

# Rachel A. Freund, Ph.D.

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## EDUCATION

- 2003-2010 University of New Mexico, Albuquerque, NM, APA-Accredited  
Ph.D., Clinical Psychology
- 2009-2010 Southwest Consortium Predoctoral Psychology Internship (SCPPI), Albuquerque, NM, APA-Accredited
- Rotations at New Mexico Women's Correctional Facility and New Mexico VA Healthcare System
- 2007 University of New Mexico, Albuquerque, NM  
M.S., Clinical Psychology
- 1996-2000 University of Washington, Seattle, WA  
B.A., Psychology

## SPECIALTIES AND CURRENT AREAS OF INTEREST

- ❖ Anxiety, Trauma, Grief/Loss, Adjustment, Substance Use, and Insomnia Disorders
- ❖ Motivation Enhancement for Behavior Change (i.e., contexts of change, Motivational Interviewing)
- ❖ Effective, Clinical Science-Based Treatments (e.g., CBT, ACT, FAP, PE, CPT, CRA(FT), DBT, MBSR)
- ❖ Mindfulness and Process-based Approaches to Therapy, Training and Supervision

## LICENSES AND CERTIFICATIONS

State of Washington, #PY60604535

## CURRENT PROFESSIONAL MEMBERSHIPS/POSITIONS

- Association for Contextual Behavioral Science
- Washington State Psychological Association
- Washington Department of Health Examining Board of Psychology Pro Tem Member

## PRIMARY CLINICAL POSITIONS

- 8/2022-present **Psychologist and Owner**, *Confluence Behavioral Health, PLLC, Seattle, WA.*
- 8/11/16-6/2022 **Psychologist**, *Psychiatry and Psychology, Virginia Mason Medical Center, Seattle, WA.*  
Behavioral health assessment, treatment, & program development within primary care; pre-surgical evaluation & treatment planning for weight loss, gender confirmation; training of UW MEDEX physician assistant students.
- 7/1/14-5/27/16 **Staff Psychologist**, *Addictive Disorders Treatment Program, Sierra Nevada VA, Reno.*  
Treatment of addictive behavior focusing on harm reduction & relapse prevention; local coordinator for national contingency management program; tele-health; VA police & Veteran disability evaluations; DBT Program Coordinator; ITC.
- 6/17/12-6/30/14 **Staff Psychologist**, *Mental Health Clinic, Sierra Nevada VA, Reno, NV.*  
Treatment of a range of outpatient behavioral health problems using contemporary evidence-based therapies; VA police officer & Veteran disability evaluations; Internship Training Committee (ITC); DBT Program development.
- 7/6/09-07/2/10 **Clinical Psychology Pre-Doctoral Intern**, *Southwest Consortium Clinical Psychology Internship Program, New Mexico VA Health Care System, Albuquerque, NM.*  
Emphasis in Forensic, Trauma, and Substance-Use Disorders.

## PRIMARY RESEARCH POSITIONS

- 5/1/11-6/8/12 **Study Psychologist**, *Biomedical Research Institute of New Mexico, New Mexico VA Health Care System, Albuquerque, NM.*  
Treatment for PTSD, training, supervision, & evaluation of treatment fidelity for a DoD grant-funded treatment study ("Effectiveness of Cognitive, Exposure, and Skills Group Manualized Treatments in OIF/OEF Female Veterans").
- 3/2/10- 4/30/11 **Study Psychologist/Study Coordinator**, *Biomedical Research Institute of New Mexico, New Mexico VA Health Care System, Albuquerque, NM.*  
Coordinated NIMH grant-funded study ("The Genetics of Negative Conflict Behavior").
- 5/15/07-6/30/09 **Graduate Research Assistant**, *Center for Health Promotion and Disease Prevention, University of New Mexico, Albuquerque, NM.*  
Quantitative & qualitative data collection/interpretation; training & coordination of undergraduate research assistants for CDC grant-funded community-based research project about historical trauma within a population of SW Native Americans.

## **SELECT PROFESSIONAL TRAININGS ATTENDED**

- 2020 Behavioral Sleep Medicine: The Latest Trends and Promising Developments Shaping Our Practice in the Future, Full-day course at SLEEP 2020 online conference.
- 2018 Legal & Ethical Issues w/Technology in Mental Health, Full-day course; Tukwila, WA.
- 2018 Doing Experiential Therapy, 2-day intensive workshop; ACBS World Conference, Montreal, Quebec, Canada.
- 2018 3-Day Certificate Course: Cognitive Behavioral Therapy for Insomnia (CBT-I): Evidence based Insomnia Interventions for Trauma, Anxiety, Depression, Chronic Pain, and More, online.
- 2017 Mining for Change Talk: An Intermediate/Advanced Workshop in Motivational Interviewing; 2-day workshop, Atlanta, GA.
- 2016 Functional Analytic Psychotherapy Intensive Workshop: 3-day experiential workshop; Watertown Hotel, Seattle, WA.
- 2015 Cognitive Behavior Therapy for Insomnia: 2 day Webcast Training by Center for Deployment Psychology; online interactive training.
- 2014 Functional Analytic Psychotherapy Intensive Workshop: 4-day experiential workshop; University of Washington, Seattle, WA.
- 2013 Mindfulness Practice as Advanced Clinical Training: Cultivating Therapeutic Presence. One day workshop; University of Nevada, Reno, NV.
- 2011 Prolonged Exposure Therapy (PE) for PTSD: A 2-day workshop; Albuquerque, NM.
- 2011 Cognitive Processing Therapy (CPT) for PTSD: A 2-day workshop; Albuquerque, NM.
- 2008 Motivational Interviewing and Functional Analysis: A 2-day workshop; CASAA/ University of New Mexico, Albuquerque, NM.
- 2007 Dialectical Behavior Therapy (DBT): A 2-day workshop; Albuquerque, NM.
- 2006 Acceptance and Commitment Therapy (ACT): A 2-day workshop; Albuquerque, NM.
- 2004 Motivational Interviewing: A 2-day workshop; CASAA/University of New Mexico, Albuquerque, NM.

## **PUBLICATIONS**

### **Journal Articles**

Miller, M.W., Wolf, E.J., Reardon, A.F., Harrington, K.M., Ryabchenko, K., Castillo, D., **Freund, R.**, Heyman, R. (2013). PTSD and conflict behavior between veterans and their intimate partners. *Journal of Anxiety Disorders*, 27, 240-251.

Wolf, E. J., Miller, M. W., Reardon, A. R., Ryabchenko, K., Castillo, D., & **Freund, R.** (2012). A latent class analysis of dissociation and PTSD: Evidence for a dissociative subtype. *Archives of General Psychiatry*, 69, 698-705.

Goodkind, J., LaNoue, M., Lee, C., Freeland, L., & **Freund, R.** (2012). Feasibility, acceptability, and initial findings from a community-based cultural mental health intervention for American Indian youth and their families. *Journal of Community Psychology*, 40, 381-405.

Goodkind, J., LaNoue, M., Lee, C., Freeland, L., & **Freund, R.** (2012). Involving parents in a community-based, culturally-grounded mental health intervention for American Indian youth: Parent perspectives, challenges, and results. *Journal of Community Psychology*, 40, 468-478.

Wray, A.M., **Freund, R.A.**, & Dougher, M.J. (2009). A behavior analytic account of cognitive bias in clinical populations. *The Behavior Analyst*, 32, 29-49.

### **Book Chapters**

**Freund, R.A.** & Dougher M.J. (2010). Clinical assessment of sex offenders. In Schwarz, B.K. (Ed.). *Handbook of Sex Offender Treatment*: New Jersey, U.S.: Civic Research Institute.

**Freund, R.A.** & Dougher M.J. (2010). Behavioral techniques to alter sexual arousal. In Schwarz, B.K. (Ed.). *Handbook of Sex Offender Treatment*: New Jersey, U.S.: Civic Research Institute.

## **SELECT CONFERENCE PRESENTATIONS**

### **Symposia/Paper Presentations**

Wolf, E., Miller, M., Reardon, A., Ryabchenko, K., **Freund, R.**, & Castillo, D. (2011). *Dissociation in PTSD: Syndrome or subtype?* In E. Wolf (Chair), *Dissociation in PTSD: Assessment and treatment implications*. Symposium at the 27<sup>th</sup> annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

**Freund, R.A.** & Dougher, M.J. (2007). *Using the IRAP to measure differential effects of mood induction on relations to self*. Paper presentation at the 33<sup>rd</sup> Annual Conference of the Association for Behavior Analysis in San Diego, CA.

Dencoff, J.E., **Freund, R.A.**, Hamilton, D.A., & Dougher, M.J. (2004). *"Nonverbal" intelligence and learned relational responding*. Paper presentation at the Annual International Meeting of the Association for Behavior Analysis in Campinas, Brazil.

### **Poster Presentations**

**Freund, R.A.**, & Dougher, M.J. (2011) *An investigation of verbal events as motivating operations: The effects of mood induction on the reinforcing value of consequences*. Poster presentation at the 37<sup>th</sup> Annual Conference of the Association for Behavior Analysis, Denver, CO.

Lee, C., Freeland, L.R., Goodkind, J.R., **Freund, R.A.**, LaNoue, M., Platero, H., & Bruce, B. (2009). *Promoting mental health and well-being within a Native American community through Nihii'iina'*. Poster presentation Indian Health Summit in Denver, CO.

**Freund, R.A.** (2009). *An investigation of the effects of mood induction on the reinforcing value of consequences*. Poster presentation at the 35th Annual Conference of the Association for Behavior Analysis in Phoenix, AZ.

Freeland, L.R., Lee, C., Goodkind, J.R., Platero, H., **Freund, R.A.**, Bruce, B., & LaNoue, M. *Nihii'iina (Our Life): A film documenting a community-university CBPR partnership to promote mental health and well-being within a Native American community* (2009). Poster presentation at the Annual Conference of the New Mexico Public Health Association in Albuquerque, NM.

Freeland, L.R., Goodkind, J.R., Lee, C., Platero, H., Bruce, B.J., & **Freund, R.A.** (2008). *Community-based intervention to promote the well-being of To'Hajiilee through Nihii'iina: A community-university research partnership*. Poster presentation at the 20th Annual Native Health Research Conference in Portland, OR.

### **ACADEMIC TEACHING EXPERIENCE/APPOINTMENTS**

2013-2016      **Clinical Assistant Professor**, adjunct appointment, *University of Nevada, Reno, Department of Psychiatry*. Supervision of psychiatry residents, presentation at didactic seminars.

2009            **Instructor**, *Behavior Therapies, University of New Mexico, Department of Psychology*. Historical, philosophical, and theoretical underpinnings of contemporary behavior analysis; behavioral therapeutic interventions to clinical problems.