

Handbook of Insomnia

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Author biographies

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Philip Gehrman, Ph.D., is an Assistant Professor of Psychology in the Department of Psychiatry of the University of Pennsylvania School of Medicine and a clinical psychologist at the Philadelphia VA Medical Center. He completed his graduate training in clinical psychology at the University of California, San Diego, including a predoctoral internship at the Durham VA Medical Center and a post-doctoral fellowship in sleep medicine at Penn. He has an active research program exploring the mechanisms and treatment of insomnia. Dr Gehrman's clinical work is in the area of behavioral sleep medicine and he provides cognitive behavioral interventions for sleep disorders. Other clinical work includes a national telehealth insomnia program in the Veterans Affairs Health Administration.

Kenneth Lichstein, Ph.D., earned his Ph.D. in child clinical psychology in 1976 at the University of Tennessee, but soon thereafter his interests turned to mid-aged and older adults. He is currently Professor of Psychology, The University of Alabama. He is a fellow of the American Psychological Association and is Certified in Behavioral Sleep Medicine. Early in his career he explored a number of different areas of behavioral medicine including basic psychophysiology, relaxation therapy,

anxiety disorders, and headaches. For the past 25 years, his research has focused on sleep with an emphasis on psychological processes in late-life insomnia, hypnotic-dependent insomnia, comorbid insomnia, and epidemiology of sleep. Professor Lichstein's research has been supported continuously since 1988 by the National Institute on Aging, the National Institute on Drug Abuse, the National Institute of Mental Health, private foundations, and industry. He has published over 160 articles/chapters and has authored, coauthored, or co-edited six books. Professor Lichstein has served on the editorial board of a number of journals including the *Journal of Consulting and Clinical Psychology* and *Sleep*. He is the founding editor of the journal *Behavioral Sleep Medicine*, and was a member of the founding Board of Directors of the Society of Behavioral Sleep Medicine.

Christina S McCrae, PhD, CBSM is an Associate Professor in the Dept of Clinical and Health Psychology at the University of Florida, is a licensed clinical psychologist who is certified in behavioral sleep medicine by the American Board of Sleep Medicine. She has received several National Institutes of Health grants to support her research on late life insomnia and insomnia comorbid with medical conditions (fibromyalgia, cardiac disease, gynecologic cancer). Dr McCrae is also the Director of an outpatient insomnia and behavioral sleep medicine clinic at the University of Florida. She is a former president of the Society of Behavioral Sleep Medicine, a member of the executive board of the American Board of Sleep Medicine, an associate editor of *Behavioral Sleep Medicine*, and a former chair of the Insomnia Section of the American Academy of Sleep Medicine.

Daniel J Taylor, PhD, CBSM, D, ABSM is an Associate Professor of Psychology in the Clinical Health Psychology Program at the University of North Texas, where he is also the director of an accredited behavioral sleep medicine training site. Dr Taylor is a licensed psychologist and is certified in both Sleep Medicine and Behavioral Sleep Medicine by the American Board of Sleep Medicine. Dr Taylor has served on the board of directors of the Society of Behavioral Sleep Medicine and Sleep Research