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To Whomever This May Concern:

It is with great enthusiasm that I write this letter of recommendation for Ms. ██████████. ██████████ is an outstanding student and employee, she is intrinsically motivated, and a highly responsible person.

██████████ has worked with my research team and I for the past four years on various research studies first as a research intern, and then as a research assistant and promoted research specialist. Her work, dedication, and concrete involvement in this research study exceeded, by far, the requirements of the course. Since 2003, I have supervised 10 students in the context of the Directed Research class, and 10 other undergraduate students in similar context during my own graduate students at the University of Montreal, and ██████████ is by far the top trainee I have had the pleasure to supervise.

██████████ first contacted me in 2004 to inquire about the possibility to complete a research internship with Dr. Katherine Shear & I for the Directed Research Course offered at the University of Pittsburgh for two academic semesters. Students who are allowed to register and take this Directed Research Course have to have a CGPA of 3.0 or greater, and have completed requirements in statistics and research methods. During this research internship, ██████████ successfully completed a training on the use of a complex, quantitative coding system to analyze dream narratives collected in 103 bereaved adults who met diagnostic criteria for prolonged grief disorder. She quickly mastered the coding system reliably, and undertook the task of coding all dream narratives completed over the course of the main research study, for a total of over 300 narratives. She then completed analyses to compare dream content in this bereaved sample to normative dream content data. An abstract of her research study findings was peer-reviewed and accepted for a poster presentation at the Annual Sleep Meeting in Salt Lake City, UT in June 2006. ██████████ also played an instrumental role in the writing of the manuscript that includes the results of the work she completed during that time. A report of this study is currently under review at the peer-reviewed journal Death Studies. This is only of multiple instances where she undertook and successfully completed a task where she assumes a leadership role and exceeded the expectations that were originally defined, and where her contribution directly enhanced the

final product. Of course, ██████'s implication in this research project exceeded by far the requirements of the Directed Research Course.

In the fall of 2005, ██████ re-contacted me to ask whether she could volunteer on my research study to continue to be involved in and exposed to clinical sleep research. It was with great pleasure that I accepted. It is important to note that as she was completing academic requirements for her undergraduate degree, she was also working part-time for Dr. Maria Kovacs' research team, and volunteered in my research studies. Together, these attest to her excellent time management skills and interests in and commitment to research.

Building on her experience and rigor in narrative coding, and on her interest to become familiar with behavioral sleep medicine, ██████ was trained as a rater for individual cognitive-behavioral therapy sessions delivered in the context of a brief behavioral treatment of insomnia for older adults for an ongoing NIA-funded study on which I serve as a co-investigator ██████ ██████. We were able to hire ██████ as a part-time research assistant. Again, she rapidly demonstrated proficiency and in-depth understanding of the clinical material to be coded and reviewed and rated therapy tapes in a timely fashion. Through this process and via direct observation of patients with insomnia and other psychiatric and sleep disorders, she has achieved competency in the assessment of sleep disorders, and integral delivery of the brief behavioral sleep treatment.

In August 2005, I received competitive funding from the US Department of Defense for conducting a double-blind, placebo-controlled, randomized clinical trial to compare the efficacy and durability of prazosin vs. behavioral sleep intervention targeting nightmares and insomnia in military veterans with post-traumatic stress disorders. This also corresponded with the time when ██████ completed her undergraduate degree in psychology, and was looking for a full time position in research to further test her interest in pursuing a Ph.D. in clinical psychology. Via her work on the late-life insomnia study, my colleagues were quickly agreeable in creating a joint full-time position that would allow us to keep ██████ on our research staff.

On my study, ██████ acted as a research assistant and worked closely with the research coordinator and senior data manager in assembling the manual of operations and study materials necessary for each study participant and became the key person who accompanies research subjects through screening procedures (e.g., blood draws, physical exams). On multiple occasions, she was able to observe clinical interviews and behavioral sleep treatment sessions delivered by myself and other clinicians in our research group. She shows excellent skills for empathetic listening and a nature ability to understand and elaborate case conceptualization for patients with sleep and psychiatric difficulties. On my colleagues' research studies, she acts as a data entry specialist, and her responsibilities included data entry, data quality control, and database management for a total number of 10 clinical research studies for sleep, posttraumatic stress disorder, insomnia, schizophrenia, and ageing. Handling the considerable amount of clinical and physiological data collected in these 10 studies accurately and in a timely manner requires attention to details, above-average multi-tasking skills, sustained concentration, rigor, as well as a thorough understanding of the global aims, design, measures, and measurement methods of these research studies to insure data integrity and quality. What would be challenging for many was rapidly and successfully mastered by ██████. Her outstanding work and her frequent insightful suggestions have yielded to her promotion to research specialist within her first year on staff with us.

In addition to her full-time research position, ██████ continued to pursue her interest in clinical research during her own time. While reviewing the literature on pediatric sleep and pediatric

