

August 10, 2009

**Re: Nomination for Lifetime Achievement Award, Addictive Behaviors SIG,
Association for Behavioral and Cognitive Therapy**

Dear ABCT SIG Awards Committee:

It is with great enthusiasm and respect that we nominate Dr. G. Alan Marlatt for the Addictive Behaviors SIG **Lifetime Achievement Award**. Dr. Marlatt's contributions to the science of addictive behaviors have spanned nearly four decades, and have had a huge impact on evidence-based clinical practice and on many clinical scientists in the addictions.

Dr. Marlatt's research impact on addictive behaviors began early in his career and involved two main lines of research — determinants of drinking, and determinants of relapse. His research on determinants of drinking introduced two innovative procedures, the taste test (an unobtrusive measure of drinking), and the balanced placebo design. The taste test was used in several studies exploring determinants of drinking (e.g., social influence), but Alan's most notable and impactful study involved a clinical population and combined the test with a balanced placebo design. In that study, he demonstrated that the main determinant of consumption was not whether the beverage contained alcohol, but rather the belief (i.e., expectation) that the beverage contained alcohol.

Relapse research and development of the relapse prevention model was the focus of his second early line of research. This research yielded eight categories of relapse (high-risk) situations that have been supported in other studies for nearly four decades, and a model of the relapse process with implications for how to manage and prevent relapses. The latter, referred to as relapse prevention, has had an enormous impact on clinical research. Prior to the initiation of Alan's research, the concept of relapse prevention was nonexistent in the addictions and other mental health fields. The impact of his relapse prevention research is immediately evident upon conducting a literature search in PsychInfo with "*relapse prevention*" as the search term. Such a search will yield more than 4,000 references. Moreover, the concept has been extended well beyond the alcohol field to a variety of other disorders (e. g., depression, eating disorders).

Dr. Marlatt's clinical research contributions have gone well beyond his early research. He has been a pioneer in prevention research with college students, presaging a present national emphasis by several years. He also has championed harm reduction research, well regarded outside the US but very controversial here. However, harm reduction is now starting to gain a strong foothold in the US (e.g., screening and brief intervention aimed at reducing high-risk drinking is now a national priority), and once again Alan's thinking has reflected his ability to see the big picture and lead the way toward scientific and clinical

advances. Most recently, Alan has begun to integrate relapse prevention with mindfulness meditation, and this work has evolved into a major new line of research with enormous promise for the treatment of addictive disorders. Thus, clearly Alan's contributions to the field continue to grow.

Overall two major factors have characterized Alan Marlatt's research career. The first is that he is not only the quintessential scientist-practitioner, expert in both basic and clinical research, but he also exemplifies how these linkages work to enhance clinical practice. The second major characteristic is that Alan has always been a leader, rather than a follower. Because he thinks outside the box, his work has continually opened new lines of research that have advanced the field of addictive behaviors and stimulated research by others.

Dr. Marlatt's contributions to the addictions field are by no means limited to his research studies and leadership. He has mentored a very large number of students, postdoctoral fellows, and young colleagues who have gone on to make major contributions to clinical research in their own careers, individuals such as Susan Curry, Kim Fromme, Lorraine Collins, John Baer, Dan Kivlahan, Mary Larimer, Jason Kilmer, Linda Dimeff, Damaris Rohsenow, William George, Art Blume, and Katie Witkiewitz. His contributions also include the founding of the Addictive Behaviors Research Center at the University of Washington in 1976, of which he continues to be the Director, and a sizeable number of research grants including a Research Scientist Award from the National Institute on Alcohol Abuse and Alcoholism that continued for 20 years. Testimony to the international impact of his research is that Dr. Marlatt has been a visiting scholar in New Zealand, Australia, Brazil, and Holland, and that he received the Jellinek Memorial Award, the recipient of which is determined by an international committee. He also has received numerous other awards including the Robert Wood Johnson Foundation Innovators Combating Substance Abuse Award, the Research Society on Alcoholism Distinguished Researcher Award, and the Distinguished Scientific Contribution Award from Division 12 of the American Psychological Association, all of which illustrate his high peer regard. Clearly he has had an important, multifaceted, and lasting impact on clinical research and practice and has been a superb role model for clinical psychology researchers.

In summary, we believe Dr. G. Alan Marlatt is extraordinarily qualified for and deserving of the Lifetime Achievement Award from the Addictive Behaviors SIG of the Association for Behavioral and Cognitive Therapy. Dr. Marlatt's curriculum vitae is attached to this nomination, and a brief perusal of its contents will provide compelling evidence in support of this nomination.

Sincerely (signatories)

Linda C. Sobell, Ph.D., ABPP

Mark B. Sobell, Ph.D., ABPP

Mary E. Larimer, Ph. D.

Clayton Neighbors, Ph.D.

Arthur Blume, Ph. D.

Jason Kilmer, Ph. D.
Kenneth Sher, Ph. D.