

CURRICULUM VITAE

Gregg D. Jacobs, Ph.D.

Education:

1980 B.A. Lawrence University
1987 Ph.D. University of Tennessee (Psychology)

Postdoctoral Training:

1987-1989 Research Fellow, Division of Behavioral
Medicine, New England Deaconess Hospital, Boston
1987-1989 Clinical Fellow, Department of Psychiatry, Children's Hospital, Boston
1987-1989 Research Fellow in Medicine, Harvard Medical School

Licensure and Certification:

1988-2018 Massachusetts Psychologist License

Academic Appointments:

1989-1998 Instructor in Medicine, Harvard Medical School, Boston, MA
1998-2006 Assistant Professor of Psychiatry, Harvard Medical School, Boston, MA
2015-2017 Faculty Member, Department of Psychiatry, U. of Massachusetts Medical
School

Hospital Appointments:

1988-1989 Staff Psychologist, Behavioral Medicine Program, Salem Hospital, Salem, MA
1989-2004 Senior Scientist, Mind/Body Medical Institute, Boston, MA
1989-2006 Scientific Associate, Department of Medicine, Beth Israel Deaconess Medical
Center, Boston, MA
1989-1999 Staff Psychologist, Mind/Body Medical Institute, Boston, MA
1997-2005 Staff Psychologist, Department of Psychology, Beth Israel Deaconess Medical
Center
2002-2003 Scientist, Laboratory of Neurophysiology, Harvard Medical School.
2002-2017 Medical Staff, Department of Psychiatry, University of Massachusetts

Other Professional Positions:

1980-1984 Senior Stress Management Specialist, Stress Management Laboratory, St.
Elizabeth's Hospital, Appleton, WI
1984-1986 Research Assistant, Department of Psychology, University of Tennessee,
Knoxville, TN
1985-87 Biofeedback Therapist, Southeastern Biofeedback Institute, Knoxville, TN
1986-1987 Graduate Teaching Assistant, Department of Psychology, University of
Tennessee, Knoxville, TN
1988-89 Behavioral Medicine Psychologist, Salem Hospital, Salem, MA.
2002-2017 Behavioral Sleep Medicine Psychologist, University of Massachusetts
Memorial Medical Center, Worcester, MA
2002-2003 Research Scientist, Laboratory of Neurophysiology, Harvard Medical School,
Boston, MA
2004-2006 Sleep Expert, Northwest Airlines World Business Class
2006-present Dissemination of CBT-I to the healthcare, corporate, clinician, and sleep
medicine sector in a variety of formats; online CBT-I program for consumers
through www.cbtforinsomnia.com; and, CBT-I training manuals and
workshops for clinicians. Prior/current enterprise clients include Procter and
Gamble, Raytheon, Ceridian, Nextera Energy, UnitedHealthcare, Kaiser
Permanente, Blue Cross and Blue Shield, Community Care of Oklahoma,
UCLA Health, University of Georgia, U. of California-Davis

Awards and Honors:

1980	Magna Cum Laude, Independent Studies, Lawrence University, Appleton, WI
1980	Cum Laude, Coursework, Lawrence University, Appleton, WI
1985	John P. Zubek Memorial Award
1986	Phi Kappa Phi
1990	Lawrence University Nathan M. Pusey Young Alumni Distinguished Achievement Award

Research Funding Information:

1987-1989	Sherman-Warburg Fellowship
1989-1991	Paul P. Dosberg Foundation Grant CO-PI Behavioral Treatment of Insomnia
1992-1993	John and Esther Klingenstein Foundation CO- Behavioral Treatment of Epilepsy
1997-2002	NIH FIRST award: Pharmacological and Behavioral Treatment of Insomnia (PI)
2002-2003	Lifewaves, International: CBT-I and exercise for the treatment of insomnia (PI)
2000-2004	Centers for Disease Control: the physiology of the relaxation response (Co-PI)

Major Media:

(highlights)

BBC	2/15, 2/12
New York Times	8/16, 7/15, 6/15, 6/12, 6/09, 8/09, 2/06, 3/05, 10/04
Wall Street Journal	9/04 (front page), 4/05, 1/06
Time magazine	10/04
Huffington Post	3/15
ABC World News Tonight	3/06
CBS Evening News	3/06
CBS This Morning Show	3/06
Good Morning America	12/05
Today Show	1/99, 10/06
Washington Post	3/14, 5/05
Boston Globe	8/16, 9/04 (front page), 10/05
NPR	6/05, 2/06
Forbes	10/04
USA Today	7/15, 11/05
Chicago Tribune	11/05
CNN Headline News	2/06
Paula Zahn Show CNN	2/06
CBS Early Show	9/04
Boston ABC TV	11/05
Boston CBS TV	2/06
Boston FOX TV	9/09
CBS News Radio	2/06, 3/06
Reuters and UPI	9/04
Web MD	9/04

Local Teaching Contributions

Harvard Medical School	
1989	Guest lectures for Predoctoral and Postdoctoral Training Program, Behavioral Medicine Program, Department of Psychiatry, Children's Hospital.
1989-2004	Lectures on the behavioral treatment of insomnia presented at the winter, spring, and fall Harvard Medical School Continuing Education Conference on Advances in Behavioral Medicine, Boston, MA.
1989-1996	Lectures on teaching behavioral medicine presented at the winter, spring, and fall Harvard Medical School Continuing Education Conference on Advances in Behavioral Medicine, Boston, MA.
1995-1999	Sleep and Insomnia Seminars for Fortune 500 companies; Mitre, John Hancock, Lotus, Reebok, Bank Boston, Texas Instruments, Analog Devices, Biogen, Fidelity
1996	Supervision of psychologist for re-specialization in behavioral medicine.

2005-2006	Supervision of weekly CBT seminar for 3 rd year psychiatry residents, Beth Israel Deaconess Medical Center Dept. of Psychiatry
2010-2013	Quarterly day-long CBT-I clinician trainings, Sudbury, MA
2013	Sleep and Insomnia webinar for Raytheon world headquarters, Lexington, MA.
2016	Lectures on CBT-I for PGY3/4 psychiatry residents, U. Massachusetts Medical School
Regional, National and International Teaching	
1986	Guest Lectures in Undergraduate Introductory Psychology, University of Tennessee.
1986	Guest Lectures in Graduate Behavioral Medicine, University of Tennessee
1986-1987	Graduate Teaching Assistant in Undergraduate Introductory Biological Psychology, Course Developer, University of Tennessee
1987	Guest Lectures in Undergraduate Abnormal Psychology, University of Tennessee
1987	Guest Lectures in Undergraduate Biological Psychology, University of Tennessee
1994	Basics of Clinical Behavioral Medicine: The Mind/Body Medical Institute Model. Seminar presented at the Society of Behavioral Medicine Fifteenth Annual Scientific Sessions, Boston, MA.
1999	Physiology of mind/body interactions: the stress response and the relaxation response. Clinical applications of the relaxation response and mind/body interactions. Lectures presented the international symposium on scientific integration of western medicine and complimentary, alternative, and mind/body medicine, July, Seoul, South Korea, sponsored by Harvard Medical International and Asan Medical Center.
2000	Central nervous system mechanisms mediating the therapeutic effects of the relaxation response and autogenic training. Keynote lecture presented at the 26 th annual meeting of the Japanese Society of Autogenic Training, Tokyo, Japan.
Clinical Activities	
1988-99	Staff Psychologist, Division of Behavioral Medicine, Deaconess Hospital, Boston, MA. Cognitive-behavioral therapy for a variety of stress-related health problems.
1991-1996	Director, Behavioral Medicine Insomnia Program, Division of Behavioral Medicine, Deaconess Hospital, Boston, MA. Cognitive-behavioral therapy for insomnia. Developed and directed the first group-based, non-pharmacological CBT-I program.
1997-2005	Sleep Psychologist, Sleep Disorders Center, Beth Israel Deaconess Medical Center, Boston, MA. Cognitive-behavioral therapy for insomnia and other sleep disorders.
2002-2017	Sleep Psychologist, Sleep Disorders Center, University of Massachusetts Memorial Medical Center. Cognitive-behavioral therapy for insomnia and other sleep disorders.
Invited Presentations	
1987	The central nervous system effects of the relaxation response. Lecture presented to the clinical staff of the Division of Behavioral Medicine, Deaconess Hospital, Boston, MA.
1989	Changes in the EEG with the relaxation response. Lecture presented at the Harvard Medical School Continuing Education Conference on Advances in Behavioral Medicine, Boston, MA.
1989	Central nervous system effects of relaxation techniques. Lecture presented to the medical staff of the Sleep Disorders Center, Beth Israel Hospital, Boston, MA.
1990	Insomnia. Lecture presented at the Harvard Medical School Continuing Education Conference on Advances in Behavioral Medicine, March, Boston, MA.
1992	Pharmacological and behavioral treatment of insomnia. Lecture presented to the Deaconess Hospital nursing students, Boston, MA.
1993	Behavioral treatment of insomnia. Lecture presented to the clinical staff of the

- 1994 Division of Behavioral Medicine, Deaconess Hospital, Boston, MA.
The central and peripheral nervous system effects of relaxation techniques. Lecture presented to the clinical staff of the Division of behavioral Medicine, Deaconess Hospital, Boston, MA.
- 1995 Behavioral treatment of insomnia. Lecture presented to Baptist Hospital Medical Staff, Nashville, TN.
- 1995 Behavioral medicine treatment of insomnia. Invited Presentation for Insomnia Symposia, Northeast Sleep Society Annual Meeting, Johns Hopkins University, Baltimore, MD, March, 1995.
- 1996 Advances in the non-pharmacological treatment of insomnia. Grand Rounds presented at St. Peter's Medical Center, New Brunswick, NJ.
- 1996 Cognitive-behavioral therapies for insomnia. Lecture presented at Harvard Psychiatry Day "Sleep and Psychiatry", MacLean Hospital, Boston, MA.
- 1996 Advances In the Non-Pharmacological Treatment of Insomnia. Lecture presented for the Beth Israel Deaconess Medical Center Healthcare Associates Primary Psychiatry lecture series
- 1997 Behavioral treatment of insomnia. Lecture presented to the medical staff of the Sleep Disorders Center, Beth Israel Deaconess Hospital, Boston, MA
- 1997 Pharmacological and behavioral treatment of insomnia. Grand Rounds presented at the Sturdy Hospital, Attleboro, MA.
- 1997 Behavioral treatment of adult and pediatric sleep disorders. Lecture presented to the medical and psychology staff of the Behavioral Medicine Clinic, Children's Hospital, Boston, MA
- 1995-present Two-day insomnia training programs conducted for the clinical staff of ten hospitals/HMOs: Fallon (MA), St. Vincent's (NJ), Baptist (TN), Memorial (TX), Gaylord (CT), Stamford Hospital (CT), St. Joseph's Hospital (IN), St. John's Medical Center (MO), Kaiser Permanente HMO (Oakland), Lake Forest Health and Fitness Institute (IL)
- 1998 Physiological and behavioral aspects of napping. Lecture presented to the medical staff of the Sleep Disorders Center, BIDMC, Boston, MA
- 1999 Behavioral treatment of insomnia. Grand rounds presented at the St. John's regional Medical Center, Springfield, MO
- 1999 Behavioral Treatment of Insomnia. Lecture presented to the medical and professional staff of Lake Forest Hospital and Lake Forest health and Fitness Institute, Lake forest, IL
- 2000 Mind/body Medicine. Grand Rounds presented at Halifax Medical Center, Daytona Beach, Florida
- 2000 Behavioral Treatment of Insomnia. Grand Rounds presented at St. John's Medical Center, Springfield, MO
- 2000 Mind/Body Medicine. Lecture presented at the Volusia Medical Society conference on Medicine in the Millennium, Daytona Beach, FL
- 2001 Behavioral Treatment of Insomnia: Current status, future Directions. Lecture presented at the Northeast Sleep Society Annual meeting, Worcester, MA
- 2002 Non-pharmacological treatment of the classic mind/body disorder: insomnia. Seminar presented at Harvard Medical school CME conference on "Mainstreaming Spirituality: The Next Step", Boston, MA.
- 2003 Pharmacological and Behavioral Treatment of Insomnia. Seminar presented at the Laboratory of Neurophysiology, Mass. Mental Health Center/Harvard Medical School, Boston, MA
- 2000 The relaxation response, the hypnagogic state, and circadian rhythms. Seminar presented to the scientific staff of the Mind/Body Medical Institute.
- 2000 Pharmacological and behavioral treatment of insomnia. Lecture presented to students of the Mass College of Pharmacy.
- 2001 Non-pharmacological treatment of the classic mind/body disorder: insomnia. Seminar presented at Harvard Medical school CME conference on Spirituality and healing in Medicine, Clearwater Beach, FL.
- 2001 Stress and Sleep. Lecture presented at Harvard Medical School CME conference on Science and Mind/Body Medicine, Boston, MA.
- 2002 Pharmacological and behavioral treatment of insomnia. Invited presentation for the Northeast Sleep Society 15th Annual Meeting, Worcester, MA
- 2002 Pharmacological and behavioral treatment of chronic sleep-onset insomnia. Grand rounds presented at Harvard Medical School Sleep Grand Rounds,

- Boston, MA
- 2002 Non-drug treatment of insomnia. Lecture presented to the Sleep Disorders Center, UMASS Memorial Hospital, Worcester, MA.
- 2003 Behavioral treatment of insomnia. Grand Rounds presented at MetroWest Hospital, Framingham, MA.
- 2004 Pharmacological and behavioral treatment of insomnia. Grand Rounds presented at the University of Massachusetts Medical Center
- 2005 The Ancestral Mind. Lecture presented at the Smithsonian, Washington, DC.
- 2006 The Ancestral Mind. Workshop presented at the Smithsonian, Washington, D.C.
- 2007 Pharmacological and cognitive-behavioral therapy for insomnia. Grand Rounds presented at Leominster hospital, Leominster, MA
- 2008 Pharmacological and cognitive-behavioral therapy for insomnia. Psychiatry Grand Rounds presented at the University of Texas Health Science Center in San Antonio, San Antonio, TX
- 2008 Pharmacological and cognitive-behavioral therapy for insomnia. Psychiatry Grand Rounds presented at the University of Massachusetts Medical Center, Worcester, MA
- 2009 Pharmacological and cognitive-behavioral therapy for insomnia. Grand Rounds presented at the Beth Israel Deaconess Medical Center Residency Program, Boston, MA
- 2010 Online, interactive cognitive behavioral therapy for insomnia. 11th World Congress on Internet in Medicine, Toronto, CA.
- 2010 Increasing Access to Cognitive Behavioral Therapy for Insomnia. Northeast Sleep Society 21st Annual Meeting, Worcester, MA.
- 2010 Increasing Access to Cognitive Behavioral Therapy for Insomnia. Scripps Sleep Clinic, Scripps Clinic, La Jolla, CA.
- 2013 CBT for Insomnia. All-day seminar presented to Texas Psychological Association
- 2013 Sports Psychology Training, six hours, Wesleyan University tennis team
- 2013 CBT for Insomnia. All-day workshop presented to New York Psychological Association
- 2014 Developing Expertise in CBT-I. Day- Long Workshop for the New Hampshire Mental Health Counselors Association
- 2015 CBT for Insomnia. All-day workshop presented to National Association of Social Workers- Connecticut.
- 2015 CBT for Insomnia. All-day workshop presented to Massachusetts Psychological Association.
- 2015 Pharmacological and Cognitive Behavioral Treatment of Insomnia. Grand Rounds, Middlesex Hospital, Middletown, CT.
- 2015 Pharmacological and CBT treatment of Insomnia. Psychiatry Case Conference, UMass Memorial Medical Center, Worcester, MA.
- 2015 CBT for Insomnia. All-day workshop presented to Colorado Psychological Association.
- 2016 CBT and Pharmacotherapy for Insomnia, Family Medicine Grand Rounds, U. of Massachusetts Medical School
- 2016 CBT and Pharmacotherapy for Insomnia, Adult Psychiatry Faculty Lecture, U. of Massachusetts Medical School
- 2016 CBT and Pharmacotherapy for Insomnia, Grand Rounds, AdCare, Worcester, MA
- 2016 CBT and Pharmacotherapy for Insomnia, UMass Memorial Healthcare Family Medicine Clinic, Barre, MA
- 2017 Developing Expertise in CBT-I. Health Affiliates of Maine, Portland and Bangor, Maine.
- 2018 Developing Expertise in CBT-I. St. Mary's Outpatient Psychiatry Department, Lewiston, Maine

Bibliography:

Original Reports

1. Jacobs, GD, Heilbronner, RL, Stanley, JM The effects of short-term flotation REST on relaxation: a controlled study. Health Psychol 1984; 3: 99-112.

2. Jacobs, GD, and Lubar, JF. Spectral analysis of the central nervous system effects of the relaxation response elicited via autogenic training. *Behav Med* 1989;15: 125-32.
3. Benson, H, Malholtra, MS, Goldman, RF, Jacobs, GD, and Hopkins, PJ. Three case reports of the metabolic and electroencephalographic changes during advanced Buddhist meditation techniques. *Beh Med* 1990;16:90-95.
4. Jacobs, G, Rosenberg, P, Friedman, R, et al. Multifactor behavioral treatment of chronic sleep-onset insomnia using stimulus control and the relaxation response. *Behav Mod* 1993;17:498-509.
5. Jacobs, GD, Benson, H, and Friedman, R. Home-based central nervous system assessment of a multifactor behavioral intervention for chronic sleep-onset insomnia. *Behav Ther* 1993; 24:159-74.
6. Jacobs, GD, Benson, H, & Friedman, R. Perceived benefits in a behavioral medicine insomnia program: a clinical report. *Amer J Med* 1996;100: 212-16.
7. Jacobs, GD, Benson, H, & Friedman, R. Topographic EEG mapping of the relaxation response. *Biofeed and Self-Reg* 1996; 21:121-29.
8. Jacobs, GD, & Snyder, D. Frontal brain asymmetry predicts affective style in men. *Beh Neuroscience* 1996;110: 3-6.
9. Jacobs, GD, Pace-Schott, E, Stickgold, R, Otto, M. Cognitive-behavioral therapy and pharmacotherapy for insomnia: a randomized controlled trial and direct comparison. *Arch Int Med* 2004; 164:1888-96.
10. Jacobs, GD. EEG spectral analysis of relaxation techniques. *Appl Psychophysiol and Biofeedback* 2004; 29:245-54.

Reviews and Educationally Relevant Publications

1. Jacobs, GD. Improving your sleep. In: Benson, H, Stuart, E. *The wellness book: the comprehensive guide to maintaining health and treating stress - related illness*. New Jersey: Carol Publishing, 1992: 289-303.
2. Jacobs, GD. *Say good night to insomnia*. New York: Henry Holt, 1999, 2009. (Translated into Korean, Bulgarian, Polish, German, Romanian, Lithuanian, Chinese, and Japanese).
3. Jacobs, GD. *The ancestral mind*. New York: Viking Penguin, 2003.
4. Jacobs, G.D. The physiology of mind/body interactions: the stress response and the relaxation response. *J. Alt. Comp. Med.* 2002; 7 (Supplement): S83-92.
5. Jacobs, GD. Clinical applications of the relaxation response and mind/body interventions. *J. Alt. Comp Med.* 2002; 7 (Supplement): S93-101.
6. Jacobs, GD. Is Estorra efficacious and appropriate for the clinical management of chronic insomnia? Letter to the editor. *Sleep* 2004; 27:1.

Abstracts

1. Home-based Nightcap documents distorted sleep latency estimates in insomniacs. Jacobs, GD, Stickgold, R, Hobson, JA, and Pace-Schott, E. Abstract accepted for presentation at the 15th Annual APSS (American Professional Sleep Societies) meeting in Chicago, June, 2001.
2. Home-based nightcap measures insomniacs' sleep latency unobtrusively. Pace-Schott, E, Stickgold, R, Hobson, JA, and Jacobs, GD. Abstract accepted for presentation at the 15th Annual APSS (American Professional Sleep Societies) meeting in Chicago, June, 2001.

Dissertation

Jacobs GJ. Spectral analysis of the CNS effects of autogenic training.

Magazine Article

Get a good night's sleep. *Prevention Magazine* January 1992: 44-48.

Presentations:

1. The effects of short-term flotation REST on relaxation: a controlled study. Paper presented at the Madison Undergraduate Research Symposium, May, 1980, Madison, WI.
2. Spectral analysis of the CNS effects of the relaxation response elicited by autogenic training. Paper presented at the Society of Behavioral Medicine Ninth Annual Scientific Sessions, April, 1988, Boston, MA.
3. Multifactor treatment of chronic sleep-onset insomnia using stimulus control and the relaxation response. Paper presented at the Society of Behavioral Medicine Twelfth Annual Scientific Sessions, March, 1991, Washington, D.C.
4. Home-based EEG assessment of a multifactor behavioral intervention for chronic sleep-onset insomnia. Paper presented at the American Psychosomatic Society 50th anniversary conference, April, 1992, New York, N.Y.
5. Topographic EEG mapping of the relaxation response. Paper presented at the Society of Behavioral Medicine Fifteenth Annual Scientific Sessions, April, 1994, Boston, MA.
6. Topographic EEG mapping of the relaxation response. Paper presented at the American Psychosomatic Society conference, April, 1994, Boston, MA

7. Perceived Outcome in a Behavioral Medicine Insomnia Program. Paper presented at the Society of Behavioral Medicine Sixteenth Annual Scientific Sessions, April, 1995, San Diego.