

VITA
Reid K. Hester, Ph.D.

January 12, 2010

Education

Washington State University, Pullman, WA; Ph.D., Clinical Psychology, 1979.
Washington State University, Pullman, WA; M.S., Clinical Psychology, 1974.
University of Washington, Seattle, WA; B.S., Psychology, 1973.



License/Certification

State of New Mexico Licensed Clinical Psychologist, License No. 242, June, 1981.

Honors

Recipient of the Tibbetts Award, 2006 for excellence in SBIR research (Drinker's Check-up project).
Recipient of the Dan Anderson Research Award from Hazelden, 2005.
Fellow, Division 50 (Addictions) of the American Psychological Association, 2001.
Recipient of the Tibbetts Award, 1997 for excellence in SBIR research (Behavioral Self-Control Program for Windows project).

Present Positions

1983-present Partner of Behavior Therapy Associates, LLP Albuquerque, New Mexico.
1989-present Research Associate Professor, Center for Alcohol, Substance Abuse and Addictions, Dept. of Psychology, University of New Mexico, 1989 to present.
1996-present Director of Research Division of Behavior Therapy Associates, LLP. The Research Division is involved in clinical research and training in the area of substance abuse. Areas of clinical interest: alcohol and drug problems, behavioral medicine, and compulsive behaviors. More information about research available at www.behaviortherapy.com
2000-present Board of Professional Advisors, SMART Recovery (www.smartrecovery.org)
2003-present Member, Executive Committee, Addictions Special Interest Group of the Association for Behavioral and Cognitive Therapies.
2005-present Board of Directors, Moderation Management (www.moderation.org).
2006-present Ad hoc reviewer to *Journal of Consulting & Clinical Psychology*, *Journal of Studies on Alcohol*, *Journal of Substance Abuse Treatment*, *Psychology of Addictive Behaviors*, & *Mednet*.

Computer and Internet related activities

1997-present Webmaster for the web site of BTA, www.behaviortherapy.com
2003-present Webmaster for the web applications: Drinker's Check-up www.drinkerscheckup.com and Moderate Drinking www.moderatedrinking.com (2009–present).

Other positions

2009-present U.S. Cycling Race Referee & MotoRef

Publications in preparation, submitted, or in press

*Hester, R.K., Delaney, H.D., & Campbell, W., (in preparation). Moderatedrinking.com: 12-month outcomes of a randomized clinical trial. *Journal of Substance Abuse Treatment*.

Publications (* peer reviewed)

*Hester, R.K., Delaney, H.D., Campbell, W., & Handmaker, N.(2009). A web application for moderation training: Initial results of a randomized clinical trial. *Journal of Substance Abuse Treatment*, 37(3), 266-276.

*Squires, D.D. & Hester, R.K. (2009). Treatment Provider Perceptions and Utilization of a PC-Based Brief

Motivational Intervention for Problem Drinkers: Implications for Dissemination. *Addictive Disorders & Their Treatment*, 8(3), 119-127.

*Hester, R.K. & Squires, D.D. (2008). Web-based Norms for the Drinker Inventory of Consequences from the Drinker's Check-up. *Journal of Substance Abuse Treatment*, 35, 322-327.

*Hester, R.K. & Miller, J.H. (2006). Computer-based interventions for diagnosis and treatment of alcohol problems. *Alcohol Research and Health*, 29(1), 36-40.

Hester, R.K. (2005). Research to Practice: Becoming skilled in motivational interviewing: Rewards and challenges. *Addiction Professional*, 3(5), 10-12.

Hester, R.K. (2005). Research to Practice: Being relevant to those in the trenches. *Addiction Professional*, 3(3), 12.

Carey, K. B. & Hester, R.K. (2005). Rethinking Readiness-To-Change for At-Risk College Drinkers. *The Addictions Newsletter*, 12(2), 6-8.

*Hester, R.K., Squires, D.D., & Delaney, H.D. (2005). The Computer-based Drinker's Check-up: 12 month outcomes of a controlled clinical trial with problem drinkers. *Journal of Substance Abuse Treatment*, 28(2), 159-169.

*Walters, S. T., Hester, R. K., Chiauuzzi, E., & Miller, E. (2005). Demon rum: High tech solutions to an age-old problem. *Alcoholism: Clinical and Experimental Research*, 29(2), 270-277.

Hester, R.K. & Squires, D.D. (2004). Outcome research: Alcoholism. In M. Galanter & H. Kleber (Eds.) *Textbook of substance abuse treatment*, pp 129-136. Third edition, Washington, D.C.: American Psychiatric Press.

*Squires, D.D., & Hester, R.K. (2004). Utilizing technical innovations in clinical practice: The Drinker's Check-up software program. *IN SESSION: Journal of Clinical Psychology*, 60(2), 159-170.

Hester, R.K., & Miller, W.R. (Eds.) (2003). *Handbook of alcoholism treatment approaches: Effective alternatives*, (3rd edition). Boston, MA: Allyn & Bacon.

Hester, R.K. (2003). Self-control training. In R.K. Hester & W.R. Miller (Eds.), *Handbook of alcoholism treatment approaches: Effective alternatives*, (3rd edition). Boston, MA: Allyn & Bacon.

Miller, W.R., & Hester, R.K. (2003). Alcoholism treatment: Towards an informed eclecticism. In R.K. Hester & W.R. Miller (Eds.), *Handbook of alcoholism treatment approaches: Effective alternatives*, (3rd edition) Boston, MA: Allyn & Bacon.

Hester, R.K. (2002). The Drinker's Check-up: A brief motivational intervention for problem drinkers. *Smart Recovery News & Views*, 8(4), 8-9.

Hester, R.K. (2002). The Drinker's Check-up & Follow-up Drinker's Check-up. Software program. Author, www.behaviortherapy.com.

Hester, R.K. (2002). *Behavioral self-control with Reid Hester*. Videotape edited by Carlson, J. & Lewis, J. (Eds.) Videotape series 7 *skills for addiction-free living*, Boston, MA: Allyn & Bacon.

*Squires, D.D. & Hester, R. K. (2002). Development of a computer-based brief intervention for drinkers: The increasing role for computers in the assessment and treatment of addictive behaviors. *The Behavior Therapist*, 25,(3), 59-65.

Moyers, T.B., & Hester, R.K. (2001). Matching clients with recovery tools (pp. 383-393). In R. Coombs (Ed.) *Addiction Recovery Tools*. Newbury Park, CA. Sage.

*Moyers, T.B., & Hester, R.K. (2000). Credentialing, Documentation and Evaluation. In B. McCrady & B. Epstein (Eds.) *Addictions: A source book for practitioners* (pp. 414-420). New York: Oxford University Press.

*Handmaker, N., Hester, R.K., & Delaney, H.D. (1999). Videotaped training in alcohol counseling for obstetric care practitioners: A randomized controlled trial. *Obstetrics & Gynecology*, 93, 213-218.

Moyers, T.B. & Hester, R.K. (1999). Outcome research: Alcoholism. In M. Galanter & H. Kleber (Eds.) *Textbook of substance abuse treatment*. Second edition (pp. 129-134). Washington, D.C.: American Psychiatric Press.

Hester, R.K. & Brown, S. (1997) (Eds.). The assessment and treatment of psychoactive substance use disorders. Study course for the Proficiency examination of the College of Professional Psychology, American

Psychological Association. Course available from UCSD Dept. of Psychiatry.

*Hester, R.K. & Delaney, H.D. (1997). Behavioral Self-Control Program for Windows: Results of a controlled clinical trial. *Journal of Consulting and Clinical Psychology*, 65(4) 686-693.

Hester, R.K. (1995). Should you be concerned about your drinking? *Self-help psychology magazine*, Internet address: www.shpm.com

Hester, R.K. (1995). Behavioral Self-control Program for Windows. Computer program: Author.

Hester, R.K. (1995). Self-control training. In R.K. Hester & W.R. Miller (Eds.), *Handbook of alcoholism treatment approaches: Effective alternatives*, (2nd edition) (pp. 148-159). Needham Heights, MA: Allyn & Bacon.

Hester, R.K., & Miller, W.R. (Eds.) (1995). *Handbook of alcoholism treatment approaches: Effective alternatives*, (2nd edition). Needham Heights, MA: Allyn & Bacon.

Miller, W.R., & Hester, R.K. (1995). Alcoholism treatment: Towards an informed eclecticism. In R.K. Hester & W.R. Miller (Eds.), *Handbook of alcoholism treatment approaches: Effective alternatives*, (2nd edition) (pp. 1-11). Needham Heights, MA: Allyn & Bacon.

Miller, W. R., Brown, J. M., Simpson, T. L., Handmaker, N. S., Bien, T. H., Luckie, L. F., Montgomery, H. A., Hester, R. K., & Tonigan, J. S. (1995). What works? A methodological analysis of the alcohol treatment outcome literature. *Handbook of alcoholism treatment approaches: Effective alternatives*, (2nd edition) (pp. 12-44). Needham Heights, MA: Allyn & Bacon.

Hester, R.K. (1994). Outcome research: Alcoholism. In M. Galanter & H. Kleber (Eds.) *Textbook of substance abuse treatment* (pp. 35-44). Washington, D.C.: American Psychiatric Press.

*Miller, W.R., Hertel, P., Saucedo, C., & Hester, R.K. (1994). Effects of alcohol and expectancy upon episodic memory in individuals reporting alcoholic blackouts. *Experimental and Clinical Psychopharmacology*, 2, 1-6.

Hester, R.K. (1993). Matching clients to alcohol treatments: What little we know and how very far we have to go. In A. Heineman (Ed.), *Substance abuse and physical disability* (pp. 153-164). Binghamton, NY: Hawthorne Press.

Hester, R.K. & Miller, W.R. (1993). Psychological, behavioural, and psychodynamic treatments for substance abuse (pp.103-130). *Approaches to treatment of substance abuse*. Geneva, Switzerland: World Health Organization, WHO/PSA/93.10.

*Project MATCH (1993). Project MATCH: Rationale and methods for a multisite clinical trial matching alcoholism patients to treatment. *Alcoholism: Clinical and Experimental Research*, 17, 1130-1145.

Kadden, R., Carroll, K., Donovan, D., Cooney, N., Monti, P., Abrams, D., Litt, M., & Hester, R. (1992). *Cognitive-behavioral coping skills therapy manual: A clinical research guide for therapists treating individuals with alcohol abuse and dependence*. Mattson, M.E. (Ed.), National Institute on Alcohol Abuse and Alcoholism. Project MATCH Monograph Series, Volume 3. DHHS Pub. No. (ADM)92-1895, Washington, D.C.

Hester, R.K., Nirenberg, T., & Begin, A. (1990). Behavioral treatment of alcohol and drug abuse: What do we know and where do we go? In M. Galanter (Ed.) *Recent developments in alcoholism* (pp. 305-327). New York: Guilford.

Hester, R.K. & Sheehy, N. (1990). The grand unification theory of alcohol abuse: It's time to stop fighting each other and start working together. In R. Engs (Ed.), *Controversy in the addiction field* (pg 2-9). Dubuque, IA: Kendall-Hunt.

Hester, R.K. (1989). *The alcohol database*. Author.

Hester, R.K. (1989). Treatment setting and duration: Variables which make a difference. *The Addiction Letter*, 5(1), 3.

Hester, R.K., & Miller, W.R. (1989). Behavioral self-control training. In R.K. Hester & W.R. Miller (Eds.), *Handbook of alcoholism treatment approaches: Effective Alternatives*, (pp.141-150). Elmsford, NY: Pergamon.

Hester, R.K., & Miller, W.R. (Eds.) (1989). *Handbook of alcoholism treatment approaches: Effective Alternatives*. Elmsford, NY: Pergamon.

Miller, W.R., & Hester, R.K. (1989). Alcoholism treatment: Towards an informed eclecticism. In R.K.

Hester & W.R. Miller (Eds.), *Handbook of alcoholism treatment approaches: Effective Alternatives* (pp 3-14). Elmsford, NY: Pergamon.

*Miller, W.R., & Hester, R.K. (1989). Rules of evidence and burden of proof: Response to Mazza. *American Psychologist*, 44, 1245-1246.

Hester, R.K. & Miller, W.R. (1988). Empirical guidelines for optimal client treatment matching. In National Institute of Drug Abuse Research Monograph No. 77, *Adolescent drug abuse: Analysis of treatment research* (pp 27-38).

*Rimmele, C.T. & Hester, R.K. (1987). Cognitive rehabilitation after traumatic head injury: A comprehensive review. *Journal of Clinical Neuropsychology*, 2, 353-384.

Miller, W.R. & Hester, R.K. (1986). The effectiveness of treatment techniques: What the research reveals. in Miller, W. R. and Heather, N. (Eds.) *Treating addictive behaviors: Process of change* (pp. 121-174). New York: Plenum Press.

*Miller, W.R. & Hester, R.K. (1986). Inpatient alcoholism treatment: Who benefits? *The American Psychologist*, 41, 7, 794-805.

Miller, W.R. & Hester, R.K. (1986). Matching problem drinkers with optimal treatments. in Miller, W.R. and Heather, N. (Eds.) *Treating addictive behaviors: Process of change* (pp. 175-204). New York: Plenum Press.

Hester, R.K., Smith, J.W., & Jackson, T.R. (1981). The influence of deficits of alcoholics' cognitive skills on failure to complete treatment. *The International Journal of The Addictions*, 16, 5.

Miller, W.R., & Hester, R.K. (1980). Treating the problem drinker: Modern approaches. In Miller, W.R. (Ed.) *The addictive behaviors: Treatment of alcoholism, drug abuse, smoking and obesity*. New York: Plenum Press.

*Hester, R.K., Smith, J.W., & Jackson, T.R. (1980). Recovery of cognitive skills in alcoholics. *Journal of Studies on Alcohol*, 41(3), 363-367.

*Hester, R.K. & Brown, W.R. (1980). The Eysenck personality inventory: A normative study of an industrial population. *Journal of Clinical Psychology*, 36(4), 937-939.

*Smith, R.E., Keating, J.P., Hester, R.K., & Mitchell, H.E. (1976). Role and justice considerations in the attributions of responsibility to a rape victim. *Journal of Research in Personality*, 10, 346-357.

*Hester, R.K. & Smith, R.E. (1973). Effects of mandatory death penalty on the decisions of simulated jurors as a function of the heinousness of the crime. *Journal of Criminal Justice*, 1, 319-326.

Current Grants & Contracts

Principal Investigator NIAAA grant R44AA014766 "A computer based brief intervention for college drinkers, 9/1/07-8/31/10.

Previous Research Experience and Consulting Contracts

Principal Investigator NIAAA grant R44AA014305 "A moderation training web app. for problem drinkers, 5/15/06-10/31/09.

Project Director for "Coordination of Training for Providers of Substance Abuse Treatment" Contract to City of Albuquerque, NM, 10/05--10/08.

Project Director on subcontract to RTI International to adapt the Drinker's Check-up for use by the Department of Defense, 10/05-10/07.

Consultant to New Mexico Dept. of Health on CSAT grant to implement screening, brief intervention, and brief treatment in rural primary healthcare settings, 2003-2005.

Consultant to New Mexico Dept. of Health providing technical assistance to DWI treatment providers in empirically supported treatment protocols, 1997-2005.

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "The adolescent smoker's check-up software program. Project period 2005.

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "The College

Drinker's Check-up. Project period 2004.

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "A Moderate drinking web app. for problem drinkers. Project period 2004.

Consultant to Santa Fe County CSAT grant "Community Reinforcement and Family Therapy." Project period 2001-2004.

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "Brief intervention for alcoholism via computer software." Project period 1999-2003.

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "Training Secondary Prevention of Fetal Alcohol Syndrome. Project period 1997.

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "Secondary Prevention of Alcoholism via Computer Software." Project period 7/1-12/31/90 and 9/1/93-8/31/97.

Co-PI on a NIAAA multi-site treatment outcome study of the Matching Hypotheses, RO1-AA08435-01 "Strategies for Matching Clients to Treatments." Period of project 9/1/89-8/31/94.

Substitute PI on three NIAAA grants from 7/1/89 to 7/1/90: 1) RO1-AA 07564-02 "Effectiveness of the Community Reinforcement Approach, Project period 3/1/90-2/28/91. This is a treatment effectiveness study. 2) RO1 AA06952-03 "Interventions to suppress posttreatment urges & drinking." This is a treatment effectiveness study. 3) T32 AA07460-03 "Alcohol and drug abuse prevention and treatment evaluation.

Pre-doctoral Fellow in the Alcoholism Training Program, Washington State University, September, 1976, through August, 1978.

United States Public Health Service Trainee, 1975-76.

Master's research project funded by the College of Arts and Sciences, Washington State University, and Research Assistantship, 1975.

Other (non-funded) research projects

Psychological changes after heart transplantation. R.K. Hester, PI, 1988-1990.

Family involvement in the treatment of chronic illness behavior. Hester, R.K., Shisslak, C.M., and Fedoravicius, A., 1979.

Retrieval from episodic memory in individuals reporting alcohol blackouts. Supervisor, W. R. Miller, Ph.D., Alcohol Research Project, University of New Mexico, November, 1978 through January, 1979.

Doctoral Dissertation: Recovery of cognitive skills in alcoholics. Supervisor, Warren Garlington, Ph.D., Washington State University, March through November, 1977.

Master's Research Project: Effect of different penalty alternatives on the decisions of simulated jurors. Supervisor, H. Cross, Ph.D., Washington State University, May through November, 1975.

Investigation into the effects of high versus low consumption models on the drinking behaviors of serious drinkers. Supervisor, G. Alan Marlatt, Ph.D., Institute for Alcoholism and Drug Abuse, University of Washington, March through June, 1974.

B. S. Honor's thesis; part of a coordinated research project on the effects of manipulation of personality characteristics, amount and type of evidence presented and effects of a mandatory death penalty on simulated juror's decisions. Supervisor, R. E. Smith, Ph.D., University of Washington, January through June, 1973.

Past Positions

Contributor to *Addiction Professional*, 2005-2007.

U.S. Sailing Certified Instructor, small keelboats & multihulls, 1996-2007.

Chair of the Continuing Education Committee of Division 50 of the American Psychological Association; Division 50 Awards committee member 2003-2006.

Ad hoc reviewer to *Archives of General Psychiatry* and *Journal of Substance Abuse Treatment*, 2005.

Board of Professional Advisors, Moderation Management 200-2005.

President, Addictive Behaviors Special Interest Group, Association for the Advancement of Behavior Therapy, 2002-2004.

Staff Writer, Q & A Column: Alcohol, tobacco, and other drugs, *Self-Help and Psychology Magazine*, www.shpm.com, 1995-2003

Consultant to Pew Charitable Trust Project "Ensuring solutions to alcohol problems" 2003.

Ad hoc reviewer, *Psychology of Addictive Behaviors*, 2003.

Member, Technical Review Panel, Center for Substance Abuse Treatment for *Buprenorphine clinical practice guidelines*, 2002.

Chief Psychologist, Heart Transplant Team, Presbyterian Hospital, Albuquerque, NM, 1985-2002.

Board member, Computers and high technology in Psychology Special Interest Group, Association for the Advancement of Behavior Therapy, 1995-7.

Developer of Behavioral Self-Control Program for Windows (BSCPWIN), a computer-based treatment program for problem drinkers, 1993-1997.

Author of a Motivational Interviewing presentation software program, 1994.

Member of UNM Center for Alcohol, Substance Abuse and Addictions, Education and Treatment Advisory Board, 1987-2000.

Ad hoc grant reviewer for NIAAA, 1994-2000.

Reviewer for *Alcohol Health & Research World*, 1999 & *Psychology of Addictive Behaviors*, 2000.

Listserv owner of a discussion group, Computers and high technology in psychology, UNM, 1995-2000.

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "Brief intervention for alcoholism via computer software." Project period 1999-2000

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "Training Secondary Prevention of Fetal Alcohol Syndrome. Project period 1997.

Principal Investigator (PI) on NIAAA funded Small Business Innovative Research Grant "Secondary Prevention of Alcoholism via Computer Software." Project period 1993-7.

Member of an Advisory Panel on the National College of Professional Psychology in the Practice Directorate of the American Psychological Association, 1992, 1995.

Reviewer for *Archives of General Psychiatry* and *Journal of Consulting & Clinical Psychology*, 1995.

Clinical Associate, Department of Psychiatry, UNM, 1985-95.

Consultant to Center for Interdisciplinary Studies, Denver, CO. Assisted in development of cognitive-behavioral treatment manual for substance abusing criminal offenders, 1995.

Consultant to St. Andrew's Hospital, Northampton England on program evaluation and treatment research, 1991, 1995.

Technical consultant for SBIR contract reviews for NIAAA, 1994.

Consultant to the Centers for Disease Control, Fetal Alcohol Syndrome Prevention division. 1994-1995.

Consultant to World Health Organization, Program on Substance Abuse project "Mapping the treatment response to substance abuse." 1991-1994.

Co-Principal Investigator on NIAAA funded Project MATCH, a cooperative multi-site treatment outcome study of the matching hypothesis. Project period 9/1/89-8/31/93.

Reviewer for *Psychology of Addictive Behaviors* and *Alcohol and Alcoholism*, 1992.

Professional advisor to the Albuquerque OCD Support Group, 1991-3.

Member of NIAAA/NRSA advisory board, UNM, 1987-1990.

Principal Investigator (PI) on NIAAA funded Phase I Small Business Innovative Research Grant "Secondary Prevention of Alcoholism via Computer Software." Project period 7/1-12/31/90.

Consultant to Schick Shadel Hospital on program evaluation and treatment research, 1988-89.

Consultant to Veterans Administration Grant Proposal Review Department, 1984-88.

Chairperson, Psychology Section, Presbyterian Hospital, 1986.

Member of NIAAA peer review panel for a Treatment Handbook Series, 1985.

Director of Psychology Service, Department of Rehabilitation Medicine, St. Joseph's Hospital, Albuquerque, New Mexico, January, 1981-January, 1986. Duties include: (a) Evaluation and treatment of head trauma, stroke and spinal cord-injured patients and their families and (b) Consultation with staff regarding

patient management.

Director, Psychological Services, Raleigh Hills Hospital, Glendale, California (a private hospital for treatment of alcoholism which utilizes aversive conditioning.) December, 1979 - December, 1980.

Psychologist, Family Practice, Newport Medical Group. December, 1979-December, 1980.

Pre-doctoral Psychology Intern, Albuquerque Veterans Administration Medical Center, Albuquerque, New Mexico. September, 1978 - September, 1979. Experience in Behavioral Medicine, Neuropsychology, Marital Therapy Units. Also conducted research and treatment at Alcohol Research Treatment Project, University of New Mexico.

Developmental assessment of adult mental retardates for development of training programs: Supervisor, Barry Carlaw, Ph.D. n Adult and Child Developmental Center, Department of Health and Welfare, Coeur d'Alene, Idaho, May and June, 1978.

Psychology Intern, Hanford Environmental Health Foundation (HEHF), Richland, Washington. (Hanford is a nuclear industrial reservation.) Summers, 1976, 1977.

Cognitive Assessments for Intermediate School District #101 at Liberty High School, Spangle, Washington. Supervisor, H. Cross, Ph.D., May, 1975.

Papers and Workshops Presented

Hester, R.K., Delaney, H.D., & Campbell, W. ModerateDrinking.com: 12-month outcomes of a randomized clinical trial. Poster presentation at Association for Behavioral and Cognitive Therapy (ABCT), November, 20, 2009.

Hester, R.K. What works? What does treatment outcome research have to say to practitioners? Presentation to San Juan County (NM) judges, county commissioners, and treatment providers, 6/12/09.

Hester, R.K., Delaney, H.D., & Campbell, W. A web application for moderation training: Initial results of a randomized clinical trial. Poster presentation at Association for Behavioral and Cognitive Therapy (ABCT), November, 16, 2008.

Hester, R.K., & Miller, J.B. Motivational interviewing and brief interventions. Workshops at a variety of locations in NM: 9/12,19/08, 3/14,21/08, 10/12,19/07, 6/12/07, 2/2-3/07, 10/26-27/06, 8/25-26/06, 5/19-20/06, 4/20/06, 5/17-18/06, 3/3/06, 2/10/06, 12/3, 9/05, 5/2-3/05, 4/13/05, 4/1/05, 8/19/04, 8/3-4/04, 5/11-13/04, 3/11/04., 2/16-17/04, 10/27-8/03, 8/21/03, 4/11/03, 10/11/02; 9/20/02, 1/4/02, 12/7/01, 10/19/01, 4/6/01, 9/22/00, 2/4/00, 1/12/00, 11/1/99, 2/12/99.

Hester, R.K. The Drinker's Check-up. Presentation part of a symposium titled "Development and behavioral effects of a web-based alcohol intervention for the military, American Public Health Association Convention, Washington, D.C., 11/5/07.

Hester, R.K. Internet based resources for the addictions: The future is here. Presentation at New Mexico Psychological Association's fall conference, Albuquerque, NM, 11/3/07.

Hester, R.K. Web-based norms for the Drinker's Inventory of Consequences (DrInC). Presentation part of a symposium, "Bringing services to adults: Brief motivational interventions in employee assistance, substance treatment, jails, and the Internet (K. Chan Chair), Research Society on Alcoholism 30th Annual Conference, 7/10/07.

Hester, R.K., & Miller, J.B. The Drinker's Check-up: A brief motivational intervention and program evaluation tool for problem drinkers. Workshop presented at Presbyterian Hospital, 1/19/07.

Meyers, R.J. & Hester, R.K. The Community Reinforcement Approach. Workshops at a variety of locations in NM: 6/12/09, 4/21/06, 5/13/05, 4/14/05, 9/8/04, 2/25/04, 7/25/03, 3/28/03, 4/7/02, 2/14/02, 5/4/01, 3/30-31/01, 2/14/01, 4/7/00, 3/12/99, 10/31/98.

Hester, R.K. The Drinker's Check-up: 12 month outcomes of a controlled clinical trial of a stand-alone software program for problem drinkers. Dan Anderson Award Presentation at the Substance Abuse Research Forum, St. Paul, MN, 4/13/06.

Hester, R.K. Innovative strategies for motivating problem drinkers to change: The Drinker's Check-up Project. Grand Rounds presentation, Dept. of Psychiatry, University of New Mexico Medical School, 3/24/06.

Hester, R.K. PC and web-based interventions for problem drinkers. Graduate class taught, Dept. of Psychology, University of New Mexico, 3/22/06.

Hester, R.K. & Squires, D.D. Problem drinkers seeking web-based help: A research to practice update in brief motivational interventions. Poster presented at the 11th International Conference on the Treatment of Addictive Behaviors, 2/1/06.

Hester, R.K. & Squires, D.D. Data from the new frontier: Web-based norms for the Drinker's Inventory of Consequences and the SOCRATES. Poster presented at the 11th International Conference on the Treatment of Addictive Behaviors, 2/1/06.

Hester, R.K. The Drinker's Check-up: A brief motivational intervention and program evaluation tool. Workshops at a variety of locations in NM: 9/23/05, 9/13/05, 5/6/05, 5/4/05, 4/15/05, 2/27/04, 8/8/03, 1/31/03.

Hester, R.K., Squires, D.D., & Delaney, H.D. The Drinker's Check-up: 12 month outcomes of a computer-based brief motivational intervention for problem drinkers. Poster presented at 38th Annual Convention of the Association for the Advancement of Behavior Therapy, 11/19/04.

Hester, R.K. What works? A review of the treatment outcome literature and Motivational interviewing: Preparing people to change. Invited presentations at 21st Annual Gulf Coast Conference on Alcohol and Drug Abuse, Mobile, AL, 11/04/04.

Hester, R.K., Miller, B., & Singer, P. Screening and referral for substance abuse problems in primary healthcare settings. Workshops for primary healthcare providers and participating in a CSAT Sbirt grant to NM Dept. of Health, 8/17-19, 30/04.

Hester, R.K. & Miller, B. Brief intervention protocols with drug abusers in rural primary healthcare settings. Workshops part of a CSAT Sbirt grant to NM Dept. of Health, 9/8/04, 2/23/04.

Slesznik, N. & Hester, R.K. Brief interventions with adolescents in rural primary healthcare settings. Workshops part of a CSAT Sbirt grant to NM Dept. of Health, 2/18/04.

Hester, R.K. Moderation training in rural primary healthcare settings. Workshops part of a CSAT Sbirt grant to NM Dept. of Health, 9/7/04, 2/24/04.

Hester, R.K. & Meyers, R.J. Community reinforcement approach with alcohol and drug abusers in rural primary healthcare settings. Workshops part of a CSAT Sbirt grant to NM Dept. of Health, 9/8/04, 2/25/04.

Hester, R.K., Motivational interviewing and the process of change. Workshops at the Federal Correctional Facility in Springfield, MO for counselors and inmates 8/14-15/03.

Hester, R.K., Motivational interviewing and brief interventions. Workshop in Madison, WI, 5/23/03.

Hester, R.K., Delaney, H.D., & Squires, D.D. The Drinker's Check-up: 12 month outcomes of a controlled clinical trial of a computer-based brief motivational intervention for problem drinkers. Poster presented at 37th Annual Convention of AABT, Boston, MA, 11/22/03.

Hester, R.K., Connors, G., & Cannon, J. Diffusion of empirically supported protocols: Whatever happened to controlled drinking. Invited presentation at Addictive Behaviors Special Interest Group at 37th Annual Convention of AABT, Boston, MA, 11/21/03.

Hester, R.K. Software and web applications for brief interventions for problem drinkers: Resources for nonspecialists. Presentation in symposium "High Tech assessment and treatment: Current uses and considerations at at 37th Annual Convention of AABT, Boston, MA, 11/21/03.

Walters, S., Hester, R.K., Chiauuzzi, E., & Miller, L. Demon Rum: High-Tech Solutions to an Age-Old Problem. Symposium presented at the Dept. of Education's National Meeting, Austin, TX, 10/17/03.

Hester, R.K., Delaney, H.D., & Squires, D.D. The Drinker's Check-up: 12 month outcomes of a controlled clinical trial of a computer-based brief motivational intervention for problem drinkers. Poster presented at NMPA's Fall Conference on Empirically Supported Treatments, 10/10/03.

Hester, R.K. & Campbell, T. Motivational interviewing and brief interventions. Workshop presented in Madison, WI, 4/23/03.

Hester, R.K. Taming Demon Rum: Effective new strategies for problem drinkers. Symposium presented at the 4th National Harm Reduction Conference, Seattle, WA, 12/4/02.

Hester, R.K., Squires, D.D., & Delaney, H.D. The Drinker's Check-up: Complete 4 and 8 week

outcomes of a controlled clinical trial of a computer based brief intervention for drinkers. Poster presented at 36th annual convention of the Association for the Advancement of Behavior Therapy, Reno, NV, 11/15/02. Presentation available at www.behaviortherapy.com.

Hester, R.K., Meyers, R.J., Anderson, R.A., & Squires, D.D. Disseminating and evaluating empirically supported treatments in non-research clinics. Presentation at 36th annual convention of the Association for the Advancement of Behavior Therapy, Reno, NV, 11/15/02.

Hester, R.K. Maximizing treatment outcomes. Presentation at It takes a community: Successful offender re-entry. A multi-systems approach. Conference sponsored by NM Department of Health, 10/29/02.

Squires, D.D., & Hester, R.K.. Using a computer based brief intervention and follow-up program to assess, treat, and evaluate outcomes for problem drinkers. Poster presented at 25th annual meeting of the Research Society on Alcoholism, San Francisco, CA, 7/1/02.

Hester, R.K. & Squires, D.D. Program evaluation. Workshop presented at Presbyterian Hospital, Albuquerque NM 1/11/02.

Hester, R.K. The computer-based Drinker's Check-up. Poster presentation at 35th Annual Convention of Association for Advancement of Behavior Therapy, Philadelphia, PA, 11/16/02

Hester, R.K., Behavioral self-control training. Workshops at a variety of locations in NM: 2/23/01, 10/13/00, 4/16/99, 11/14/98.

Hester, R.K., & Moyers, T. Suicide screening and prevention. Workshops at a variety of locations in NM: 10/5/01, 1/5/01.

Meyers, R.J. Smith, J. E. & Hester, R.K. The Community Reinforcement and Family Therapy (CRAFT). Workshop presented at Lifelink in Santa Fe NM 3/9-10/01, 4/13/01.

Hester, R.K. The effectiveness of treatment: what research reveals. Keynote address at 18th Annual Gulf Coast Conference on Alcohol and Drug Abuse, 11/2/01.

Hester, R.K. The use of technology in addictions research and treatment. Presentation at the Annual Convention of the American Psychological Association, Washington, D.C., 11/18/00.

Hester, R.K. The computer-based Drinker's Check-up. Poster presentation at 33rd Annual Convention of Association for Advancement of Behavior Therapy, Toronto, Ontario, November 19, 1999.

Hester, R.K. & Handmaker, N. Motivational interviewing. Workshop at Presbyterian Hospital, Albuquerque, NM February 12, 1999.

Hester, R.K. Stressors and coping strategies in heart transplant patients. Presentation to Presbyterian Hospital's heart transplant support group, November 10, 1998.

Seidner, A.L., Jerone, A., Hester, R.K., Eckhardt, M., & Levin, G. Funding your research with Small Business Innovation Research grants. Professional seminar at 32nd Annual Convention of Association for Advancement of Behavior Therapy, Washington, D.C. November 5, 1998.

McCrary, B.S., Hester, R.K., Horvath, A.T., Liese, B., & Sobell, L. Practice guidelines for substance use disorders: Good Science? Good Practice? Panel discussion at 32nd Annual Convention of Association for Advancement of Behavior Therapy, Washington, D.C., November 7, 1998.

Hester, R.K. Motivational Interviewing: Increasing motivation for change. Keynote address at 17th Annual Convention for Association for Treatment of Sexual Abusers, Vancouver, B.C. October 16, 1998.

Hester, R.K. Screening & treatment of DWI offenders. Presentation at DWI Training Conference, Institute of Public Law, Albuquerque, NM, May 1, 1998.

Hester, R.K. Motivational interviewing: Preparing clients to change. Workshop at Taos Ski Valley, NM February 2-5, 1998.

Hester, R.K. Technical assistance for DWI screening and treatment. Presentation at State of New Mexico Local DWI Grand and Distribution Workshop, Albuquerque, NM, December 19, 1997.

Hester, R.K. Integrating technology and humanity in computer assisted therapy. Clinical roundtable participant, Association for the Advancement of Behavior Therapy Convention, November 16, 1997, Miami Beach, FL.

Hester, R.K. Treating people with alcohol and drug problems and evaluating the effectiveness of your

- efforts. Workshop given at Caribbean Center for Advanced Studies, San Juan, Puerto Rico, November 7, 1997.
- Hester, R.K., & Handmaker, N.H. Training secondary prevention of fetal alcohol syndrome. Presentation at the First International Motivational Interviewer's Trainer's Forum: Developments in training methods, materials, and research. October 14, 1997, Malta.
- Hester, R.K. & Delaney, H.D. Behavioral self-control program for Windows: Results of a controlled clinical trial. Poster presented at the Treating Addictions in New Mexico Conference, May 1, 1997.
- Hester, R.K. Treatment effectiveness: An update. Two day workshop sponsored by the Karolinska Institute, Stockholm, Sweden, April 14-15, 1997.
- Hester, R.K. What we do best....is what we do least. Keynote address given to 20th Annual Addictions Course, Harvard Medical School, Boston, MA, March 7, 1997.
- Hester, R.K. Computer-based moderation training. Presentation given to the Cancer Prevention Research Center, University of Rhode Island, Providence, RI, March 6, 1997.
- Hester, R.K. Effectiveness of treatment for alcohol and drugs: An update. Keynote address given to the 27th Annual MARRCH conference, St. Cloud, MN, October 30, 1996.
- Hester, R.K. Treatment for alcohol and drug problems in clients with psychiatric diagnoses. An update. Two day workshop presented in Bangor, ME, Sept. 9-10, 1996.
- Hester, R.K. & Delaney, H.D. Behavioral self-control program for Windows: Current findings of a clinical trial in progress. Paper/poster presented at the Addictions '96 Conference, Hilton Head Island, SC, September 28, 1996.
- Hester, R.K. Motivational interviewing: Learning a counseling style that enhances motivation for change. Seminar given to Annual Conference of the American Association of Spinal Cord Injury Psychologists and Social Workers, Las Vegas, NV, Sept. 3-4, 1996.
- Hester, R.K. & Delaney, H.D. Behavioral self-control program for Windows: Current findings of a clinical trial in progress. Paper/poster presented at the Research Society of Alcoholism, June 25, 1996.
- Hester, R.K. The interface between sound psychological practice and business. Seminar given to Southwestern Consortium pre-doctoral psychology interns, Albuquerque VAMC, June 19, 1996.
- Hester, R.K. Treatment for alcohol and drug problems: An update. Workshop given to The University of Texas Medical Branch, Galveston, TX, May 31, 1996.
- Hester, R.K. Integrating criminal and substance abuse treatment. Plenary presentation. Demonstrating motivational interviewing skills: A workshop. Both given at conference "Criminal conduct and substance abuse treatment: Strategies for self-improvement and change, Longmont, CO, May 10-11, 1996.
- Hester, R.K. Treatment that works: Outcome research in alcoholism treatment. Plenary presentation. Brief therapy for the substance disorder client: A training workshop. Both given at the 9th Annual Conference on Addiction, Tucson, AZ., April 26, 1996.
- Hester, R.K. Treatment for DWI offenders: The empirical research. Presentation given to State Dept. of Health symposium on DWI treatment, Albuquerque, NM. December 6, 1995.
- Hester, R.K. & Delaney, H.D. Behavioral self-control program for Windows: Current findings of a clinical trial in progress. Paper/poster presented at the 29th Annual Convention of the Association for the Advancement of Behavior Therapy, November 17, 1995, Washington, D.C.
- Hester, R.K. Effectiveness of treatment for alcohol and drug problems: An update. Two day workshop given at Stockholm University, Stockholm, Sweden, November, 1995.
- Hester, R.K. Brief motivational interventions for substance abuse: How you do them and do they work? Workshop given at the Seventh Annual Southwest Psychiatric Symposium on New Perspectives in Brief Psychotherapy, Albuquerque, NM, October, 1995.
- Hester, R.K. Behavioral self-control training. Workshop presented to Behavioral Health Service at Canyon Ranch, Tucson, AZ, October, 1995.
- Hester, R.K. Brief motivational interventions: Setting the stage for change. Keynote address given at the Annual Conference of the American Association of Spinal Cord Injury Psychologists and Social Workers, Las Vegas, NV, Sept., 1995.

Hester, R.K. Effective treatment alternatives for substance abuse and dual diagnosis. Workshop given at the Indian Health Service Mental Health Social Service National Training Conference, Sacramento, CA July, 1995.

Hester, R.K. & Delaney, H.D. Behavioral self-control program for Windows: Current findings of a clinical trial in progress. Paper/poster presented at the Seventh International Conference on the Treatment of Addictive Behaviors, Leeuwenhorst, Holland, May 29, 1995.

Hester, R.K. Brief motivational interventions: What do we know and where do we go? Presentation given at the American Society of Addiction Medicine's Annual Meeting, Chicago, IL., April, 1995.

Hester, R.K. & Delaney, H.D. Behavioral self-control program for Windows: Results of a clinical trial (in progress). Poster presented at the Seventh International Conference on the Treatment of Addictive Behaviors (ICTAB-7), Leewenhorst Congress Centrum, Holland, June, 1995.

Hester, R.K. Self-control training. Workshop given at ICTAB-7, June, 1995.

Hester, R.K. Motivating problem drinkers for change and Alternative treatment models for substance abuse. Presentations at the Third annual interdisciplinary conference for healthcare professionals sponsored by the Governor's Institute on Alcohol and Substance Abuse, Greensboro, NC. February, 1993.

Hester, R.K. & Skinner, H.A. Early detection and intervention for substance abuse in clinical practice: Computerized lifestyle assessment and behavioral self-control training. Workshop at the Sixth International Conference on the Treatment of Addictive Behaviors, Santa Fe, NM. January, 1993

Hester, R.K. Assessing, motivating, and treating persons with a chemical dependency. Workshop presented at Mendota Mental Health Institute, Madison, WI. September, 1992.

Hester, R.K. The community reinforcement approach: An effective alternative to traditional alcoholism treatment? Workshop presented to the Wisconsin Center for Addiction Studies, University of Wisconsin-Milwaukee. September, 1992.

Hester, R.K. Alcoholism treatment: What the research reveals. Presentation at St. Andrew's Hospital, Northampton, England, September, 1991

Hester, R.K. Emerging models of addiction: Closing the gap between research and practice. Plenary address and a workshop entitled Motivational interviewing: A procedure for enhancement of treatment compliance. Presented at the 25th Annual Institute on Alcohol and Drug Abuse Studies, Western New Mexico Univ., Silver City, NM, August, 1991.

Hester, R.K. Update: Advances in alcohol abuse. Plenary session at the Current Issues in Chemical Dependency Summer School, University of Manitoba, Winnipeg, Manitoba, Canada, August, 1991.

Hester, R.K. Problem drinking: assessment, motivation, and intervention. Workshop presented to the Summer Addiction Institute, University of Bridgeport, CT, July, 1991.

Hester, R.K. Denial: New ways to improve treatment compliance. Two workshops presented at the 34th Annual Institute of Alcohol and Drug Studies, University of Austin, Austin, TX, July, 1991.

Hester, R.K. Alcohol problems: Expanding opportunities in research and treatment. Grand Rounds presentation at Northern Illinois University, Dekalb, IL, March, 1991.

Miller, W.R., Meyers, R.J., Hester, R.K., Delaney, H.D., Montgomery, H.A., & Abbott, P.J. Effectiveness of the community reinforcement approach: 6 and 9 month follow-up results. Paper presented at the Association for Advancement of Behavior Therapy, San Francisco, CA, November, 1990.

Montgomery, H. A., Miller, W. R., Tonigan, J. F., Meyers, R. J., Hester, R. K., & Abbott, P. J., & Delaney, H. D. Assessment of client motivation for change: Preliminary validation of the Socrates (rev.) instrument. Paper presented at the Association for Advancement of Behavior Therapy, San Francisco, CA, November, 1990

Hester, R.K. The effectiveness of alcoholism treatments, plenary session, and Strategies to increase client motivation, workshop presented at the 21st Annual Fall Chemical Dependency Conference, University of Minnesota, Minneapolis, MN October, 1990.

Hester, R.K. The effectiveness of alcoholism treatment: What works and what doesn't. Ground Rounds presentation at the University of Wisconsin Medical School, Milwaukee, WI, October, 1990.

Hester, R.K., Bodwell, N., & Delaney, H. Psychological changes following heart transplantation. Paper presented at the First Working Conference on the Psychiatric, Psychosocial, & Ethical Aspects of Organ Transplantation, Toronto, Ontario, June, 1990.

Hester, R.K. The effectiveness of treatments and settings: What research reveals, and Brief interventions for substance abusers in rural mental health settings. Presentations to the Second International Rural Mental Health & Addictions Conference, North Bay, Ontario, June, 1990.

Hester, R.K. The effectiveness of treatments and settings of treatments: What works and what doesn't. Workshop presented to Managed Health Care Associates, New Orleans, April, 1990.

Miller, W.R., Meyers, R.J., Hester, R.K., Delaney, H.D., Montgomery, H.A., & Abbott, P.J. Effectiveness of the Community Reinforcement Approach: Preliminary findings of a clinical replication trial. Poster presented at the Fifth International Conference on the Treatment of the Addictions, Sydney, Australia, February, 1990.

Hester, R.K. Behavioral Self-Control Training. Workshop presented at the Fifth International Conference on the Treatment of the Addictions, Sydney, Australia, February, 1990.

Miler, W.R. and Hester, R. K. Prevention and treatment of alcohol abuse. Pre-convention institute, AABT, November, 1985, 1986, 1987, 1988, 1990.

Hester, R.K. Assessing, motivating, and treating persons with chemical dependence. Workshop presented at Mendota Mental Health Institute, Madison, WI, September, 1989.

Hester, R.K. Matching clients with treatments for alcohol abuse. Invited address at Rehabilitation Institute of Chicago conference "Substance Abuse and Physical Disability", September, 1989.

Hester, R.K. Managed care: Providing just enough treatment. Workshop at the first annual conference of the Center for Research on Addictive Behaviors, Univ. of New Mexico, June, 1989.

Hester, R.K. Promising new techniques in (alcoholism) treatment. Invited presentation to the Second Annual Conference on Alcohol Abuse and Alcoholism sponsored by the National Institute of Health and NIAAA, San Diego, CA, November, 1988.

Hester, R.K. Situational stress reactions in disaster victims and workers. Invited talk at the 12th USAF Contingency Hospital Conference on Disaster Preparedness, July, 1988.

Hester, R.K. How to measure alcoholism treatment outcome. Invited talk at the annual conference of the Research Society on Alcoholism, Charleston, S.C., June, 1988.

Hester, R.K. Motivating clients for treatment. Invited talk to Metropolitan Court Probation Officers, May, 1988.

Hester, R.K. The effectiveness of various treatment settings on outcome and matching clients to treatments: What are the data? Invited address at the American Medical Society on Alcoholism and Other Drug Dependencies annual convention, Crystal City VA, April, 1988.

Hester R.K. Cognitive rehabilitation of head injuries: Fact or fad? Invited workshop at UNM Psychology Clinic Fifth Annual Update Conference, February, 1988.

Hester, R.K. Effectiveness of treatment methods: What research reveals and Matching problem drinkers with optimal treatments. Invited addresses at the University of San Diego Program on Alcohol Issues, Evaluating Recovery Outcomes, A National Conference, San Diego, February, 1988.

Professional Societies

Association for Behavioral and Cognitive Therapies (formerly the Association for the Advancement of Behavior Therapy)

American Psychological Association

National Register of Health Service Providers in Psychology

New Mexico Psychological Association

Research Society on Alcoholism

Teaching Experience

Alcohol treatment alternatives, UNM Dept. of Cont. Ed., 1994-5, lead instructor, 1995-7.
Abnormal Psychology Class, Washington State University, Spring, 1976, 1977.
Personality Class, Washington State University, Spring, 1975.
Human Sexuality Class, Washington State University, Fall, 1975.

Professional References

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