

# **CURRICULUM VITAE**

## **ELENA MARIE RAMIREZ, PhD PLC**

### **Licensed Psychologist-Doctorate**

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#### **PERSONAL DATA**

**Work Address:** 595 Dorset Street  
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South Burlington, Vermont 05403

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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)

1992-2011                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

1994-2010                APA Division 12; Clinical Psychology

1994-2010                Vermont Psychological Association (VPA)

Fall, 1997                Consultant to writers for Spa

1997-2011                APA Division 38; Health Psychology

1997-2006                The Society of Behavioral Medicine (SBM)

1997-1998                Behavioral Medicine Consortium of New England

Fall 1998-1999         Consultant to writers for Prevention

1999-2000	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)/The Obesity Society
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 to The Ontario Mental Health Foundation
April 2001	Consultant to writers for <u>Self</u>
Since June 2002	Credentialed by the National Register for Health Service Providers in Psychology (#50386)
2002-2011	American Psychological Society
2002-2011	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	Consultant to Alpha/Penguin Publishing Company

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
2005-2010	Board of Directors of the Vermont Psychological Association serving as NW Rep and committee member for state Psychologically Healthy Workplace Award
2005-2010	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
2006-2011	Faculty of The UVM MindBody Medicine Clinic
April 2006	Consultant to Prevention.com
December 2006	Consultant to The Burlington Free Press
2006-2011	National Association of Cognitive-Behavioral Therapists
October 2007	Consultant to <u>Eating Well</u>
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 <u>Your Health</u> Monthly Magazine

January 2010                    Consultant to Lady of America Fitness Centers  
Member Publications

January 2010                    Member of the Vermont Obesity Initiative

January 2011                    Consultant to Reader's Digest Best You

June 2011                        Consultant to New England Psychologist

**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 27<sup>th</sup> 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

"Preventing Childhood Obesity" Public Service Announcement for Vermont Public Television. September 2010

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 and Cognitive Behavior Therapy.** Presentation to University of Vermont nursing students as part of "Issues in Women's Health" course. Spring 2007-present.

**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.**