

John Cline, PhD.; D, ABSM; FAASM is a licensed clinical psychologist and is a diplomate of the American Board of Sleep Medicine. He is a member of the American Association for the Advancement of Science, the New York Academy of Sciences, and the American Psychological Association (APA) and is a fellow of the American Academy of Sleep Medicine and the Connecticut Psychological Association (CPA). Dr. Cline is also a past president of the CPA and served as a member of the Council of Representatives of the APA. In 1996 he was awarded the APA's Karl F. Heiser Presidential Award for Advocacy in Psychology. He served as a consulting clinical supervisor in the psychology department at Yale University for 32 years and as an assistant professor of clinical psychiatry at Yale Medical School for 20 years. While actively working in sleep medicine, health psychology, and general clinical psychology, he wrote the *Sleepless in America* blog for *Psychology Today* magazine. He has been involved in research on the treatment of insomnia with cognitive behavioral therapy in patients with heart failure at Yale School of Nursing and served as a therapist in a study using psilocybin for the treatment of depression at Yale Medical School.

Dr. Cline graduated from the University of Virginia with a BA in psychology in 1977 and completed his Ph.D. in clinical psychology at the University of Toledo in 1984. He came to Connecticut for his predoctoral internship in clinical psychology with a rotation in health psychology at the West Haven Veterans Administration Medical Center in 1981. After completing postdoctoral supervised work at the Alcohol Services Organization, West Haven Veterans Administration Medical Center, and Elmcrest Psychiatric Hospital, he was licensed as a psychologist in 1985 and subsequently continued to work in the state of Connecticut. He has served in several positions, including assistant unit chief for inpatient psychiatry at Elmcrest, where he developed and directed the behavioral medicine program; director of outpatient services at the Institute of Living; clinical director of the Department of Psychiatry at Grove Hill Medical Center; and as a sleep psychologist at Gaylord Hospital. He is currently working on several online projects, is a sleep psychologist at the Sleep Disorders Center of Connecticut, and has recently joined Comprehensive Neuropsychological Services.

Dr. Cline's primary professional interests are in cognitive behavioral therapy; acceptance and commitment therapy; behavioral medicine; health psychology; behavioral sleep medicine, the application of psychological approaches to the management of illness and optimization of health; and supporting individuals in the integration of powerful altered states of consciousness, such as those occasioned by the use of psychedelic substances. His clinical interests are in helping people cope with anxiety, depression, sleep difficulties, chronic health issues, work-related stress, and substance use problems, as well as the integration of altered states of consciousness.