

Curriculum Vita
CHRISTOPHER R. MARTELL, Ph.D., ABPP
Martell Behavioral Activation Research Consulting (MBARC)
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EDUCATION

- 10/98 – 10/99 **Extra-mural Fellow.**
The Beck Institute for Cognitive Therapy and Research.
Bala Cyn Wyd, PA.
- 2/88 - 2/89 **Post-doctoral Fellow.** Head Trauma Program
New York University Medical Center - Rusk Institute of Rehabilitation
Medicine, New York, N.Y.
- 5/88 **Doctor of Philosophy,** Clinical and School Psychology
Hofstra University, Hempstead, N.Y., APA Accredited Program
- 8/85 **Master of Arts,** Clinical and School Psychology
Hofstra University, Hempstead, N.Y.
- 5/83 **Bachelor of Arts,** *Magna Cum Laude*, English
Saint Michael's College, Winooski, VT.

INTERNSHIPS

- 7/86 - 7/87 **Clinical Psychology Intern.** State University of New York Technical
College, Psychological Services Center, Farmingdale, NY. *Note: internships*
in the doctoral program at Hofstra University were completed over two
years and in both a clinical and school setting at sites designated by the
University. The doctoral program in Clinical and School Psychology was fully
accredited by the American Psychological Association under the category
“Combined Professional-Scientific”.
- 8/85 - 6/86 **School Psychology Intern,** B.O.C.E.S. III Alternate Learning Center,
Commack, NY.

PRACTICA

- 10/87 - 5/88 **Psychology Intern.** North Shore Psychological Services, Smithtown,
NY.
- 7/85 - 9/87 **Psychology Intern.** Hofstra University Psychological Evaluation and
Research Center, Hempstead, NY.

CERTIFICATION

- Board Certified in Cognitive and Behavioral Psychology,**
American Board of Professional Psychology, Awarded September 20, 1999.
- Board Certified in Clinical Psychology,**
American Board of Professional Psychology, Awarded April 20, 1995.

Massachusetts Licensed Psychologist, No. 10392

Wisconsin Licensed Psychologist, No. 3024-57

Washington State Licensed Psychologist, No. PY00001337

New York State Licensed Psychologist, No. 009756-1

Certificate of Professional Qualification in Psychology (CPQ). Association of State and Provincial Psychology Boards. ASPPB Mobility Program. **No. 597.**

Certified Cognitive Therapy Supervisor. Academy of Cognitive Therapy.

RESEARCH COLLABORATIONS

- 2011 – Present **Consultant.** University of Exeter – COBRA study. Treatment cost effectiveness. Principle Investigator: David Richards, Ph.D.
- 2011 – 2015 **Consultant.** Oxford University – Centre for Research on Eating Disorders (CREDO). Treatment Dissemination Study. Principle Investigators: Chris Fairburn, M.D., Steve Hollon, Ph.D., G. Terrence Wilson, Ph.D.
- 2004 – 2014 **Consultant.** Children’s Hospital and Regional Medical Center, Department of Psychiatry. Independent contractor consulting on NIMH-funded research study on behavioral activation treatment for depressed adolescents. Assisted in grant development, protocol development, and served as the primary supervisor for research therapists.
- 2008 – 2013 **Consultant.** Behavioral Technology Transfer Group. Developing on-line training in Behavioral Activation. Principle Investigators: Linda Dimeff and Sona Dimidjian.
- 2002 – 2005 **Consultant.** VA Puget Sound Healthcare System, Miles McFall, Ph.D. Principle Investigator. Federally funded study of behavioral activation in treatment of depressed veterans with co-occurring PTSD. Assisted in development of treatment protocol and served as primary supervisor of research therapists.
- Consultant.** The University of Washington Department of Psychiatry and Behavioral Sciences, Principle Investigator: Amy Wagner. Federally funded prevention study of behavioral activation following serious motor-vehicle accidents. Assisted in development of clinical protocol.
- Consultant.** The Behavior Research and Therapy Center, Seattle, WA, Eunice Chen, Postdoctoral Fellow and Investigator. Provided supervision.
- 9/97 – 5/2001 **Research Therapist.** University of Washington, Department of Psychology, Seattle, WA. Treatments for Depression Study. Neil S. Jacobson, Principle Investigator through June 1999. Robert Kohlenberg, Principle Investigator.
- 9/97 – 5/2000 **Research Therapist.** University of Washington, Department of Psychology, Seattle, WA. Behavioral Couples Therapy Study. Neil S. Jacobson and Andrew Christiansen, Principle Investigators. through June 1999.

9/96 – 9/99

Research Therapist. University of Washington, Department of Psychology, Seattle, WA. Functionally enhanced Cognitive Therapy for Depression Study. Robert Kohlenberg, Principle Investigator.

PEER REVIEWED PUBLICATIONS

Publications by Year:

- 2016 Mazzucchelli, T. G., Kanter, J. W., & **Martell, C. R.** (2016). A clinician's quick guide of evidence-based approaches: Behavioural activation. *Clinical Psychologist*, 20, 54-55. Doi:10.1111/cp.12086
- 2015 **Martell, C. R.** (2015). Recognizing the true norm: Commentary on "Toward defining, measuring, and evaluating LGBT cultural competence for Psychologists." *Clinical Psychology, Science and Practice*, 22, 172-176.
- McCauley, E., Gudmundsen, G., Schloretd, K., **Martell, C.**, Rhew, I., Hubley, S. & Dimidjian, S, (2015). The adolescent behavioral activation program: Adapting behavioral activation as a treatment for depression in adolescence. *Journal of Clinical Child and Adolescent Psychology*. DOI: 10.1080/15374416.2014.979933.
- 2014 **Martell, C. R.** (2014). The hybrid case study of "Adam": Perspectives from behavioral activation and the influence of heteronormativity on LGB-affirmative therapy. *Pragmatic Case Studies in Psychotherapy*, 10, 106-116. <http://pcsp.libraries.rutgers.edu>.
- Rhodes, S., Richards, D. A., Ekers, D., McMillan, D., Byford, S., Farrand, P. A. ...**Martell, C.**...&Wright, K. A. (2014). Cost and outcome of behavioural activation versus cognitive behavior therapy for depression (COBRA): study protocol for a randomized controlled trial. *Trials*, 15:29, <http://www.trialsjournal.com/content/15/1/29>.
- 2013 Carlbring, P., Lindner, P., **Martell, C.**, Hassmén, P., Forsberg, L., Ström, L., & Andersson, G. (2013). The effects on depression of Internet-administered behavioural activation and physical exercise with treatment rationale and relapse prevention: study protocol for a randomised controlled trial. *Trials*, 14:35 <http://www.trialsjournal.com/content/14/1/35>.
- Martell, C. R.** (2013). Misconceptions and misunderstandings of behavioral Activation: Perspectives from a major proponent. *Psychologia*, 56, 131-137.
- 2011 Dimidjian, S., Barrera, Jr., M, **Martell, C.**, Muñoz, R. F. & Lewinsohn, P. M. (2011). The origins and current status of behavioral activation treatments for depression. *Annual Review of Clinical Psychology*, 7, 1 - 38. DOI:10.1146/annurev-clinpsy-032210-104535
- McCauley, E. Schloretd, K., Gudmundsen, G., **Martell, C.** & Dimidjian, S. (2011). Expanding behavioral activation to depressed adolescents: Lessons learned in treatment development. *Cognitive and Behavioral Practice*. 18, 371 – 383.

- van Eeden-Moorefield, B., **Martell, C.R.**, Williams, M., & Preston, M. (2011). Same-sex relationships and dissolution: The connection between heteronormativity and homonormativity. *Family Relations, 60*(5) 562-571. DOI:10.1111/j.1741037729-2011.00669.x
- 2007 Coffman, S., **Martell, C. R.**, Dimidjian, S., Gallup, B. J., & Hollon, S. (2007) Extreme non-response to cognitive therapy for depression: Can behavioral activation succeed where cognitive therapy fails? *Journal of Consulting and Clinical Psychology, 75*, 531-541. DOI:10.1037.0022-006X.75.4.531
- 2006 Jakupcak, M., Roberts, L., **Martell, C.**, Mulick, P., Michael, S., Reed, R., Balsam, K., Yoshimoto, D., & McFall, M. (2006). A pilot study of behavioral activation for veterans with post-traumatic stress disorder. *Journal of Traumatic Stress, 19*, 387-391. DOI:10.1002/jts.20125
- Kanter, J. W., Mulick, P. S., Busch, A. M., Berline, K. S. & **Martell, C. R.** (2006). The Behavioral Activation for Depression Scale (BADs): Psychometric properties and factor structure. *Journal of Psychopathology and Behavioral Assessment*. DOI 10.1007/s10862-006-9038-5.
- 2005 **Martell, C.R.** & Prince, S. E. (2005). Treating infidelity in same-sex couples. *Journal of Clinical Psychology/In Session, 61*(11), 1429-1438. DOI:10.1002/jclp.20192
- 2001 Jacobson, N.S., **Martell, C. R.**, & Dimidjian, S. (2001). Behavioral activation therapy for depression: Returning to contextual roots. *Clinical Psychology: Science and Practice, 8* (3), 255-270.
- Martell, C. R.** (2001). Including sexual orientation issues in research related to cognitive and behavioral therapies. *the Behavior Therapist, 24* (10), 214-216.
- Martell, C.R.** & Hollon S. D. (2001). Working together on shifting ground: Researcher and clinician collaboration in clinical trials. *the Behavior Therapist, 24* (7), 144-146. Special Series Editor.
- 1999 **Martell, C.R.** (1999). Behavior therapy and sexual minorities: Thoughts on progress and future directions. *the Behavior Therapist, 22* (10), 194-195.

BOOKS AND CHAPTERS

Publications by Year:

- 2016 McCauley, E., Schloredt, K., Gudmundsen, G., Martell, C. & Dimidjian, S. (2016). *Behavioral Activation with Adolescents: A Clinician's Guide*. New York: Guilford.
- 2013 Dahl, J., Stewart, I., **Martell, C.** & Kaplan, J. (2013). *ACT and RFT*

In Relationships: Helping Clients Deepen Intimacy and Maintain Healthy Commitments Using Acceptance and Commitment Therapy and Relational Frame Theory, Oakland, CA: Context/New Harbinger.
Translations: Korean

Nezu, C. M., **Martell, C. R.** & Nezu, A. M. (2013). *Specialty Competencies in Cognitive and Behavioral Psychology*. New York: Oxford University Press.

2010

Martell, C. R., Dimidjian, S. & Herman-Dunn, R. (2010). *Behavioral activation for depression: A clinician's guide*. New York: Guilford.
Translations: Spanish, Swedish and Japanese.

Martell, C. R., Dimidjian, S., & Lewinsohn, P. M. (2010). Behavioral Activation. In N. Kazantzis, M. A. Reinecke, & A. Freeman (Eds.), *Cognitive and Behavioral Theories in Clinical Practice*. (193 – 215). New York: Guilford.

Martell, C. R. & Kanter, J. (2010). Behavioral activation in the Context of “third wave” therapies. In J. D. Herbert & E. M. Forman (Eds.) *Cognitive Behavior Therapy, Acceptance, Mindfulness: Understanding and Applying the New Therapies*. (pp. 225–247). New York: John Wiley & Sons.

Pantalone, D., Iwamasa, G. & **Martell, C. R.** (2010). Cognitive-behavioral therapy with diverse populations. In K. S. Dobson, (Ed.), *Handbook of Cognitive Behavior Therapy, 3rd Edition*. (445-464). New York: Guilford.

Syzdek, M. R., Addis, M. E., & **Martell, C. R.** (2010). Working with emotion and emotion regulation in behavioral activation treatment for depression. In A. M. Kring & D. M. Sloan (Eds.), *Emotion Regulation and Psychopathology: A Transdiagnostic Approach to Etiology and Treatment*. (405-426). New York: Guilford.

2009

Martell, C. R., (2009). Behavioral activation for depression. In W. T. O’Donohue & J. E. Fisher (Eds.), *General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy*, (138-143). Hoboken, NJ : Wiley.

Martell, C. R., Dimidjian, S., & Lewinsohn, P. M. (2009) Behavior Therapy for Depression. In R. Ingram (Ed.). *International Encyclopedia of Depression*. (59-65). New York: Springer

2008

Dimidjian, S., **Martell, C. R.**, Addis, M. E. & Herman-Dunn, R. (2008). Behavioral activation for depression. In D. H. Barlow (Ed.). *Clinical handbook of psychological disorders – 4th Edition*. (328-364). New York: Guilford.

Dimidjian, S., **Martell, C.R.**, Coffman, S., & Hollon, S.D. (2008). Treatment of severe depression. In M. Whisman (Ed.), *Cognitive therapy for complex and comorbid depression: Assessment and treatment*. (65-87). New York: Guilford.

Martell, C. R. (2008). Lesbian, Gay, and Bisexual Women and Men. In M. Whisman (Ed.), *Cognitive therapy for complex and comorbid Depression: Assessment and treatment*. (373-393.) New York: Guilford.

2007

Haldeman, D. C., Pantalone, D., & **Martell, C. R.** (2007). Health care Issues facing gay, lesbian, bisexual, and transgender individuals. In, O. J. Z. Sahler & J. E. Carr (Eds.) *The behavioral sciences and health care* (2nd rev. and updated ed.), (pp. 210-216). Ashland, OH, US: Hogrefe & Huber Publishers.

Martell, C. R. (2007). Behavioral therapy. In A. B. Rochlen (Ed.). *Applying Counseling Theories: An Online, Case-Based Approach*. (pp.143-156). Upper Saddle River, NJ: Pearson.

2006

Balsam, K. F., **Martell, C. R.**, & Safren, S. A. (2006). Lesbian, gay, and bisexual affirmative cognitive-behavioral therapy. In P. A. Hays & G. Y. Iwamasa Eds.). *Culturally responsive cognitive-behavioral therapy: Assessment, practice, and supervision* (pp.223-243). Washington DC: American Psychological Association Press.

Levinthal, A., & **Martell, C. R.**, (2006). *The Myth of Depression as Disease: Limitations and Alternatives to Drugs*. New York: Praeger.

Martell, C. R. & Atkins, D. (2006). Using acceptance in integrative behavioral couple therapy. In W. O'Donohue, N. Cummings, & J. Cummings (Eds.). *Clinical Strategies for Becoming a Master Psychotherapist*. (pp. 239 – 259). San Diego: Elsevier.

2004

Addis, M. E., & **Martell, C. R.** (2004). *Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back*. New York: New Harbinger Press.
Translations: Swedish, Dutch, Danish, French and Japanese
It is a 2010 recipient of a "Self Help Books of Merit" award from the Association of Behavioral and Cognitive Therapies.

Martell, C. R., Addis, M. E., & Dimidjian, S. (2004). Finding the action in behavioral activation: The search for empirically-supported interventions and mechanisms of change. In S. Hayes, M. Linehan, & V. Folette (Eds.), *Mindfulness Acceptance and Relationship: The New Behavior Therapies*. (pp. 152 –167). New York: Guilford.

- 2003 **Martell, C. R., Safren, S. A., & Prince, S. E. (2004).** *Cognitive-behavioral therapies with lesbian, gay, and bisexual clients.* New York: Guilford.
- 2002 **Martell, C. R. (2003).** Behavioral activation therapy for depression. In O'Donohue, W., Fisher, J., and Hayes, S. (Eds.) *Cognitive Behavior Therapy: Applying Empirically Supported Techniques in Your Practice*, (pp. 28-32). New York: John Wiley & Sons.
- 2002 Dimidjian, S., **Martell, C. R., & Christensen, A. (2002).** Integrative behavioral couple therapy. In A Gurman & N. Jacobson (Eds.) *Clinical Handbook of Couple Therapy, Third Edition*, (pp. 251-277). New York: Guilford.
- 2001 **Martell, C.R. & Land, T. (2002).** Cognitive-behavioral therapy with gay and lesbian couples. In Patterson, T. (Ed.) *Comprehensive Textbook of Psychotherapy, Vol. II Cognitive-Behavioral Approaches.* (pp.451-468). John Wiley & Sons.
- 1994 **Martell, C.R., Addis, M. E., & Jacobson, N.S., (2001).** *Depression in Context: Strategies for Guided Action.* New York: W. W. Norton. Translations: Japanese.
- Martell, C.R. (1994).** First person essay. In D. Sue, D. D. Sue, & S. Sue (Eds.) *Understanding Abnormal Behavior* 3rd Ed. (pp. 384-385). Boston: Houghton-Mifflin Publishing Company.

**MANUSCRIPTS
IN PREPARATION
OR IN PRESS**

- Martell, C. R. (In Press). Recognizing the true norm: Commentary on "Toward defining, measuring, and evaluating LGBT cultural competence for Psychologists." *Clinical Psychology, Science and Practice*, 22 (2).

**UNPUBLISHED
MANUSCRIPTS, PAPER AND
POSTER PRESENTATIONS**

- 2012 Stephens, K. A., Unutzer, J., Welch, S. S., Comptois, K., Martell, C. R. & Dunn, C. Training CBT Skills to Mental Health Specialists in Primary Care. Poster Presented at the 120th Annual Convention of the American Psychological Association, Orlando, FL, August 3, 2012.
- 2010 Wagner, A. W., Jakupcak, M., Paulson, A., Bittinger, J. N., Kowalski, H., Kincaid, M., **Martell, C. R., & McFall, M. E.** *Behavioral Activation as a Treatment for PTSD (and depression) Among Returning Veterans.* Poster presented at the Association of Behavioral and Cognitive

Therapies Convention, San Francisco, CA, November 19, 2010.

Martell, C.R. & Pantalone, D. *Behavioral Activation Principles in Practice in the Treatment of Depression*. Master Clinician Seminar Presented at the Association of Behavioral and Cognitive Therapies Convention, San Francisco, CA, November 19, 2010.

Cameron, R., Hayes-Skelton, S. A., **Martell, C. R.**, Hart, T. A Shipherd, ., J. C. & Cortesi, G.. *Leading the Way Toward LGBT-Affirmative CBT: Clinician, Supervisor, and Trainee Perspectives*. Panel Discussion Presented at the Association of Behavioral and Cognitive Therapies Convention, San Francisco, CA, November 20, 2010.

Nezu, A. M., Nezu, C. M., Newman, C. F. & **Martell, C. R.** *Defining, Assessing, and Fostering Therapist Competence*. Panel Discussion presented at the Association of Behavioral and Cognitive Therapies Convention, San Francisco, CA, November 20, 2010.

Schloretdt, K. Gudmundsen, G., McCauley, E., **Martell, C. R.**, & Dimidjian S. *Behavioral Activation for Teenagers with Mood or Anxiety Disorders*. Symposium presented at the Association of Behavioral and Cognitive Therapies Convention, San Francisco, CA, November 20, 2010.

Martell, C. R. (Chair), Nezu, A. M., Greene, B., Chin, J. L., & Sue, S. Panelists. *Considering the Evidence on Diversity in Practice and Training*. Panel Discussion Presented at the American Psychological Association Convention, San Diego, CA, August, 14, 2010.

2009 **Martell, C. R.** (Discussant), Pachankis, J. (Chair). *Looking Towards Universal Psychological Processes to Explain LGB-Heterosexual Mental Health Disparities*. Symposium Presented at the 43rd Annual Convention of the Association of Behavioral and Cognitive Therapies, New York, NY, November 21, 2009.

McCauley, E., Schloretdt, K., **Martell, C.**, Gudmundsen, G., & Dimidjian, S. *Adolescents Taking Action*. Paper presented at the International Society for Research in Child and Adolescent Psychopathology (ISRCAP), Seattle, WA, June 2009.

Schloretdt, K., Gudmundsen, G., McCauley, E., **Martell, C.**, & Dimidjian, S. *Issues in Developing and Deploying a Manualized Treatment for Depressed Adolescents*. Poster presented at the International Society for Research in Child and Adolescent Psychopathology (ISRCAP), Seattle, WA, June 2009.

2007 **Martell, C. R.** & Dimidjian, S. Can activation alone prevent relapse in the treatment of depression? Symposium: Further Frontiers In CBT for Prevention of Relapse and Recurrence of Depression. Presented at the V World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain. July 14, 2007.

- 2006 Hope, D. A. (Moderator). Panelists: Davila, J., **Martell, C. R.**, Goldfried, M. & Safren, S. Working with lesbian, gay, and bisexual individuals: Clinical issues for behavioral and cognitive therapists. Clinical Roundtable presented at the 40th Annual Convention of the Association of Behavioral and Cognitive Therapies, Chicago IL, November 17, 2006.
- 2005 Jakupcak, M. (Chair). Discussants: **Martell, C. R.**, Dimidjian, S. *Behavior activation therapy for complex psychiatric and medical conditions*. Symposium presented at the 39th Annual Convention of the Association for Behavioral and Cognitive Therapies (formerly AABT). Washington, DC, November 20, 2005.
- 2004 Christensen, A., and **Martell, C.** *Integrative behavioral couples therapy*. Master Clinician Seminar, Presented at the 38th Annual Convention of the Association for Advancement of Behavior Therapy. New Orleans., Louisiana, November 20, 2004.
- Jakupcak, M, Roberts, L., Yoshimoto, D., Mulick, P., **Martell, C.**, Balsam, K, Devine, K., Martell, J., Michael, S. T., Reed, R., Sewell, J., & McFall, M. *Behavioral activation for the treatment of PTSD: A pilot study*. Paper presented at the 112th Annual Convention of the American Psychological Association, Honolulu, Hawaii, July 29, 2004.
- Sorocco, K. H., Horvath, K. J., Lauderdale, S. A., **Martell, C. R.**, Borrego, J. Jr., Stewart, J., Hays, P. & Iwamasa, G. Y. *Diversity's role in expanding clinical practice*. Clinical Roundtable. Presented at the 38th Annual Convention of the Association for Advancement of Behavior Therapy. New Orleans. November 19, 2004.
- Dimidjian, S., Coffman, S., Hollon, S. D., & **Martell, C.** Extreme non-response to cognitive therapy: Understanding the differences between behavioral activation and cognitive therapy for depression. Panel Discussion. Presented at the 38th Annual Convention of the Association for Advancement of Behavior Therapy. New Orleans. November 20, 2004.
- Horvath, K. J., Anhalt, K., Arias, I., Belcourt-Dittloff, A., **Martell, C.**, & Wright, E. *Protective and risk factors of psychological and physical health: A focus on minority and underserved populations*. Panel Discussion. Presented at the 38th Annual Convention of the Association for Advancement of Behavior Therapy. New Orleans. November 21, 2004.
- 2003 **Martell, C. R.** (Moderator). Panelists: Dimidjian, S., Mulick, P.S., Roberts, L. J., & Wagner, A. Clinical applications of behavioral activation.
- Panel discussion presented at the 37th Annual Convention of the Association for Advancement of Behavior Therapy, Boston, MA, Nov. 23, 2003.
- Martell, C. R.** *There and back again: The private practitioner in research*. Participant in symposium with L. S. Brown, D. C. Haldeman, K. Glassgold, & B. Greene.: Privately Out of the Closet - Lives and Work of LGB Therapists" Presented at the 111th Annual Convention of the American Psychological Association, Toronto, Ontario, Canada,

August 8, 2003.

Martell, C. R. *Looking toward a mindful, active and thoughtful future.* Clinical Roundtable, presented with Ed Watkins and Mark Williams at the British Association of Behavioural and Cognitive Psychotherapies Annual Convention, York, England, UK, July 18, 2003.

Martell, C. R., Addis, M. E., & Dimidjian, S. *Finding the action in behavioral activation: The search for empirically-supported interventions and mechanisms of change.* Presented by invitation – The New Behavior Therapies Conference – Reno, NV, July 3 – 7, 2002.

2000 Dobson, K. (Moderator). Panelists: Addis, M., Coffman, S., **Martell, C.** & Hollon, S. *Development and dissemination of empirically supported therapies: A model for collaboration between researchers and clinicians.* Panel discussion presented at the 34th Annual Convention, Association for Advancement of Behavior Therapy, New Orleans, LA, November 18, 2000.

Safren, S. A. (Moderator). Panelists: **Martell, C. R.,** Neal-Barnett, A., Iwamasa, G. Y., Hart, T. A. & O'Neill-Washington, D. *The continuing need for diversity in cognitive-behavioral therapy training and research.* Panel discussion presented at the 34th Annual Convention, Association for Advancement of Behavior Therapy, New Orleans, LA, November 19, 2000.

1999 Dobson, K. S., (Chair). Panelists: Dimidjian, S., **Martell, C. R.,** Addis, M. E., Herman-Dunn, R., Linde, T., Roberts, L., Behavioral activation: A functional analytic, contextual treatment for depression Clinical Roundtable Presented at the 33rd Annual Convention, Association for Advancement of Behavior Therapy, Toronto, Ont., Canada, November 11, 1999.

Martell, C. R. (Chair). Panelists: Coffman, S., Clancy, S., Herman-Dunn, R., & Kosins, D. Bridging the scientist-practitioner gap: The experiences of research therapists." Panel Presentation at the Fall Convention of the Washington State Psychological Association, Silverdale, WA, October 3, 1999.

1998 Jacobson, N. S., Dobson, K. S., & **Martell, C. R.** Behavioral activation as a functional analytic alternative to cognitive therapy for depression. Master Clinician Lecture presented at the 32nd Annual Convention, Association for Advancement of Behavior Therapy, Washington, D.C., November 1998.

Martell, C., Haldeman, D., Matthews, P. & Popanz, T. *Lessons learned in competent practice with lesbian, gay, bisexual, and questioning clients.* Panel presentation at the Fall Convention of the Washington State Psychological Association, Spokane, WA October 1998

Martell, C. and members of the WSPA Ethics Committee and Practice Management Committee. *Ethics and the business of practice.* Panel Discussion presented at the Fall Convention, Spokane, WA October, 1998.

- 1997 **Martell, C.**, S. Becker, T. Cahn & L. Tien. *Ethical guidelines for working with special populations*. Conversation hour presented at the Fall Convention of the Washington State Psychological Association.
- 1996 **Martell, C.** (Discussant) Presenters: Ernst, J., Marlowe, W. &. Balter, R. Symposium: *AIDS and disabilities - societal and professional obstacles to adequate services*. Presented at the 104th Annual Convention of the American Psychological Association - Toronto, Canada. August 1996.
- 1992 **Martell, C. R.** Accompanying the journey: Doing psychotherapy with persons living with AIDS. Presentation on a multi-disciplinary panel on AIDS at the Fall Convention of the Washington State Psychological Association. October 30, 1992.
- 1989 **Martell, C.R.**, & Tanaka-Matsumi, J. *Accommodating individual differences in a social skills training package*. Poster presented at the 97th Annual Convention of the American Psychological Association, New Orleans, LA, August, 1989.
- Barry, B., **Martell, C.**, Phillipson, S., Hart, K.E. *Bulimia, food ruminations and obsessive compulsiveness*. Poster presented at Southwestern Psychological Association, Austin, TX, April 1989.
- 1988 **Martell, C.R.** (1988). *Assessment of relevant stimuli affecting generalization in social skills training for retarded adults*. Unpublished Doctoral Dissertation, Hofstra University.
- 1985 Barry, B., **Martell, C.**, Phillipson, S. (1985). *The relationship of obsessive-compulsive characteristics, food ruminations and bulimic eating patterns to treatment progress in a supplemented fasting weight reduction program*. Unpublished Master's Project, Hofstra University

INVITED TALKS AND ADDRESSES

“Diversity/Multicultural Issues in Working with the LGBT Community.”
Invited Workshop presented at Andrews Air force Base, Maryland, USAF.
February 31, 2013.

Pantalone, D. W. & **Martell, C.R.** “Basic Skills in Behavioral Activation for Treating Depression. Invited Skill- Building Session, American Psychological Association 120th Annual Convention, Orlando FL, USA, August 2, 2012.

“Behavioral Activation for Whatever Ails You.” Presented at the B.F. Skinner Lecture Series, 38th Annual Convention of the Association for Behavior Analysis, Seattle, Washington, USA, May 27, 2012.

“Behavioural Activation for Depression: An Overview for the Non-Behaviourist and Others.” Invited, two-day workshop. Oxford University, Oxford Cognitive Therapy Centre. Oxford, U.K. March 19-20, 2012.

The Science and Practice of Behavioral Activation. Workshop presented at

Central Michigan University, Mt. Pleasant, MI February 12, 2010

Behavioral Activation for Depression: Conceptualization and Competencies. Workshop presented at the University of Arizona, Tucson, AZ March 28, 2009.

Behavioral Activation. Workshop presented at the Australian Association of Behavior Therapy annual convention, Adelaide, Australia, September 20, 2008.

Keynote Address: In the Midst of the Storm. Presented at the Australian Association of Behavior Therapy annual convention, Adelaide, Australia, September 19, 2008.

Behavioral Activation. Workshop presented in ChristChurch, New Zealand, September 23, 2008

Behavioral Activation. Workshop presented at the British Association of Behavioural and Cognitive Psychotherapies annual convention, Edinburgh, Scotland, July 16, 2008.

Keynote Address: Twenty Years of Behavior Therapy: Trends and Counter-trends. Presented at the British Association of Behavioural And Cognitive Psychotherapies annual convention, Edinburgh, Scotland, Presidential Address: Consideration of Class: Personal History and Identity Development. Presented at the 115th Annual Convention of the American Psychological Association Division 44. August 19, 2007, San Francisco, CA.

Behavioral Activation. Workshop Presented at the 36th Annual Conference of The Swedish Association of Behaviour Therapy. Stockholm, Sweden, March 9, 2007.

Keynote Address: Cognitive-Behavioral Therapy with Gay, Lesbian, and Bisexual Clients. Presented at the 36th Annual Conference of the Swedish Association of Behaviour Therapy, Stockholm, Sweden, March 10, 2007.

Applying Integrative Behavioral Couples Therapy with Same-Sex Couples. Workshop presented at the University of Nebraska-Lincoln, Department of Psychology. February 19, 2007.

Cognitive-Behavior Therapy with Lesbian, Gay, and Bisexual Clients. Workshop presented to Division H of the Georgia State Psychological Association, Atlanta, GA, June 26, 2006.

Integrative Behavioral Couple Therapy with Same-Sex Couples. Workshop presented to Division H of the Georgia State Psychological Association, Atlanta, GA, June 26, 2006.

Grand Rounds: "Behavioral Activation for Depression." University of Washington, Department of Psychiatry and Behavioral Sciences. Seattle, WA. February 16, 2006.

Keynote Address: "Empirical work: Collaboration between Practitioners and researchers in development and dissemination of psychotherapies." Presented at the British Association of Behavioural and Cognitive Psychotherapies Annual Convention, York, England, UK, July 18, 2003.

WORKSHOPS AND SEMINARS

- 2011/2012 “Behavioral Activation for Depression” Didactic seminar presented to the Clinical Psychology interns in the APA-approved internship program, University of Washington, Department of Psychiatry and Behavioral Science, Seattle, WA. 2003; 2004. In 2005 this was expanded to a two three-hour session course Dec. 1 and 8.
- “Working with Lesbian, Gay, and Bisexual Clients.” Didactic seminar Presented to the Clinical Psychology interns in the APA-approved internship program, University of Washington, Department of Psychiatry and Behavioral Science, Seattle, WA. Presented Annually.
- 2010 “Mastering Behavioral Activation for Depression”. **Martell, C. R.** Two-Day workshop presented for the Charlie Waller Memorial Trust, University of Reading and the Centre for Mood Disorders, University of Exeter. Bristol, U.K., October 4 & 5, 2010.
- “Behavioral Activation Principles in Practice”. **Martell, C. R.** 1-1/2 Day workshop presented at City and Hackney, NHS, London, England, U.K.
- “Behavioral Activation for Depression: Principles and Competencies.” **Martell, C. R.** Workshop Presented at the 1st Annual ABPP Summer Institute, Portland Oregon, July 10, 2010.
- “The Treatment of Depression: Behavioral Activation Theory and Practice.” **Martell, C. R.** Workshop Presented for CPM Training & Counselling: Melbourne, Australia 6/19/2010; Brisbane, Australia 6/21/2010; Perth, Australia, 6/23/2010; Adelaide, Australia, 6/26/2010; and Sydney, 6/28/2010.
- 2009 “So What if My Client is Gay? Culturally Sensitive CBT with Clients Who Identify as Gay, Lesbian, or Bisexual.” **Martell, C.R. & Hope, D.** Workshop Presented at the 43rd Annual Convention of the Association of Behavioral and Cognitive Therapies, New York, NY, November 20, 2009.
- “Behavioral Activation (BA) for Depression: A Treatment Whose Time Has Come, Again.” **Martell, C. R.** Workshop Presented at the Annual Convention of the Washington State Psychological Association, Seattle, WA, October 17, 2009.
- “Behavioral Activation (BA): Principles, Techniques, and Competencies.” **Martell, C. R.,** Workshop Presented at the Annual Convention of the Washington State Psychological Association, Seattle, WA, October 17, 2009.
- 2006 “Behavioral activation in treatment for depression.” **Martell, C. R.,** Dimidjian, S., & Herman-Dunn, R. Workshop Presented at the 40th Annual Convention of the Association of Behavioral and Cognitive Therapies, November 18, 2006, Chicago, IL.
- 2005 "Behavioral activation: A new approach for treating depression." **Martell, C. R. & Dimidjian, S.** Full-Day CE Workshop, University

- of Washington, School of Social Work. October 21, 2005.
- 2004 "Behavioral activation therapy for depression." Half-Day Workshop. **Martell, C. R.**, Addis, M. E. & Dimidjian, S. Presented at the 38th Annual Convention of the Association for Advancement of Behavior Therapy. New Orleans. November 19, 2004.
- 2003 "The basics of behavioural activation treatment for depression." Full day workshop presented at the British Association of Behavioural and Cognitive Psychotherapies Annual Convention, York, England, UK, July 16, 2003.
- 2002 "Behavioral activation as a contextual treatment for depression." Full Day workshop presented to the Behavior Therapy Society of Sweden, Uppsala Sweden, April 15, 2002.
- "Behavioral activation as a contextual treatment for depression." 3-hour Workshop conducted with Michael E. Addis at the 35th Annual Convention, Association for Advancement of Behavior Therapy, Philadelphia, PA, November 16, 2001 and 36th Annual Convention, AABT, Reno, NV, Nov. 17, 2002.
- 1999 "Integrative behavioral couples therapy: An innovative approach to treating distressed relationships." Workshop presented at the Spring Conference of the Washington State Psychological Association, April, 1999. Workshop Leaders: Peter Fehrenbach, **Christopher Martell** and Carol Henry.
- 1997 "Professional Ethics." Didactic seminar presented to the Clinical Psychology interns in the APA-approved internship program, University of Washington, Department of Psychiatry and Behavioral Science, Seattle, WA. October 1997.
- "Working with lesbian, gay and bisexual persons." Didactic seminar presented to the Clinical Psychology interns in the APA-approved internship program. American Lake Veterans Administration Medical Center, Tacoma WA. July 1997.
- 1996 "Current issues with gay men: a cognitive-behavioral approach." Workshop presented at the 30th Annual Convention of the Association for Advancement of Behavior Therapy. New York, NY, November 1996.
- "Imprisoned in the kingdom of God: treating individuals with religious anxieties". Presented at the Washington State Psychological Association, Spring Convention, April 1996.
- 1995 "Current issues with gay men: a cognitive-behavioral approach." Workshop presented with T. Land, and J. Becker at the 29th Annual Convention of the Association for Advancement of Behavior Therapy. Washington, D.C., November 1995.
- 1993 "Psychotherapy with lesbian and gay clients." Seminar Presented to the Clinical Psychology Interns in the APA accredited internship program at the University of Washington Medical Center - Outpatient Psychiatry

(December 1993)

"Psychological aspects of HIV." Presentation to the Family Practice Residents at Swedish Hospital Medical Center / Seattle, Family Practice Clinic. (April 26, 1993)

"Gay and lesbian development." Lecture conducted at the University of Washington for Psychology 560 course. (April 9, 1993)

- 1991 "The psychological aspects of chronic illness" Presentation to the Family Practice Residents at Swedish Hospital Medical Center Family Practice Clinic. (February 8, 1991)
- 1989 "Cognitive and behavioral treatment of traumatic brain injured adults." Seminar conducted at St. Joseph's Hospital, Tacoma, WA. (September 1989)
- "Substance abuse and head injury" Presented at the Life Initiatives Family Training Program of the Washington State Head Injury Foundation. (1989)
- 1987 "Impact of crisis on the professional." Workshop conducted at the National Association of Student Personnel eastern regional meeting. Co-presenters: Andrew Berger, Leslie Cascone, & Tanya Thomas. (June 1987)
"Suicide and the college student." Workshop conducted at the College Student Personnel Association of New York annual conference. Co-presenters: Andrew Berger, Leslie Cascone, & Tanya Thomas. (January 1987)

PROFESSIONAL POSITIONS

- 7/12 – Present **Independent Clinical Consultant.** Martell Behavioral Activation Research Consulting (MBARC). Milwaukee, WI/ Amherst MA (2016).
- 7/16 – Present **Lecturer/Director of the Psychological Services Center.** University of Massachusetts Amherst. Amherst, MA.
- 7/13 – 5/31/16 **Clinical Professor/Coordinator UWM Psychology Training Clinic.** University of Wisconsin – Milwaukee, Department of Psychology, Milwaukee, WI.
- 8/12 – 7/13 **Clinical Associate Professor** – University of Wisconsin – Milwaukee Department of Psychology, Milwaukee, WI.
- 8/89 – 6/12 **Independent Practice.** Seattle, WA.
- 6/06 – 6/12 **Clinical Associate Professor** University of Washington School of Medicine – Department of Psychiatry and Behavioral Sciences/University of Washington Physicians, Seattle, WA. (Part-time employment.)
- 1/03 – 6/12 **Clinical Associate Professor** University of Washington – Department of Psychology, Seattle, WA. (Unpaid clinical appointment)
- 7/00 – 1/03 **Clinical Assistant Professor** University of Washington – Department of Psychology, Seattle, WA. (Unpaid clinical appointment)

- 3/96 – 7/00 **Clinical Instructor** University of Washington - Department of Psychology, Seattle, WA. (Unpaid clinical appointment)
- 2008 – Present **Consultant.** University of Reading/Charlie Waller Foundation. Providing training and supervision in Behavioral Activation and in Cognitive Behavioral therapy for therapists in the U.K. via the internet.
- 9/90 - 6/92 **School Psychologist.** Highline Public Schools, Seattle, WA.
- 3/89 - 9/90 **Staff Psychologist.** New Medico - Community Re-entry Services of Washington, Mountlake Terrace, WA.
- 4/86 - 2/88 **Applied Behavioral Science Specialist.** Working Organization for Retarded Children, Bayside, NY.
- 10/86 - 6/87 **School Psychologist.** Valley Stream Public Schools, Valley Stream NY.
- 7/85 - 10/86 **Applied Behavioral Science Specialist.** Helen Keller Services for the Blind, Hempstead, NY.
- 7/85 - 8/85 **Applied Behavioral Science Specialist.** United Cerebral Palsy of Greater Suffolk, Commack, NY.

ACADEMIC TEACHING

Courses Taught:

Ethics and Professional Practice (Psychology 712). University of Wisconsin – Milwaukee.

Clinical Practicum (Psychology 842). University of Wisconsin – Milwaukee.

Cognitive-Behavioral Therapy for Depression – University of Washington Department of Psychology. Seminar for 2nd year Doctoral students, co-taught with Corey Fagan, Ph.D.. 2011.

Cognitive Behavioral Therapy Seminar – University of Washington Department of Psychiatry and Behavioral Sciences. R3 Psychiatry Residents.

Behavioral Activation Seminar – University of Washington Department of Psychiatry and Behavioral Sciences. Psychiatry and Psychology Residents.

Cognitive and Behavioral Analysis System of Psychotherapy (C-BASP) Seminar – University of Washington Department of Psychiatry and Behavioral Sciences. Psychiatry and Psychology Residents.

Co-Instructor: Graduate Seminar on Clinical Work with Lesbian, Gay, and Bisexual Clients. With Dr. Jan Kruper, University of Washington, Dept. of Psychology, Spring 1996.

Graduate Seminar on Functional Analytic Psychotherapy.
With Dr. Robert Kohlenberg, University of Washington,
Dept. of Psychology, 2003.

SERVICE TO THE ACADEMY

Chancellor's Council on Mental Health - University of Wisconsin –
Milwaukee.
Expansion of Campus Resources Subcommittee

Clinical Training Committee - University of Wisconsin - Milwaukee

Behavioral Activation Treatment Team – University of Washington
Psychological Services Clinic. Co-leader with Corey
Fagan, Ph.D.

2010 - 2012 **Consulting Editor.**

Journal of Consulting and Clinical Psychology

2013 - 2016

Journal of Sexual Orientation and Gender Diversity

2009

Diversity Advancement Committee. Department of Psychiatry and
Behavioral Sciences, University of Washington.

2007 - Present

Internship Application Review Committee. Department of Psychiatry and
Behavioral Sciences, University of Washington.

2007 – Present

Psychotherapy Workgroup. Department of Psychiatry and Behavioral
Sciences, University of Washington.

Member of Doctoral Dissertation Committee for:

Ajeng Puspitisari - University of Wisconsin - Milwaukee

Dan Yoshimoto - University of Washington – Department of
Psychology – Developmental Psychology

Jean Yi - University of Washington – Department of Psychology –
Adult Clinical Psychology

Member of Dissertation Thesis Examination Committee for:

Trevor G. Mazzucchelli – Curtin University of
Technology, Perth, Western Australia – Department
of Psychology.

PROFESSIONAL ACTIVITIES

Peer reviewer for articles in the following Journals:

Behavior Therapy

Cognitive and Behavioral Practice

Depression and Anxiety

Journal of Family Psychotherapy.

Journal of Behavior Therapy and Experimental Psychiatry

**Developed the Resource Guide and Literature Review for "Promising
Practices with Lesbian, Gay, Bisexual and Transsexual Clients"
for Washington State DSHS, under contract from a grant through
Washington State University, Anne Strode, coordinator (2003)**

**Assisted in Development of Workshops for Gay Male Couples, The
Gottman Institute, Seattle, WA (2000). Leader full-day workshops**

for gay male couples, 2000-2001.

Regional AIDS/HIV trainer for the American Psychological Association's HIV Office of Psychological Education (H.O.P.E.) program. (April 1994 – January 1999).

AWARDS AND HONORS

Certificate of Teaching and Mentoring Excellence. Presented by the 2008-2009 Psychology Residents of the Adult Psychology Track – University of Washington Department of Psychiatry and Behavioral Sciences (APA-Accredited Psychology Internship Training Program).

Distinguished Professional Contribution Award. Division H - Division of Sexual Orientation Issues – Georgia State Psychological Association, June 2006.

Distinguished Psychologist Award. Washington State Psychological Association, October 2004.

Distinguished Book in Lesbian, Gay, and Bisexual Psychology. American Psychological Association - Division 44 (Society for the Psychological Study of Lesbian, Gay, and Bisexual Issues). Awarded to Martell, C. R. Safren, S. A., & Prince, S. E. (2004). *Cognitive-Behavioral Therapies with Lesbian, Gay, and Bisexual Clients*. New York: Guilford Press. Award presented at the 112th Annual Convention of the American Psychological Association, Honolulu, Hawaii, July 30, 2004.

Distinguished Service Award. Washington State Psychological Association, October 1997.

H. Alan Robinson Outstanding Doctoral Dissertation Award. Hofstra University, December 1988.

Delta Epsilon Sigma, National Catholic Scholastic Honor Society. Admitted to membership, Alpha Nu Chapter, May 1983.

LISTINGS

The National Register of Health Service Providers in Psychology, #40348 Approved July 15, 1994

PROFESSIONAL AFFILIATIONS

Academy of Cognitive Therapy - Founding Fellow
American Board of Professional Psychology

Positions Held:

Member - Board of Directors, American Board of Cognitive-Behavioral Psychology (ABCBP): 2005 - Present

President: 2006 – 2008.

Secretary/Treasurer: 2003 - 2006,

Work Sample Coordinator: 2004-2006.

Examination Coordinator: 2008 - 2012

American Psychological Association (APA) – Fellow (Div. 12, Society of Clinical Psychology and Div. 44 Society for the Psychological Study of

Lesbian, Gay, and Bisexual Issues) Committee on Lesbian Gay and Bisexual Concerns (CLGBC), 2002–2005.

Positions Held:

Membership Committee Member – Division 12 (Society of Clinical Psychology) 1/2010 – 1/2012

Fellows Chair – Division 44 (Society for the Psychological Study of Lesbian, Gay, Bisexual and Transgender Issues, - 8/2008 – Present.

President – Division 44 (Society for the Psychological Study of Lesbian, Gay, and Bisexual Issues, 8/2006-8/2007.

President-Elect – Division 44 (Society for the Psychological Study of Lesbian, Gay and Bisexual Issues, 8/2005–8/2006.

Co-Chair – Membership Committee – Division 44 (Society for the Psychological Study of Lesbian, Gay and Bisexual Issues), 2001 – 2004.

Program Chair - Division 44 (Society for the Psychological Study of Lesbian and Gay Issues), 1997

**Association of Behavioral and Cognitive Therapies (ABCT) – Fellow
Washington State Psychological Association (WSPA) – Member**

Positions Held:

Co-Chair: Social Issues and Human Rights Committee 2003 – 2006.

President (WSPA) - 2000

President-elect 1999

Vice President 1998

Ethics Committee/ Ethics Hotline 1995 – Jan. 1999

Chapter IV (King County) Representative 1997 - 1998

President, Chapter IV (King County) 1995 - 1996

President Elect, Chapter IV 1994 - 1995

Co-Chair: Committee on Lesbian, Gay and Bisexual Concerns (WSPA) 1992- 1995

Co-Chair: Membership Affairs Committee (WSPA) 1991 - 1995

Wisconsin Psychological Association - Member

REFERENCES

Provided on request.