

PROMOTION RECOMMENDATION  
The University of Michigan  
School of Social Work

Approved by the  
Regents  
May 21, 2015

Joseph A. Himle, associate professor of social work, with tenure, School of Social Work, and associate professor of psychiatry, without tenure, Medical School, is recommended for promotion to professor of social work, with tenure, School of Social Work, and professor of psychiatry, without tenure, Medical School.

Academic Degrees:

PhD	1995	Social Work and Psychology, University of Michigan
MSW	1984	Interpersonal Practice, University of Michigan
BA	1983	Psychology, University of Michigan

Professional Record:

2010–Present	Director, Vivian A. and James L. Curtis School of Social Work Research and Training Center, University of Michigan, School of Social Work
2009–Present	Associate Professor, with tenure, University of Michigan, School of Social Work, Associate Professor, without tenure, University of Michigan, Medical School, Department of Psychiatry
2003–2009	Assistant Professor, University of Michigan, School of Social Work, Assistant Professor, University of Michigan, Medical School, Department of Psychiatry
1999–2003	Assistant Clinical Professor II, University of Michigan, Medical School, Department of Psychiatry
1996–1999	Assistant Clinical Professor I, University of Michigan, Medical School, Department of Psychiatry
1991–1996	Lecturer, University of Michigan, Medical School, Department of Psychiatry
1988–2009	Adjunct Lecturer, University of Michigan, School of Social Work
1987–2008	Field Instructor, University of Michigan, School of Social Work

Summary of Evaluation

Teaching: Professor Himle is a highly experienced and adept instructor and mentor at the masters, doctoral and post-doctoral levels. He also provides an important leadership and teaching role in the residency curriculum to the Department of Psychiatry. He has a clear philosophy about the need to model and help students to rehearse new practice skills. Thus, his teaching methods are highly engaging and experiential. In the master's program, he helped create extremely innovative lab experiences for the foundation interpersonal skills course; this course illustrates his philosophy that expertise in practice skills must be combined with in-depth knowledge about mental health conditions. He created several mini-courses to help students develop practice skills for specific mental health problems; and he helped to develop a new course on behavioral and psychosocial aspects of health and mental health. At the doctoral level, he created a seminar on evidence-based practice. His students rated him above the median for excellence as a teacher for all of the courses he taught in the School of Social Work. He averaged an extremely high rating, 4.8 on a five-point scale, for excellence as a teacher for the courses he taught alone.

Professor Himle has an extensive record of mentoring masters and doctoral students, as well as post-doctoral fellows. Since his last promotion, he has served on four dissertation committees (two as chair) and seven preliminary exam committees (three as chair) in the Joint Doctoral Program in Social Work and Social Science in School of Social Work. He has a reputation for skillfully helping doctoral students integrate their social work studies with their social science discipline. He has also closely mentored

doctoral students at other University of Michigan units and foreign universities. Several of these students have attained prestigious academic positions and have solid publications records. He was the primary mentor for two post-doctoral fellows and continues to provide them with strong mentoring. He continues to publish with these post-doctoral fellows and many of his former and current doctoral students.

Professor Himle frequently presents invited lectures or workshops for practitioners on the topics of health and mental health. During his time as an associate professor, he gave several invited international presentations and several outside Michigan. In addition, he was a visiting professor at the Department of Psychology at Norway's Agder University. His workshops have led to valuable research connections and opportunities for student field placement experiences.

Service: During the review period, Professor Himle provided extensive service at the school, university, and professional levels. He provided substantial service on the School of Social Work's Executive Committee, Alumni Board of Governors, and the Supervising Committee of the Joint Doctoral Program, as well as the Department of Psychiatry's Appointment and Promotions Committee. At the university level, he has also provided service on the Executive Committee of the Graham Sustainability Fund, the Steering Committee of the Institute for Human Adjustment, the Mental Health Initiative Advisory Board, the Depression Center Steering Committee, and the M-Healthy Stress Management Task Force.

At a professional level, he reviewed nominations for the Society for Social Work Research dissertation award, served on a technology task force of the Anxiety and Depression Association of America, and served on an NIMH review panel. His service contributions also included promotion reviews for other universities, journal reviews, and grant reviews for other universities. His national reputation is recognized through his editorial board membership on high-quality social work journals. Professor Himle succeeds in integrating his service contributions and scholarly endeavors. His service work mutually enhances his research and teaching.

Research: Professor Himle engages in several interlocking areas of scholarship: the epidemiology of mental disorders; the risk factors for them—ranging from biological to socio-cultural; and the treatment of serious mental health disorders. Integrated with these areas are significant emphases on providing care for underrepresented, marginalized groups and the use of technology to help reach these groups and make interventions more efficient. Much of his scholarship follows a logical series of steps, starting with uncovering important problems, leading to understanding the risk factors for them, developing and pilot-testing interventions, and then evaluating interventions with randomized experiments. Professor Himle chooses areas of study that are at the forefront of his field. The goals of his research clearly support the missions of the university, the school and the profession.

Professor Himle published 34 peer-reviewed articles and two book chapters since his last promotion. He demonstrates in his written products that he is capable of using clinical and representative community samples; sophisticated multivariate analysis; and longitudinal, cross-sectional and experimental designs. Professor Himle has a strong record of nearly continuous NIH funding. Especially noteworthy is his recent R01 award, which is a multi-site, multi-year NIMH grant to study interventions for the socially anxious unemployed. While in the rank of associate professor, he has also been the primary investigator on another NIMH grant (2010-2013), co-investigator on two other grants and a co-mentor on an NIMH grant.

Recent and Significant Publications:

Himle, JA, Bybee, D, Steinberger, E, Laviolette, WT, Golenberg, Z, Heimberg, RG, Weaver, A, Vlnka, S, Levine, DS, O'Donnell, LA. Work-related CBT versus vocational services as usual for unemployed persons with social anxiety disorder: A randomized control trial. *Behaviour Research and Therapy*. 2014; 63: 169-176.

- Himle, JA, Weaver, A, Bybee, D, O'Donnell, LA, Vlnka, S, Laviolette, WT, Steinberger E, Golenberg, Z, Levine, DS. Employment barriers, skills and aspirations among unemployed job-seekers with and without social anxiety. *Psychiatric Services*. 2014; 65: 924-930.
- Levine, DS, Himle, JA, Abelson, JM, Matusko, N, Dhawan, N, Taylor, RJ. The relationship of discrimination on social anxiety disorder among African American Americans, Caribbean Blacks and non-Hispanic Whites. *Journal of Nervous and Mental Disease*. 2014; 202: 224-230.
- Himle, JA, Taylor, RJ, Chatters LM. Religious involvement and obsessive compulsive disorder among African Americans and black Caribbeans. *Journal of Anxiety Disorders*. 2012; 26: 502-210.
- Mathews, CA, Badner, JA, Andresen, JM, Sheppard, B, Himle, JA, Grant, JE, Williams, KA, Chavira, DA, Azzam, A, Schwartz, VI, Reus, SW, Kim, EH, Cook, EH, Hannah GL. Genomewide linkage analysis of obsessive compulsive disorder implicates chromosome 1p36. *Biological Psychiatry*. 2012; 72: 629-636.
- Vogel, PA, Launes, G, Moen, EM, Solem, S, Hansen, B, Håland, ÅT, Himle, JA. Videoconference- and cell phone-based cognitive-behavioral therapy of obsessive-compulsive disorder: A case series. *Journal of Anxiety Disorders*. 2012; 26: 158-164.
- Himle, JA, Chatters, LM, Taylor, RJ, Nguyen, A. The relationship between obsessive-compulsive disorder and religious faith: Clinical characteristics and implications for treatment. *Psychology of Religion and Spirituality*. 2011; 3: 214-258.
- Håland, ÅT, Vogel PA, Lie, B, Launes, G, Himle, JA. Behavioural group therapy for obsessive-compulsive disorder in Norway: An open community-based trial. *Behaviour Research and Therapy*. 2010; 48: 547-554.
- Himle, JA, Baser, RE, Taylor, RJ, Campbell, RD, Jackson, JS. Anxiety disorders among African Americans, blacks of Caribbean descent, and non-Hispanic whites in the United States. *Journal of Anxiety Disorders*. 2009; 23: 578-590.
- Tolman, R, Himle J, Bybee, D, Abelson, J, Hoffman, J, VanEtten-Lee, M. Impact of social anxiety disorder on employment among women receiving welfare benefits. *Psychiatric Services*. 2009; 60: 61-66.

External Reviewers:

Reviewer A: "In sum, Dr. Himle presents one of the strongest dossiers for promotion to [professor] that I have had the pleasure of evaluating. He has had a productive program of research that has made significant and innovative contributions and has attracted continual federal funding. He is highly regarded internationally...Accordingly, based on my review of the materials, I strongly recommend him for promotion to Professor at the University of Michigan. I consider your [school] extremely lucky to have him. In my opinion, his record of achievement would easily merit such a promotion in my department at [my university]."

Reviewer B: "In summary, I believe that Dr. Himle is highly deserving of the promotion to [professor]. This is evidenced by his high level of productivity in very good-to-excellent journal outlets that extend across multiple disciplines... Further evidence is his impressive record of external funding from the National Institutes of Mental Health. Finally, his research has substantial impact, providing evidence-based treatments for individuals who are in need and typically do not receive such treatments."

Reviewer C: "I believe that Dr. Himle has established himself as an above[-]average researcher and ranks highly in terms of his scholarship with other faculty members around the country who are at similar stages of their careers."

Reviewer D: "In sum, I perceive Dr. Himle to be an outstanding scholar who will continue to make significant contributions to understanding the onset, prevention, and treatment of mood and anxiety disorders in diverse populations... I believe his scholarly output and external funding record exceeds that

of the vast majority of [professors] in social work across the country. Dr. Himle's work reaches a great many scholars, practitioners, and policymakers. In my opinion, he has established and executed a rigorous program of research in Ann Arbor, one that has earned him a strong international reputation among his peers."

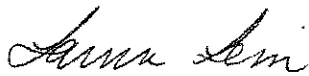
Reviewer E: "By virtually all indicators, Dr. Himle is establishing an exemplary career, with longstanding emphasis on transdisciplinarity (including both interdisciplinary scientific as well as community partners), addressing needs of underserved populations, and progressively moving his work through translation science phases from discovery to clinical testing to dissemination within diverse national and international contexts...Dr. Himle is very highly respected—for his competence, the high quality of his work, his substantial impact on the field."

Reviewer F: "Professor Himle could perhaps best be described as a clinician-scientist...This is clear both in the nature of the research he has undertaken and in his collaborative approach to research...More impressive however is his work with community agencies...not only accessing study participants from agencies, but also engaging...and including community practitioners as co-authors on scholarly papers...It contributes to the relevance of the research topics and increases the likelihood that the resultant research will indeed inform future practice."

Reviewer G: "In sum, Professor Himle has outstanding commitment to the academy and diverse communities and he has earned the credential and reputation as a stellar researcher. He has made important contributions to the study of mental health in diverse and poor communities...After my review, I can only conclude that Professor Himle is worthy of a promotion to the rank of [professor] at [the University of Michigan]...Professor Himle has an impressive list of accomplishments and activities that well represents a [senior-level] scholar with a rich portfolio of service to the profession and community."

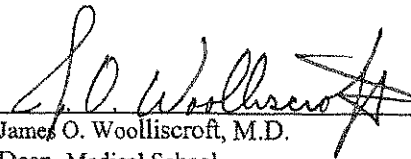
Reviewer H: "It is my assessment that Dr. Himle has made significant contributions to the field through his notable interdisciplinary research...The breadth and scope of his distinctions reside in both national and international domains through his publications and presentations, where he addresses anxiety disorders, interventions, and unequal access through conceptualizations and research evidence. You asked me if I believe this candidate would be successful were her to seek a similar promotion at my institution. I believe quite strongly the answer is 'yes.'"

Summary of Recommendation: We recommend, in agreement with the school's tenure and promotion and executive committees, that Associate Professor Joseph A. Himle be promoted to the rank of professor of social work, with tenure, School of Social Work, and professor of psychiatry, without tenure, Medical School.



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Laura Lein  
Katherine Reebel Collegiate Professor of  
Social Work, Professor of Anthropology  
and Dean, School of Social Work



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James O. Woolliscroft, M.D.  
Dean, Medical School  
*Lyle C. Roll Professor of Medicine*