of America, Washington, D.C.  
Ph.D. in Clinical Psychology (2002)  
Dissertation Topic: “Individual Differences in Event Clustering in Autobiographical Memory”

The Catholic University of America, Washington, D.C.  
M.A. (1/99): Psychology

Case Western Reserve University, Cleveland, Ohio  
B.A. (5/96): Psychology, summa cum laude. Minors: Chemistry, Computer Science

## PREVIOUS GRANT FUNDED RESEARCH

Consultant, University of Nevada, Reno: Sept 2011 - current  
1F31MH096341-01, Fellow: Jennifer Villatte, "Modular Training in Empirically Supported Change Processes: Impact on Fidelity"

Co-Principle Investigator, University of Nevada, Reno: Aug, 2005-Sept 2008  
R01, NIDA, PI: Steven Hayes, Ph.D., “Burnout in Addiction Counselors”

Co-Principle Investigator, University of Nevada, Reno: September 2003 – July, 2007  
R21, NIDA, PI: Barbara Kohlenberg, Ph.D., “Reducing Felt Stigma in SUD”

Prime Investigator: October 2002 – April 2004  
SAMHSA-CSAT (93-230), “Nevada Practice Improvement Collaborative Implementation”

Recruitment Coordinator and Research Interviewer (20-30% effort): Jan 1998 – July 2000  
R01, NIMH, PI: George Bonanno, Ph.D., “The Midlife Bereavement Project”

Graduate Assistant and Trainer: September 1998 – August 1999

Deseret Research Foundation, P.I.: David Jobes, Ph.D., “Assessing, Tracking, and Treating Suicidal Outpatients: A Pilot Study”

#### PREVIOUS RESEARCH AND OTHER EXPERIENCE:

Adjunct Faculty, University of Nevada, Reno: 2002 – 2005, 2008 - 2012

Social Science Analyst: February 2000 - March 2001  
National Institute of Mental Health (NIMH), Bethesda, MD

Consortium Research Fellow: May 1999 – March 2000  
Consortium of Universities, Alexandria, VA:

Student Intern: April 1997 - January 1998, May 1998 - August 1998  
American Psychological Association Office of Continuing Education, Washington, DC

Graduate Assistant: August 1996 - March 2001  
Assessing and Tracking Suicidal Clients, The Catholic University of America, Washington, DC

Volunteer Intern, The American Association of Suicidology, Washington, DC: Sep 1996 - May 1997

Crisis Telephone Counselor, Cleveland Free Clinic: September 1994 - July 1996

#### PREVIOUS CLINICAL EXPERIENCE:

Independent Practice, Reno NV: October 2003 – Nov. 2006

Practicum Supervisor for Acceptance and Commitment Therapy (ACT): May 2003 – May, 2005  
University of Nevada, Reno

Psychologist: April 2002 – May, 2005  
A Rainbow Place, Reno, NV: HIV/AIDS Wellness Program

Psychologist: September 2002 – December, 2004  
Carson-Tahoe Hospital, Carson City, NV

Clinical Supervisor for Acceptance and Commitment Therapy (ACT): May 2002-April 2003  
University of Nevada, Reno

Psychology Postdoc/Psychologist: October 2002 – October 2003  
Mountain Employee Assistance Program, Reno, NV

Psychology Intern: September 2001 - August 2002  
Ioannis Lougaris Veterans Affairs Medical Center, Reno, NV

Psychology Extern: December 2000 - March 2001  
Georgetown Ministry Center, Washington, DC

Externship in Neuropsychology: December 2000 - March 2001  
Commonwealth Psychological Associates, McLean, VA

Psychology Extern: December 2000 - March 2001  
Parkhurst & Associates, Washington, DC

Psychology Extern and Practicum Student: August 1997 – May 1999

PEER REVIEWED PUBLICATIONS:

Lundgren, T., **Luoma, J.B.**, Dahl, J., Strosahl, K., Robinson, P., & Melin, L. (in press). The Bulls-Eye Values Survey: A psychometric evaluation. *Cognitive and Behavioral Practice*.

**Luoma, J. B.**, & Kohlenberg, B.S., Hayes, S. C., & Fletcher, L. (in press). Slow and steady wins the race: A randomized clinical trial of acceptance and commitment therapy targeting shame in substance use disorders. *Journal of Consulting and Clinical Psychology*.

**Luoma, J.B.**, & Boulanger, J. (2012). Mindfulness in the Treatment of Suicidal Individuals. *Cognitive and Behavioral Practice, 19*, 265-276.

**Luoma, J.B.** (2011). Member Update on 2011 NIMH Research Priorities and Advances. *The Behavior Therapist, 34*, 93-94.

Vilardaga, R., **Luoma, J.B.**, Hayes, S.C., Pistorello, J., Levin, M., Hildebrandt, M.J., Kohlenberg, B., Roget, N. & Bond, F.W. (2011). Burnout among the addiction counseling workforce: The differential roles of mindfulness and values-based processes and worksite factors. *Journal of Substance Abuse Treatment, 40*, 323-335.

**Luoma, J. B.**, Drake, C., Hayes, S. C., Kohlenberg, B. (2011). Substance Abuse and Psychological Flexibility: The Development of a New Measure. *Addiction Research and Theory, 19(1)*, 3-13.

Lillis, J., **Luoma, J. B.**, Levin, M., & Hayes, S. C. (2010). Measuring weight self-stigma: The weight self-stigma questionnaire. *Obesity, 18*, 971-976.

Drake, C. E., Kellum, K. K., Wilson, K. G., **Luoma, J. B.**, Weinstein, J., & Adams, C. H. (2010). Examining the Implicit Relational Assessment Procedure: Four Pilot Studies. *Psychological Record, 60*, 81-86.

**Luoma, J. B.**, O'Hair, A. K., Kohlenberg, B. S., Hayes, S. C., Fletcher, L. (2010). The development and psychometric properties of a new measure of perceived stigma toward substance users. *Substance Use and Misuse, 45*, 47-57.

**Luoma, J.B.**, Kohlenberg, B. S., Hayes, S. C., Bunting, K., & Rye, A.K., (2008). Reducing the Self Stigma of Substance Abuse through Acceptance and Commitment Therapy: Model, Manual Development, and Pilot Outcomes. *Addiction Research and Theory, 16(2)*, 149-165.

**Luoma, J.B.**, Hayes, S. C., Roget, N., & Bissett, R. (2007). Augmenting Continuing Education with Psychologically-Focused Group Consultation: Effects on Adoption of Group Drug Counseling. *Psychotherapy: Theory, Research, Practice, & Training, 44*, 463-469.

**Luoma, J. B.**, Twohig, M., Waltz, T., Hayes, S. C., Roget, N., Padilla, M., & Fisher, G. (2007). An Investigation of Stigma in Individuals Receiving Treatment for Substance Abuse. *Addictive Behaviors, 32*, 1331-1346.

Hayes, S. C., **Luoma, J. B.**, Bond, F., Masuda, A., & Lillis, J. (2006). Acceptance and Commitment Therapy: Model, Processes and Outcomes. *Behavior Research and Therapy, 4*, 1-25.

Hayes, S. C., Masuda, A., Bissett, R., **Luoma, J.** & Guerrero, L. F. (2004). DBT, FAP, and ACT: How empirically oriented are the new behavior therapy technologies? *Behavior Therapy, 35*, 35-54.

**Luoma, J. B.,** & Pearson, J. L. (2002). Suicide and Marital Status in the U.S., 1991-1996: Is Widowhood a Risk Factor? *American Journal of Public Health, 92*, 1518-1522.

Peterson, E. M., **Luoma, J.B.,** Dunne, E. (2002). Suicide Survivors' Perceptions of the Treating Clinician. *Suicide and Life-Threatening Behavior, 32*, 158-166.

**Luoma, J. B.,** Pearson, J. L., & Martin, C. E. (2002). Contact with Mental Health and Primary Care Prior to Suicide: A Review of the Evidence. *American Journal of Psychiatry, 159*, 909-916.

Street, L., & **Luoma, J. B.** (2002). Control groups in psychosocial intervention research: Ethical and methodological issues. *Ethics and Behavior, 12*, 1-30.

## OTHER PUBLICATIONS

Thompson, B., Terry, C., & **Luoma, J.** (2012). Not your mother's EBT: A look at the past and towards the future. *Oregon Psychological Association Bulletin.*

**Luoma, J.B.** & Kohlenberg, B. S. (in press). Self-Stigma and Shame in Addictions. In S. C. Hayes & M. Levin (Eds). *Acceptance, Mindfulness, Values, and Addictive Behaviors: Counseling with Contemporary Cognitive Behavioral Therapies.* Oakland: New Harbinger.

**Luoma, J.B.** (2010). Substance Abuse Stigma as a Barrier to Treatment and Recovery. In B. A. Johnson (Ed). *Addictive Medicine: Science and Practice.* New York: Springer.

**Luoma, J. B.,** & Hayes, S. C. (2009). Cognitive Defusion. In W. O'Donahue, & J. E. Fisher, (Eds.), *Empirically supported techniques of cognitive behavioral therapy: A step-by-step guide for clinicians (2<sup>nd</sup> Ed.)*. New York: Wiley.

**Luoma, J. B.,** Hayes, S. C., & Walser, R. (2007). *Learning Acceptance and Commitment Therapy: A Skills Training Manual for Therapists.* Authored book and DVD with New Harbinger Press.

**Luoma, J. B.,** & LeJeune, J. T. (2006). Suffering, a Dog, and Woody Allen: An Introduction to Acceptance and Commitment Therapy. *Oregon Psychological Association Newsletter, 25*, 13, 16-18.

Hayes, S. C., Strosahl, K. D., **Luoma, J. B.,** Smith, A. A. & Wilson, K. G. (2005). ACT case formulation. In S. C. Hayes and K. D. Strosahl (Eds.), *Acceptance and Commitment Therapy: A practical clinical guide.* New York: Kluwer/Plenum.

**Luoma, J. B.,** & Hayes, S. C. (2003). Cognitive Defusion. In W. O'Donahue, J. E. Fisher, & S. C. Hayes (Eds.), *Empirically supported techniques of cognitive behavioral therapy: A step-by-step guide for clinicians.* New York: Wiley.

Jobes, D. A., **Luoma, J. B.,** Husted, L., & Mann, R. (2000). In the wake of suicide: Survivorship and postvention. In R. Maris, A L. Berman, & M. M. Silverman (Eds.), *Comprehensive Textbook of Suicidology and Suicide Prevention.* New York: Guilford.

Drozd, J. F., Jobes, D. A., **Luoma, J. B.** (2000). The collaborative assessment and management of suicidality in Air Force mental health clinics. *The Air Force Psychologist, 18*, 6-11.

Jobes, D.A., Jacoby, A. M., & **Luoma, J. B.** (1999). *Treatment Manual for the Collaborative Assessment and Management of Suicidality.* Unpublished manuscript, The Catholic University of America.

Jacoby, A. M., **Luoma, J. B.**, & Jobes, D. A. (1998). Adolescent suicide: Recognition and prevention. *Psychology Teacher Network*, 8(1), 6-7.

#### PAPERS CURRENTLY UNDER REVIEW

**Luoma, J.B.**, Rye, A., Kohlenberg, B. S., & Hayes, S. C. (under review). *A New Measure of Self-Stigma in Addiction: Measure Development and Psychometrics*.

**Luoma, J.B.**, Thompson, B., Hayes, S. C., & Pistorello, J. (under review). *Developing a Consensus on Effective Multicultural Counseling Skills Training: A Survey of Experts*.

**Luoma, J. B.**, & Plumb, J. (under review). *Phone Consultation as a Method for Learning Acceptance and Commitment Therapy: A Randomized Controlled Trial*.

Thompson, B., **Luoma, J. B.**, & LeJeune, J. T. (under review). *Exposure in the context of Acceptance and Commitment Therapy for Post Traumatic Stress Disorder*.

#### PAPERS IN PREPARATION

**Luoma, J.B.**, & Thompson, B. (in preparation). *Toward a Modern Behavior Analytic Theory of Emotion: The Example of Shame*.

**Luoma, J.B.**, & Calmbro, R. (in preparation). *A Case Example of Video Conference Based Training of Acceptance and Commitment Therapy*.

#### UNFUNDED RESEARCH PROJECTS IN PROGRESS

Development of measures of skill and knowledge in Acceptance and Commitment Therapy. Developing and analyzing data from a knowledge quiz for ACT counselors. A related project involves the qualitative coding of responses to clinical vignettes to develop a new measure of skill in delivering ACT.

Development of a new measure of implicit experiential avoidance of anxiety.

Evaluation of a brief acceptance and mindfulness based intervention for mental illness stigma in a psychology classroom.

Randomized Effectiveness Trial of Mindfulness Based Relapse Prevention in a Residential Substance Abuse Treatment Setting.

#### UNIVERSITY TEACHING EXPERIENCE:

Lab Instructor, Graduate Statistics I, The Catholic University of America, Washington, DC  
August 1999 – December 1999

Instructor, General Psychology, The Catholic University of America, Washington, DC  
January 1998 - May 1998, January 1999 – May 1999

Graduate Assistant, Senior Seminar, The Catholic University of America, Washington, DC  
August 1997 - December 1998

#### WORKSHOPS AND TRAININGS PRESENTED

**Luoma, J.B., & Webster, M.** (March, 2012). *Introduction to Acceptance and Commitment Therapy*. Invited workshop for Promises in Singapore.

**Luoma, J.B., & Webster, M.** (March, 2012). *Acceptance and Commitment Therapy for Depression and Anxiety*. Invited workshop for Promises in Singapore.

**Luoma, J.B., & Webster, M.** (March, 2012). *One day Introduction to Acceptance and Commitment Therapy*. Invited workshop for Hong Kong Department of Correctional Services in Hong Kong, China.

**Luoma, J.B., & Webster, M.** (March, 2012). *Case conceptualization and Skills Development in Acceptance and Commitment Therapy*. Invited workshop for Hong Kong Department of Correctional Services in Hong Kong, China.

**Luoma, J.B. & LeJeune, J. T.** (January, 2012). *Case conceptualization and Skills Development in Acceptance and Commitment Therapy*. ACT Winter Bootcamp, Reno, NV.

**Luoma, J.B. & LeJeune, J. T.** (September, 2011). *An Introduction to Acceptance and Commitment Therapy*. Invited workshop for the Southwest Counseling Services, Rock Spring, WY.

**Luoma, J.B.** (March, 2011). *Case Conceptualization in Acceptance and Commitment Therapy*. Portland Psychotherapy in Portland, OR.

**Luoma, J.B. & LeJeune, J. T.** (October, 2010). *Using Mindfulness, Acceptance, and Values in Your Practice: An Introduction to Acceptance and Commitment Therapy*. Invited workshop for the British Columbia Association of Clinical Counselors, Parksville, BC.

**Luoma, J.B.** (September, 2009 – June, 2010). *Seminar on Acceptance and Commitment Therapy*. Leading two 16 hour seminars with 16 clinicians learning ACT that met over eight months.

**Luoma, J. B., LeJeune, J.T.** (May, 2010). *Building Skill and Flexibility in Acceptance and Commitment Therapy*. Invited workshop as part of Learning ACT Week, Southampton, U.K.

**Luoma, J. B., LeJeune, J.T.** (May, 2010). *Case Conceptualization in Acceptance and Commitment Therapy*. Invited workshop as part of Learning ACT Week, Southampton, U.K.

LeJeune, J.T., & **Luoma, J. B.** (May, 2010). *Gestalt and ACT*. Invited workshop as part of Learning ACT Week, Southampton, U.K.

**Luoma, J. B., LeJeune, J.T., & Thompson, B.** (April, 2010). *Building Skill and Flexibility in Acceptance and Commitment Therapy*. Portland Psychotherapy in Portland, OR.

**Luoma, J. B. & LeJeune, J.T.** (April, 2010). *Building Skill and Flexibility in Acceptance and Commitment Therapy*. Invited workshop at University of Victoria, British Columbia.

**Luoma, J. B.** (November, 2009). *An ACT of Compassion: Exploring Shame in Addictive Behavior*. Invited workshop for the 3rd Australia & New Zealand Acceptance and Commitment Therapy Conference.

**Luoma, J.B.** (November, 2009). *Building Skill and Flexibility in Defusion*. Invited workshop for the 3rd Australia & New Zealand Acceptance and Commitment Therapy Conference.

Koerner, K., **Luoma, J.B.**, & Tsai, M. (November, 2009). *Preventing Death by Powerpoint: How to Give Presentations that Make an Impact*. Workshop at Annual Association of Behavioral and Cognitive Therapies, New York, NY.

**Luoma, J. B.**, & Thompson, B. (October, 2009). *An ACT of Compassion: Exploring Shame in Addictive Behavior*.

Torneke, N., & **Luoma, J.B.** (June, 2009). *Relational Frame Theory: Basic Concepts and Clinical Implications*. Workshop presented at the ACT/RFT World Conference in Enschede, The Netherlands.

**Luoma, J. B.**, & Walser, R. (June, 2009). *Developing Your Skills as an ACT Trainer*. Parts 1 and 2. Series of two workshops presented at the ACT/RFT World Conference in Enschede, The Netherlands.

**Luoma, J. B.**, & Drake, C. (May, 2009). *Finding Yourself While Losing Your Mind: An Experiential Workshop on Self from the Perspective of Acceptance and Commitment Therapy*. One day workshop in Portland, OR.

**Luoma, J. B.** (March, 2009). Introduction to Acceptance and Commitment Therapy. One day workshop at Notre Dame University.

**Luoma, J. B.** (March, 2009). *An Introduction to Acceptance and Commitment Therapy*. Psychiatry Grand Rounds presentation at Oregon Health Sciences University, Portland, OR.

**Luoma, J. B.** (March, 2009). *Introduction to Acceptance and Commitment Therapy*. 1.5 hour workshop at Portland, OR Veterans Affairs Medical Hospital.

**Luoma, J. B.**, & Drake, C. (November, 2008). *ACT Core Skills and Competencies Workshop: Case Conceptualization in Acceptance and Commitment Therapy with Difficult Clients*. One day workshop in Portland, OR.

**Luoma, J. B.**, & Drake, C. (October, 2008). *ACT Core Skills and Competencies Workshop: Values-directed Behavior Change*. One day workshop in Portland, OR.

**Luoma, J. B.**, & Drake, C. (September, 2008). *ACT Core Skills and Competencies Workshop: Utilizing Mindfulness and Acceptance in Your Practice*. One day workshop in Portland, OR.

**Luoma, J. B.** & Torneke, N. (July, 2008). *Experiential Practice with Feedback for Learning ACT*. Half day workshop presented at Association for Contextual Behavioral Science Summer Institute.

**Luoma, J. B.** & Wilkinson, J. (July, 2008). *Defusion: A Skills-Building Workshop*. Half day workshop presented at Association for Contextual Behavioral Science Summer Institute.

**Luoma, J. B.** (May, 2008). *An Introduction to Acceptance and Commitment Therapy*. One day workshop presented in Salem, OR.

**Luoma, J. B.**, & Shankar, V. (May, 2008). *Acceptance and Commitment Therapy and Mindfulness*. 1.5 hour workshop presented at the Oregon Psychological Association Annual Convention.

**Luoma, J.B.** & LeJeune, J. T. (March, 2008). *Acceptance and Commitment Therapy*. Two day workshop presented in Logan, Utah.

**Luoma, J. B.** & LeJeune, J. T. (November, 2008). *An Introduction to Acceptance and Commitment Therapy*. One day workshop presented in Vancouver, British Columbia.

**Luoma, J.B.** (October, 2007). *Defusion, Parts 1 and 2*. Two online workshops presented for Practice Ground, online training community.

**Luoma, J. B.** (October, 2007). *Using Acceptance and Mindfulness in Your Practice*. One day workshop presented in Portland, OR.

**Luoma, J.B.** (August, 2007). *An introduction to Acceptance and Commitment Therapy*. Workshop presented at Oregon State Hospital, Salem, OR.

**Luoma, J.B.** & Torneke, N. (July, 2007). *ACT Core Skills and Competencies*. Twelve hour workshop conducted at the Third Acceptance and Commitment Therapy Summer Institute in Houston, TX.

**Luoma, J.B.** & Torneke, N. (July, 2007). *Watch and Practice*. Three hour workshop conducted at the Third Acceptance and Commitment Therapy Summer Institute in Houston, TX.

**Luoma, J.B.** (January, 2007). *Acceptance and Commitment Introductory Online Workshop*. Twelve hour workshop conducted through online meeting technology.

**Luoma, J. B.** (December, 2006) *Core Competencies in Acceptance and Commitment Therapy*. One day workshop presented for the Oregon Research Institute in Eugene, OR.

**Luoma, J.B.,** Fletcher, L. (July, 2006). *Defusion: A Skills Building Workshop*. Half-day workshop at the Second World Conference on ACT/RFT and Contextual Behavioral Science.

**Luoma, J.B.** (June, 2006). *Introduction to Acceptance and Commitment Therapy*. One day workshop for Oregon Research Institute in Eugene, OR.

**Luoma, J.B.** (May, 2006). *Applying ACT in your Practice with Gamblers*. Four hour workshop for the Oregon State Gambling Treatment Programs in Eugene, OR.

**Luoma, J.B.** (May, 2006). *Working Collaboratively and Effectively with Suicidal Clients*. Workshop presented for the Oregon University Suicide Prevention Project in Eugene, OR.

**Luoma, J.B.** (March, 2006). *Using Mindfulness, Acceptance, and Values in Gambling Treatment*. 1.5 day workshop for the Oregon State Gambling Treatment Programs in Medford, OR.

**Luoma, J.B.** (December, 2005). *Using Mindfulness, Acceptance, and Values in Gambling Treatment*. Workshop for the Oregon State Gambling Treatment Programs in Salem, OR.

**Luoma, J. B.,** & Torneke, N. (July, 2005). *ACT Core Skills and Competencies Parts I, II, and III*. Series of three workshops presented at the Second Acceptance and Commitment Therapy Summer Institute, Philadelphia, PA.

**Luoma, J. B.,** Torneke, N. (July, 2005). *Clinician's Roundtable on Training and Supervision in ACT*. Workshop presented at the Second Acceptance and Commitment Therapy Summer Institute, Philadelphia, PA.

**Luoma, J. B.** & Bunting, K. (July, 2005). *Stigma and Clients*. Workshop presented at the Second Acceptance and Commitment Therapy Summer Institute, Philadelphia, PA.

**Luoma, J.B.** & LeJeune, J. (May, 2005). *Using Mindfulness, Acceptance, and Values to Overcome Stigma and Prejudice*. Workshop at the Annual Conference of the Psychologists for Social Responsibility, Portland, OR.

**Luoma, J. B.** (March, 2005). *Introduction to Acceptance and Commitment Therapy*. Workshop at the Northern Nevada Adult Mental Health Seminar Series, Reno, NV.

**Luoma, J. B.** & Torneke, N. (July, 2004). *How to do Core Competencies Training in Acceptance and Commitment Therapy*. Workshop at the Acceptance and Commitment Therapy Summer Institute, Reno, NV.

**Luoma, J. B.** & Torneke, N. (July, 2004). *ACT Core Skills and Competencies II and III*. Workshops at the Acceptance and Commitment Therapy Summer Institute, Reno, NV.

Hayes, S.C., & **Luoma, J. B.** (August, 2003). *Acceptance and Commitment Therapy: A Skill-Building Workshop*. Co-led one-day workshop at the First World Congress for ACT, RFT and the New Behavior Psychology, Linköping, Sweden.

Hayes, S. C., & **Luoma, J.B.** (June, 2003). ACT Weekend Intensive. Co-led 2.5 day experiential training workshop, Lake Tahoe, NV.

**Luoma, J.B.** (April, 2003). *The Mastery of Your Anxiety and Panic Protocol (MAP-III)*. Introductory workshop on panic disorder treatment at the Carson-Tahoe Hospital, Carson City, NV.

**Luoma, J.B.** (March, 2003). *Acceptance and Commitment Therapy*. Introductory workshop on ACT at the Carson-Tahoe Hospital, Carson City, NV.

**Luoma, J.B.** (February, 2003). *Suicide Assessment*. Gave three workshops on suicide assessment at the Carson-Tahoe Hospital, Carson City, NV.

Hayes, S.C., & **Luoma, J.B.** (November, 2002). *Acceptance and Commitment Therapy*. Co-led two day training workshop at the annual convention of the Association for the Advancement of Behavior Therapy, Reno, NV.

**Luoma, J.B.** (May, 2000). *A Practical Approach to the Assessment and Management of Suicidal Outpatients*. Continuing education seminar at the Women's Center in McLean, VA.

Jobes, D.A., Berman, A., **Luoma, J.B.**, Jacoby, A. M., & Mann, R. (August, 1998). *Continuing Education Seminar on Suicide Assessment and Treatment*. Intermountain Health Care. Salt Lake City, Utah.

**Luoma, J.B.** (March 2000). *Suicide and Teens*. Walt Whitman Community Youth Summit, Maryland.

## PROFESSIONAL PRESENTATIONS

**Luoma, J.B.** (January, 2012). *Acceptance and Commitment Theraph and the Development of a Contextual Science of Behavior*. Colloquium presented at The Catholic University of American Department of Psychology.

**Luoma, J.B.** (November, 2011). *Dissemination of CBTs to the Public on a Shoestring Budget: Old Problem, New Solutions?* Panelist at the Association for Cognitive and Behavioral Therapy, Toronto, Ontario, Canada.

**Luoma, J.B.** (November, 2011). *Practice-Based Research: How to Conduct Meaningful Research in Clinical Practice*. Panelist at the Association for Cognitive and Behavioral Therapy, Toronto, Ontario, Canada.

**Luoma, J.B.,** & Witkiewitz, K. (November, 2011). *Relapse Prevention and Mindfulness Skills Practice During Residential Treatment for Substance Use Disorder among Female Criminal Offenders*. Paper presented at the Association for Cognitive and Behavioral Therapy, Toronto, Ontario, Canada.

**Luoma, J. B.** (November, 2010). *The Effects of Biological Versus Psychological Models of Depression on Stigma and Treatment Attitudes*. Discussant for symposium at the Annual Conference of the Association of Behavioral and Cognitive Therapies.

**Luoma, J. B.** (June, 2010). *Experiential Avoidance and Self-Stigma in Addiction: Two New Measures*. Paper presented at the Annual Conference of the Association for Contextual Behavioral Science.

Stromberg, C., Hayes, S.C., Pistorello, J., Vilardaga, M., **Luoma, J.B.,** & Kohlenberg, B. (June, 2010). *Gender Differences in the Relationship Between Experiential Avoidance and Worksite Factors*. Paper presented at the Annual Conference of the Association for Contextual Behavioral Science.

**Luoma, J. B.** (June, 2010). *Stigma and Discrimination Research*. Chair of roundtable discussion at the Annual Conference of the Association for Contextual Behavioral Science.

**Luoma, J. B.** (June, 2010). *Perspectives on Perspective Taking*. Discussant for symposium at the Annual Conference of the Association for Contextual Behavioral Science.

Drake, C. E., **Luoma, J. B.,** Neal, A., Whiteman, K. C., Ahern, W., Timko, A. (May, 2010). *Using the IRAP to Measure Acceptance of Anxiety*. Paper presented at the Annual Convention of the Association for Behavior Analysis.

**Luoma, J.B.** (August, 2009). *Introduction to Acceptance and Commitment Therapy*. Invited lecture for Oregon Health Sciences University Department of Psychiatry.

Vilardaga, R., **Luoma, J.B.,** Levin, M., Hayes, S.C., Pistorello, J., Hildebrandt, M., Kohlenberg, B. (June, 2009). *Predictors of stigma among addictions counselors*. Paper presented at the ACT/RFT World Conference in Enschede, The Netherlands.

Levin, M., Vilardaga, R., Lillis, J., Hayes, S.C., Pistorello, J., **Luoma, J.B.,** & Kohlenberg, B. (June, 2009). *Generalized Prejudice: Testing a Relational Frame Theory Account of Prejudice and Stigma*. Paper presented at the ACT/RFT World Conference in Enschede, The Netherlands.

**Luoma, J.,** Rye, A., Bunting, K., Drake, C., Kohlenberg, B., & Hayes, S. (June, 2009). *Development of and Psychometrics of a new Measure of Self-stigma in Addiction*. Paper presented at the ACT/RFT World Conference in Enschede, The Netherlands.

**Luoma, J.B.,** Calmbro, R. (June, 2009). *Time Series Designs in Clinical Practice and an Example Using the Training of Acceptance and Commitment Therapy*. Paper presented at the ACT/RFT World Conference in Enschede, The Netherlands.

**Luoma, J.B.,** Murrell, A., & Sonntag, R. (June, 2009). *The Trainer Peer Review Process: Introduction and Updates*. Panel discussion at the ACT/RFT World Conference in Enschede, The Netherlands.

Levin, M., Vildardaga, R., Lillis, J. Hayes, S. C., Pistorello, J., **Luoma, J. B.** (May, 2009). *Generalized Prejudice: Testing a Relational Frame Theory Account of Prejudice and Stigma*. Paper presented at the Annual Convention of the Association for Behavior Analysis.

**Luoma, J.B.,** Calmbro, R., & Plumb, J. (November, 2008). *Distance Education in the Training of Acceptance and Commitment Therapy: Models and Outcomes*. Paper presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

**Luoma, J. B.,** Vildardaga, R., Hayes, S.C., Pistorello, J., Hildebrandt, M.J., Levin, M., Kohlenberg, S., Roget, N., (November, 2008). *The Role of Acceptance and Commitment Therapy Processes in Stigma Towards Substance Users*. Paper presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

**Luoma, J. B.,** Wilkinson, J., & Plumb, J.B. (November, 2008). *The ACT Responses Questionnaire: Measuring Competency in Acceptance and Commitment Therapy*. Poster presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

**Luoma, J. B.,** Kohlenberg, B. S., Hayes, S. C., Fletcher, L. B., & Rye, A. (May, 2008). *Acceptance and Commitment Therapy for Self-Stigma in a Residential Substance Abusing Population: Results of a Randomized Trial*. Paper presented at the Annual Convention of the Association for Behavior Analysis.

Hildebrandt, M. J., Vildardaga, R., Hayes, S. C., **Luoma, J. B.,** Kohlenberg, B. S., Roget, N., Pistorello, J., Lazzarone, T. R. (May, 2008). *The Role of Values in Reducing Workplace Stress and Increasing Quality of Life*. Paper presented at the Annual Convention of the Association for Behavior Analysis.

Kohlenberg, B. S., **Luoma, J. B.,** Hayes, S. C. (May, 2008). *ACT for Self-Stigma with Substance Use Disorder*. Paper presented at the Annual Convention of the Association for Behavior Analysis.

**Luoma, J. B.** (May, 2008). *Evidence Based Practice Reviews: Clinical Psychology*. Panelist at the Annual Convention of the Association for Behavior Analysis.

Kohlenberg, B.S., **Luoma, J. B.** (November, 2007). *Acceptance-based treatments of substance misuse*. Paper presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

Kohlenberg, B.S., **Luoma, J.B.,** Fletcher, L., Rye, A., Pratte, A., Bunting, K., & Hayes, S. (November, 2007). *Stigma and substance abuse disorder*. Paper presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

Lazzarone, J., Hayes, S. C., **Luoma, J. B.,** Kohlenberg, B., Pistorello, J., Lillis, J., Vildardaga, R., & Hildebrandt, M. (November, 2007). *The Effectiveness of an Acceptance and Commitment Therapy Self Help Manual: Get Out of Your Mind and Into Your Life*. Paper presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

**Luoma, J.B.** (May, 2007). *Distance Supervision and Training on a Budget: Data-based and Personal Perspectives*. Paper presented at the Third Annual International Conference on Clinical Supervision in Buffalo, NY.

Hildebrandt, M. J., Vilaradaga, R., Hayes, S.C., Pistorello, J., & **Luoma, J.B.** (May, 2007). *The Relationship between Values, Acceptance, and Mindfulness Related Processes with Burnout and Stigmatization*. Paper presented at the Annual Convention of the Association for Behavior Analysis.

**Luoma, J.B.** (November, 2006). *New Frontiers in the Dissemination and Training of Evidence-Based Therapies*. Chair of symposium at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

**Luoma, J.B.**, Hayes, S.C., Roget, N., Fisher, G., Padilla, M., Bissett, R., & Kohlenberg, B. (November, 2006). *Group Consultation as a Method of Increasing Adoption of Group Drug Counseling*. Paper presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

**Luoma, J. B.**, Twohig, M., Waltz, T., Hayes, S. C., Roget, N., Padilla, M., & Fisher, G. (November, 2006). *The Role of Stigma in Individuals Receiving Treatment for Substance Abuse*. Poster presented at the Annual Conference for the Association of Behavioral and Cognitive Therapies.

**Luoma, J.B.** (July, 2006). *Toward a More Functional Approach to the Training and Dissemination of ACT and Other Empirically-Supported Psychotherapies: Models, Data, and Future Directions*. Invited address at the Second World Conference on ACT/RFT and Contextual Behavioral Science.

**Luoma, J.B.** (July, 2006). *ACT in Private Practice I*. Panel member at the Second World Conference on ACT/RFT and Contextual Behavioral Science.

**Luoma, J.B.** (July, 2006). *Principle versus Technique, Model versus Protocol: How Best to Think About ACT*. Chair and panel member at the Second World Conference on ACT/RFT and Contextual Behavioral Science.

**Luoma, J.B.** (July, 2006). *Innovating and Evaluating Your ACT Training*. Chair of panel member at the Second World Conference on ACT/RFT and Contextual Behavioral Science.

**Luoma, J.B.** (May, 2006). *Finding the Role of Supervision and Training Research in Psychotherapy Development: A Model and Example using Acceptance and Commitment Therapy*. Paper presented at the Second Annual International Conference on Clinical Supervision.

**Luoma, J. B.**, Kohlenberg, B. S., Bunting, K., & Hayes, S. C. (May, 2005). *ACT and Self-Stigma in Substance Abuse: A Pilot Study*. Paper presented at the Annual Convention of the Association for Behavior Analysis in Chicago, IL.

**Luoma, J. B.**, Kohlenberg, B. S., Hayes, S. C., & Bunting, K. (November, 2004). *Acceptance and Commitment Therapy as an Intervention for Self-Stigma in People with Substance Abuse*. Paper presented at the Annual Convention of the North American Chapter of the Society for Psychotherapy Research, Springdale, UT.

**Luoma, J. B.** & Hayes, S. C., Masuda, A., & Bond, F. (November, 2004). *Acceptance and Commitment Therapy: A Transdiagnostic Model of Behavior Change*. Paper accepted for presentation at the Annual Convention for the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Roberts, M.E., Wilson, K. G., Adams, C., Ely, L., **Luoma, J. B.**, Merwin, R., Murrell, A. (November, 2004). *Content Validity of the MMPI-2 for Experiential Avoidance*. Poster presentation at the Annual Convention for the Association for the Advancement of Behavior Therapy, New Orleans, LA.

**Luoma, J. B.** (May, 2004). *Towards a More Functional Approach to the Training and Dissemination of Psychotherapies*. Paper presented at the Annual Convention of the Association for Behavior Analysis in Boston, MA.

**Luoma, J. B.**, Kohlenberg, B. S., Hayes, S. C., Bissett, R., Rye, A., & Bunting, K. (May, 2004). *Emotional Avoidance and Enacted Stigma, Felt Stigma, Prejudice, Discrimination, and Intolerance*. Paper presented at the Annual Convention of the Association for Behavior Analysis in Boston, MA.

Hayes, S. C., Twohig, M. P., Masuda, A., **Luoma, J. B.**, (May, 2004). *Psychological Flexibility: ACT Outcomes and Processes*. Paper presented at the Annual Convention of the Association for Behavior Analysis in Boston, MA.

Kohlenberg, B. S., **Luoma, J. B.**, Hayes, S. C., Bissett, R., Rye, A., & Bunting, K. (May, 2004). *ACT, Felt Stigma, and Substance Use Disorders: Taking Shame with you on the Journey*. Paper presented at the Annual Convention of the Association for Behavior Analysis, Boston, MA.

**Luoma, J. B.** (August, 2003). *A model for the Dissemination and Training of ACT that Could Make a Difference*. Paper presented at the First World Congress for ACT, RFT and the New Behavior Psychology, Linköping, Sweden.

**Luoma, J. B.** (August, 2003). *Training and Supervision in ACT: Models and Methods*. Chair and facilitator of discussion panel at the First World Congress for ACT, RFT and the New Behavior Psychology, Linköping, Sweden.

**Luoma, J. B.** (August, 2003). *The Training and Dissemination of ACT and Other Empirically-Supported Psychotherapies: Challenges and Solutions*. Chair and facilitator of symposium at the First World Congress for ACT, RFT and the New Behavior Psychology, Linköping, Sweden.

**Luoma, J. B.** (August, 2003). *Chair for two invited addresses by Rick Brown, Brown University and Joanne Dahl, University of Gävle, Sweden*. At the First World Congress for ACT, RFT and the New Behavior Psychology, Linköping, Sweden.

**Luoma, J.B.** (November, 2002). *An Explanation of Mindfulness and Cognitive Defusion from the Perspective of Relational Frame Theory*. Paper presented at the annual convention of the Association for the Advancement of Behavior Therapy, Reno, NV.

**Luoma, J.B.** (November, 2002). *Mindfulness and Cognitive Defusion: Why do These Procedures Work?* Chair of symposium at the annual convention of the Association for the Advancement of Behavior Therapy, Reno, NV.

**Luoma, J. B.**, & Safer, M. A. (August, 2000). *Individual Differences in Event Clustering in Autobiographical Memory: A Pilot Study*. Poster presented at annual meeting of the American Psychological Association, Washington, DC.

**Luoma, J. B.** (May, 2000). *Depression and Suicide in Youth*. Panel presentation at 1<sup>st</sup> annual meeting of the National Institute of Mental Health Constituency Outreach and Education Program, Washington, DC.

**Luoma, J. B.**, & Jobes, D. A. (April, 2000). *Reasons for Resolution of Suicidality: A Pilot Study*. Poster presented at the annual meeting of the American Association of Suicidology, Los Angeles, CA.

Potter, L., DeMartino, R., Wynecoop, S., Pearson, J., & **Luoma, J. B.** (April, 2000). *Federal and Foundation Funding for Research on Suicidal Behavior*. Panel presentation at the annual meeting of the American Association of Suicidology, Los Angeles, CA.

**Luoma, J. B.**, Jacoby, A. M., & Jobes, D. A. (March, 2000). *Collaborative Assessment and Management of Suicidal Outpatients*. Poster presented at the annual meeting of the Eastern Psychological Association, Baltimore, MD.

**Luoma, J. B.,** Jacoby, A. M., & Jobes, D. A. (April, 1999). *Suicide Assessment in a University Counseling Center*. Poster presented at the annual meeting of the American Association of Suicidology, Houston, TX.

#### EDITORIAL/ORGANIZATIONAL/CONSULTATION WORK

President, ACBS Special Interest Group on Stigma (2010-present)

Member, Research Facilitation Committee, Association for Behavioral and Cognitive Therapies (2009-present)

Member-at-Large, Association for Contextual Behavioral Science (2011-present)

Member, Conference Strategy Committee, Association for Contextual Behavioral Science (2011-present)

Dissemination Contact, Substance Abuse Mental Health Services Administration National Registry of Evidence-Based Practices Review of Acceptance and Commitment Therapy (2010-present)

Chair, Training Committee, Association for Contextual Behavioral Science (2009-2011).

Association for Cognitive and Behavioral Therapies Representative (2011) at the National Institute of Mental Health Professional Coalition for Research Progress, Washington, DC.

Conference Chair, Eighth Annual Conference of the Association of Contextual Behavioral Science, Reno, NV (2010).

Consultant, Oregon Research Institute, NIMH RO1 “Reducing Teacher Stress and Building a More Effective School Culture”, PI: Tony Biglan (2009)

Program Committee Member, sixth annual conference of the Association of Contextual Behavioral Science, Enschede, The Netherlands (2009).

Member, Training Committee, Association of Contextual Behavioral Science (2007-2009).

Contracted by State of Oregon Gambling Treatment Services to provide training and consultation in Acceptance and Commitment Therapy for their providers (2005-2006).

Program Committee Member, second Acceptance and Commitment Therapy Summer Institute (2005), Philadelphia, PA.

Program Director for the first Acceptance and Commitment Therapy Summer Institute (2004), Reno, NV.

Co-edited, with Linda Street, Ph.D., a special section of *Ethics and Behavior* (Jan, 2002) on ethical issues involved in using control groups in psychosocial research.

Ad hoc reviews for *Omega, Suicide and Life-Threatening Behavior, The American Journal of Geriatric Psychiatry, The American Journal of Psychiatry, Archives of General Psychiatry.*

Invited reviewer for *Clinical Case Studies, Cognitive-Behavioural Therapy, Drug and Alcohol Dependence, General Hospital Psychiatry, Journal of Studies on Alcohol and Drugs, Psychiatry Research, Psychiatric Services, Acta Psychiatrica Scandinavica, Psychotherapy Research, Practice, Training, Social Science and Medicine, and Suicide and Life-Threatening Behavior.*

## AWARDS AND SCHOLARSHIPS:

National Merit Scholar, 1992

Phi Beta Kappa, 1996

Undergraduate merit scholarship, 1992-1996 - Presidential Scholarship

Graduate merit scholarship, 1996-1999 - Thomas Verner Moore Scholarship

2012 Portland Business Alliance, Small Business Development Center Scholarship

## COMPUTER SKILLS

Proficiency in Macromedia Dreamweaver (web editing software) and Fireworks (graphics editing software) and HTML/CSS coding. Proficiency with Joomla and Drupal open source content management systems.

Previously designed eleven websites. Extensive experience using online videoconferencing software, online meeting technologies, blogging, and other Web 2.0 technologies.

## PROFESSIONAL MEMBERSHIPS

Association for Behavior Analysis

Association for Behavioral and Cognitive Therapies (ABCT)

ABCT Dissemination and Implementation Research Special Interest Group

Association for Contextual Behavioral Science

Oregon State Psychological Association