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BIOGRAPHY

Marsha Linehan is a Professor of Psychology, Adjunct Professor of Psychiatry and Behavioral Sciences at the University of Washington and Director of the Behavioral Research and Therapy Clinics, a consortium of research projects developing new treatments and evaluating their efficacy for severely disordered and multi-diagnostic populations. Her primary research is in the application of behavioral models to suicidal behaviors, drug abuse, and borderline personality disorder. She is also working to develop effective models for transferring efficacious treatments from the research academy to the clinical community.

She has received several awards recognizing her clinical and research contributions, including the Louis I. Dublin Award for Lifetime Achievement in the Field of Suicide and the Distinguished Scientist Award from the Society for a Science of Clinical Psychology, American Psychological Association, as well as awards for Distinguished Research in Suicide (American Foundation of Suicide Prevention), Distinguished Contributions to the Practice of Psychology (American Association of Applied and Preventive Psychology), Distinguished Contributions for Clinical Activities, (Association for the Advancement of Behavior Therapy), and Distinguished Scientific Contributions to Clinical Psychology (Society of Clinical Psychology, American Psychological Association). She is the past-president of the Association for the Advancement of Behavior Therapy, a fellow of the American Psychological Association and the American Psychopathological Association and a diplomat of the American Board of Behavioral Psychology.

The treatment she has developed combines the technology of change derived from behavioral science with the radical acceptance, or “technology of acceptance,” derived from both eastern zen practices and western contemplative spirituality. The practice of mindfulness, willingness, and radical acceptance form an important part of her treatment approach.

She has written three books, including two treatment manuals: Cognitive-Behavioral Treatment for Borderline Personality Disorder and Skills Training Manual for Treating Borderline Personality Disorder. She serves on a number of editorial boards, and has published extensively in scientific journals.

She is founder of Marie Institute of Behavioral Technology, a non-profit organization that owns the company she founded, Behavioral Tech LLC, a behavioral technology transfer group. With them she is actively involved in developing effective models for transferring efficacious treatments from the research academy to the clinical community.