

# Dara L. Bellace, PhD

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## *Curriculum Vitae*

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### Education

- Drexel University**, Philadelphia, PA **August 1999 – April 2005**  
Ph.D. in Clinical Psychology, awarded April 2005  
M.A. in Clinical Psychology, awarded June 2001
- Colgate University**, Hamilton, NY **August 1993 – May 1997**  
B.A. in Psychology, High Honors, May 1997  
*Summa Cum Laude*  
Phi Beta Kappa
- University of Wollongong**, Wollongong, NSW, Australia **July 1995 – December 1995**  
Colgate University Study Abroad Program

### Academic and Clinical Appointments

- Assistant Professor of Psychology in Psychiatry** **July 2009 – June 2011**  
*Weill Cornell Medical College*
- Assistant Attending Psychologist** **July 2009 – June 2011**  
*New York-Presbyterian Hospital*
- Instructor of Psychology in Psychiatry** **July 2006 – June 2009**  
*Weill Cornell Medical College*
- Professional Associate in Psychology** **July 2006 – June 2009**  
*New York-Presbyterian Hospital*

## Clinical and Research Experience

**Psychotherapist in Private Practice** **August 2007 – present**  
 Conduct comprehensive evaluations and provide individual, family, and Maudsley family therapies to adolescents and adults struggling with eating disorders, weight, mood disorders, anxiety disorders, and associated difficulties.

**Clinical Psychologist, Weill Cornell Medical College Faculty** **July 2006 – June 2011**  
*Weill Cornell Medical College, New York-Presbyterian Hospital*  
*Eating Disorders Program* *White Plains, NY*  
 Conducted comprehensive evaluations and provided individual and family therapies to female and male adolescents and adults suffering from Anorexia Nervosa, Bulimia Nervosa, Eating Disorders Not Otherwise Specified, as well as associated difficulties. Collaborated with multidisciplinary treatment teams at inpatient, partial hospital, and outpatient levels of care within Eating Disorders Program. Assisted with preparation of grants and IRB paperwork for multiple assessment and treatment studies. Maintained ongoing database of clinical research data for inpatients and outpatients treated within the Eating Disorders Program. Participated in weekly research meetings, clinical meetings, and case conferences with Katherine Halmi, MD. Attended weekly Psychiatry Grand Rounds and monthly Psychology Grand Rounds. Provided seminars on Cognitive Behavioral Therapy (CBT) for Eating Disorders for Psychology Interns and Postdoctoral Fellows in Psychology at Payne Whitney Manhattan and Payne Whitney Westchester.

**Maudsley Family Therapist** **August 2006 – June 2011**  
*Weill Cornell Medical College, New York-Presbyterian Hospital*  
*Eating Disorders Program* *White Plains, NY*  
 Served as certified, primary Maudsley family therapist for NIH-funded collaborative study entitled, “Family Therapy for Adolescents with Anorexia Nervosa.” Assisted with training of back-up Maudsley therapist for Weill Cornell treatment site. Presented Maudsley family cases as part of regular collaborative case conferences across treatment sites for this study. Participated in ongoing supervision for Maudsley Family Therapy with James Lock, MD, PhD and colleagues at Stanford University.

**Principal Investigator, YBC-EDS Self-Report Questionnaire Validation Study** **Fall 2006 – Fall 2012**  
*Weill Cornell Medical College, New York-Presbyterian Hospital*  
*Eating Disorders Program* *White Plains, NY*  
 Developed a self-report questionnaire (SRQ) version of the Yale-Brown-Cornell Eating Disorders Scale (YBC-EDS; Halmi and colleagues, 1993). Served as Principal Investigator for a study in which we collected data on the concurrent validity (i.e., YBC-

EDS, SRQ compared with YBC-EDS Interview), divergent validity, and test-retest reliability of the YBC-EDS, SRQ. Collaborated with colleagues at the Neuropsychiatric Research Institute in Fargo, ND, the University of Minnesota, and the University of Chicago to enhance concurrent validity data collection. Completed data collection and analyses from assessments with inpatients and outpatients with Anorexia Nervosa. Presented YBC-EDS, SRQ Validation Study preliminary results at the International Conference on Eating Disorders / Academy of Eating Disorders Conference in Baltimore, MD (May 2007), as well as the Eating Disorders Research Society Conference in Montreal, Quebec, Canada (September 2008). Manuscript published in Volume 45 of the *International Journal of Eating Disorders* in 2012.

**Coordinator, Metropolitan New York Comprehensive Care Center for Eating Disorders (Metro NYCCCED) April 2006 – June 2009**

*Weill Cornell Medical College, New York-Presbyterian Hospital*

*Eating Disorders Program*

*White Plains, NY*

Responsible for weekly data collection and entry for patients admitted to and discharged from the inpatient, partial hospital, and outpatient levels of care within the Weill Cornell Eating Disorders Program. Collaborated weekly with representatives from eating disorder treatment programs at Columbia University Medical Center and Long Island Jewish Medical Center. Served as Weill Cornell's primary contact for facilitation of patient admissions from and discharges to other eating disorder treatment programs throughout New York State. Collaborated around clinical care, patient referrals, and patient outcome research with NYCCCED representatives throughout the state. Participated in monthly teleconferences with NYCCCED clinicians and site coordinators, to collaborate around patient care and transfers, as well as clinical research initiatives. Participated in annual advocacy efforts with colleagues in Albany, NY, to support ongoing funding for the NYCCCED.

**Principal Investigator, Anorexia Portion Project Spring 2008 – Summer 2010**

*Weill Cornell Medical College, New York-Presbyterian Hospital*

*Eating Disorders Program*

*White Plains, NY*

Served as Principal Investigator of the IRB-approved "Anorexia Portion Project." Collaborated with Harry Kissileff, PhD at the Obesity Research Center of St. Luke's Roosevelt / Columbia University, and Jeffrey Brunstrom, PhD at the University of Bristol. Worked with Drs. Kissileff and Brunstrom to develop sequential computer tasks that aim to measure the effect of changes in portion size as a cue that affects stress responses to four select foods in patients with Anorexia Nervosa (AN). The effects measured were: 1) maximum tolerable portion size, 2) anxiety ratings as portion sizes are increased, and 3) effects of different types of foods on these responses.

**Postdoctoral Psychology Fellow****September 2004 – June 2006***New York-Presbyterian Hospital, Westchester Division  
Eating Disorders Program**White Plains, NY*

Conducted clinical intake assessments and provided individual and family therapies to inpatients hospitalized on Eating Disorders inpatient unit, as well as outpatients in Eating Disorders Clinic. Participated in daily inpatient rounds as part of multidisciplinary treatment team for adolescent and adult female and male patients suffering from Anorexia Nervosa, Bulimia Nervosa, Eating Disorders Not Otherwise Specified and associated difficulties. Participated in weekly case conferences with program director, Katherine Halmi, MD. Attended monthly Psychology Grand Rounds with Psychology and Psychiatry faculty.

**Clinical Interviewer****September 2004 – June 2007***Weill Cornell Medical College, New York-Presbyterian Hospital  
Eating Disorders Program**White Plains, NY*

Served as the Clinical Interviewer for the Weill Cornell site as part of a multi-site, international, NIH-funded study titled, “The Genetics of Anorexia Nervosa.” Conducted and scored structured and semi-structured clinical interviews (e.g., SCID-I, SCID-II, YBC-EDS, YBOCS, DIGS, SADS-L) with pairs of siblings with a past history and/or current diagnosis of Anorexia Nervosa. Participated in monthly teleconference calls and collaborated as needed with Clinical Interviewers from other study sites to ensure accuracy of assessments.

**Predoctoral Clinical Psychology Intern****September 2003 – August 2004***Long Island Jewish Medical Center – Zucker Hillside Hospital**Glen Oaks, NY*

Conducted clinical intake assessments, individual and group therapies with adolescent and adult females and males in a year-long placement at the Center for Weight Management. Conducted individual psychotherapy with patients in Phobia Clinic, and co-lead weekly group therapy and in vivo exposure exercises with patients suffering from Panic Disorder during year-long placement. Provided individual and group (i.e., process, DBT) therapies with female and male adolescents as primary therapist on adolescent inpatient unit for four-month rotation. Conducted psychodiagnostic assessment batteries consisting of objective and projective tests with psychiatric inpatients suffering from difficulties including psychotic disorders, PTSD and severe depression. Wrote comprehensive testing reports based on the results of these assessments. Provided feedback to referring psychiatrists, patients and families when appropriate during this four-month rotation. Conducted individual therapy, case management and group therapy with females and males as therapist in geriatric partial hospital for four-month rotation. Participated in weekly supervision with clinical supervisors at aforementioned placements. Attended multiple didactic seminars, including a regular testing seminar, geropsychiatry seminar, and intern seminar series addressing multiple clinical issues.

**Primary Investigator for Dissertation Research** **October 2002 – April 2005**  
*University of Pennsylvania and Drexel University Philadelphia, PA*  
Dissertation Title: “Predictors of Attrition and Weight Loss in Obese Treatment-Seeking Males and Females.” Successfully Defended in April 2005.  
Committee Co-chairs: Thomas A. Wadden, PhD & Michael R. Lowe, PhD

**Staff Therapist** **September 2002 – July 2003**  
*Institute for Addictive Disorders, Drexel University College of Medicine Phila., PA*  
Conducted clinical intake assessments and provided weekly individual and couples therapies to clients struggling with substance abuse and dependence and other mental health difficulties. A majority of clients were also diagnosed with HIV or AIDS, and struggled with numerous issues ranging from HIV medication adherence, accepting their diagnosis, to existential issues around chronic illness, death and dying from AIDS. Attended weekly seminars and case conferences as part of multidisciplinary treatment team for clients with HIV/AIDS. Consulted with physicians and case managers on a regular basis to monitor clients’ health status. Maintained an on-call pager for emergency evaluations and admissions to the Psychiatric Care Unit. The Institute served a culturally and socioeconomically diverse population of clients of various sexual orientations. Supervision and therapy were conducted from psychodynamic, family systems, and cognitive behavioral perspectives.

**Staff Therapist** **June 2001 – July 2003**  
*Drexel University Student Counseling Center, Center City Hahnemann Campus Phila., PA*  
Provided weekly individual, couples, and group therapies to undergraduate, graduate, and medical school students at a culturally and socioeconomically diverse urban university. Conducted semi-structured clinical intake interviews, initial client evaluations, and intellectual and personality assessments. Conducted formal learning disability assessments with clients, and provided clients and university administrators with written and oral reports of psychological evaluations. Created and facilitated workshops open to students and staff, addressing areas such as eating disorders, self-esteem, relationship issues, communication skills training, study skills training, stress management, and test anxiety. Maintained an on-call schedule for emergency consultations.

**Therapist, Intake Clinician, and Assessor** **May 2000 – January 2003**  
*University of Pennsylvania Department of Psychiatry, Weight and Eating Disorders Program Philadelphia, PA*  
Conducted intake assessments and weekly individual cognitive behavioral therapy (including the LEARN Program for Behavioral Weight Control) with individuals suffering from obesity and eating disorders. Conducted semi-structured interviews (e.g., Eating Disorders Examination (EDE); Physical Activity Recall (PAR)) with patients participating in obesity treatment studies funded by the NIH and major pharmaceutical companies. Led and co-led behavior modification weight loss groups for overweight and obese males and females participating in clinical trials.

**Intake Clinician and Assessor** **May 2000 – November 2001**

Conducted semi-structured and structured assessments at pre-treatment, mid-treatment, and post-treatment with patients participating in a Body Dysmorphic Disorder (BDD) treatment study titled, “Treatment of Body Dysmorphic Disorder by Cognitive-Behavioral Therapy” (PI, David Sarwer, PhD). Wrote formal diagnostic summaries for each patient. Utilized the following assessment instruments: Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-I), Structured Clinical Interview for DSM-IV Axis II Disorders (SCID-II), Yale-Brown Obsessive Compulsive Scale for BDD (YBOCS –BDD), Brown Assessment of Beliefs Scale (BABS).

**Assessor** **September 2000 – June 2001**

Conducted assessments with patients participating in a study titled, “An Investigation of the Psychological Characteristics of Cosmetic Breast Augmentation Patients” (PI, David Sarwer, PhD). Conducted pre- and post-surgical SCID-I and SCID-II interviews with participants undergoing breast augmentation surgery.

**Co-Investigator and Therapist** **July 2000 – May 2001**  
*Drexel University Department of Psychology* *Philadelphia, PA*

Worked with Michael Lowe, PhD to write and submit grant for Bulimia Nervosa treatment study titled, “Cognitive Behavioral Therapy with Partial Weight Restoration: A Novel Treatment for Underweight Women Suffering from Bulimia Nervosa.” Coordinated advertising, recruitment of participants, and daily administrative tasks for study. Conducted clinical interviews and semi-structured EDE interviews, measured resting metabolic rates, and conducted weekly CBT sessions with patients participating in the treatment study.

**Project Coordinator, Treatment Group Co-Leader, and Intake Clinician**  
*Drexel University Department of Psychology* *Philadelphia, PA***Graduate Research Assistant** **July 2001 – June 2002**

Conducted intake interviews to assess eligibility for participation in a project funded by Drexel University titled, “A Prospective Test of Risk Factors for Weight Gain in College Freshmen.” Collected interview and self-report data (e.g., weights, caloric and nutritional intake, physical activity, level of eating restraint) and measured resting metabolic rates of participants at various time points during the freshman year.

**Project Coordinator** **December 1999 – May 2001**

Served as project coordinator for NIH-funded obesity treatment study titled, “A Nutritional Approach to Weight Loss Maintenance.” Coordinated advertising, recruitment of participants, and daily administrative tasks. Organized and conducted intake interviews to assess patient eligibility. Measured resting

metabolic rates of patients at admission to treatment program. Created and maintained patients' clinical charts. Assisted with scoring of measures and data entry, interpretation, and analysis. Coordinated and conducted follow-up assessments with study participants.

**Intake Clinician and Treatment Group Co-Leader August 1999 – June 2000**

Co-led two CBT treatment groups with Michael Lowe, PhD for an obesity treatment study funded by the Novartis Nutrition Corporation titled, "Enhanced Nutritional Intervention in Obesity Treatment." Served as intake clinician for this study, conducting intake interviews to assess participant eligibility. Measured resting metabolic rates of patients in the treatment program. Assisted with scoring of measures and data entry.

**Research Consultant**

**November 1999 – September 2002**

*The Renfrew Center*

*Philadelphia, PA*

Analyzed and interpreted pre-treatment, post-treatment, and follow-up data obtained from inpatients struggling with eating disorders who were treated at The Renfrew Center over the past ten years. Two papers based on this research were accepted for peer-reviewed journal publication (see *Publications and Professional Presentations*).

**Role Play Facilitator**

**February 2001**

*Drexel University Department of Psychology, Philadelphia, PA*

Assisted the Social Anxiety Treatment Program with treatment role-plays as part of a group cognitive-behavioral treatment for adults suffering from Social Anxiety Disorder.

**Clinical Test Administrator**

**February 2000 – September 2001**

*Drexel University Student Counseling Center, Center City Hahnemann Campus Phila., PA*

Administered the Reynold's Intellectual Achievement Scale (RIAS) and the Reynold's All Range Reading Test (RARRT), a new set of cognitive and achievement tests for individuals ages 3 to 90 years old. These assessments were developed by Psychological Assessment Resources (PAR), and were in the process of undergoing national standardization.

**Project Coordinator, Treatment Group Co-Leader, and Intake Clinician**

**May 1997 – June 1999**

*Columbia-Presbyterian Medical Center/New York State Psychiatric Institute*

*Eating Disorders Clinic*

*New York, NY*

Worked as a full-time research assistant in a clinical research hospital that offers free inpatient and outpatient psychopharmacological treatment to patients suffering from Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder, in return for participation in one of the clinic's research studies. Conducted telephone interviews to assess patient eligibility. Provided referrals to ineligible patients and their families. Conducted case history and intake interviews with patients using structured methods of

assessment (e.g., EDE adapted for Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder; SCID-I; SCID-II). Wrote formal case history and diagnostic summaries for incoming patients' treatment teams. Created and maintained patients' clinical charts. Attended inpatient rounds twice weekly, serving as a liaison between outpatient research clinic and inpatient unit. Worked as a certified phlebotomist to obtain and process blood samples from patients participating in treatment studies.

**Project Coordinator, Intake Clinician, and Treatment Coordinator**

Coordinated a two-part NIH study examining the pre- and post-treatment psychobiology of eating behavior, gastric emptying, and satiety in women suffering from Bulimia Nervosa. Served as project coordinator, intake clinician, and treatment coordinator for NIH study examining the pre- and post-treatment eating behaviors of morbidly obese women with and without Binge Eating Disorder. Responsible for patient recruitment, assessment, scoring of measures, database maintenance, data entry, interpretation, and analysis.

**Project Coordinator, Treatment Group Co-Leader, and Intake Clinician**

Coordinated a five-year NIH-funded treatment study for moderately and morbidly obese men and women suffering from Binge Eating Disorder titled, "Psychotherapy and Medication for Binge Eating Disorder." Created and maintained patients' clinical charts. Co-led weekly CBT groups for men and women suffering from Binge Eating Disorder. Responsible for patient recruitment, assessment, scoring of measures, database maintenance, data entry, interpretation, and analysis.

**Inpatient Treatment Group Co-Leader**

Co-led weekly nutritional counseling, grocery shopping, and cooking groups for inpatient women suffering from Anorexia Nervosa with Laurel Mayer, MD.

**Community Mental Health Center Volunteer**

**May 1998 – August 1998**

*"The Club" / Habilitation Services of UMDNJ*

*New Brunswick, NJ*

Worked individually with a Club "member" suffering from a 20-year history of Schizophrenia. Worked with member on social skills training two days per week, planning and executing weekly chores such as grocery shopping, trips to the bank, the barber, and the pharmacy. Accompanied member to weekly Overeaters Anonymous meetings.

**Volunteer Clinical Specialist**

**January 1997 – May 1997**

*Heritage Farm, Inc.*

*Bouckville, NY*

Worked on social and personal skills with an autistic teenager two afternoons per week at non-profit agency providing individualized therapeutic, recreational, and respite opportunities for individuals coping with cerebral palsy, mental retardation, brain damage, autism, and seizure disorders.



**Research Assistant** **January 1995 – May 1996**  
*Colgate University Social Psychology Laboratory* *Hamilton, NY*  
Ran various social psychology experiments with Colgate University undergraduate participants. Organized data entry, analysis, and interpretation for these studies.

**Pediatric and Adult Rehabilitation Intern** **December 1995 – January 1996**  
*JFK Johnson Rehabilitation Center* *Edison, NJ*  
Assisted occupational and physical therapists working with pediatric rehabilitation outpatients and traumatic brain injury inpatients.

### **Administrative and Supervisory Experience**

**Clinical Supervisor** **Spring 2007 – June 2011**  
*Weill Cornell Medical College, New York-Presbyterian Hospital*  
*White Plains, NY and New York, NY*  
Supervised Postdoctoral Fellows and Predoctoral Interns in Clinical Psychology. Provided training in CBT for Eating Disorders and ongoing supervision for Fellows and Interns treating patients with eating disorders in the Child and Adult Outpatient Clinics at the Westchester Division of New York-Presbyterian Hospital, as well as the Cornell Cognitive Therapy Clinic at the hospital's Manhattan campus.

**Research Supervisor** **Fall 2005 – June 2011**  
*Weill Cornell Medical College, New York-Presbyterian Hospital*  
*Eating Disorders Program* *White Plains, NY*  
Responsible for supervision of Research Assistants and Psychology Externs working on multiple research projects within the Eating Disorders Program. Provided regular supervision and training for 2 full-time Research Assistants. Served as trainer for semi-structured and structured assessments within Cornell's Eating Disorders Program.

**Internship Admissions Committee Member** **November 2007 – January 2010**  
*Weill Cornell Medical College, New York-Presbyterian Hospital* *New York, NY*  
Participated in the Payne Whitney Manhattan Predoctoral Psychology Internship selection committee. Evaluated and rated applications for this highly selective, APA-approved internship program. Conducted interviews of selected applicants, and provided feedback to Susan Evans, PhD (Internship Director) on applicants interviewed.

## Publications and Professional Presentations

- Bellace, D.L.**, Tesser, R., Berthod, S., Wisotzke, K., Crosby, R., Crow, S., Engel, S., LeGrange, D., Mitchell, J., Peterson, C., Simonich, H., Wonderlich, S. & Halmi, K.A. (2012). The Yale-Brown-Cornell Eating Disorders Scale Self-Report Questionnaire (YBC-EDS SRQ): A new, efficient tool for clinicians and researchers. *International Journal of Eating Disorders*, *45*, 856-860.
- Presented at the 2007 International Conference on Eating Disorders, Baltimore, MD
  - Presented at the 2008 Eating Disorders Research Society Conference, Montreal, Canada
- Halmi, K.A., **Bellace, D.**, Berthod, S., et al. (2012). An examination of early childhood perfectionism across anorexia nervosa subtypes. *International Journal of Eating Disorders*, *45*, 800-807.
- Presented at the 2009 Eating Disorders Research Society Conference, Brooklyn, NY
- Kissileff, H., Brunstrom, J., **Bellace, D.**, Tesser, R., Berthod, S., Thornton, J., & Halmi, K.A. (submitted to *Appetite*). Expected anxiety in response to food cues in eating disordered patients.
- Parikh, P., **Bellace, D.**, & Halmi, K.A. (2009). Inpatient psychiatric treatment of adolescents and adults with eating disorders. In *Evidence Based Treatments for Eating Disorders*, I.F. Dancyger and V.M. Fornari (Eds.).
- Lowe, M.R., Butryn, M.L., Didie, E.R., Annunziato, R.A., Crerand, C., Ochner, C.N., Coletta, M.C., **Bellace, D.**, Wallaert, M., & Halford, J. (2009). The Power of Food Scale: A new measure of the psychological influence of the food environment. *Appetite*, *53* (1), 114-118.
- Annunziato, R., Timko, A., Crerand, C., Didie, E., **Bellace, D.**, Phelan, S., Kerzhnerman, I., & Lowe, M. (2009). An examination of differential meal replacement adherence in a weight loss maintenance program. *Eating Behaviors*, *10* (3), 176-183.
- Lowe, M., Davis, W., **Bellace, D.**, Annunziato, R., & Butryn, M. (2006). Weight suppression predicts weight gain during inpatient treatment of bulimia nervosa. *Physiology and Behavior*, *87*, 487-492.
- Lowe, M., Annunziato, R., Markowitz, J.T., Didie, E., **Bellace, D.**, Riddell, L., Maille, C., McKinney, S., & Stice, E. (2006). Multiple types of dieting prospectively predict weight gain during the freshman year of college. *Appetite*, *47*, 83-90.

- Devlin, M.J., Goldfein, J.A., Petkova, E., Jiang, H., Raizman, P.S., Wolk, S., Mayer, L., Carino, J., **Bellace, D.**, Kamenetz, C., Dobrow, I., Walsh, B.T. (2005). Cognitive behavioral therapy and fluoxetine as adjuncts to group behavioral therapy for binge eating disorder. *Obesity Research, 13*, 1077-1088.
- Lucks, D.**, Davis, W., Annunziato, R., & Lowe, M. (2003). Weight suppression predicts amount of weight gained during inpatient treatment of bulimia nervosa. *The Renfrew Perspective, Summer 2003*, 6-8.
- Presented at the 2001 Eating Disorders Research Society conference in Albuquerque, NM, the Association for the Advancement of Behavior Therapy conference in Philadelphia, PA
  - Presented at the 2001 Drexel University Research Day in Philadelphia, PA
- Goldstein, N.E., Thomson, M., Weil, J., Osman, D., Appleton, C., Strachan, M., Mesiarik, C., Olubadewo, S., Picarello, K., Necowitz, B.A., DeWitt, A., & **Lucks, D.** (in press). Developing an empirically-based, court-mandated, gender-specific treatment program for female juvenile offenders.
- Lowe, M., Davis, W., Annunziato, R., & **Lucks, D.** (2003). Inpatient treatment for eating disorders: Outcome at discharge and three-month follow-up. *Eating Behaviors, 4*, 385-397.
- Research cited in March 2002 *APA Monitor, 33* (3), 42-43
- Lowe, M.R., Annunziato, R., Riddell, L., Didie, L., Crerand, C., **Lucks, D.**, Butryn, M., Ochner, C., Coletta, M., & McKinney, S. (2003). Reduced energy density eating and weight loss maintenance: 18-month follow-up results from a randomized controlled trial.
- Presented at the 2003 University of Pennsylvania Nutrition Retreat
  - Presented at the 2003 National Association for the Advancement of the Study of Obesity conference in Fort Lauderdale, FL
- Lowe, M.R., McKinney, S., Riddell, L., Annunziato, R., Maille, C., **Lucks, D.**, Didie, L., Butryn, M., & Ochner, C. (2003). A prospective study of predictors of weight gain during the freshman year of college.
- Presented at the 2003 University of Pennsylvania Nutrition Retreat
  - Presented at the 2003 National Association for the Advancement of the Study of Obesity conference in Fort Lauderdale, FL
- Lucks, D.** & Lowe, M. (2001). Should weight restoration be a goal of treatment for underweight bulimic patients? *Obesity and Eating Disorders Special Interest Group of the Association for the Advancement of Behavior Therapy Newsletter, 15* (2), 1-6.

Lowe, M., Annunziato, R., Crerand, C., Didie, E., Kerzhnerman, I., **Lucks, D.**, Phelan, S., & Timko, A. A nutrition-focused intervention for weight loss maintenance: Behavioral and psychological outcomes at one-year follow-up.

- Presented at the 2001 National Association for the Advancement of the Study of Obesity conference in Quebec City, Quebec, Canada

Annunziato, R., Crerand, C., Didie, E., Kerzhnerman, I., **Lucks, D.**, Phelan, S., Timko, A., & Lowe, M. (2001). Effects of standard CBT versus CBT plus enhanced nutritional intervention for weight loss maintenance.

- Presented at the 2001 National Association for the Advancement of the Study of Obesity conference in Quebec City, Quebec, Canada

Annunziato, R., Calogero, R., Crerand, C., Didie, E., **Lucks, D.**, Timko, A., & Lowe, M. (2001). A comparison of obese individuals with normal weight unrestrained and restrained eaters on the Power of Food Scale.

- Presented at the 2001 National Association for the Advancement of the Study of Obesity conference in Quebec City, Quebec, Canada

Didie, E., Timko, A., **Lucks, D.**, Crerand, C., Calogero, R., Annunziato, R., & Lowe, M. (2001). The Power of Food Scale: A preliminary report on the development of a self-report measure of the perceived influence of food.

- Presented at the 2001 National Association for the Advancement of the Study of Obesity conference in Quebec City, Quebec, Canada

Timko, A., Annunziato, R., Crerand, C., Didie, E., **Lucks, D.**, & Lowe, M. (2001). Flexible and rigid control as predictors of outcome in a weight loss study.

- Presented at the 2001 Association for the Advancement of Behavior Therapy conference in Philadelphia, PA

Lowe, M., Kerzhnerman, I., Phelan, S., Annunziato, R., Crerand, C., Didie, E., **Lucks, D.**, & Timko, A. (2000). An empirical evaluation of a nutrition-focused treatment for weight loss maintenance.

- Presented at the 2000 National Association for the Advancement of the Study of Obesity conference in Long Beach, CA

Crerand, C., Annunziato, R., Didie, E., **Lucks, D.**, Timko, A., & Lowe, M. (2000). Correlates of self-perceived eating control in overweight, treatment-seeking women.

- Presented at the 2000 Association for the Advancement of Behavior Therapy conference in New Orleans, LA

Didie, E., Lowe, M., Annunziato, R., Crerand, C., **Lucks, D.** & Timko, A. (2000). The degree of food intake underreporting among obese women seeking treatment: Implications for therapeutic interventions.

- Presented at the 2000 Association for the Advancement of Behavior Therapy conference in New Orleans, LA

- Devlin, M., Raizman, P., & **Lucks, D.** (2000). Interpersonal functioning in moderately and morbidly obese patients with and without binge eating disorder.
- Presented at the 2000 International Conference on Eating Disorders, New York, NY
- Kissileff, H.R., Guss, J.L., Walsh, B.T., Zimmerli, E., Devlin, M.J., Wolk, S., & **Lucks, D.** (1999). The development of satiety in female patients with bulimia nervosa and normal controls during binge and normal eating episodes. *Appetite*, 33.
- Guss, J.L., Kissileff, H.R., Zimmerli, E., **Lucks, D.**, Devlin, M.J., & Walsh, B.T. (1999). The development of satiety in morbidly obese women with and without binge eating disorder.
- Presented at the 1999 Annual Meeting of the Society for the Study of Ingestive Behaviour (SSIB), Clearwater Beach, FL
- Levy, R. & **Lucks, D.** (1998). Predicting weight gain in anorexia nervosa: Stage of change versus patient characteristics.
- Presented at the 1998 International Conference on Eating Disorders, New York, NY

### **Invited Seminars, Presentations, and Workshops**

#### **Instructor in Clinical Psychology**

*Cornell Cognitive Therapy Clinic, New York, NY*

**Spring 2007 – June 2011**

Taught seminar series on the etiology, symptomatology, and treatment of eating disorders and obesity to clinical psychology interns and postdoctoral fellows working at the Cornell Cognitive Therapy Clinic of New York-Presbyterian Hospital / Weill Cornell Medical College. Provided ongoing consultation on clinical cases for clinicians at this outpatient clinic.

*New York-Presbyterian Hospital – Westchester Division*

**Spring 2008 – June 2011**

Taught seminar series on CBT for Eating Disorders to postdoctoral fellows in psychology working in the Outpatient Department of New York-Presbyterian Hospital's Westchester Division. Provided ongoing consultation on clinical cases for psychology fellows.

*New York-Presbyterian Hospital – Westchester Division*

**June 2008 – June 2009**

Taught seminar series on CBT for Eating Disorders to nursing staff and mental health workers on the Payne Whitney Westchester Eating Disorders Inpatient Unit. These seminars include discussions and role-plays focused on implementing CBT principles in day-to-day interactions with patients on the inpatient unit.

*Touro College, New York, NY*

**November 2005**

Taught seminar on the etiology, symptomatology, treatment and other issues related to eating disorders to junior and senior psychology majors at Touro College.

*Drexel University College of Medicine, Philadelphia, PA*

**October 2002**

Provided lecture and discussion on the psychological and biological etiology, symptomatology, and treatment of eating disorders to first-year medical students as part of a Behavioral Sciences course.

*Act 101 Study Skills Course, Drexel University, Philadelphia, PA*

**September 2001**

Taught class entitled, "Healthy Body, Healthy Mind" to students in a study skills course that is part of a decelerated academic program at Drexel University. Reviewed tips for maintaining a healthy diet while keeping up with a busy academic and work schedule. Discussed links between nutrition, physical health, mental health, and cognitive abilities.

*Drexel University College of Medicine, Philadelphia, PA*

**Fall 2001, Fall 2002**

Developed and taught lecture series entitled, "Disordered Eating and Eating Disorders" as part of an Adult Psychopathology course for Clinical Psychology PhD students at Drexel University.

**Workshop Instructor**

**February 2000 – present**

Create, organize, and facilitate workshops on eating disorders entitled, "Don't Let Eating Disorders Consume Your Life." Address the overwhelming prevalence, clinical symptoms, risk factors, and danger signs of disordered eating, Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and obesity. Provide workshop participants with information for families and friends of sufferers, as well as treatment options and assistance with referrals as needed. Interact with participants both as a group and individually to address personal questions and concerns regarding disordered eating and eating disorders.

*Presented at:*

**April 2008**

*Putnam Valley High School, Putnam Valley, NY*

Workshop presented to seniors as part of a "Senior Seminar" series at Putnam Valley High School.

**February 2000, November 2001, March 2002, November 2002**

*Drexel University Student Counseling Center, Center City Hahnemann Campus*

Workshops sponsored by Drexel University's Office of Student Life, and provided for Drexel University students, faculty, and staff.

**November 2001**

*Drexel University, Philadelphia, PA*

Workshop sponsored by and presented to the Delta Zeta sorority at Drexel University.

**June 2001**

*West Virginia Teen Institute Conference, Ridley, WV*

Invited and sponsored by the West Virginia Teen Institute, a healthy living and substance abuse prevention organization for West Virginia high school and college students.

**August 2000**

*Teen Institute for the Garden State Conference, Blairstown, NJ*

Invited and sponsored by the Teen Institute for the Garden State, a healthy living and substance abuse prevention organization for New Jersey high school and college students.

**February 2000**

*Cherry Hill High School East, Cherry Hill, NJ*

Presented workshop to 8 senior health classes at Cherry Hill High School East.

**Invited Speaker**

*Colgate University, Reunion College 2007, Hamilton, NY*

**June 2007**

Taught seminar focused on the diagnosis, detection, risk factors, treatment, and associated issues around disordered eating and eating disorders in females and males. Facilitated discussion around disordered eating and eating disorders with Colgate University students and a diverse group of Colgate alumni.

*International Conference on Eating Disorders, Baltimore, MD*

**April 2007**

Presented a new assessment tool developed with Katherine Halmi, MD, titled the Yale-Brown-Cornell Eating Disorders Scale, Self-Report Questionnaire (YBC-EDS, SRQ). Discussed with conference attendees the initial reliability and validity data for this assessment, and explored the future utility of this measure with eating disordered patients in both clinical and research settings.

*Day of Distance Clinic, RunningWorks, Inc., Villanova, PA*

**December 2006**

Developed and presented workshops to 200 high school and college cross-country / track and field coaches. Workshops addressed issues around disordered eating and eating disorders in female and male competitive runners, as well as addressing performance anxiety in athletes.

*New York-Presbyterian Hospital – Westchester Division*

**May 2006**

Presented talk to multidisciplinary hospital staff at Psychiatry Grand Rounds titled, "Predictors of Attrition and Weight Loss in Obese Treatment-Seeking Males and Females." Engaged Grand Rounds attendees in discussion around data presented, study conclusions, and directions for future research.

*International Conference on Eating Disorders, Boston, MA* **April 2002**  
Presented Master's thesis titled, "Body Mass Index and Weight Suppression Independently Predict Weight Gain in Bulimic Patients During Hospitalization," to conference attendees.

**Clinical Trainer**

*Weill Cornell Medical College, White Plains, NY* **January 2006 – June 2009**  
Conducted trainings with research assistants and other assessors on structured and semi-structured interviews (e.g., SCID-I, SCID-II, YBOCS, YBC-EDS) for NIH-funded studies and various clinical assessment studies within Weill Cornell's Eating Disorders Program. Provided ongoing supervision of assessment process and scoring.

*Rockland County Mental Health Association, Nyack, NY* **Fall 2006 – June 2009**  
Co-led training sessions with mental health clinicians on CBT for Eating Disorders. Provided ongoing supervision as needed for clinicians working with eating disordered patients. Sponsored by the New York State Comprehensive Care Centers for Eating Disorders (NYCCED) training initiative.

*Drexel University Department of Psychology, Philadelphia, PA* **July 2001 – June 2002**  
Trained group leaders to conduct CBT for Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder, for a treatment program titled, "Treating Mental Illness and Preventing Recidivism in Female Juvenile Offenders." This is a comprehensive mental health treatment program for delinquent and chemically dependent girls in Philadelphia, PA. The Delinquency Intervention and Assessment (DIA) Program was the first empirically-based treatment program for this high-risk and underserved population in Philadelphia. Provided consultation to DIA Program therapists on an ongoing basis.

**Grant Recipient and Invited Speaker**

**January 2001**

*Drexel University College of Medicine, Philadelphia, PA*  
Invited to present project titled, "Cognitive-Behavioral Therapy with Partial Weight Restoration: A Novel Treatment for Underweight Women Suffering from Bulimia Nervosa" at the Helen I. Moorehead, MD Women's Health Research Day at the Medical College of Pennsylvania Hospital. Grant and Research Day sponsored by the Drexel University College of Medicine's Institute for Women's Health.

**Workshop Instructor**

**October 2001**

*Drexel University Student Counseling Center, Center City Hahnemann Campus, Phila., PA*  
Organized and facilitated workshop titled, "Sharpening Study Skills and Eliminating Test Anxiety." Provided psychoeducation around ways to improve study skills, test preparation and performance. Participants were introduced to stress management techniques and methods to decrease test anxiety. Workshop sponsored by Drexel University's Office of Student Life, and provided for Drexel University students, faculty, and staff.



**Mental Health Support Staff**

**October 2001**

*Drexel University Student Counseling Center, Center City Hahnemann Campus, Phila., PA*  
Distributed information and provided individual consultation to undergraduate and graduate students for Mental Health Awareness Day and “Learning to Learn” Day.

**Workshop Instructor**

**August 2001**

*Drexel University Student Counseling Center, Center City Hahnemann Campus, Phila., PA*  
Organized and facilitated workshop titled, “Balancing School and Life,” sponsored by Drexel University’s Student Counseling Center and Office of Student Life. Workshop provided for incoming Drexel University medical students, as part of their graduate student orientation week. Reviewed stress management principles, scheduling techniques, and suggestions for various learning styles.

**Teaching Assistant**

**August 1994 – December 1994**

*Colgate University, Hamilton, NY*

Worked with biology professor, Robert Arnold, PhD, to instruct the laboratory component of an Introduction to Biology course at Colgate University.

**Specialized Training**

**Structured and Semi-Structured Diagnostic Assessments**

**June 1997 – present**

Trained and certified to conduct multiple structured and semi-structured assessments, including the SCID-I, SCID-II, PAR, YBOCS, C-YBOCS, YBC-EDS, EATATE, SADS-L, SIAB, DIGS, and EDE for Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder. Assessment skills implemented in a number of past and current NIH- and NIMH-funded clinical studies.

**Maudsley Family Therapy for Anorexia Nervosa**

**September 2006 – present**

Trained and certified to provide Maudsley Family Therapy – also known as Family Based Treatment (FBT) – for patients suffering from Anorexia Nervosa and their families. Provide Maudsley Family Therapy for families in private practice setting when clinically appropriate. Provide ongoing supervision to therapists in the community seeking training and supervision in Maudsley Family Therapy. Participated in ongoing, intensive training and supervision sessions with James Lock, MD, PhD, and colleagues. Served as primary Maudsley therapist within New York-Presbyterian Hospital / Weill Cornell Medical College Eating Disorders Program.

**Motivational Interviewing** **December 2002 – February 2003**

Participated in an intensive training seminar series with David Rubenstien, PsyD titled, “Understanding and Applying Motivational Interviewing: Theory and Techniques.” Received ongoing supervision with Dr. Rubenstein while implementing Motivational Interviewing techniques with individual patients struggling with substance abuse and dependence, as well as HIV/AIDS. Continue to practice Motivational Interviewing with ambivalent patients, particularly those struggling with eating and substance use disorders.

**HIV Risk Assessment** **February 2003**

Participated in a training seminar titled, “HIV Risk Assessment for the Mentally Ill.” Seminar was presented by the Behavioral Health Training and Education Network of Philadelphia, PA.

**TB/STD Training** **October 2002**

Training presented by the Behavioral Health Training and Education Network of Philadelphia, PA.

**Eating Disorder Examination** **June 1997**

Participated in an intensive training program for the administration, rating and interpretation of the Eating Disorder Examination (EDE) for Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder. Training led by Ruth Streigel-Moore, PhD at Wesleyan University.

**Honors and Awards**

- Grant recipient from Drexel University College of Medicine’s Institute for Women’s Health for study titled, “Cognitive-Behavioral Therapy with Partial Weight Restoration: A Novel Treatment for Underweight Women Suffering from Bulimia Nervosa,” March 2000
- Phi Beta Kappa Honor Society, Colgate University 1996
- *Summa Cum Laude*, Colgate University 1997
- Colgate University Dean’s List, 8 semesters, 1993-1997
- F. Kenneth Berrien Memorial Award for Excellence in Social Psychology, Colgate University 1997
- High Honors in Psychology for Independent Research, “Self-Deception and the Formula for Success: Does ‘Knowing’ Less Mean Doing Better?,” Colgate University 1997
- Sherman Fairchild Research Grant recipient, “The Effects of Self-Deception on Running Performance,” Colgate University 1996

- Konosioni Senior Honor Society, Colgate University 1996. Selected on the basis of outstanding leadership and service to the Colgate University and Hamilton, NY communities
- Psi Chi – National Psychology Honor Society, 1996-1997
- Phi Eta Sigma Student Research Council, Colgate University 1995-1996
- Varsity Cross-Country and Track and Field Athlete, Colgate University, 1994-1997

### **Professional Affiliations**

[www.maudsleyparents.org](http://www.maudsleyparents.org)

Training Institute for Child and Adolescent Eating Disorders –  
Certified Maudsley Family Therapist