

**BIOGRAPHICAL SKETCH**

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.  
Follow this format for each person. **DO NOT EXCEED FOUR PAGES.**

NAME <b>Lisa M. Najavits</b>		POSITION TITLE Professor of Psychiatry, Boston University School of Medicine; Adjunct Faculty, Harvard Medical School	
eRA COMMONS USER NME			
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Barnard College, Columbia University, New York	B.A.	1983	History
Vanderbilt University, Nashville, TN	Ph.D.	1990	Clinical Psychology

**NOTE: The Biographical Sketch may not exceed four pages. Items A and B (together) may not exceed two of the four-page limit. Follow the formats and instructions on the attached sample.**

**A. Positions and Honors.****Positions and Employment**

- 1989-90 Clinical Fellow, Harvard Medical School; Psychology Intern, McLean Hospital  
 1990-92 Clinical and Research Fellow, Harvard Medical School; Postdoctoral Fellow, McLean Hospital  
 1992-96 Instructor, Harvard Medical School; Assistant Psychologist, McLean Hospital  
 1992-98 Project Director, NIDA Collaborative Cocaine Psychotherapy Study (Harvard sites)  
 1992-02 Clinical Associate, Massachusetts General Hospital  
 1996-00 Assistant Professor, Harvard Medical School; Director, CBT Research Program, McLean Hospital  
 2000- Associate Professor, Harvard Medical School; Director, Trauma Research Program, McLean Hospital  
 2002- Research Associate, Cambridge Health Alliance  
 2004- Staff Psychologist, National Center for PTSD, Women's Health Sciences Division, Boston VA Healthcare System

**Committees/Advisory Boards/Elected Office**

- 1995- **Committees:** CSAT Task Force on Counselor Effectiveness, Washington DC (1995); CSAT Treatment Improvement Protocol (TIP) on Dual Diagnosis (2001); CSAT TIP on Women (2002); SAMSHA Co-Occurring Center of Excellence Nat'l Steering Committee (2004-)  
 1996- **Founding Member:** Academy of Cognitive Therapy, Philadelphia, PA  
 1997- **Grant Reviewer:** National Center for Responsible Gaming (1997, 2001); NIMH SRG on PTSD (1998); NIMH SRG on Torture and Violence (1998); NIDA SRG on Behavioral Therapies (1999); Ontario Problem Gambling Research Centre (2001, 2003, 2004); NIDA SRG on Basic Science (2002)  
 1997- **Advisory/Editorial Boards:** Psychotherapy Research (1997-); Journal of Traumatic Stress (1998-); Clinical Psychology: Science and Practice (2000-03); Journal of Gambling Studies (2002-); The Wager (2000-); National Center for Responsible Gaming, renamed in 2001 the Institute for Research on Pathological Gambling and Related Disorders (1998-); American Academy of Healthcare Providers in the Addictive Disorders (2002-); Psychology of Addictive Behaviors (2004); American Academy of Healthcare Providers in the Addictive Disorders (2002-)  
 1997- **Grant Consultant:** Long Island Node Clinical Trials Network, NIDA, PI Nunes (2003-2006); National Institute on Justice grant, PI Zlotnick (1999-2001); NIDA R01 grant, PI Zlotnick (2002-2005); NIDA R01 grant, PI Hien (1999-2001); Veterans Affairs multisite study, PI Rosenheck (2000-2006); SAMSHA Women, Co-Occurring Disorders and Violence multisite trial, 2001-2005; NIDA R03, PI Gott-Diener (2005-2006); NIAAA K23, PI Norman (2005-2010); SAMHSA

implementation trial, PI Hamilton (2003-2006); SAMHSA adolescent project, PI Barlow (2003-2008)

1998-99 President: New England Society for Behavior Analysis and Therapy

2002- Chair, Women's Initiative, Harvard Medical School Division on Addictions (Co-Chair, 2000-2002);

2002- Chair, CSAT Treatment Improvement Protocol, *Trauma and Substance Abuse*

#### Honors

1983 Honors graduate, Columbia University

1985 Graduate Fellowship, Vanderbilt University

1997 Chaim Danieli Young Professional Award, International Society of Traumatic Stress Studies

1998 Early Career Contribution to Research Award, Society for Psychotherapy Research

2001 Fellow, American Psychological Association, for "outstanding contribution to psychology"

2003 Partners in Excellence award to Alcohol and Drug Abuse Treatment Center research team

2004 Emerging Leader Award, American Psychological Association, Committee on Women in Psychology

#### **B. Selected peer-reviewed publications (in chronological order).**

Najavits LM, Weiss RD. Variations in therapist effectiveness in the treatment of patients with substance use disorders: An empirical review. *Addiction*, 1994; 89:679-688.

Najavits LM, Strupp HH. Differences in the effectiveness of psychodynamic therapists: A process-outcome study. *Psychotherapy*, 1994; 31:114-123.

Najavits LM, Gunderson JG. Better than expected: Improvements in borderline personality disorder in a three-year prospective outcome study. *Comprehensive Psychiatry*, 1995; 36:1-9.

Najavits LM, Griffin ML, Luborsky L, Frank A, Weiss RD, et al. Therapists' emotional reactions to substance abusers: A new questionnaire and initial findings. *Psychotherapy*, 1995; 32:669-677.

Najavits LM, Gastfriend DG, Nakayama EY, Barber JP, Blaine J, Frank A, Muenz LR, Thase M. A measure of readiness for substance abuse treatment: Psychometric properties of the RAATE research interview. *American Journal on Addictions*, 1997; 6:74-82. Article abstracted in: *Alcohol Research* 1997; 2:136.

Najavits LM, Weiss RD, Shaw SR. The link between substance abuse and posttraumatic stress disorder in women: A research review. *American Journal on Addictions*, 1997; 6:273-283.

Najavits LM, Gastfriend DR, Barber JP, Reif S, Muenz LR, Blaine J, Frank A, Crits-Christoph P, Thase M, Weiss RD. Cocaine Dependence with and without PTSD among subjects in the National Institute on Drug Abuse Collaborative Cocaine Treatment Study. *American Journal of Psychiatry*, 1998; 155:214-219.

Najavits LM, Weiss RD, Reif S, Gastfriend DR, Siqueland L, et al. The Addiction Severity Index as a screen for trauma and posttraumatic stress disorder. *Journal of Studies on Alcohol*; 1998; 59: 56-62.

Weiss RD, Najavits LM, Greenfield SF, Soto JA, Shaw SR, Wyner D. Reliability of substance use self-reports in dually diagnosed outpatients. *American Journal of Psychiatry*, 1998; 155:127-128.

Najavits LM, Weiss RD, Shaw SR, Muenz L. "Seeking Safety": Outcome of a new cognitive-behavioral psychotherapy for women with posttraumatic stress disorder and substance dependence. *Journal of Traumatic Stress*, 1998; 11:437-456.

Najavits LM, Weiss RD, Shaw SR. A clinical profile of women with PTSD and substance dependence. *Psychology of Addictive Behaviors*, 1999; 13:98-104.

Weiss RD, Najavits LM, Greenfield SF. A relapse prevention group for patients with bipolar and substance use disorders. *Journal of Substance Abuse Treatment*, 1999; 16: 47-54.

Najavits LM, Shaw SR, Weiss RD. Psychotherapists' views of treatment manuals. *Professional Psychology: Research and Practice*, 2000; 31: 404-408.

Najavits LM, Crits-Christoph P, Dierberger A. Clinicians' impact on substance use disorder treatment. *Substance Use and Misuse*, 2000; 35:2161-2190.

Najavits LM. Training clinicians to conduct the *Seeking Safety* treatment for PTSD and substance abuse. *Alcoholism Treatment Quarterly*, 2000; 18:83-98.

Najavits LM. Researching therapist emotions and countertransference. *Cognitive and Behavioral Practice*, 2000; 7:322-328.

Weiss RD, Griffin ML, Greenfield SF, Najavits LM, Wyner D, Soto J, Hennen A. Group therapy for patients with bipolar disorder and substance dependence: Results of a pilot study. *Journal of Clinical Psychiatry*, 2000; 61:361-367.

- Najavits LM. Early Career Award Paper: Helping "difficult" patients. *Psychotherapy Research*, 2001; 11:131-152.
- Najavits, LM. Clinicians' views on treating posttraumatic stress disorder and substance use disorder. *Journal of Substance Abuse Treatment*, 2002; 22:79-85.
- Najavits LM, Runkel R, Neuner C, et al. Rates and symptoms of PTSD among cocaine-dependent patients. *Journal of Studies on Alcohol*, 2003, 64: 601-606.
- Zlotnick C, Najavits LM, Rohsenow DJ, Johnson DM. A cognitive-behavioral treatment for incarcerated women with substance use disorder and posttraumatic stress disorder: Findings from a pilot study. *Journal of Substance Abuse Treatment*, 2003; 25:99-105.
- Najavits LM, George B, Grymala, L. Can advertising increase awareness of problem gambling? A state-wide study of impact. *Psychology of Addictive Behaviors*, 2003; 17:324-327.
- Najavits LM, Sullivan TP, Schmitz M, Weiss RD, Lee CSN. Treatment utilization of women with PTSD and substance dependence. *American Journal on Addictions*, 2004; 13:215-224.
- Najavits LM, Sonn J, Walsh M, Weiss RD. Domestic violence in women with PTSD and substance abuse. *Addictive Behaviors*, 2004; 29:707-715.
- Najavits LM, Gotthardt S, Weiss RD, Epstein M. Cognitive distortions in the dual diagnosis of PTSD and substance use disorder. *Cognitive Therapy and Research*, 2004; 28:159-172.
- Najavits LM. Treatment of posttraumatic stress disorder and substance abuse: Clinical guidelines for implementing *Seeking Safety* therapy. *Alcoholism Treatment Quarterly*, 2004; 22:43-62.
- Najavits LM, Ghinassi F, Van Horn A et al. Therapists' views of four manual-guided treatments on a national multisite study. *Psychotherapy: Theory, Research, Practice, Training*, 2004; 41:26-37.
- Gershuny, B.S., Wood P.K., Najavits LM, Heppner, M. The relation between trauma and psychopathology: Mediating roles of dissociation and fears about death and control. *Journal of Trauma and Dissociation*, 2004; 5:101-117.
- Weiss RD, Griffin ML, Gallop RJ, Najavits LM, Frank A, Crits-Christoph P, Thase ME, Blaine J, Gastfriend DR, Daley D, Luborsky L. The effect of twelve-step self-help group attendance and participation on drug use outcomes among cocaine-dependent patients. *Drug and Alcohol Dependence*, 2005; 77:177-84.
- Najavits LM, Schmitz M, Gotthardt S, Weiss RD. Seeking Safety plus Exposure Therapy: An Outcome Study on Dual Diagnosis Men. *Journal of Psychoactive Drugs*, 2005; 37: 425-435.
- Najavits, L. M. *Seeking Safety. Cognitive-Behavioral Therapies for Trauma*. V. Follette and J. L. Ruzek. New York, Guilford Press, 2006, 228-257.
- Najavits, L. M., & Kanukollu, S. It can be learned, but can it be taught? Results from a state-wide training initiative on PTSD and substance abuse. *Journal of Dual Diagnosis*, in press.
- Najavits, L. M. Psychosocial treatments for posttraumatic stress disorder. A guide to treatments that work. P. E. Nathan and J. M. Gorman. New York, Oxford, in press.
- Najavits, L. M. Managing trauma reactions in intensive addiction treatment environments. *Journal of Chemical Dependency Treatment*, in press.

*This is a representative sample of Dr. Najavits' over 100 publications. For a complete list, please see [www.seekingsafety.org](http://www.seekingsafety.org).*