

## **Jason B. Luoma, Ph.D.**

Licensed Psychologist in Oregon and Nevada  
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### CURRENT POSITIONS

***Co-Principle Investigator (25% effort):*** September 2003 - present  
R21, NIDA, PI: Barbara Kohlenberg, Ph.D., “Reducing Felt Stigma in SUD”

***Co-Principle Investigator/Training Director (50% effort):*** August, 2005-present  
R01, NIDA, PI: Steven Hayes, Ph.D., “Burnout in Addiction Counselors”

***Administrative Faculty, University of Nevada, Reno:*** Sept, 2005 – present

***Independent Practice, Reno NV:*** October 2003 – present

***Independent Practice, Portland, OR:*** May, 2005 - 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 CLINICAL EXPERIENCE:

***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  
***The Catholic University of America Counseling Center, Washington, DC***

#### PREVIOUS GRANT FUNDED RESEARCH

***Prime Investigator (5% effort):*** 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:*** September 2002 – August, 2005

***Social Science Analyst:*** February 2000 - March 2001  
***National Institute of Mental Health, Division of Services and Intervention Research, Bethesda, MD***

***Consortium Research Fellow:*** May 1999 – March 2000  
***Army Research Institute, Extramural Grant Program***  
***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

#### 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

PUBLICATIONS:

**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, 44, 1-25.

**Hayes, S. C., Strosahl, K. D., Luoma, J., 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.

**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., & 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.

**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.

**Jobes, D. A., Luoma, J. B., Hustead, 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 IN PREPARATION OR UNDER REVIEW

A Randomized Clinical Trial Examining the Training of Group Drug Counseling. Luoma, J.B., Hayes, S. C., Roget, N., & Bissett, R. Currently under review.

Acceptance and Commitment Therapy for Self-Stigma in Substance Abusing Clients: Pilot outcomes. Luoma, J. B., Kohlenberg, B. S., & Hayes, S. C. Currently under review.

Stigma in a Sample of Clients in Treatment for Substance Abuse. Luoma, J. B., Twohig, M., Waltz, T., Hayes, S. C., Roget, N., & Fisher, G. Currently under review.

Learning Acceptance and Commitment Therapy: A Skills Training Manual for Therapists. Luoma, J. B., Hayes, S. C., & Walser, R. Authored Book with New Harbinger Press, currently in preparation.

#### UNFUNDED RESEARCH PROJECTS IN PROGRESS

Phone Consultation as an Adjunct to Learning Acceptance and Commitment Therapy. Currently conducting a randomized clinical trial examining phone consultation as an adjunct to a two day workshop on ACT with Jennifer Plumb and Steven Hayes.

Development of Measures of Skill and Knowledge in Acceptance and Commitment Therapy. Collecting data on two new self-report measures of skill and knowledge of ACT among counselors with Jennifer Plumb and Steven Hayes.

#### EDITORIAL/ORGANIZATIONAL/CONSULTATION WORK

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

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 Psychiatric Services

#### PROFESSIONAL PRESENTATIONS

***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, Linkoping, 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, Linkoping, 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, Linkoping, 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, Linkoping, 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).** Chair of symposium Mindfulness and Cognitive Defusion: Why do These Procedures Work? 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.

## WORKSHOPS

**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. Invited 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, Linkoping, Sweden.

**Hayes, S. C., Luoma, J.B. (June, 2003).** Co-led 2.5 day experiential training workshop on Acceptance and Commitment Therapy with Steven Hayes, 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).** Co-led two day training workshop on Acceptance and Commitment Therapy with Steven Hayes 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.

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

#### AWARDS AND SCHOLARSHIPS:

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

Undergraduate merit scholarship, 1992-1996 - Presidential Scholarship

Phi Beta Kappa, 1996

National Merit Scholar, 1992