

MATTHEW SCOTT HERBERT, PH.D.**CURRICULUM VITAE****CONTACT INFORMATION**

VA San Diego Healthcare System
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EDUCATION

- 2018 **Postdoctoral Fellowship**
VA San Diego Healthcare System
Center of Excellence for Stress and Mental Health (CESAMH)
Research Supervisor: Niloofar Afari, Ph.D.
Clinical Supervisor: Pia Heppner, Ph.D.
- 2015 **Doctor of Philosophy**
University of Alabama at Birmingham
Program: Medical/Clinical Psychology
Dissertation: *Cortisol Regulation, Perceived Discrimination, and Ethnic Differences in Pain Responses among Persons with Knee Osteoarthritis*
Dissertation Chair: Laurence Bradley, Ph.D.
Clinical Internship: UCSD/VASDHS Consortium
- 2010 **Master of Arts**
California State University, San Bernardino
Program: General Experimental Psychology
Thesis: *Consequences of Early Methylphenidate Exposure on Opioid System Functioning in Adult Rats*
Thesis Chair: Cynthia Crawford, Ph.D.
- 2007 **Bachelor of Arts**
California State University, San Bernardino
Major: Psychology
Minor: Music
Thesis: *Effects of Cocaine and Methylphenidate on Spatial Learning*
Thesis Mentor: Cynthia Crawford, Ph.D.

PSYCHOLOGY LICENSURE

2018 – Current California, PSY30215

RESEARCH EXPERINCE

09/2018 – Current **Research Scientist**

Veterans Medical Research Foundation (VMRF)

Primary project: An acceptance and commitment therapy-enhanced weight management and fitness program for Navy personnel

Supervisor: Niloo Afari, Ph.D.

- Manage all aspects of recruitment, assessment, and psychoeducational interventions
- Provide unique knowledge of acceptance and commitment therapy
- Lead collaborative efforts in preparing and submitting original research papers and proposals

09/2015 – 08/2018 **Postdoctoral Fellowship**

Center of Excellence for Stress and Mental Health (CESAMH)

Supervisor: Niloo Afari, Ph.D.

- Statistical analyses and manuscript writing
- Developed novel interventions integrating formal meditation within acceptance and commitment therapy and other third-wave therapies
- Pilot Project: Experimental pain phenotypes of OIF/OEF veterans with mTBI and/or PTSD

07/2011 – 09/2015 **Graduate Student Assistant**

UAB Department of Clinical Immunology and Rheumatology

Primary project: Understanding Pain and Limitations in Osteoarthritic Disease (UPLOAD)

Supervisors: Laurence Bradley, Ph.D.; Roger Fillingim, Ph.D.

- Project development
- Statistical analyses and manuscript writing
- Quantitative sensory testing
- Physical and mental status exams

09/2011 – 06/2014 **Graduate Student Consultant**

UAB Department of Preventive Medicine

Primary project: Evaluating community peer advisors and diabetes outcomes in rural Alabama (Encourage)

Supervisor: Monica Safford, M.D.

- Statistical analyses and manuscript writing
- Participated in group meetings to assess and define methodology for Encourage II

06/2006 – 08/2010 **Graduate Student Assistant**
CSUSB Department of Psychology
Supervisor: Cynthia Crawford, Ph.D.

- Affiliated projects:
 - The effects of cocaine and methylphenidate on memory consolidation
 - The interaction of opioid and dopamine agonist drugs in the preweanling rat
 - The effects of early chronic methylphenidate on drug reward/ antinociception
 - The ontogeny of behavioral sensitization

06/2007 – 09/2008 **Graduate Student Assistant**
Community University Initiative for the Development of Attention and Readiness (CUIDAR)
CSUSB Department of Psychology
Supervisor: Kimberly Lakes, Ph.D.

- Pre- and post- assessments of predominantly low-income, minority participants during an intervention for children at risk for ADHD
- Data entry and statistical analyses

GRANT FUNDING

2019 – 2024 Department of Veterans Affairs, Rehabilitation R&D Career Development Award, “Mindful Action for Pain: An Integrated Approach to Improve Chronic Pain Function”, \$970,286, 12.0 calendar months (Pending)

2018 – 2022 Department of Veterans Affairs, “Mechanisms of Change in Yoga and Physical Activity for Veterans”, \$164,081, 0.6 calendar months (Pending)

2016 - 2018 Center of Excellence for Stress and Mental Health (CESAMH), Pilot funds, “Experimental Pain Responses in Veterans with Mild Traumatic Brain Injury and/or Posttraumatic Stress Disorder”, \$1,000 (Complete)

PUBLICATIONS

Published Manuscripts

1. **Herbert, M. S.**, Malaktaris, A. L., Dochat, C., Thomas, M. L., Wetherell, J., & Afari, N. (in press). Acceptance and commitment therapy for chronic pain: Does posttraumatic stress disorder influence treatment outcomes? *Pain Medicine*
2. Curry, I., Malaktaris, A. L., Lyons, R., **Herbert, M. S.**, & Norman, S. B. (in press). The association between negative-trauma cognitions and pain-related functional status among veterans with posttraumatic stress disorder and alcohol use disorder. *Journal of Traumatic Stress.*

3. **Herbert, M. S.**, Leung, D. W., Pittman, J. O. E., Floto, E., Afari, N. (2018). Race/ethnicity, resilience, and social support among OEF/OIF combat veterans. *Psychiatry Research*, *265*, 265-270.
4. Hoffman, S., **Herbert, M. S.**, Crocker, L. D., DeFord, N. E., Keller, A. V., Jurick, S. M., Sanderson-Cimino, M. & , Jak, A. (in press). Pain catastrophizing and cognitive functioning among veterans with history of mild traumatic brain injury. *Journal of Head Trauma Rehabilitation*.
5. **Herbert, M. S.**, Afari, N., Robinson, J. B., Listvinsky, A. D., Bondi, M., & Wetherell J. L. (2018). Neuropsychological functioning and treatment outcomes in acceptance and commitment therapy for chronic pain. *The Journal of Pain*, *19*(8), 852-861.
6. Sibbille, K. T., Chen, H., Bartley, E. J., Riley, J., Glover, T. L., King, C. D., Zhang, H., Cruz-Almeida, Y., Goodin, B. R., Sotolongo, A., Petrov, M. E., **Herbert, M. S.**, Bulls, H. W., Edberg, J. C., Staud, R., Redden, D., Bradley, L. A., & Fillingim, R. B. (2017). Accelerated aging in adults with knee osteoarthritis pain: consideration for frequency, intensity, time, and total pain sites. *Pain Reports*, *2*(3), e591.
7. **Herbert, M. S.**, Goodin, B. R., Bulls, H. W., Sotolongo, A., Petrov, M. E., Edberg, J. C., Bradley, L. A., & Fillingim, R. B. (2017). Ethnicity, cortisol and experimental pain sensitivity among persons with symptomatic knee osteoarthritis. *The Clinical Journal of Pain*, *33*(9), 820-826. [Overview of manuscript subsequently published in BondyInMind.org]
8. Ho, K. W. D., Wallace, M. R., Sibille, K. T., Bartley, E. J., Cruz-Almeida, Y., Glover, T. L., King, C. D., Goodin, B. R., Addison, A., Edberg, J. C., **Herbert, M. S.**, Bulls, H. W., Staud, R., Bradley, L. A., & Fillingim, R. B. (2017). Single nucleotide polymorphism in the *COL11A2* gene associated with lowered heat pain sensitivity in knee osteoarthritis. *Molecular Pain*, *13*, 1744806917733637.
9. Cruz-Almeida, Y., Cardoso, J., Riley, J. L., Goodin, B., King, C. D., Petrov, M., Bartley, E. J., Sibille, K. T., Glover, T. L., **Herbert, M. S.**, Addison, A., Staud, R., Redden, D., Bradley, L. A., & Fillingim, R. B. (2017). Physical performance and movement-evoked pain profiles in community-dwelling individuals at risk for knee osteoarthritis. *Experimental Gerontology*, *98*, 186-191.
10. Gasperi, M., **Herbert, M. S.**, Schur, E., Buchwald, D., & Afari, N. (2017). Genetic and environmental influences on pain, sleep, and depression symptoms in a community sample of twins. *Psychosomatic Medicine*, *79*(6), 646-654.
11. **Herbert, M. S.**, Afari, N., Liu, L., Heppner, P., Rutledge, T., Williams, K., Eraly, S., VanBuskirk, K., Nguyen, C., Bondi, M., Atkinson, J. H., Golshan, S., & Wetherell, J. L. (2017). Telehealth versus in-person acceptance and commitment therapy for chronic pain: A randomized non-inferiority trial. *The Journal of Pain*, *18*(2), 200-211.

12. Godfrey, K. M, **Herbert, M. S.**, Strachan, E., Mostoufi, S., Crofford, L. J., Buchwald, D., Poeschla, B., Succop, A., & Afari, N. (2017). Dexamethasone-suppressed salivary cortisol and pain sensitivity in female twins. *The Clinical Journal of Pain, 33*(3), 246-253.
13. Cardoso J. S., Riley J. L., Glover T., Sibille, K. T., Bartley E. J., Goodin, B. R., Bulls, H. W., **Herbert, M. S.**, Addison, A. S., Staud, R., Redden, D. T., Bradley, L. A., Fillingim, R. B., & Cruz-Almeida, Y. (2016). Experimental pain phenotyping in community-dwelling individuals with knee osteoarthritis. *Pain, 157*(9), 2104-2114.
14. Bartley E. J., King, C. D., Sibille, K. T., Cruz-Almeida, Y., Riley, J. L., Glover, T. L., Goodin, B. R., Sotolongo, A. S., **Herbert, M. S.**, Bulls, H. W., Staud, R., Fessler, B. J., Redden, D. T., Bradley, L. A., & Fillingim, R. B. (2016). Enhanced pain sensitivity among individuals with symptomatic knee osteoarthritis: Potential sex differences in central sensitization. *Arthritis Care & Research, 68*(4), 472-480.
15. Glover, T. L., Goodin, B. R., King, C. D., Sibille, K. T. **Herbert, M. S.**, Sotolongo, A. S., Cruz-Almeida Y., Bartley, E. J., Bulls, H. W., Horgas, A. L., Redden, D. T., Riley J. L., Staud, R., Fessler, B. J., Bradley, L. A., & Fillingim, R. B. (2015). A cross-sectional examination of vitamin D, obesity, and measures of pain and function in middle-aged and older adults with knee osteoarthritis. *Clinical Journal of Pain, 31*(12), 1060-1067.
16. Petrov, M. E., Goodin, B. R., Cruz-Almeida, Y., King, C., Glover, T. L., Bulls, H. W., **Herbert, M. S.**, Sibille K. T., Bartley, E. J., Fessler, B. J., Sotolongo, A., Staud, R., Redden, D., Fillingim, R. B., & Bradley, L. A. (2015). Disrupted sleep is associated with altered pain processing by sex and ethnicity in knee osteoarthritis. *Clinical Journal of Pain, 16*(5), 478-490.
17. **Herbert, M. S.**, Goodin, B. R., Pero, S. T., Schmidt, J. K, Sotolongo, A., Bulls, H. W., Glover, T. L., King, C. D., Sibille, K. T., Cruz-Almeida, Y., Staud, R., Fessler, B. J., Bradley, L. A., & Fillingim, R. B. (2014). Pain hypervigilance is associated with greater severity of clinical pain and enhanced experimental pain sensitivity among older adults with symptomatic knee osteoarthritis. *Annals of Behavioral Medicine, 48*(1), 50 - 60.
18. Goodin, B. R., Bulls, H. W., **Herbert, M. S.**, Schmidt, J., King, C. D., Glover, T. L., Sotolongo, A., Sibille, K. T., Cruz-Almeida, Y., Staud, R., Fessler, B. J., Redden, D. T., Bradley, L. A., & Fillingim, R. B. (2014). Temporal summation of pain as a prospective predictor of clinical pain severity in adults aged 45 years and older with knee osteoarthritis: ethnic differences. *Psychosomatic Medicine, 76*(4), 302 – 310.
19. Cruz-Almeida, Y., Sibille, K. T., Goodin, B. R., Petrov, M. E., Bartley, E. J., Riley, J. L., King, C. D., Glover, T. L., Sotolongo, A., **Herbert, M. S.**, Schmidt, J. K., Fessler, B. J., Staud, R., Redden, D., Bradley, L. A., & Fillingim, R. B. (2014). Racial and ethnic differences in older adults with knee osteoarthritis. *Arthritis & Rheumatology, 66*(7), 1800 – 1810.

20. **Herbert, M. S.**, Varley, A.L., Andreae, S. J., Goodin, B. R., Bradley, L. A., & Safford, M. M. (2013). Association of pain with HbA_{1C} in a predominantly black sample of community-dwelling adults with diabetes: a cross sectional analysis. *Diabetic Medicine*, *30*(12), 1466 - 1471.
21. Riley, J. L., Cruz-Almeida, Y., Glover, T. L., King, C. D., Goodin, B. R., Sibille, K. T., Bartley, E. J., **Herbert, M. S.**, Sotolongo, A., Fessler, B. J., Redden, D. T., Staud, R., Bradley, L. A., & Fillingim, R. B. (2013). Age and race/ethnic effects on pain sensitivity and modulation among middle-aged and older adults. *Journal of Pain*, *15*(3), 272 – 282.
22. Goodin, B. R., Pham, Q. T., Glover, T. S., Sotolongo, A., King, C. D., Sibille, K. T., **Herbert, M. S.**, Cruz-Almeida, Y., Sanden, S. H., Staud, R., Redden, D. T. Bradley, L. A., & Fillingim, R. B. (2013). Perceived racial discrimination, but not mistrust of medical researchers, predicts the heat pain tolerance of African Americans with symptomatic knee osteoarthritis. *Health Psychology*, *32*(11), 1117-1126.
23. King, C. D., Sibille, K. T., Goodin, B. R., Cruz-Almeida, Y., Glover, T. L., Bartley, E., Riley, J. L., **Herbert, M. S.**, Sotolongo, A., Schmidt, J., Fessler, B. J., Redden, D. T., Staud, R., Bradley, L. A., & Fillingim, R. B. (2013). Experimental pain sensitivity differs as a function of clinical pain severity in symptomatic knee osteoarthritis. *Osteoarthritis and Cartilage*, *21*(9), 1243-1252.
24. Cruz-Almeida, Y., King, C. D., Goodin, B. R., Sibille, K. T., Glover, T. L., Riley, J. L., Sotolongo, A., **Herbert, M. S.**, Fessler, B. J., Redden, D. T., Staud, R., Bradley, L. A., & Fillingim, R. B. (2013). Psychosocial profiles and pain characteristics of older adults with knee osteoarthritis. *Arthritis Care & Research*, *65*(11), 1786 - 1794.
25. Goodin, B. R., Glover, T. L., Sotolongo, A., King, C. D., Sibille, K. T., **Herbert, M. S.**, Cruz-Almeida, Y., Sanden, S. H., Staud, R., Redden, D. T., Bradley, L. A., & Fillingim, R. B. (2012). The relation of greater dispositional optimism with less endogenous pain facilitation is indirectly transmitted through pain catastrophizing. *Journal of Pain*, *14*(2), 126-135.
26. Der-Ghazarian, T., Guitierrez, A., Varela, F. A., **Herbert, M. S.**, Amodeo, L. R., Charntikov, S., Crawford, C. A., & McDougall, S. A. (2012). Dopamine receptor inactivation in the caudate-putamen differentially affects the behaviors of preweanling and adult rats. *Neuroscience*, *226*, 427-440.
27. McDougall, S. A., Pothier, A. G., Der-Ghazarian, T., **Herbert, M. S.**, Kozanian, O. O., Castellanos, K. A., & Flores, A. T. (2011). Importance of associative learning processes for one-trial behavioral sensitization of preweanling rats. *Behavioural Pharmacology*, *22*(7), 693-702.

28. Iniguez, S. D., Charntikov, S., Baella, S. A., **Herbert, M. S.**, Bolanos-Guzman, C. A., & Crawford, C. A. (2011). Post-training cocaine exposure facilitates spatial memory consolidation in C57BL/6 mice. *Hippocampus*, *22*(4), 802-813.
29. Charntikov, S., Der-Ghazarian, T., **Herbert, M.S.**, Horn, L. R., Widarma, C. B., Guiterrez, A., Varela, F. A., & McDougall, S. A. (2011). Importance of D1 and D2 receptors in the dorsal caudate-putamen for the locomotor activity and stereotyped behaviors of preweanling rats. *Neuroscience*, *183*, 121-133
30. Crawford, C.A., Baella, S. A., Farley, C. M., **Herbert, M. S.**, Horn, L. R., Cambell, R. H., & Zavala, A. R. (2011). Early methylphenidate exposure enhances cocaine self-administration but not cocaine-induced conditioned place preference in young adult rats. *Psychopharmacology (Berl)*, *213*(1), 43-52.
31. **Herbert, M. S.**, Der-Ghazarian, T., Palmer, A.G., & McDougall, S.A. (2010). One-trial cocaine-induced behavioral sensitization in preweanling rats: Role of contextual stimuli. *Experimental and Clinical Psychopharmacology*, *18*(3), 284-295.
32. McDougall, S.A., Cortez, A., Palmer, A., **Herbert, M.S.**, Martinez, C., Charntikov, S., & Amodeo, D. (2009). Importance of environmental context for one- and three-trial cocaine-induced behavioral sensitization in preweanling rats. *Psychopharmacology (Berl)*, *206*(3), 377-388.
33. Charntikov, S., Halladay, L.R., **Herbert, M.S.**, Marquez, E.M., & McDougall, S.A. (2008). Effects of dorsal striatal infusions of R(-)-propylnorapomorphine (NPA) on kappa-opioid-mediated locomotor activity in the young rat: Possible role of the indirect pathway. *Neuroscience*, *155*(3), 603-612.

Manuscripts Under Review

- Afari, N., Cuneo, J. G., **Herbert, M. S.**, Miller, I., Webb-Murphy, J., Delaney, E., Peters, J., Materna, K., Miggantz, E., Godino, J., Golshan, S., & Wisbach, G. Design for a cohort-randomized trial of an acceptance and commitment therapy-enhanced weight management and fitness program for Navy personnel. *Contemporary Clinical Trials Communications*.
- Afari, N., Cuneo, J. G., Godfrey, K. M., **Herbert, M. S.**, Salamat, J., Mostoufi, S., Gasperi, M., Ober, K. O., Backhaus, A., Rutledge, T., Wetherell, J. Acceptance and commitment therapy for binge eating as an adjunct to the *MOVE!* program: A randomized controlled trial. *Obesity*.

Manuscripts in Preparation

Herbert, M. S., Listvinsky, A. D., & Afari, N. How can meditation bolster psychological flexibility? A conceptual narrative review.

Herbert, M. S., Hernandez, J., Pittman, J. O. E., & Afari, N. The role of ethnicity in the relationship between pain and social support among OEF/OIF veterans.

Book Chapters

Goodin, B. R., Bulls, H. W., & **Herbert, M. S.** (in press). A biopsychosocial perspective on the assessment and treatment of pain in older adults. Christo, P., & Cordts, G. (Eds.), *Effective treatments for pain in the older adult*. New York: Springer Science + Business Media.

Published Abstracts

Herbert, M. S., Leung, D. W., Pittman, J. O. E., Floto, E., & Afari, N. (2018). Race/ethnicity, psychological resilience, and social support among OEF/OIF combat veterans. Poster presented at Society of Behavioral Medicine, New Orleans, LA.

Herbert, M. S., Afari, N., Robinson, J. B., Listvinsky, A., Heppner, P., Rutledge, T., Bondi, M., Atkinson, J.H., & Wetherell, J (2018). Neuropsychological performance and acceptance and commitment therapy for chronic pain. Poster presented at the 37th Annual Meeting of the American Pain Society, Anaheim, CA.

Herbert, M. S., Afari, N., Heppner, P., Rutledge, T., Williams, K., Eraly, S., Agha, Z., Nilesh, S., VanBuskirk, K., Nguyen, C., Bondi, M., Atkinson, J.H., & Wetherell, J (2016). Telehealth versus in-person Acceptance and Commitment Therapy for chronic pain: A randomized non-inferiority trial. Poster presented at the 35th Annual Meeting of the American Pain Society, Austin, TX.

Gasperi, M., **Herbert, M.**, Schur, E., Buchwald, D., & Afari, N. (2016). Genetic and environment influences on pain, sleep, and depression symptoms in a community sample of twins. Poster presented at the 35th Annual Meeting of the American Pain Society, Austin, TX.

Herbert, M. S., Goodin, B. R., Bulls, H. W., Sotolongo, A., Petrov, M., Edberg, J. C., Bradley, L. A., & Fillingim, R. B. (2015). Pre-Task Cortisol Predicts Cold Pressor Pain Sensitivity in non-Hispanic Whites but Not African-Americans with Symptomatic Knee Osteoarthritis. Poster presented at the 34th Annual Meeting of the American Pain Society, Palm Springs, CA.

Petrov, M. E., Goodin, B. R., Bartley, E., Cruz-Almeida, Y., **Herbert, M. S.**, Bulls, H. W., Fillingim, R. B., & Bradley, L. A. (2015). Negative Affect as a Mediator in the Sleep-Pain Relationship among Adults with Knee Osteoarthritis. Poster presented at the 34th Annual Meeting of the American Pain Society, Palm Springs, CA.

Herbert, M. S., Goodin, B. R., Addison, A., Bulls, H. W., Schmidt, J., Edberg, J., Fessler, B. J., Sibille, K. T., et al. (2014). The relationship between cold pressor pain sensitivity and cortisol among African Americans and non-Hispanic Whites with symptomatic knee osteoarthritis. Poster presented at the American Pain Society, Tampa, FL.

Bulls, H. W., Goodin, B. R., Addison, A., Edberg, J., **Herbert, M. S.**, Schmidt, J., Fessler, B. J., Sibille, K. T., et al. (2014). Plasma oxytocin responses to experimental pain stimuli in adults with knee osteoarthritis. Poster presented at the American Pain Society, Tampa, FL.

Herbert, M. S., Goodin, B. R., Pero, S. T., Schmidt, J. K., Sotolongo, A., Bulls, H. W., Glover, T. L., King, C. D., Sibille, K. T., Cruz-Almeida, Y., Staud, R., Fessler, B. J., Bradley, L. A., & Fillingim, R. B. (2013). Hypervigilance to pain and differences in responses to laboratory pain stimuli among older adults with symptomatic knee osteoarthritis. Poster presented at the American Pain Society, New Orleans, LA.

Sotolongo, A., Goodin, B. R., Bradley, L. A., Fillingim, R. B., **Herbert, M. S.**, & Schmidt, J. (2013). An evaluation of pain, pain-related interference, and fatigue among older adults with symptomatic osteoarthritis (OA) of the knee. Poster presented at the American Pain Society, New Orleans, LA.

Schmidt, J. K., Goodin, B. R., **Herbert, M. S.**, Sotolongo, A., Fillingim, R. B., & Bradley, L. A. (2013). Obesity is related to clinical pain severity and pressure pain sensitivity among older adults with and without knee osteoarthritis. Poster presented at the American Pain Society, New Orleans, LA.

Goodin, B. R., King, C. D., Glover, T. L., **Herbert, M. S.** Cruz-Almeida, Y., Sotolongo, A., Staud, R., Bradley, L. A., & Fillingim, R. B. (2013). Temporal summation of mechanical pain predicts reports of clinical pain severity in everyday life: A prospective analysis of patients with symptomatic knee osteoarthritis. Poster presented at the American Pain Society, New Orleans, LA.

POSTER PRESENTATIONS

Hoffman, S. N., **Herbert, M. S.**, Crocker, L. D., DeFord, N. E., Keller, A. V., Jurick, S. M., Sanderson-Cimino, M., Lee, M., Vasudevan, R. S., & Jak, A. J. (2018). The role of pain catastrophizing in cognitive functioning among veterans with history of mild traumatic brain injury. Poster presented at the 46th Annual Meeting of the International Neuropsychological Society, Washington, D.C.

- Vasudevan, R., **Herbert, M.**, Jurick, S. M., DeFord, N., Keller, A. M., Hoffman, S. N., Lee, M. & Jak, A. J. (2018). Examination of symptom over-reporting and self-reported pain and depression in Iraq and Afghanistan Veterans with mild traumatic brain injury. Poster presented at the 46th Annual Meeting of the International Neuropsychological Society, Washington, D.C.
- Herbert, M. S.**, Goodin, B. R., Bulls, H. W., Sotolongo, A., Fessler, B. J., Bartley, E. J., Sibille, K. T., Glover, T. L., Cruz-Almeida, Y., King, C. D., Bradley, L. A., & Fillingim, R. B. (2014). Perceived discrimination, socioeconomic status, and cold pressor pain among African American persons with knee osteoarthritis (OA). Poster presented at the 15th World Congress on Pain, Buenos Aires, Argentina.
- Herbert, M. S.**, Valentine, J. M., Varela, F. A., Der-Ghazarian, T., Kozanian, O. O., Amodeo, L. R., Whittenburg, K. L., Lee, R. J., Bradley, L. A., Crawford, C. A. (2012). The kappa opioid system is sensitized after early methylphenidate treatment in the rat. Poster presented at the 14th World Congress on Pain, Milan, Italy.
- Herbert, M. S.**, Savage, R. S. (2012). Reducing mental illness stigma in the African American community. Poster presented at UAB Health Disparities Research Symposium, Birmingham, AL.
- Herbert, M. S.**, Varley, A., Andrae, S. J., Safford, M. M. (2012). Self-management behaviors and HbA1c in rural Alabama community-dwellers with diabetes. Poster presented at University of Alabama Pain Symposium, Birmingham, AL.
- Valentine, J. M., **Herbert, M. S.**, Der-Ghazarian, T., Kozanian, O. O., Varela, F. A., Horn, L. R., Whittenburg, K., Crawford, C. A. (2011). Effects of early methylphenidate exposure on DAMGO and morphine-induced antinociception. Poster presented at the Society for Neuroscience, Washington D.C.
- Palmer, A. G., Cortez, A. M., **Herbert, M. S.**, Der-Ghazarian, T., Britt, C. E., Castellanos, K. A., McDougall, S. A. (2010). Temporal factors affecting the one-trial cocaine-induced behavioral sensitization of young rats. Poster presented at the Society for Neuroscience, San Diego, CA.
- Herbert, M. S.**, Charntikov, S., Der-Ghazarian, T., Horn, L. R., Widarma, C. B., McDougall, S. A. (2010). Effects of D1 and D2 receptor stimulation in the dorsal caudate-putamen of preweanling rats: impact on locomotor activity and stereotypy. Poster presented at the Society for Neuroscience, San Diego, CA.
- Der-Ghazarian, T., Horn, L. R., **Herbert M. S.**, Gutierrez A., Widarma, C. B., Charntikov, S., McDougall, S. A. (2010). Paradoxical behavioral effects of DA receptor inactivation in young rats: role of the dorsal caudate-putamen. Poster presented at the Society of Neuroscience, San Diego, CA.

Herbert, M. S., Der-Ghazarian, T., Palmer, A. G., & McDougall, S. A. (2009). One-trial cocaine-induced behavioral sensitization in preweanling rats: Role of contextual stimuli. Poster presented at the Society for Neuroscience, Chicago, IL.

Herbert, M. S., Horn, L. R., Baella, S. A., Farley, C. M., Campbell, R. H., Zavala, A. R., & Crawford, C. A. (2009). Early methylphenidate enhances cocaine self-administration but not cocaine-induced CPP. Poster presented at the 5th Annual Drug Abuse Research Symposium at Charles Drew University of Medicine and Science, Los Angeles, CA.

Baella, S. A., Farley, C. M., **Herbert, M. S.,** Horn, L. R., Campbell, R. H., Zavala, A. R., & Crawford, C. A. (2009). Early methylphenidate enhances cocaine self-administration but not cocaine-induced CPP. Poster presented at The College of Problems on Drug Dependence, Reno, NV.

Charntikov, S., **Herbert, M. S.,** Halladay, L. R., Marquex, E. M., & McDougall, S. A. (2008). Stimulation of dorsal striatal D2 receptors attenuates the kappa-opioid mediated locomotion of preweanling rats. Poster presented at International Behavioral Neuroscience, St. Thomas, Virgin Islands.

Charntikov, S., Halladay, L. R., **Herbert, M. S.,** & McDougall, S. A. (2007). Kappa opioid/dopamine interactions in the basal ganglia of preweanling rats: Role of the indirect pathway. Poster presented at The Society for Neuroscience, San Diego, CA.

CLINICAL EXPERIENCE

09/2015 – 08/2018 **Center of Excellence for Stress and Mental Health (CESAMH)
VA San Diego Healthcare System**

Supervisors: Pia Heppner, Ph.D.; Thomas Rutledge, Ph.D.

- Assessments and individual therapy in primary care mental health integration, psycho-oncology, and behavioral medicine clinics
- Facilitate *Mindful Living*, an 8-week, transdiagnostic mindfulness based-intervention incorporating ACT, DBT, and MBSR
- Study therapist as part of Dr. Henry Orff's career development award, CBT-insomnia and sleep education

07/2014 – 06/2015 **Pain-Weight Management
UCSD/VA Consortium**

Supervisor: Thomas Rutledge, Ph.D.

- Assessments and individual therapy in pain clinic and weight management clinic
- Group therapy for chronic pain (CBT; ACT)
- Lecturer for *MOVE!* program and diabetes management
- Psychology representative at multidisciplinary meetings

- 07/2014 – 06/2015 **Mood-Sleep Clinic**
UCSD/VA Consortium
Supervisors: Sean Drummond, Ph.D.; Carla Nappi, Ph.D.
- Comprehensive intake evaluations for mood and sleep complaints
 - Individual and group therapy for depression (CBT; DBT), bipolar (CBT), and insomnia (CBT-insomnia)
 - Psychology representative at multidisciplinary meetings
- 01/2014 – 5/2014 **UAB Pain Treatment Clinic**
UAB School of Medicine
Supervisors: Burel Goodin, Ph.D.; James Weisberg, Ph.D.
- Comprehensive mental health intakes
 - Psychology representative at multidisciplinary meetings
- 09/2013 – 12/2013 **EatRight, Weight Management Services**
UAB Department of Nutrition Sciences
Supervisor: Kristine Lokken, Ph.D.
- Comprehensive mental health intakes and individual therapy with individuals enrolled in weight loss program
 - Taught weekly classes on weight loss management
- 09/2012 – 12/2013 **Inpatient Rehabilitation Service**
UAB Spain Rehabilitation Center
Supervisors: Sarah Wright, PsyD; Elizabeth Richardson, Ph.D.; Amy Knight, Ph.D.
- Inpatient therapy and neurobehavioral bedside assessments on stroke, spinal cord injury, and polytrauma units
 - Patient and collateral interviews for detailed background and history
- 06/2013 – 08/2013 **Children's Behavioral Health Clinic**
Children's Hospital
Supervisor: Daniel Marullo, Ph.D.
- Outpatient neuropsychological assessment and integrated report writing, treatment planning
 - Family consults on hematology/oncology units
- 06/2013 – 08/2013 **Blind Rehabilitation Center**
Birmingham VA
Supervisor: Chebon Porter, Ph.D.
- Inpatient semi-structured and comprehensive mental health intakes
 - Inpatients and outpatient individual therapy for PTSD, anxiety, depression, and adjustment issues
 - Co-facilitator DBT wellness group

- 01/2013 – 05/2013 **Outpatient/Inpatient Psychiatry**
UAB Center for Psychiatric Medicine
Supervisor: A. Hal Thurstin, Ph.D.
- Mood, personality, and neuropsychological evaluations (interview, testing, scoring) on adult inpatient and outpatient psychiatric units
 - Neuropsychological assessment and integrated report writing to determine readiness for solid organ transplant
- 08/2012 – 12/2012 **Chronic Pain Outpatient Services**
The Doleys Clinic: Pain and Rehabilitation Institute
Supervisor: Leanne Cianfrini, Ph.D.
- Comprehensive mental health intakes
 - Evaluations/brief therapy for chronic pain management
- 06/2012 – 08/2012 **Rehabilitation Neuropsychology Clinic**
Birmingham VA
Supervisor: Kristine Lokken, Ph.D.
- Neuropsychological assessment and integrated report writing
- 01/2012 – 05/2014 **Outpatient Psychotherapy**
Center for Psychiatric Medicine, Individual Therapy
Supervisor: A. Hal Thurstin, Ph.D.
- Individual therapy using a variety of therapeutic approaches, including CBT, MI, and DBT
- 09/2011 – 08/2012 **PTSD Clinic**
Birmingham VA
Supervisor: Misti Norton, Ph.D.
- Empirically supported treatments for PTSD with Vietnam, Gulf War, and OEF/OIF era Veterans
 - Cognitive Processing Therapy
 - Prolonged Exposure
 - CBT-insomnia
- 01/2011 – 08/2011 **Outpatient Geriatric Clinic**
Birmingham VA
Supervisor: Paul Blanton, Ph.D.
- Neuropsychological assessment and integrated report writing

ADVANCED CLINICAL TRAINING

- 08/2018 Acceptance and Commitment Therapy (ACT) BootCamp for Women: 4-day intensive workshop. Jacqueline Pistorello, Ph.D.; Robyn Walser, Ph.D.; Aisling Curtin, MSc; Laura Silberstein-Tirch, Psy.D.; Robyn Godin, Ph.D.

- 05/2016 Cognitive Behavioral Therapy for Insomnia (CBT-I): 2-day intensive workshop. Phillip Gehrman, Ph.D.
- 02/2015 Acceptance and Commitment Therapy (ACT): 2-day intensive workshop. Robin Walser, Ph.D.
- 08/2014 Motivational Interviewing (MI): 2-day intensive workshop. Abigail Angkaw, Ph.D.

TEACHING EXPERIENCE

- 2017-2018 Invited Guest Lecturer: Behavioral Modification, Psychology Undergraduate Program, UCSD
Lecture: Acceptance and Commitment Therapy: A Transdiagnostic Approach for Increasing Meaningful Action
- 2015 Invited Guest Lecturer: Overview of Clinical Psychology, Psychology Undergraduate Program, UCSD
Lecture: Introduction to Dialectical Behavior Therapy
- 2012-2013 Graduate Student Teaching Assistant, Department of Psychology, UAB
Psychology 719-lab: Introduction to Multivariate Statistics
- 2009-2010 Graduate Student Teaching Associate, Department of Psychology, CSUSB
Psychology 311: Introduction to Psychological Research Methods
- 2010 Invited Guest Lecturer: Biological Psychology, Psychology Undergraduate Program, CSUSB
Lecture: Introduction to Synaptic Transmission

PROFESSIONAL AFFILIATIONS

- 2017 – Present Society of Behavioral Medicine (SBM)
- 2015 – Present Association for Contextual and Behavioral Sciences (ACBS)
- 2012 – Present American Pain Society (APS)

SERVICE

- 01/2018 – Current Co-facilitator of mindfulness drop-in group at VASDHS
- 06/2017 – Current Mindfulness and self-care facilitator at VASDHS
- 06/2013 – Current Reviewer for *Clinical Journal of Pain*, *Journal of Affective Disorders*, *Annals of Behavioral Medicine*, *Pain Medicine*, *Psychiatry Research*
- 08/2011 – 08/2013 Fundraiser for Psychology Graduate School Association, UAB

08/2008 – 06/2009 Student representative for the Institutional Review Board, CSUSB