

Denise Ernst, Ph.D.

Contact Information:

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Professional Experience:

- 1993-present Motivational Interviewing Trainer and Consultant, sole proprietor of personal business since 2004, providing services for organizations, research projects, academic institutions and individual providers.
- 2010-2011 Vice President, Health Future LLC, Health Management Services, Portland, Oregon
- 2009 Director of Research and Development, The Change Companies, Carson City, Nevada.
- 2007- present Visiting Researcher, Karolinska Institute, Stockholm, Sweden. Providing Motivational Interviewing quality assurance training and analysis services.
- 2004-2005 Behavioral Health Consultant, Family Practice Clinic, Department of Community and Family Medicine, University of New Mexico, Albuquerque, New Mexico.
- 2002-2004 Coordinator of Education and Training Services, Center on Alcoholism, Substance Abuse and Addictions, University of New Mexico, Albuquerque, New Mexico.
- 2002-2004 Motivational Interviewing Coach, EMMEE Project, Center on Alcoholism, Substance Abuse and Addictions, University of New Mexico, Albuquerque, New Mexico.
- 2001-2003 Medical Management Monitoring Coordinator, Project Combine, Center on Alcoholism, Substance Abuse and Addiction, University of New Mexico, Albuquerque, New Mexico.
- 1997-2001 Senior Research Associate, Intervention Director, Promoting Healthy Lifestyles Alternative Models Effects, includes development, training, and quality assurance of Motivational Interviewing intervention (1999-2001). Project Director, Dietary

Approaches to Stop Hypertension (2) (1997-1999), Kaiser Permanente Center for Health Research.

1999-2000 Faculty/Coach, Kaiser Permanente Northern California Communication Skills Intensive Program for Providers.

1993-1997 Assistant Manager of Clinical Services, Health Behavior Clinic; Recruitment Department (1996); Oncology Research Clinic (1996), Kaiser Permanente Center for Health Research.

1989-1992 Supervisor and Lead Analyst, Research Assistant Department, Kaiser Permanente Center for Health Research.

Education & Training:

2007 Doctor of Philosophy, Psychology, University of New Mexico, Albuquerque, New Mexico

2003 Master of Science, Psychology, University of New Mexico, Albuquerque, New Mexico.

1993 Motivational Interviewing and Brief Intervention Training for Trainers. William R. Miller and Stephen Rollnick, Albuquerque, New Mexico.

1986 Master of Arts, Counseling Psychology, Lewis and Clark College, Portland, Oregon.

1976 Bachelor of Science, emphasis on nutrition, University of Nevada, Reno, Nevada.

Motivational Interviewing courses developed and delivered:

Introduction to Motivational Interviewing (1, 2, 4, 6, 8, 12, 16 hours)

Advanced Motivational Interviewing (1, 2 days)

Motivational Interviewing Supervision Training (2, 3 days)

Integrating Motivational Interviewing into Existing Systems (3 hours)

Motivational Interviewing Coding Training

Publications:

Ernst, D., Allicock, M., & Campbell, M.K. (2012). Motivational Interviewing in Hypertension Management. In Lin, P., & Svetkey, L.P. (Eds.) *Nutrition, Lifestyle Factors, and Blood Pressure* (pp. 99-122). Boca Raton, FL., USA: Taylor & Francis Group, LLC.

- Forsberg, L., **Ernst, D.**, & Farbring, C.A. (2011). Learning motivational interviewing in a real-life setting: A randomised controlled trial in the Swedish Prison Service. *Criminal Behavior and Mental Health*, 21:3, 177-88.
- Forsberg, L., **Ernst, D.**, & Farbring, C.A. (2011). Motivational Interviewing delivered by existing prison staff: A randomized controlled study on substance use after release. *Substance Use and Misuse*, 46:12, 1477-85.
- Ernst DB, Pettinati HM, Weiss RD, Donovan DM, Longabaugh R. (2008). Relating Elements of Medical Management to Patient Outcomes in Treating Alcohol Dependence. *Annals of Family Medicine*, 6, 435-440.
- Ernst, D., Miller, W.R., & Rollnick, S. (2007). Treating substance abuse in primary care: A demonstration project. *International Journal of Integrated Care*, Vol. 7, e36.
- Welch, G., Rose, G. & Ernst, D. Motivational Interviewing and Diabetes: What is it, How is it Used, and does it Work? (2006). *Diabetes Spectrum*, 19:1, 5-11.
- Miller, W. R., Baca, C., Compton, W. M., Ernst, D., Manuel, J. K., Pringle, B., Schermer, C.R., Weiss, R. D., Willenbring, M. L., & Zweben, A. (2006). Addressing substance abuse in health care settings. *Alcoholism: Clinical and Experimental Research*, 30:2, 292-302.
- DeBar, L.L., Ritenbaugh, C., Vuckovic, N., Stevens, V.J., Aickin, M., Elliot, D., Moe, E., Orwoll, E., Ernst, D., & Irving, L.M. (2004.) YOUTH: decisions and challenges in designing an osteoporosis prevention intervention for teen girls. *Preventive Medicine*, 39, 1047-1055.
- Hecht, J, Borrelli, B., Breger, RKR., DeFrancesco, C, Ernst, D., & Resnicow, K. (2005). Motivational Interviewing in Community-Based Research: Experiences from the Field. *Annals of Behavior Medicine*, 29 Suppl: 29-34.
- Kennedy, B.M., Appel, L.J., Charleston, J.B., Reams, P., Conlin, P., & Ernst, D. (2005) Techniques for Successful Recruitment in Multi-Center Trials: The DASH-Sodium Experience. *Ethnicity and Disease*, 15, 123-129.
- Resnick, B, Bellg, A., Borrelli, B., Breger, R., Hecht, J., Minicucci, DS., Levesque, C., Orwig, D., Ernst, D., Ogedegbe, G., & Czajkowski, S. (2005). Testing Treatment Fidelity in the Behavior Change Consortium Studies. *Annals of Behavior Medicine*, 29 Suppl: 46-54.
- Borrelli, B, Sepinwall, D, Ernst, D, Bellg, AJ, Czajkowski, S, Breger, R, DeFrancesco, C, Levesque, C, Minicucci, DS, Ogedegbe, G, & Resnick, B. (2005). A New Tool to Assess Treatment Fidelity, and Assessment of Treatment Fidelity Across Ten Years of Health Behavior Research, *JCCP*, 73(5): 852-60.
- Pettinati, H. M., Weiss, R. D., Miller, W. R., Donovan, D., Ernst, D. B., & Rounsaville, B. J. (2004). *Medical Management (MM) treatment manual: A clinical research guide for medically trained clinicians providing pharmacotherapy as part of the treatment for*

- alcohol dependence*. COMBINE Monograph Series (Vol. 2). Bethesda, MD, National Institute on Alcohol Abuse and Alcoholism.
- Miller, W.R., Moyers, T.M., Arciniega, L., Ernst, D. & Forcehimes, A. (2005). Training, Supervision and Quality Monitoring of the COMBINE Study Behavioral Interventions., *Journal of Studies on Alcohol*, 15 Suppl: 188-85.
- Pettinati, H. M., Weiss, R. D., Dundon, W., Miller, W. R., Donovan, D., Ernst, D. B., & Rounsaville, B. J. (2005). A structured approach to medical management (MM): A psychosocial intervention to support pharmacotherapy in the treatment of alcohol dependence. *Journal of Studies on Alcohol*, 15 Suppl: 170-8.
- Bellg AJ, Borrelli B, Resnick B, Hecht J, Minicucci DS, Ory M, Ogedegbe G, Orwig D, Ernst D, Czajkowski S. (2004). Enhancing treatment fidelity in health behavior change studies: Best practices and recommendations from the behavior change consortium. *Health Psychology*, 23(5): 443-51.
- Elliot, DL, Goldberg, L, Duncan, TE, Kuehl, KS, Moe, EL, Breger, RKR, DeFrancesco, CL, Ernst, DB, & Stevens, VJ. The PHLAME Firefighters' Study: Feasibility and Findings. *American Journal of Health Behavior*, 2004, 28(1):13-23.
- Miller, W.R., Moyers, T.M., Ernst, D. & Amrhein, P. (2002.) *Manual for the Motivational Interviewing Skill Code, Version 2*. Center on Alcoholism, Substance Abuse and Addictions, University of New Mexico, <http://casaa.unm.edu/download/misc.pdf>.
- Moe EL, Elliot DL, Goldberg L, Kuehl KS, Stevens VJ, Breger RKR, DeFrancesco CL, Ernst D, Duncan T, Dulacki K, Dolen S. Promoting Healthy Lifestyles: Alternative Models' Effects (PHLAME). *Health Education Research*, 2002, 17:586-596.
- Resnicow, K., DiIorio, C., Soet, J. E., Borelli, B., Hecht, J. & Ernst, D. Motivational Interviewing in Health Promotion: It sounds like something is changing. *Health Psychology*, 2002; 21(5): 444-451.
- Resnicow, K., DiIorio, C., Soet, J. E., Borelli, B., Ernst, D., Hecht, J., & Thevos, A. K. (2002). Motivational interviewing in medical and public health settings. In W. R. Miller & S. Rollnick, *Motivational interviewing: Preparing people for change* (pp. 251-269). New York: Guilford Press.
- Valanis BG, Whitlock E, Ernst D. Perimenopausal women's use of health care services in an HMO. *Clin J Women's Health* 2001; 1(5):235-243.
- Whitlock EP, Valanis B, Ernst D, Smith L. Prevalence of contraindications to hormone replacement therapy in middle-aged women in a managed care setting. *J Women's Health* 1995; 4(3):1-10.
- Windhauser M, Ernst D, Karanja N, Crawford S, Redican S, Swain J, Karimbakas J, Champagne C, Hoben K, Evans M. (1999) Translating the DASH Diet from Research to Practice:

Dietary and Behavior Change Techniques. *Journal of American Dietetics Association* 99 Suppl (8): S90-96.

Vogt TM, Mullooly JP, Ernst D, Pope CR, Hollis JF. Social networks as predictors of ischemic heart disease, cancer, stroke and hypertension: incidence, survival and mortality. *Journal of Clinical Epidemiology* (1992); 45(6):659-66.