

Deborah Barrett
2024

CONTACT INFORMATION

School of Social Work: University of North Carolina, CB# 3550
325 Pittsboro St., Chapel Hill, NC 27599-3550
Voice: 919-843-5818
Cell: 919-259-2985
Email: dbarrett@unc.edu

EDUCATION AND TRAINING

Advanced training May 2005- June 2022	Dialectical Behavioral Therapy (DBT), including Stage 2 Trauma Work; Acceptance and Commitment Therapy (ACT); Accelerated experiential dynamic psychotherapy (AEDP); Functional Analytic Psychotherapy (FAP); Motivational Interviewing (MI); Narrative Therapy; Internal Family Systems (IFS); Emotionally Focused Therapy (EFT); Prolonged Exposure (PE); psychodrama, somatic approaches, and antiracist and anti-oppressive frameworks and practices.
MSW Aug 2001 -May 2004	University of North Carolina at Chapel Hill, Chapel Hill, NC Concentration: Direct practice, adult health and mental health
Coursework Aug. 2000 - May 2001	UNC-CH Rehabilitation Psychology and Counseling, Chapel Hill, NC Courses in psychotherapy and counseling, yearlong practicum, and counseling skills lab.
Ph.D. Aug 1988 - May 1995	Stanford University, Palo Alto, CA Major: Sociology
M.S. Aug. 1987 – May 1988	University of Pennsylvania, Philadelphia, PA Major: Criminology
B.A. Aug 1985 - May 1987	University of Pennsylvania, Philadelphia, PA Major: Sociology
Coursework Aug. 1983 – May 1985	Penn State University, State College, PA Major: Sociology

ACADEMIC APPOINTMENTS

Jan. 2019-	Director of Continuing Education UNC School of Social Work, University of North Carolina at Chapel Hill, Chapel Hill, NC
Feb. 2016-	Clinical Associate Professor UNC School of Medicine, Department of Psychiatry Outpatient Clinic, Chapel Hill, NC Individual, family, and group psychotherapeutic interventions with focus on patients with chronic pain and comorbid mental health conditions. Mentor trainees, including MSW students.
Jan. 2011-	Clinical Associate Professor

School of Social Work, University of North Carolina at Chapel Hill,
Chapel Hill, NC

- Aug. 2004 - Dec. 2010
Clinical Assistant Professor
School of Social Work, University of North Carolina at Chapel Hill,
Chapel Hill, NC
Graduate instruction: research methods for social work (lead instructor
2006-2008); family and individual development (lead instructor, 2009,
2010); independent study
- Jan 2001 - May 2001
Lecturer
School of Social Work, University of North Carolina at Chapel Hill,
Chapel Hill, NC
- Aug 1998 - May 2000
Post-Doctoral Fellow
Center for International Studies, Duke University, Durham, NC
- Aug. 1997 - Dec. 1997
Post-Doctoral Fellow
Center for the Study of Public Scholarship, Emory University, Atlanta,
GA
- Aug. 1995 - May 1997
Post-Doctoral Fellow
Carolina Population Center, University of North Carolina at Chapel Hill,
Chapel Hill, NC
- Jan. 1988 - May 1993
University Lecturer
University of Pennsylvania, Philadelphia, PA (1988), Pennsylvania State
University, State College, PA (1990), Stanford University, Palo Alto, CA
(1989-1993). Courses in: sociology of health and illness, medical
anthropology, criminology, social psychology, sociology of the body,
interpersonal relations, sociology of the family.

CONTINUING EDUCATION

- Aug. 2017 – Dec 2020
Social Justice Action Collaboration
UNC School of Social Work, Chapel Hill, NC
Partnered with Jordan Institute to support the creation of an open,
inclusive process for UNC School of Social Work community members
to organize events and discussion on issues of social justice.
- Aug. 2014 -
Founder and Director, Clinical Lecture Institutes
UNC School of Social Work, Chapel Hill, NC
Organize full-day and multiple-day programs in evidence-based practices
with an emphasis on marginalized populations. Programs have included
dialectical behavioral therapy (DBT); functional analytic psychotherapy
(FAP), acceptance and commitment therapy (ACT); emotionally focused
therapy (EFT); motivational interviewing (MI); prolonged exposure
(PE).
- April 2012 -
Trainer/Speaker
Present on third-wave CBT approaches (mindfulness, DBT, ACT) and
their application to chronic physical pain, emotional distress, and their
interrelationships, to professionals, students, and community groups.
(Presentation list available upon request.)

- Jan 2005 - Founder and Director, Clinical Lecture Series, UNC School of Social Work, Chapel Hill, NC. Organize monthly workshops for students, faculty, alum, and practitioners on cutting-edge practices. Contribute to implicit curriculum for MSW students and provide CE for professionals. Support the development of programs and series within UNC School of Social Work and co-sponsorships with other departments and agencies.
- Aug. 2011- May 2014 Training Coordinator, NC-Academic Center of Excellence (NC-ACE) for the Prevention of Youth Violence. University of North Carolina at Chapel Hill School of Social Work and Injury Prevention Research Center (funded by CDC National Center for Injury Prevention), Chapel Hill, NC

RESEARCH EXPERIENCE

- March 2022 - Co-Principal Investigator with Michael Canute Lambert on a research study about how psychotherapists raise issues of race and racism in sessions. To date, we have run eight focus groups that include a follow-up in race-affinity groups about their experiences.
- Jan 2018-Oct 2019 Investigator and interventionist. INSPIRE study - Integrated Services for Pain: Interventions to Reduce Pain Effectively. Multi-site trial (UNC Family Practice and Internal Medicine Clinics, Duke University, Vanderbilt University and the Research Triangle Institute, funded by the Patient-Centered Outcomes Research Institute (PCORI). Explores patients' willingness to consider options other than opioids to treat their pain and will compare two interventions.
- 2017-2018 Co-Principal Investigator, interventionist, and facilitator on novel intervention: Dialectical Pain Management Skills Group with Individuals on Opioid Therapy, funded by Research Triangle Institute (IRB-17-0943)

CLINICAL EXPERIENCE

- February 2016- Dialectical pain management with individuals and group psychotherapy for people with chronic physical pain and comorbid disorders. Supervise interns including MSW students and provisionally licensed practitioners.
- March 2013- Jan 2016 Dialectical pain management (private practice), Chapel Hill, NC
Individual and group psycho-educational intervention for individuals with chronic physical pain (pilot testing with pre/post-test design and comparison group).
- Jan. 2007 – Jan 2016 Private psychotherapeutic practice. Chapel Hill, NC
Specialization: individuals with emotion dysregulation, complex PTSD, and/or chronic physical pain. Co-facilitated two weekly, low-fee DBT skills groups.
- Aug. 2005- June 2006 Wake County Department of Human Services, Raleigh, NC
Provided individual and group DBT for individuals with developmental disabilities, through DD Consulting and Psychological Services.
- Aug. 2003- May 2004 Department of Psychiatry, University of North Carolina, Chapel Hill, NC
Conducted individual, family, and group therapy.

Aug. 2001- May 2002 Orange County Rape Crisis Center, Chapel Hill, NC
Conducted individual psychotherapy and co-facilitated support groups for survivors of sexual violence; expanded outreach efforts to the developmentally disabled community, including training protocols for staff and volunteers.

Aug. 2000- May 2001 Center for Development and Learning, Chapel Hill, NC
Provided psychotherapy with individuals with intellectual disabilities.

COMMUNITY SERVICE

2022- Board Member, Pro-Bono Counseling Network

2020-2022 Ad Hoc Committee Member, Pro-Bono Counseling Network
Worked to find PBCN a new institutional home and recruit new Board of Advisers and Advisory Council, reestablish and develop new community connections to reach and serve vulnerable, under-served population, and raise funds to hire a coordinator.

2008-2019 Pro-Bono Counseling Network (PBCN), Freedom House, Chapel Hill, NC
Helped launch PBCN at the Mental Health America of the Triangle (then Mental Health Association in Orange County), then Freedom House. Active member of PBCN Advisory Board throughout. Leading up to this, I worked on a variety of collaborative initiatives, starting in May 2004 to increase access to mental health services for people with low to moderate incomes, who were ineligible for public services and unable to afford private ones.

March 2012 - Community workshops, Triangle Area, NC
Provide community workshops for groups such as Aging in Place, Meadowmont, Fearrington Cares, Durham Jewish Community Center.
Topics: mindfulness practice, chronic pain management, and strategies to reduce suffering and increase positive life engagement.

Aug. 2008 - May 2010 Peaceful Schools, Durham, NC
Helped initiate school-wide anti-bullying program / peaceful learning environment and evaluation at Central Parks Elementary School, in Durham, based on work by Peter Fonagy, Ph.D. Project received grant in 2010 from the Triangle Community Foundation to expand into Wake county and Charlotte, NC.

Jan 2007 - Jan 2013 Self-help writings on chronic pain management
Articles for *National Fibromyalgia and Chronic Pain Association*, *the Neuropathy Association*, *Pain Pathways*, *Psychology Today*, among others. Topics include: pain management strategies; comorbidities with mental health; ethics of diagnosis; relationship issues; and tips for caregivers and parents.

Feb. 2007- Feb. 2016 Low-fee therapeutic groups, Chapel Hill, NC
Co-facilitated two weekly DBT groups for individuals who lack insurance or are underinsured. First low-fee DBT groups in private practice in Triangle area, until 2010, when additional low-fee groups launched from our wait lists.

Sept. 1996- May 2001 Durham-Chapel Hill Fibromyalgia and Chronic Fatigue Support Group, NC
Provided information, news of community events, and outreach and support services for people with chronic pain and fatigue syndromes. Helped facilitate

psycho-educational support group. Wrote self-help articles for community newsletter, many reprinted by advocacy organizations.

PEER REVIEWED ARTICLES AND BOOK CHAPTERS

Barrett, D. (2020). The dialectic of pain: Synthesizing acceptance and change. In Brown, J., and Ciemnecki, A.B. (Eds.), *Facial Pain A 21st Century Guide: For People with Trigeminal Neuropathic Pain* (10.2). Facial Pain Association.

Barrett, D., Brintz, C.E., Zaski, A.M., and Edlund, M.J. (2020). Dialectical Pain Management: Feasibility of a Hybrid Third-Wave Cognitive Behavioral Therapy Approach for Adults Receiving Opioids for Chronic Pain, *Pain Medicine*. pnaa361, <https://doi.org/10.1093/pm/pnaa361>

Miller, V. E., Chen, D., Barrett, D., Poole, C., Golightly, Y. M., Sanders, A. E., . . . Slade, G. D. (2020). Understanding the relationship between features associated with pain-related disability in people with painful temporomandibular disorder (TMD): An exploratory structural equation modeling approach. *Pain (Amsterdam)*, *Publish Ahead of Print* doi:10.1097/j.pain.0000000000001976

Miller, V. E., Poole, C., Golightly, Y., Barrett, D., Chen, D., Ohrbach, R. Greenspan J.D., Fillingim R.B., and Slade, G. D. (2019). Characteristics associated with high-impact pain in people with temporomandibular disorder: A cross-sectional study. *The Journal of Pain*, 20(3), 288-300.

Barrett, D. Kurzman, D., and Shanahan, S. (2010). For export only: Diffusion professionals and population policy. *Social Forces*, 88, pp. 1183-1208.

Barrett, D. (2007). Population. In R. Robertson and J. A. Scholte (Eds.), *Encyclopedia of Globalization* (pp. 976-983). New York: Routledge Press.

Barrett, D. Kurzman, C. (2004). Globalizing social movement theory: The case of eugenics. *Theory and Society*, 33, pp. 487-527.

Anthologized:

In Cyrus Ernesto Zirakzadeh (ed), *Social and Political Movements*, New Delhi, India: SAGE Publications Ltd. (forthcoming)

Barrett, D. (2004). Illness movements and the medical classification of pain and fatigue. Pp. 139-170. In Ruth Berkelman, Peter Brown, Howard Frumkin, and Randall Packard (eds.), *Emerging illnesses and society: Negotiating the public health agenda*. Baltimore, MD: Johns Hopkins Press.

Barrett, D. Frank, D.J. (1999). Population control for national development: From world discourse to national policies. Pp. 198-221 in John Boli and George M. Thomas (eds.), *Constructing world culture: International nongovernmental organizations since 1875*. Stanford, CA: Stanford University Press.

Barrett, D. Tsui, A.O. (1999). Policy as symbolic statement: International response to national population policies. *Social Forces*, 78(1), pp. 213-234.

BOOKS

D. Barrett. *Paintracking: Your personal guide to living well with chronic pain*. (2012). Prometheus Books: Amherst, NY, 2012. This book has an accompanying website, with an interactive tracking tool.

UNIVERSITY SERVICE

School of Social Work, University of North Carolina at Chapel Hill

- Reviewer, *Social Service Review*, 2016 -
- Reviewer, *Families, Systems, and Health*, 2015-
- Reviewer, *International Studies Quarterly*, 2015-
- Reviewer, *Demography*, 2014-
- Reviewer, *Mobilization*, 2014-
- Reviewer, *Population Research and Policy Review*, 2013-
- Reviewer, *Journal of Marriage and Family*, 2012 -
- Reviewer, *Bulletin of the History of Medicine*, 2012-
- Reviewer, *Social Forces*, 2011-
- Organizer, NC-ACE youth violence workshops, 2011-2014
- Member, Institutional Review Board (internal), 2009-
- Lead instructor, Adult Development in Context, 2008, 2009
- Member, Advanced Curriculum Committee
- Lead instructor, Research Methods, 2007, 2008
- Member, Ad Hoc Research Group 2007, 2008
- Member, HBSE Curriculum Committee(s), 2007 - 2009
- Member, Foundation Committee, 2006 -2010.
- Member, Admissions Committee, 2004 -2010
- Organizer, Clinical Lecture Series, 2004 –

HONORS

2020	Public Service and Engagement Award, UNC-CH School of Social Work
2009-10	Teaching Award, UNC-CH School of Social Work
2008-09	Teaching Award, UNC-CH School of Social Work
2006	Star Heels Award, UNC-CH School of Social Work
1998	Arthritis Foundation Community Hero Citation
1998	Mining Co. Chronic Fatigue Syndrome Guide's Best of the Net Award
1997	Mellon Fellowship, Center for International Studies, Duke University
1993, 1994	Dissertation Grants, Morrison Center for Population Studies, Stanford
1991-1992	Research Trainee Fellowship, National Institute of Mental Health
1988-1989	University Fellowship, Department of Sociology, Stanford University

PROFESSIONAL BOARDS AND AFFILIATIONS

2019 -	Ad Hoc Board Member, Pro-Bono Counseling Network
2009 - 2019	Board Member & Advisory Committee, Pro-Bono Counseling Network, Mental Health America of the Triangle, NC
2008 - 2010	Board Member, Healthy Carolinians
2008 - 2010	Board Member, Peaceful Schools - NC
2007 - 2009	Chair, Screening Committee, NC Psychoanalytic Foundation
2006 - 2011	UNC School of Social Work Representative, NC Psychoanalytic Consortium
2006 - 2009	Member, Board of Directors, NC Psychoanalytic Foundation
2006 -	Member, North Carolina Society for Clinical Social Work
2004 -	Member, National Association of Social Work
1988-1996	Member, American Sociological Association

PROFESSIONAL LICENSES AND CERTIFICATIONS

License in Clinical Social Work (LCSW), North Carolina Social Work Licensure Board #C006268