

CURRICULUM VITAE
ELENA MARIE RAMIREZ, PhD PLC
Licensed Psychologist-Doctorate

PERSONAL DATA

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EDUCATION

Graduate: University of Vermont, Burlington, VT
1992-1997
Major: Clinical Psychology
Degree: Ph.D., October, 1997
License number: VT 048-0000728

Undergraduate: Vanderbilt University, Nashville, TN
1988-1992
Major: Psychology
Degree: Bachelor of Science, May 1992
Honors: Cum Laude; Honors in Psychology

High School: Ransom-Everglades High School, Coconut Grove, FL
1984-1988
Class Rank: Top 25%

AWARDS AND SCHOLARSHIPS

- Fall 90-SP 92** **Vanderbilt University Dean's List**
- May, 1992** **Cum Laude, Vanderbilt University**
- May, 1992** **Honors in Psychology, Vanderbilt University**
- May, 1995** **Graduate Student Advisory Committee Travel Award**
- March 1999** **National Institute of Health Postdoctoral Fellowship Award**

PROFESSIONAL AFFILIATIONS AND SERVICES

- Sept. 1991-May 1992** **Psi Chi National Collegiate Honor Society in Psychology**
- Sept. 1990-May 1991** **Vice-President, Psi Chi, Vanderbilt University Chapter**
- Sept. 1991-May 1992** **President, Psi Chi, Vanderbilt University Chapter**
- Since Fall, 1992** **American Psychological Association (APA)**
- Since Fall, 1992** **Association for Behavioral and Cognitive Therapies (ABCT)**
- October 1993** **Guest Reviewer for: Women and Therapy...A**
July 1996 **Feminist Quarterly**
- Spring, 1994-1997** **APA Division 40; Clinical Neuropsychology**
- Since Fall, 1994** **APA Division 12; Clinical Psychology**
- Since Fall, 1994** **Vermont Psychological Association (VPA)**
- Fall, 1997** **Consultant to writers for Spa**
- Since Spring, 1997** **APA Division 38; Health Psychology**

Spring, 1997-2006	The Society of Behavioral Medicine (SBM)
Sum, 1997-1998	Behavioral Medicine Consortium of New England
Fall 1998-1999	Consultant to writers for <u>Prevention</u>
Since Fall, 1999	APA Division 47; Exercise and Sports Psychology
Spring 2000	Consultant Writer for Psychology Network, Inc
Sum 2002-2005	University of Vermont Clinical Assistant Professor of Psychology
Sum 2000-2009	Fletcher Allen Health Care, Consultant Staff
Spring, 2001-2010	Academy for Eating Disorders (AED)
Since Spring, 2001	North American Association for the Study of Obesity (NAASO)
October 2001	Guest Reviewer for <u>Obesity Research</u>
November 2001	Consultant to <u>Internal Medicine World Report</u>
November 2001	External appraiser for grant application toThe Ontario Mental Health Foundation
April 2001	Consultant to writers for <u>Self</u>
June 2002	Credentialed by the National Register for Health Service Providers in Psychology (#50386)
Since June 2002	American Psychological Society
Since Oct 2002	National Association of Anorexia Nervosa and Associated Disorders (ANAD)
Since Dec 2002	National Eating Disorders Association (NEDA)

March 2003-2004	American Society for Bariatric Surgery
March 2003-2004	American Psychosomatic Society
August 2004	Consultant to writer for <u>Latina</u>
October 2004	Consultant to writer for <u>Self</u>
February 2005	On-Line Expert for <u>Self</u>
February 2005 Company	Consultant to Alpha/Penguin Publishing
June 2005	Consultant to writer for <u>Women's Health</u>
October 2005	Consultant to writer for <u>Seventeen</u>
2005-2009	University of Vermont Clinical Assistant Instructor of Psychiatry
Since Sum 2005	Appointed to the Board of Directors of the Vermont Psychological Association serving as NW Rep and committee member for state Psychologically Healthy Workplace Award
Summer 2005	Cofounder of The Vermont Center for Cognitive Behavior Therapy
Fall 2005	Consultant to <u>Prevention</u>
February 2006	Advisory Committee for the Fit and Healthy Vermonters Development Project
Since March 2006	Faculty of The UVM MindBody Medicine Clinic
April 2006	Consultant to Prevention.com
December 2006	Consultant to The Burlington Free Press
December 2006	National Association of Cognitive-Behavioral Therapists

- October 2007** **Consultant to Eating Well**
- 1999-present** **Member/Supporter, Center for Science in the Public Interest**
- January 2008** **New England Culinary Institute "Survival of the Fittest" Advisory Committee**
- February 2009** **Appointed as member of the Independent Panel of Mental Health Care Providers for Vermont Department of Banking, Insurance, Securities, and Health Care Administration (BISHCA)**
- January 2010** **Consultant to Your Health Monthly Magazine**
- January 2010** **Consultant to Lady of America Fitness Centers Member Publications**
- January 2010** **Member of the Vermont Obesity Initiative**

CLINICAL EXPERIENCE

- Current** **Clinical Psychologist, S. Burlington, VT**
- Private practice dedicated to the delivery of empirically validated therapy**
Director of The Weight Control Program for adults and children/adolescents.
- 10/05-2010** **Co-Founder, The Vermont Center for Cognitive Behavior Therapy**
- 1/99-10/05** **Clinical Psychologist, Behavior Therapy and Psychotherapy Center**
University of Vermont Department of Psychology
Burlington, VT 05405

Provide individual cognitive-behavioral therapy for patients with a variety of psychological disorders; Director of UVM/FAHC Adult and Family Weight Control Programs (since 2003)

**1/99-12/05 Clinical Psychologist, Surgery Health Care Service
Fletcher Allen Health Care-University of Vermont
South Burlington, VT 05403**

Perform psychological evaluations and provide brief therapy to prospective and postoperative obese bariatric surgery patients as part of multidisciplinary treatment team

**10/98-2/00 Clinical Research Associate, USDA Hatch Grant
University of Vermont Department of Nutrition and
Food Sciences
Burlington, Vermont**

Senior clinician on research project: "The Effectiveness of Internet Support on the Long Term Management of Obesity." Recruit subjects, coordinate groups, and facilitate weight management treatment sessions

**9/97-10/98 Director of Behavioral Health Program
Green Mountain at Fox Run, Health and Weight
Management for Women
Ludlow, Vermont**

Design, coordinate, and implement psychological/behavioral component of multidisciplinary residential weight management program, including body image therapy program and binge eating program; individual and group therapy for variety of psychological issues and disorders; psychoeducational workshops and seminars focused on eating and health behavior

**9/96-8/97 Tufts University School of Medicine/Veterans Affairs
Medical Center
Boston, Massachusetts
APA Approved Predoctoral Internship**

Major Rotations:

Acute Psychiatry Inpatient Unit:

Assessment and treatment of men and women with chronic and severe psychiatric disorders; individual and group therapy, psychological testing, treatment planning, staff liaison, emergency admissions and dispositions

Medical Psychology Service:

Individual and group therapy, and assessment and evaluation of medically ill patients through the following programs: End Stage Renal Disease Program; Primary Health Care Clinic; Cognitive-Behavioral Pain Management Program; Cardiac Rehabilitation Program; Weight Management Program; Sexual Dysfunction Clinic; Psychiatric Consultation/Liaison Service

Outpatient Mental Health Clinic:

Individual and group therapy, and assessment and evaluation of male and female veterans through the following outpatient programs: Health Psychology Clinic (including blinded veterans group); Post-Traumatic Stress Disorder Program; Psychiatric Relapse Prevention Program; Emergency Walk-In Clinic

**6/96-8/96 Green Mountain at Fox Run, Health and Weight Management for Women
Ludlow, Vermont**

Psychoeducational workshops and group and individual therapy with female participants in a residential health and weight management program; clinical problems primarily consisted of body image disorders, binge-eating disorder, depression, anxiety, and marital distress

**7/95-8/96 Behavior Therapy and Psychotherapy Center
Department of Psychology, University of Vermont
Burlington, Vermont**

Private outpatient clinic offering individual and group cognitive-behavioral treatment for adolescents and adults; clinical problems included disorders of eating, body image, anxiety, pain, sleep, affective, personality, and sexual deviation; conducted forensic evaluations on sexual offenders; assessed risk of recidivism and treatment appropriateness

**7/95-8/96 Department of Adult Psychiatry, Behavior Therapy Service
Fletcher Allen Health Care Center
Burlington, Vermont**

Individual behavioral and cognitive-behavioral therapy with adults in an outpatient setting: anxiety, affective, and psychophysiological disorders

**3/92-7/96 Department of Psychology, University of Vermont
Burlington, Vermont**

Cognitive-behavioral group therapy for individuals suffering from body dysmorphic disorder and/or other body image disorders

**7/94-6/95 Spine Institute of New England
Department of Orthopaedics and Rehabilitation
McClure Musculoskeletal Research Center
Fletcher Allen Health Care Center
Williston, Vermont**

Intensive rehabilitation and outpatient clinical health psychology service specializing in the evaluation and treatment of chronic pain, injury, and/or illness from a multidisciplinary perspective; duties included psychological assessment and testing, individual and group counseling, behavioral skills training, and relaxation and biofeedback training

**7/94-6/95 Vermont State Hospital, Psychology Service
State of Vermont Department of Mental Health
Waterbury, Vermont**

Psychodiagnostic/psychometric assessment and individual therapy and case management with adult chronic mentally ill inpatients, including schizophrenia and other psychotic disorders, affective disorders, and personality disorders

**7/93-6/94 Wediko Children's Services
 Hillsboro, New Hampshire**

Provided psychometric assessment, direct care services, and individual, group, and family therapy to severely emotionally disturbed children and adolescents in a residential treatment setting

**9/93-2/94 Family Therapy Team
 Department of Psychology, University of Vermont
 Burlington, Vermont**

Provided family therapy services using a reflecting team model

**4/93-6/93 Medical Center Hospital of Vermont
 University of Vermont
 Burlington, Vermont**

Psychological assessment of morbidly obese candidates for gastric bypass surgery

**1/93-6/93 Student Counseling and Testing Center
 University of Vermont
 Burlington, Vermont**

Individual therapy with university students experiencing depression, adjustment disorders, and stress-management problems

**9/89-5/90 Veterans Administration Hospital
 Nashville, Tennessee**

Volunteer intern for Mental Hygiene Ward and Chemical Dependency Treatment Program

**9/9-5/90 Child Life Program
 Vanderbilt University Medical Center
 Nashville, Tennessee**

Volunteer intern for Child Life Program

RESEARCH EXPERIENCE

2004-2006 UVM New Research Initiative (NRI) Grant in conjunction with Magdalena R. Naylor, MD, Ph.D. (PI)

"A Randomized Controlled Trial of Telephone-Based Extended Behavioral Therapy for Weight Maintenance."

2001-2002 Fletcher Allen Health Care, Surgery Service

Study examining functional and psychological effects of gastric bypass surgery on morbidly obese men and women

1999-2001 National Institute of Health Postdoctoral Research Fellowship

"Impact of negative body image on exercise behavior in obese women"

1998-1999 University of Vermont, Department of Nutrition and Food Sciences

Project manager of USDA Hatch Grant: "The Effectiveness of Internet Support on the Long-Term Management of Obesity"

9/97-10/98 Green Mountain at Fox Run, Behavioral Health Service

Research examining the effect of parental attitudes and early attachment on development of binge eating; prevalence of binge eating behavior among women in a residential health and weight management center

1992-1996 University of Vermont, Department of Psychology

Research examining body image and obesity. Advisor: James C. Rosen, Ph.D. Dissertation: A Comparison of Weight Control vs. Weight Control Plus Body Image Therapy in the Treatment of Negative Body Image in Obese Individuals

1994-1996 Vermont State Hospital, Psychology Service

Research examining traumatic sexual history among schizophrenic inpatients; part of a larger study conducted in order to establish psychiatric inpatient norms for trauma measures developed at the Traumatic Stress Institute in South Windsor, CT.

1990-1992 Vanderbilt University, Department of Psychology

Honors Psychology Program research assistant. Advisor: David G. Schlundt, Ph.D. Honors Thesis: Effects of Eating and Exercise on Body Image in Sedentary and Active Women

**Sum 1991 Institute for Mental Health Initiatives (IMHI)
Washington, D.C.**

**Research and mental health public relations intern of a non-profit public health agency that collaborates with media services to promote more effective styles of behavior communication
Research Focus: Effects of television violence on impulsivity and aggression in children and adults-research intended for use by screen and program writers and producers as part of IMHI's "Channeling Anger" campaign; Public Relations Focus: Promoting positive mental health and mental health awareness in Hispanic communities; coordinated "Channeling Anger" campaign for Hispanic communities**

TEACHING EXPERIENCE

**Sum 2005-2009 University of Vermont, Department of Psychiatry
Clinical Instructor**

Didactic instruction for Psychiatry Residency Program on cognitive behavioral therapy techniques in clinical practice

Fall 2001-2005 Graduate Faculty, University of Vermont

**July 2000-2006 University of Vermont, Department of Psychology
Clinical Assistant Professor of Psychology**

Clinical supervisor of doctoral students receiving therapy training at the Behavior Therapy and Psychotherapy Center, Department of Psychology, University of Vermont

**May 2004 University of Vermont
Committee member for dissertation of doctoral candidate of clinical
psychology program**

**Oct 2003 University of Vermont
Guest Speaker, Health Psychology Graduate Class. Presented on
behavioral treatments of obese and morbidly obese patients and
patients with eating disorders.**

Fall 1999 University of Vermont

**Guest Speaker, Critical Issues in Food Seminar. Seminar jointly held
by the University of Vermont Department of Nutrition and Food
Sciences and the BA/CCT program at the New England Culinary
Institute. Topic covered the effect of body image on eating patterns**

Fall 1999 University of Vermont

**Guest Speaker, Basic Nutrition Course, Department of Nutrition and
Food Sciences. Topic covered eating disorders and weight
management**

Fall 1999 University of Vermont

**Guest Speaker, Adult Psychopathology Class, Department of
Psychology. Clinical case presentation and discussion**

**Spring 1999 Community College of Vermont (CCV), Burlington,
Vermont**

**Instructor for course on Basic Nutrition, with a focus on physical and
psychological effects of nutrition and eating behavior**

Sum/96-10/98 Green Mountain at Fox Run

**Psychoeducational sessions focused on strategies and techniques to
help participants identify and change problematic eating behaviors
and decrease dissatisfaction and preoccupation with appearance in a
residential health and weight management program for women**

1/97-8/97 Boston Veterans Affairs Medical Center

Psychoeducational groups on pain management, cardiac rehabilitation and healthy lifestyle change, communication skills, and understanding post-traumatic stress disorder

7/94-6/95 Spine Institute of New England, Department of Orthopedics and Rehabilitation/McClure Musculoskeletal Research Center

Behavioral skills training emphasizing stress management, assertiveness training, and RET for participants in Intensive Rehabilitation Program, a functional restoration program for individuals with neck and back injuries

SCIENTIFIC PUBLICATIONS AND PRESENTATIONS

Comette, M., Ramirez, E., Roland, E., Krukowski, R., McCray, A., Helzer, J., Naud, S., & Naylor, M.. Effective Weight Loss Relapse Prevention: Use of a Novel Telephone-Based Tool. Proceedings of the Society of Behavioral Medicine's 27th Annual Scientific Sessions. Presented in San Francisco, CA., March 2006.

Davis, N., and Ramirez, E.M. The relationship among dissociation, attachment, and binge eating behavior. Unpublished manuscript.

Harvey-Berino, J., Pintauro, S., Buzzell, P., Ramirez, E., DiGuilio, M., Gold, B.C., Moldovan, C. Can you use the Internet to facilitate weight maintenance? Proceedings of the 2001 Annual Scientific Meeting of the North American Association for the Study of Obesity. Presented in Quebec City, Quebec, October 2001.

Harvey-Berino, J., Pintauro, S., Buzzell, P., Ramirez, E., DiGuilio, M., Gold, B.C., Moldovan, C. (2002). Does the Internet facilitate the maintenance of weight loss? International Journal of Obesity, 26, 1254-1260.

Ramirez, E.M., and Harvey-Berino, J. Prevalence of binge eating behavior in participants of an outpatient weight management program. Annals of Behavioral Medicine: Proceedings of the Society of Behavioral Medicine's 22nd Annual Scientific Sessions. Presented in Seattle, Washington, March 2001.

Ramirez, E.M. Effect of eating and exercise on body image in sedentary and active women. Proceedings of the Seventh Annual Southeastern Undergraduate Psychology Research Conference. Presented in Birmingham, Alabama, April 1992.

Ramirez, E.M., Benay, E., Thomson, L., Murakami, J., Hasazi, J., Kennedy, K.B., & Jones, A.J. Sexual abuse and trauma histories of hospitalized schizophrenic men and women: Self-reported experiences and symptomatology. Unpublished manuscript.

Ramirez, E.M., & Rosen, J.C. (1995). A comparison of dieting and dieting plus body image therapy in obese individuals. Proceedings of the 29th Annual Convention of the Association for the Advancement of Behavior Therapy. Presented in Washington, D.C., November 1995.

Ramirez, E.M., & Rosen, J.C. A comparison of weight control and weight control plus body image therapy in the treatment of negative body image in obese individuals: One year follow-up. Proceedings of the 31st Annual Convention of the Association for the Advancement of Behavior Therapy. Presented in Miami Beach, FL., November, 1997.

Ramirez, E.M., & Rosen, J.C. (2001). A comparison of weight control and weight control plus body image therapy for obese men and women. Journal of Consulting and Clinical Psychology, 69, 440-446.

Ramirez, E.M., Saligman, C., Davis, N., & Reeder-Crowell, J. Prevalence of binge eating behavior in participants of a residential health and weight management center for women. Annals of Behavioral Medicine: Proceedings of the Society of Behavioral Medicine's 20th Annual Scientific Sessions. Presented in San Diego, CA., March 1999.

Ramirez, E.M., & Schlundt, D.G. Effect of eating and exercise on body image in active and sedentary women. Annals of Behavioral Medicine: Proceedings of the Society of Behavioral Medicine's 19th Annual Scientific Sessions. Presented in New Orleans, LA., March 1998.

Rosen, J.C., Jones, A., & Ramirez, E. (1996). Body image in overweight men and women. Unpublished manuscript.

Rosen, J.C., & Ramirez, E. (1998). A comparison of eating disorders and body dysmorphic disorder on body image and psychological adjustment. Journal of Psychosomatic Research, **44 (3/4), 441-449.**

Rosen, J.C., Ramirez, E., & Fisch, J. (1994). Body image in clinical and non-clinical samples of obese women. Unpublished manuscript.

Rosen, J.C., Jones, A., Ramirez, E., and Waxman, S. (1996). Body Shape Questionnaire: Studies of validity and reliability. International Journal of Eating Disorders, **20, 315-319.**

COMMUNITY EDUCATION PRESENTATIONS

Vermont Genetics Network Annual Career Day. Panelist representing the discipline of Psychology. April 14, 2010, Burlington, Vermont.

When Less Is More: Losing Weight and Lowering Risk. Presented at the 2008 Annual meeting of The American Association of Cardiovascular and Pulmonary Rehabilitation, September 19, 2008, Indianapolis, Indiana.

Cognitive Behavioral Treatment of Eating Disorders. Presentation to University of Vermont undergraduate psychology students as part of Senior Seminar in Psychology course. March 28, 2008.

Behavioral Weight Control. Presented at Health Psychology Day, Annual meeting of The Vermont Psychological Association. November 9, 2007.

Eating Disorders. Presentation to University of Vermont nursing students as part of "Issues in Women's Health" course. February 8, 2007, January 28, 2008, April 16, 2009.

Eating Disorders. Interview on Vermont Public Radio's Interactive Radio Talk Show, "Switchboard." February 1, 2007

Family Weight Control. Presentation to families at Fletcher Allen Health Care Milton Family Practice. January 25, 2007.

Is Lifestyle Modification for Long-Term Weight Control Possible? Presented at the 2006 Summer Lecture Series of The Clinical Neuroscience Unit at Fletcher Allen Health Care and The University of Vermont. August 14, 2006.

Behavioral Aspects of Weight Control. Presentation to research subjects participating in FAHC Department of Endocrinology study. May 10, 2006.

Providing Accountability for Obese Patients to Improve Long Term Weight Control. Presented at the first 2006 meeting of the Green Mountain Chapter of Case Management Society of America. Colchester, VT, February 23, 2006.

Managing Obesity Within the Family Practice Setting: An Interactive Discussion. Presented at the FAHC Obesity/Family Practice Grand Rounds at Fletcher Allen Health Care, Burlington, VT, April 18, 2005.

Body Image Issues. On-Line Expert for Self Magazine weekdays from February 14-February 25, 2005.

Children, Body Image, and Self-Esteem. A discussion with parents of middle school students at Shelburne Community School, Shelburne, VT, October 28, 2004.

The Psychological and Behavioral Treatment of Bariatric Patients. Presented at the Vermont Health Care Association Annual Conference and Trade Show, Burlington, VT, September 23, 2004.

Emotional Eating and Weight Control. Quarterly presentation to participants of the FAHC Cardiac Rehabilitation and Prevention "Healthy Heart" Weight Control Program, 2004-2008.

Body Image and Eating Disorders. A question and answer session with middle school students at Williston Central School, Williston, VT, April 7, 2004.

Managing Eating Disorders Behaviorally on an Inpatient Psychiatric Unit. Presentation and Discussion for FAHC Smith 4 Staff, Burlington, VT, October 5, 2004.

Using Behavioral Therapy Techniques with Severely Mentally Ill Individuals. Presented at Howard Center for Human Services, Burlington, VT, January 9, 2003.

The Impact Of Emotional Eating On Weight Management And Health. Presented at the Apria sponsored meeting of the Green Mountain Chapter of the Case Management Society of America. Three Stallions Inn, Randolph, VT, February 9, 2000.

Eating And Body Image Disorders. Moderated interactive discussion with middle school students at Williston Central School, Williston, VT, February 2, 1999.

Eating And Body Image Disorders. Hosted parent roundtable of discussion of eating and body image disorders at Montpelier Middle School, Montpelier, VT, January 19, 1998

Your Wellness In An Increasingly Complex World. Presented at the "Latex Allergy, Myth or Reality?" safety and risk management conference sponsored by Fletcher Allen Health Care, Quality, Education, and Development. Hampton Inn, Colchester, VT, January 20, 1999.

“Never Say Diet” Community Challenge. Internet Guest Host for iVillage Better Health/America On Line “Never Say Diet” Community Weight Loss Challenge. Lectured, answered questions, and gave recommendations related to body image, weight management, binge eating; July/August 1998.

Eating In A Standing Position. Wireless Flash Radio Interview, Capetown, South Africa. Discussion of behavioral techniques for enhancing appetite awareness for purposes of weight management for listeners of public radio station; July 19, 1998.

Keynote Speaker. The Psychological Implications And Consequences Of Emotional Overeating: Learning To Break The Cycle. Presented at the 14th Annual Alumnae Week at Green Mountain at Fox Run, Ludlow, VT, March 1997.