



Society of Behavioral Sleep Medicine

Consultant Registry July 5, 2019

About Individual

First Name: Britney

Last Name: Blair

Degree(s): Psy.D.

Years practiced BSM: 8

Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization group tx individual tx sleep diary IRT hypersomnia parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee?: Yes

Your Email: drblairsf@gmail.com

Your Phone: 6504651006

About Institution

Institution or Practice Name: The Clinic

Address: 912 COLE STREET

City: SAN FRANCISCO

State: CA

Office Phone: 4158431523

Office Website: www.theclinicca.org

About Individual

First Name: Daniel

Last Name: Blum

Degree(s): PhD, DBSM

Years practiced BSM: 5

Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization group tx individual tx sleep diary insufficient sleep syndrome hypnotic withdrawal

Type of consultation offered: one-on-one phone/video

Do you charge a consultation fee?: Yes

Your Email: drblum@sleepwise.io

Your Phone: 650-731-2145

About Institution

Institution or Practice Name: Sleep Wise

Address: PO Box 401172

City: San Francisco

State: CA

Office Phone: 650-731-2145

Office Website: <https://sleepwise.io>

About Individual

First Name: Pamela

Last Name: Brody

Degree(s): Ph.D.

Years practiced BSM: 20

Areas of specialization in Sleep: adults CBT-I group tx individual tx sleep diary

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee?: Yes

Your Email: pamela.brody@cbtdenver.com

Your Phone: 303-355-5133

About Institution

Institution or Practice Name: Cognitive Behavior Therapy Associates of Denver

Address: 600 S. Cherry Street, Suite 825

City: Denver

State: CO

Office Phone: 303-355-5133

Office Website: www.cbtdenver.com

About Individual

First Name: Lauren

Last Name: Broch

Degree(s): PhD

Years practiced BSM: 29

Areas of specialization in Sleep: pediatrics adults older adults CBT-I circadian rhythm sleep disorders chronic health conditions group tx individual tx sleep diary parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee?: Yes

Your Email: laurenbroch@yahoo.com

Your Phone: 914-420-2464

About Institution

Institution or Practice Name: Northwell Sleep Disorder Center and Private Practice

Address: 155 Community Dr

City: Great Neck

State: New York

Office Phone: 914-420-2464

Office Website:

About Individual

First Name: Lisa

Last Name: Cottrell

Degree(s): Ph.D. (CBSM, DBSM)

Years practiced BSM: 9

Areas of specialization in Sleep: pediatrics adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary hypnotic withdrawal

Type of consultation offered: phone/video

Do you charge a consultation fee?: Yes

Your Email: lmcottrell@sbcglobal.net

Your Phone: 262-329-4305

About Institution

Institution or Practice Name: Advocate Aurora Health Care

Aurora Medical Center - Grafton

Address: 975 Port Washington Road

City: Grafton

State: WI

Office Phone: 262-329-4305

Office Website:

About Individual

First Name: Leisha

Last Name: Cuddihy

Degree(s): PhD

Years practiced BSM: 8

Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization individual tx sleep diary actigraphy

Type of consultation offered: one-on-one phone/video

Do you charge a consultation fee?: Yes

Your Email: leisha.cuddihy@gmail.com

Your Phone: 7349858174

About Institution

Institution or Practice Name: Spectrum Health Sleep Clinic

Address: 4100 Lake Dr. SE

City: Grand Rapids

State: MI

Office Phone:

Office Website:

About Individual

First Name: Michael

Last Name: DeSanctis

Degree(s): PhD

Years practiced BSM: approx 15

Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders

Type of consultation offered: one-on-one in-person

Do you charge a consultation fee?: Yes

Your Email: michael@drdesanctis.com

Your Phone: 612-991-0596

About Institution

Institution or Practice Name: Positive Sleep Journeys, PLLC

Address: PO Box 46492

City: Eden Prairie

State: MN

Office Phone: 612-991-0596

Office Website: none at present

About Individual

First Name: Diana

Last Name: Dolan

Degree(s): PhD

Years practiced BSM: 14

Areas of specialization in Sleep: adults veterans CBT-I circadian rhythm sleep disorders chronic health conditions group tx individual tx sleep diary IRT insufficient sleep syndrome

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee?: Yes

Your Email: dianacdolan@gmail.com

Your Phone: 9402069703

About Institution

Institution or Practice Name:

Address: 1901 Holly Hill Drive

City: Austin

State: TX

Office Phone: 940-206-9703

Office Website:

About Individual

First Name: Patricia

Last Name: Evans

Degree(s): Ph.D.

Years practiced BSM: 8

Areas of specialization in Sleep: pediatrics adults older adults CBT-I individual tx sleep diary

Type of consultation offered: one-on-one phone/video

Do you charge a consultation fee?: Yes

Your Email: zevans4@msn.com

Your Phone: 952-240-9765

About Institution

Institution or Practice Name: Allina Health

Address: 7920 Old Cedar Avenue South

City: Bloomington

State: MN

Office Phone: 952-240-9765

Office Website:

About Individual

First Name: Heather

Last Name: Finley

Degree(s): PhD

Years practiced BSM: 10+

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders group tx individual tx sleep diary IRT

Type of consultation offered: group one-on-one phone/video

Do you charge a consultation fee?: Yes

Your Email: heather@hfpllc.onmicrosoft.com

Your Phone: 802.862.4884

About Institution

Institution or Practice Name: University of Vermont Medical Center

Address: 118 Tilley Drive

City: S. Burlington

State: VT

Office Phone: 802.862.4884

Office Website:

About Individual

First Name: Robert

Last Name: Glidewell

Degree(s): PsyD

Years practiced BSM: 11

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization individual tx sleep diary actigraphy hypnotic withdrawal

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee?: Yes

Your Email: robert@insomniaclinic.org

Your Phone: 719-239-7078

About Institution

Institution or Practice Name: The Insomnia Clinic

Address: 1155 Kelly Johnson Blvd., Suite 111

City: Colorado Springs

State: CO

Office Phone: 719-373-0051

Office Website: www.insomniaclinic.org

About Individual

First Name: Michael

Last Name: Grandner

Degree(s): PhD MTR

Years practiced BSM: 10

Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary actigraphy insufficient sleep syndrome

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee?:

Your Email: grandner@gmail.com

Your Phone: 520-626-6346

About Institution

Institution or Practice Name: University of Arizona Behavioral Sleep Medicine Clinic

Address: 1501 N Campbell Ave, Box 245002

City: Tucson

State: AZ

Office Phone: 520-626-6346

Office Website: <http://www.sleephealthresearch.com>

About Individual

First Name: Shelby

Last Name: Harris

Degree(s): PsyD

Years practiced BSM: 15

Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary actigraphy IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: group one-on-one phone/video in-person

Do you charge a consultation fee?: Yes

Your Email: Drshelbyharris@drshelbyharris.com

Your Phone: 914-325-8464

About Institution

Institution or Practice Name: Shelby Harris, PsyD, PC (private practice)

Clinical Associate Professor, Department of Neurology, Albert Einstein College of Medicine, NYC, NY

For 13 years, I was the founder and director of the BSM program at Montefiore Medical Center's Sleep-Wake Disorders Center and on the psychiatry faculty where I supervised and trained psychiatry, psychology and Neurology residents in BSM. I am leaving this position at the end of this month to go solely into private practice. I have had my CBSM since 2008.

Address: 280 Dobbs Ferry Road, Suite 303
City: White Plains
State: NY
Office Phone: 914-325-8464
Office Website: www.drshelbyharris.com

About Individual

First Name: Elisabeth
Last Name: James
Degree(s): Ph.D
Years practiced BSM: 10
Areas of specialization in Sleep: pediatrics adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal
Type of consultation offered: group one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: Elisabeth.James.Ph.d@gmail.com
Your Phone: 4193438015

About Institution

Institution or Practice Name: The Regional Center for Sleep Medicine
Address: 4041 W Sylvania Ave Suite 202
City: TOLEDO
State: OH
Office Phone: 4192921616
Office Website:

About Individual

First Name: Yelena
Last Name: Larkin
Degree(s): PHD
Years practiced BSM: 7
Areas of specialization in Sleep: adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary hypersomnia insufficient sleep syndrome hypnotic withdrawal
Type of consultation offered: one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: ychernya@iupui.edu
Your Phone: 5138270186

About Institution

Institution or Practice Name: Indiana University School of Medicine
Address: 355 W. 16th St
City: Indianapolis
State: IN
Office Phone: 46202
Office Website:

About Individual

First Name: Jennifer
Last Name: Miller
Degree(s): Ph.D.
Years practiced BSM: 8
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders individual tx
sleep diary hypersomnia
Type of consultation offered: one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: jenny@jennifermillerphd
Your Phone: (320)217-6025

About Institution

Institution or Practice Name: Jennifer L. Miller, Ph.D., LP, LLC
Address: 110 2nd St. S., #220
City: Waite Park
State: MN
Office Phone: (320)217-6025
Office Website: www.jennifermillerphd.com

About Individual

First Name: William (Bill)
Last Name: Moorcroft PhD
Your Email: bill@sleeplessincolorado.com
Your Phone: 9703084495

About Institution

Institution or Practice Name: Northern Colorado Sleep Consultants, LLC
Address: [2271 Shooting Star Lane' FC 80521](#)
City: Fort Collins
State: co
Office Phone: 970.308.4495
Office Website: [sleeplessincolorado.com](#)

About Individual

First Name: Erin
Last Name: O'Brien Veara
Degree(s): PhD, CBSM
Years practiced BSM: 8
Areas of specialization in Sleep: adults older adults CBT-I individual tx sleep diary
Type of consultation offered: group one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: emobrien523@aol.com
Your Phone:

About Institution

Institution or Practice Name: Corporal Michael J. Crescenz VAMC
Address: 3900 Woodland Avenue
City: Philadelphia
State: PA

About Individual

First Name: James
Last Name: Phelan
Degree(s): MA Counseling Psychology
Years practiced BSM: 5
Areas of specialization in Sleep: adults older adults veterans CBT-I CPAP adherence/desensitization
individual tx IRT hypnotic withdrawal
Type of consultation offered: one-on-one
Do you charge a consultation fee?: Yes
Your Email: jimphelan38@yahoo.com
Your Phone: 7735733206

About Institution

Institution or Practice Name: The Center for Psychological Services
Address: 10735 S. Cicero
City: Oak Lawn
State: IL
Office Phone: 7084240001
Office Website: www.cpstherapy.com

About Individual

First Name: Donn
Last Name: Posner
Degree(s): Ph.D
Years practiced BSM: 30
Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary insufficient sleep syndrome parasomnias hypnotic withdrawal
Type of consultation offered: group one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: dposner57@gmail.com
Your Phone: 617-285-6771

About Institution

Institution or Practice Name:
Address: 4 Blithedale St
City: Newtonville
State: Massachusetts

About Individual

First Name: Jaan
Last Name: Reitav
Degree(s): MA, PhD
Years practiced BSM: 15
Areas of specialization in Sleep: adults older adults CBT-I CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary
Type of consultation offered: phone/video
Do you charge a consultation fee?: Yes
Your Email: jaan.reitav@uhn.ca
Your Phone: 4165973422 x5208

About Institution

Institution or Practice Name: University Health Network - Toronto Rehabilitation Institute
Address: 347 Rumsey Road
City: Toronto
State: ON
Office Phone: 416 921-9787
Office Website: www.drjreitav.com

About Individual

Last Name: Rose
First Name: Mary
Degree(s): PsyD
Years practiced BSM: 17
Areas of specialization in Sleep: pediatrics adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary actigraphy IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal
Type of consultation offered: group one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: mrosesleep@gmail.com
Your Phone: 8326039906

About Institution

Institution or Practice Name: TIRR Memorial Hermann Rehabilitation Network
Address: 1333 Moursund Ave
City: Houston
State: TX

About Individual

First Name: Virginia
Last Name: Runko
Degree(s): PhD, CBSM, DBSM
Years practiced BSM: 11
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization individual tx sleep diary actigraphy insufficient sleep syndrome parasomnias
Type of consultation offered: group one-on-one in-person
Do you charge a consultation fee?: Yes
Your Email: vrunko@dcpsychandsleep.com
Your Phone: 202-455-5387

About Institution

Institution or Practice Name: DC Psychology and Sleep Services
Address: 2168 Wisconsin Ave NW
City: Washington
State: DC
Office Phone: 202-455-5387
Office Website: <https://dcpsychandsleep.com/>

About Individual

First Name: Romelia
Last Name: Rubio
Degree(s): BSc Psychologist
Years practiced BSM: 1
Areas of specialization in Sleep: pediatrics chronic health conditions individual tx
Type of consultation offered: phone/video
Do you charge a consultation fee?: Yes
Your Email: rome.rubio@gmail.com
Your Phone: 5215521455359

About Institution

Institution or Practice Name: Penn Medicine, University of Pennsylvania
Universidad del Valle de México
Address: Av. Bosque Alto No. 245, A403
City: México
State: México
Office Phone:
Office Website: www.behappynights.com

About Individual

First Name: Erin
Last Name: Shadle
Degree(s): MSW, LCSW
Years practiced BSM: 5
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization group tx individual tx sleep diary hypnotic withdrawal
Type of consultation offered: group one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: ErinLShadle@gmail.com
Your Phone: 8047546911

About Institution

Institution or Practice Name: CBT Centers of Western North Carolina - Behavioral Sleep Solutions Program
Address: 1085 Tunnel Road, Unit 7A
City: Asheville
State: NC
Office Phone:
Office Website: www.behaviortherapist.com

About Individual

First Name: Norah
Last Name: Simpson
Degree(s): Ph.D.
Years practiced BSM: 10
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders chronic health conditions individual tx sleep diary IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal
Type of consultation offered: one-on-one phone/video
Do you charge a consultation fee?: Yes
Your Email: nsimpson@stanford.edu

About Institution

Institution or Practice Name: Sleep Health & Insomnia Program
Department of Psychiatry
Stanford University
Address: 401 Quarry Rd.
City: Palo Alto
State: CA
Office Phone: 650-723-2372
Website: www.insomnia.stanford.edu

About Individual

First Name: Sooyeon (Aly)
Last Name: Suh
Degree(s): Ph.D.
Years practiced BSM: 10 years
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions group tx individual tx sleep diary actigraphy IRT insufficient sleep syndrome parasomnias hypnotic withdrawal
Type of consultation offered: group one-on-one phone/video in-person
Do you charge a consultation fee?: Yes

Your Email: dr.alysuh@gmail.com
Your Phone: +82-10-2353-6284

About Institution

Institution or Practice Name: Sungshin Women's University
Dept. of Psychology
Seoul, Korea

Ilsang Psychological Services (IPS)
Seoul, Korea
(Private Practice)
Address: Seongbuk-gu 2 Bomun-ro 34da-gil, Sungshin Women's University, #920 Sungshin Building
City: Seoul
State: Select a State
Office Phone: +8229207215
Office Website: www.bestlab.org

About Individual

First Name: S. Justin
Last Name: Thomas
Degree(s): PhD
Years practiced BSM: 10; 20 years total in sleep medicine
Areas of specialization in Sleep: adults older adults veterans CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary actigraphy IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal
Type of consultation offered: group one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: sjthoma@uabmc.edu
Your Phone:

About Institution

Institution or Practice Name: University of Alabama at Birmingham
Department of Psychiatry
UAB Sleep/Wake Disorders Center
Address:
City: Birmingham
State: AL
Office Phone:
Office Website:

About Individual

First Name: Don
Last Name: Townsend
Degree(s): PhD
Years practiced BSM: 20
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders CPAP adherence/desensitization chronic health conditions individual tx sleep diary hypersomnia parasomnias hypnotic withdrawal
Type of consultation offered: one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: dontownsendphd@gmail.com
Your Phone: 5073985518

About Institution

Institution or Practice Name: Insomnia ExpertZ, PLLC
Address: 3040 E. Cactus Road
City: Phoenix
State: AZ
Office Phone: (480) 416-8661
Office Website: insomniaexpertz.com

About Individual

First Name: Jeffrey
Last Name: Young
Degree(s): PHD
Years practiced BSM: 10
Areas of specialization in Sleep: adults older adults CBT-I circadian rhythm sleep disorders chronic health conditions individual tx sleep diary IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal
Type of consultation offered: one-on-one phone/video in-person
Do you charge a consultation fee?: Yes
Your Email: j.young@ucla.edu
Your Phone: 8182777806

About Institution

Institution or Practice Name: Jeffrey Young, PHD, CBSM
Private Practice
Assistant Clinical Professor (vol) UCLA (Teaching Duties Only)

Address: 16550 Ventura Boulevard, Suite 405
City: Encino
State: California 91436

Office Phone: 818-905-7121

Office Website: www.behavioralsleepmedicine.com

About Individual

First Name: Ryan

Last Name: Wetzler

Degree(s): PsyD

Years practiced BSM: 18

Areas of specialization in Sleep: adults older adults CBT-I CPAP adherence/desensitization chronic health conditions individual tx sleep diary IRT hypersomnia insufficient sleep syndrome parasomnias hypnotic withdrawal

Type of consultation offered: one-on-one phone/video in-person

Do you charge a consultation fee?: Yes

Your Email: drwetzler@gmail.com

Your Phone: 5029314519

About Institution

Institution or Practice Name: Sleep Health Center, PLLC

Address:

City: Louisville

State: Kentucky

Office Phone:

Office Website:
