

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)**

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**

1997-2011 **APA Division 38; Health Psychology**

1999-2000 ; 2013 **APA Division 47; Exercise and Sports 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**

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
2001-2010	Academy for Eating Disorders (AED)
2001-2013	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 of Health Service Psychologists (#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 College of Medicine Clinical 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>
Since 1999	Member/Supporter, Center for Science in the Public Interest
January 2008	New England Culinary Institute "Survival of the Fittest" Advisory Committee
2009-2011	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
May 2010	Magellan Health Care Compliance Award for High Volume Providers
January 2011	Consultant to Reader's Digest <u>Best You</u>
June 2011	Consultant to New England Psychologist
December 2012	Consultant to Champlain Business Journal
December 8, 2014	TV Interview for Fox 44/News on Holiday Eating
January 2015	Friend of the Eating Disorder Coalition
February 2016	Consultant to The Vermont Standard Newspaper

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
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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 College of Medicine, Clinical Instructor of Psychiatry
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

Psychological Treatment of Eating Disorders. Presentation to University of Vermont "Exploring Eating Disorders" undergraduate course. February 29, 2016.

"Food and Addiction" Teleconference for Maintenance of Certification in the area of Quality Improvement for University of Vermont CHAMP (Child Health Advances Measured in Practice) providers. Burlington, VT. January 20, 2015.

"Simple, Safe, and Successful: Nutritional and Behavioral Weight Control Strategies for Your Pediatric Patients and Their Families" Presentation to Pediatric CHAMP network providers through the Vermont Child Health Improvement Program (VCHIP) Healthy Weight, Nutrition, and Physical Activity CHAMP Learning Session. Burlington, VT. September 17, 2014.

"Identifying and Treating Eating Disorders" Presentation to The Fletcher Allen Health Care Community Health Team. Burlington, VT. December 3, 2013.

"Successful Weight Management: Helping Your Patients Get There" Workshop presented at the 30th Annual Vermont Family Medicine Review Course of the University of Vermont College of Medicine. Burlington, VT. June 12, 2013.

"Exposure and Response Prevention Treatment for Eating Disorders" Presentation at University of Vermont Conscious Eating Course. March 12, 2013.

"Perfectionism, Procrastination, and Petulance: Typical Adolescent Behavior Or A Sign of Something More?" A discussion with parents of middle school students at Shelburne Community School, Shelburne, VT., January 15, 2013.

"Helping Your Patients Make Effective Behavioral Changes"
Presented at the Fletcher Allen Health Care Family Practice Grand Rounds,
October 8, 2012, Burlington, VT.

**"Thinner People: How To Get There" Speaker for Variety Series
for Elder Education Enrichment. February 20, 2012, S. Burlington, VT**

**"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 2007-2010.**

**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.