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## Society of Behavioral Sleep Medicine

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### Consultant Registry November 6, 2018

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#### **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](http://www.theclinicca.org)

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### **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:

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### **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:

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### **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:

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### **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

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### **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:

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### **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](mailto: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:

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### **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:

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### **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](http://www.insomniaclinic.org)

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## 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>

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## 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](http://www.drshelbyharris.com)

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### **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:

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### **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:

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### **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](http://www.jennifermillerphd.com)

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### **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

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### **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

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### **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  
Office Phone:  
Office Website:

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### **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

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### **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

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### **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  
Office

Website: [www.insomnia.stanford.edu](http://www.insomnia.stanford.edu)

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### **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](mailto: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

Ilssang 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](http://www.bestlab.org)

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### **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

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### **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

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## **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:

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