

JoAnne Dahl, Curriculum Vitae 2014

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Education

Earlham College, Richmond Indiana BA 1973
Uppsala University, MS Clinical Psychology 1978
Uppsala University, Ph.D Clinical Psychology 1987
Uppsala University, Docent (Associate Professor degree) 1993
Uppsala University, Full Professor promotion 2012

Licenses:

Licensed Psychologist 1979-present
Licensed Psychotherapist in CBT 1992-present

Present Position

Full Professor in Psychology
Department of Psychology, Uppsala University

Awards:

2014 ACBS Fellow Distinction
2011 Award for Teaching Excellence from the National Behavior Therapy Society
2009 Gold Flame Award from National Epilepsy Society for Contributions for Treatment of Epilepsy in the Developing Countries

Commissions

Chairperson for Commission on Developing Behavioral Self Help technology for Epilepsy in the Developing Countries. International League Against Epilepsy 2003- present

Research Partner with **Stephen Stafford, Kathy Pahl**
Shout-It-Now www.shoutitnow.org Head Office: Cape Town, South Africa

Scientific Publications

1. Melin, L. and Dahl, J. (1981) Effects of contingent relaxation on epileptic seizures. *Journal of Psychiatric Treatment and Evaluation* 3, 197-203,

2. Brorson, L.O. and Dahl, J. (1982) The treatment of epilepsy: Pharmacology and behavior therapy. *Scandinavian Journal of Social Medicine* 59, (in Swedish)

3. Dahl, J. and Brorson, L.O., (1983) Behavioral Analysis of Children with epilepsy: Theory and practice. *Scandinavian Journal of Behavior Therapy* 12: 195-210 (in Swedish)

* 4. Dahl, J., Melin, L., Brorson, L.O., and Schollin, (1985) J. Effects of a broad spectrum behavior modification treatment program on children with refractory seizures., *Epilepsia* 26: 303-309

* 5. Dahl, J., Melin, L. and Lund, L., (1987) Effects of contingent relaxation treatment program on adults with refractory seizures., *Epilepsia* 28: 125-132

* 6. Dahl, J., Melin, L. and Leissner, P., (1988) Effects of a behavioral intervention on epileptic seizure behavior and paroxysmal activity: A systematic replication of three cases of children with intractable epilepsy., *Epilepsia* 29: 172-183

7. Dahl, J. (1988) Behavior therapy and the treatment of epilepsy, *Scandinavian Journal of Behavior Therapy* 17: 139-153

* 8 Dahl, J., Gustavsson, D. and Melin, L., (1990) Effects of a behavior treatment program on children with asthma., *Journal of Asthma* 27: 41-46

9) Dahl, J., Lindquist, B., Tysk, C., Leissner, P., Philipson, L., Jarnerot, G., (1991) Effects of a behavioral medicine approach to chronic constipation, *Journal of Diseases in Colon and Rectum*, 09.769-776.

10 Dahl, J., Brorson, L.O. & Melin, L., (1992) Effects of a broad-spectrum behavioral treatment program on children with refractory epileptic seizures: An eight year follow-up, *Epilepsia* 33, 1: 98-102,

11. Dahl, J. (1991) Ein verhaltensmedizinischer Ansatz zur Diagnostik and Behandlung bei Epilepsie. (book chapter) *Epilepsie 91 Jahrestagung der deutschen Sektion der Internationalen Liga gegen*, Herausgegeben von D. Scheffner, Einhorn press Verlag 303-316,

12. Dahl, J. (1998) A Behavioral Medicine Approach to the analysis and

treatment

of childhood asthma, *Scandinavian Journal of Behavior Therapy*, 27:1, 30-41.

13. Johansson, C. Dahl, J., Jannert, M. Melin, L, Andersson, G. (1998) Effects of

a cognitive-behavioral pain-management program. *Behavioral Research and Therapy*, 36, 915-930.

14. Dahl, J. (1999) A behavioral medicine approach to epilepsy: time for a paradigm shift? *Scandinavian Journal of Behavior Therapy*, 28, 3 97-114

15. Dahl, J. Nilsson, A. (2001) Evaluation of a preventive behavioral medicine work-site intervention for public health workers at risk for developing chronic pain. *European Journal of Pain*, 5; 1-12

16. Dahl Olerud, J, & Wilson, K., (2002) Behavior Medicine. *Applied Behavior Analysis: Theory and Practice*, Chapter 15, eds. S. Eikeseth, F. Svartdal. Gyldendal Akademisk, (in press) (in norwegian)

17. Wicksell, R. & Dahl Olerud, J. (2003)

Evaluation of a behavior analysis and treatment of progressive myoclonus epilepsy, type Unverricht – Lundborg: A case study. *Cognitive Behavior Therapy*, 32, 1, 38-46.

18: Dahl, J, Wilson, K., Nilsson, A (2004) Acceptance and Commitment Therapy

and the Treatment of Persons at Risk for Long-Term Disability Resulting from Stress and Pain Symptoms Behavior therapy

19. Dahl, J., Lundgren, T. (2005) Behavior Analysis of Epilepsy: Conditioning mechanisms, behavior technology and the contribution of ACT. *The Behavior Analyst Today*, 6 (3), 191-202.

20. Wicksell RK, Dahl J, Magnusson B, Olsson GL. Using acceptance and commitment therapy in the rehabilitation of an adolescent female with chronic pain: a case example. *Cogn Behav Pract* (2005);12: 415–23.

21. Lundgren, T. Dahl, J. Melin, L, Kies,, B. Evaluation of Acceptance and Commitment Therapy for Drug Refractory Epilepsy: A RCT trial in South Africa. –A pilot study, *Epilepsia*, (2006)

22. Lundgren, T., Dahl, J., Melin, L., Yardi, N. (2008) Acceptance and Commitment Therapy and Yoga for drug refractory epilepsy: A Randomized controlled trial, *Epilepsy and Behavior*.

23. Lundgren, T., Dahl, J., Hayes, S. (2008) Evaluation of mediators of change in the treatment of epilepsy with acceptance and commitment therapy. *Journal of Behavior Medicine*

24. Plumb, J. Stewart, I, Dahl, J, Lundgren, T, (2009) In search of meaning: Values in Modern clinical behavior analysis, *The Behavioral Analysis*, 32, 85-103
25. Thorsell J, Finnes A, Dahl J, Lundgren T, Gybrant M, Gordh T, Buhrman M. A Comparative Study of 2 Manual-based Self-Help Interventions, Acceptance and Commitment Therapy and Applied Relaxation, for Persons With Chronic Pain. *Clin J Pain*. 2011 May 2.
26. Lundgren, T. Luoma, J., Dahl, J. Strosahl, K. Melin, L. The Bull's Eye Value Survey: a Psychometric Evaluation, *Cognitive and Behavioral Practice* (2012)
27. Weineland, S., Arvidsson, D., Kakoulidis, T. P., & Dahl, J. (2012). Acceptance and commitment therapy for bariatric surgery patients, a pilot RCT. *Obesity Research and Clinical Practice*, 6(1), e21-e30. doi: 10.1016/j.orcp.2011.04.004
28. Ly, K.H., Dahl, J., Carlbring, P. & Andersson, G. (2012). Development and initial evaluation of a smartphone application based on acceptance and commitment therapy. Springer Plus
29. Weineland, S, Lillis, J, Dahl, J, Measuring Experiential Avoidance in a Bariatric Surgery Population- Psychometric Properties of AAQ-W, *Obesity Research in Clinical Practise* (2012)
30. Wieneland, S, Hayes, S.C. Dahl, J., Psychological Flexibility and the Gains of Acceptance-based treatment for post-bariatric surgery: six-month follow-up and a test of the underlying model, *Clinical Obesity*, 2012
- 31 Wieneland, S, Alfonsson, S., Dahl, J., Ghaderi, A, Development and validation of a new questionnaire measuring eating disordered behaviors post bariatric surgery *Clinical Obesity*. 2012

Book Chapters

- Dahl, J., (1990) A behavior medicine approach to epilepsy, (book chapter) *Pediatric Epilepsy*, Wrightson Biomedical Publishing Ltd, Hampshire, UK,
- Dahl, J. Lundgren, T. 2006) Acceptance and Commitment Therapy (ACT) in the Treatment of Chronic Pain (In *Mindfulness-Based Treatment Approaches*, Ruth Baer (Ed) Elsevier
- Robinson, P., Gregg, J., Dahl, J Lundgren, T.(2004) ACT in Medical Settings, In *Acceptance and Commitment Therapy: A Practical Guide*, S. Hayes & K. Strosahl (EDS) Springer, New York

Dahl Olerud, J, & Wilson, K., (2003) Behavior Medicine. Applied Behavior Analysis: Theory and Practice, Chapter 15, eds. S. Eikeseth, F. Svartdal. Gyldendal Akademisk, (in norwegian)

Dahl JC, Lundgren TL. Conditioning mechanisms, behavior technology, and contextual behavior therapy. In: Schachter SC, Holmes GL, Trenité DG, eds. Behavioral aspects of epilepsy: principles & practice. New York: Demos, 2008:245-252.

Books

Dahl, J., Epilepsy: A behavior medicine approach to assessment and treatment, A handbook for professionals working with epilepsy, (250 pages) Hogrefe & Huber Publishers, Gottingen, Seattle, 1992

Dahl, J., Wilson, K. G., Luciano, C., & Hayes, S. C. (2005). Acceptance and Commitment Therapy for Chronic Pain. Reno, NV: Context Press.

Dahl, J. Lundgren, T. Living Beyond Your Pain, New Harbinger, 2006

Dahl, J. Lundgren, T. Släpp Taget om Smärtan, Wahlström & Widstrand (2008)

Dahl, J. Plumb, Stewart, I, Lundgren, T The Art and Science of valuing in Psychotherapy, New Harbinger, 2009

Lillis, j. Dahl, J. Weineland, S. The Diet Trap: Feed Your Psychological Needs and End the Weight Loss Struggle Using Acceptance and Commitment Therapy , New Harbinger 2014

ACT and RFT in Relationships: Helping Clients Deepen Intimacy and Maintain Healthy Commitments Using Acceptance and Commitment Therapy and Relational Frame Theory [JoAnne Dahl](#) (Author), [Ian Stewart](#) (Author), [Christopher Martell](#) (Author), [Jonathan S Kaplan](#) New Harbinger 2014