

CURRICULUM VITAE

E. BLAKE ZAKARIN, PHD

DATE CV PREPARED: April, 2019

PERSONAL DATA

FORMAL NAME: Elizabeth Blake Zakarin

MAIDEN NAME: Finkelson

BIRTH DATE: 12/01/1980

BIRTH PLACE: New York, NY

CITIZENSHIP: USA

ACADEMIC TRAINING

2003 B.A. University of Pennsylvania, Major: Psychology, Magna Cum Laude
2011 M.A. Catholic University of America, Clinical Psychology
2013 Ph.D. Catholic University of America, Clinical Psychology
 Dissertation: *Sleep Disturbances and Family Environment Correlates in Children with Generalized Anxiety Disorder*
 Advisors: Marcie Goeke-Morey, Ph.D., Candice Alfano, Ph.D.

New York State Psychologist Licensure: # 020966; Issued 10/2014

TRAINEESHIP

08/2009 - Pre-doctoral Externship, University Counseling Center
05/2010 Catholic University of America, Washington, DC
06/2010 - Pre-doctoral Externship, Child and Adolescent Anxiety Program (CAAP)
06/2011 Children's National Medical Center, Washington, DC
06/2011 - Pre-doctoral Externship, Inpatient Child, Adolescent and Adult Psychiatry
08/2011 Psychiatric Institute of Washington, Washington, DC
08/2011 - Pre-doctoral Externship, Attention & Learning Service; PHP
05/2012 Inova Health System, Kellar Center, Fairfax, VA
07/2012 - Pre-doctoral Internship in Child Clinical & Pediatric Psychology (APA Accredited)
06/2013 Children's National Medical Center, Washington, DC
08/2013 - Post-doctoral Fellowship in Pediatric Psychology, Behavioral Pain Medicine
08/2014 Children's National Medical Center, Washington, DC

ACADEMIC APPOINTMENTS

11/2014 - Instructor of Medical Psychology (In Psychiatry),
10/2016 Department of Child and Adolescent Psychiatry
 Columbia University College of Physicians and Surgeons, New York, NY

11/2016 - Assistant Professor of Medical Psychology (In Psychiatry),
Present Department of Child and Adolescent Psychiatry
Columbia University College of Physicians and Surgeons, New York, NY

HOSPITAL APPOINTMENTS

11/2014 - Assistant Professional Psychologist
Present New York Presbyterian Hospital (NYPH), New York, NY

PROFESSIONAL EMPLOYMENT

01/2003 - *Research Assistant*, Penn Resiliency Program
05/2003 University of Pennsylvania, Philadelphia, PA

09/2003 - *Clinical Monitor and Interviewer*, Youth Suicide Screening Project
12/2003 Columbia University Medical Center, New York, NY

03/2006 - *Research Assistant and Clinical Evaluator*, Eating Disorders Research Unit
06/2008 Columbia University Medical Center/New York State Psychiatric Institute, New York, NY

08/2008 - *Graduate Research Assistant*, Children, Families and Cultures Center
05/2010 Catholic University of America, Washington, DC

08/2009 - *Clinical Research Assistant*, Child and Adolescent Anxiety Program (CAAP)
05/2010 Children's National Medical Center, Washington, DC

08/2011 - *Graduate Research Assistant*, Physiology, Affect and Cognition Laboratory
05/2012 Catholic University of America, Washington, DC

11/2014 - *Senior Clinical Psychologist*, Columbia University Clinic for Anxiety and Related
Present Disorders (CUCARD)
Columbia University Medical Center, New York, NY

07/2018 - *Associate Clinical Director*, Columbia University Clinic for Anxiety and Related
Present Disorders (CUCARD)
Columbia University Medical Center, New York, NY

ADDITIONAL SPECIALIZED TRAINING

01/2007 - *Group Therapist*, Disruptive Behavior Disorders Clinic
12/2007 Children's Hospital of New York-Presbyterian, New York, NY

09/2006 - *Group Therapist*, Eating Disorders Inpatient Research Unit
06/2008 New York State Psychiatric Institute, New York, NY

06/2010 - *Forensic Practicum Evaluator*, Child Guidance Clinic
07/2010 D.C. Superior Court, Washington, DC

08/2010 - *Family Practicum Therapist*, Center for Family Psychology
12/2010 Catholic University of America, Washington, DC

08/2010 - *Group Therapist*, Child, Adolescent and Adult CBT-based Skills Groups
06/2011 Expressive Therapy Center, Rockville, MD

01/2011 - *Psychodiagnostician*, Practicum in School Assessment
 05/2011 Washington Jesuit Academy, Washington, DC

AWARDS & HONORS

2002-2003 Deans List, University of Pennsylvania
 2003 Magna Cum Laude, University of Pennsylvania
 2008-2009 Wylma & James Curtin Fellowship, Catholic University of America
 2010 Honors, Comprehensive Exam in Clinical Psychology, Specialization in *Children, Families & Cultures*, Catholic University of America

PROFESSIONAL MEMBERSHIP

American Psychological Association (APA)
 APA Division 53: Society of Clinical Child and Adolescent Psychology
 APA Division 54: Society of Pediatric Psychology
 Association for Behavioral and Cognitive Therapies (ABCT)
 ABCT, Special Interest Group in Child Anxiety

TEACHING EXPERIENCES AND RESPONSIBILITIES

Educational Leadership

06/2015 - Director of Training Program, Columbia University Clinic for Anxiety
 06/2018 and Related Disorders (CUCARD)
 Columbia University Medical Center, New York, NY

Clinical Supervision

10/2012 - Clinical supervisor, Cognitive-Behavioral Therapy: Supervision of psychology
 06/2014 externs in the treatment of anxiety and related disorders
 Child and Adolescent Anxiety Program (CAAP)
 Children's National Medical Center, Washington, DC

- 1.5 weekly contact hours; 2 trainees

08/2013 - Clinical supervisor, Cognitive-Behavioral Therapy: Supervision of psychology
 08/2014 externs in the treatment of chronic pain, sleep disturbances, and the diagnosis and
 treatment of anxiety, mood, and related disorders
 Department of Behavioral Pain Medicine
 Children's National Medical Center, Washington, DC

- 2 weekly contact hours; 2 trainees

11/2014 - Clinical supervisor, Cognitive-Behavioral Therapy: Supervision of psychology
 Present externs and postdoctoral fellows in the diagnosis and treatment of anxiety and
 related disorders
 Columbia University Clinic for Anxiety and Related Disorders (CUCARD)
 Columbia University Medical Center, New York, NY

- 2-3 weekly contact hours; Up to 6 trainees

11/2014 - Clinical supervisor, Youth Anxiety Center: Supervision of externs and

Present postdoctoral fellows in the diagnosis and treatment of anxiety at the transition to adulthood
Columbia University Clinic for Anxiety and Related Disorders (CUCARD)
Columbia University Medical Center, New York, NY

- 1-2 weekly contact hours; Up to 6 trainees

Teaching

Fall 2009, Teaching Assistant and Laboratory Instructor, PSY 322, Undergraduate Statistics
Fall 2010 Catholic University of America, Washington, DC

- TA for lecture; Course instructor for 2 sections of laboratory; 5.5hrs weekly; Up to 26 students

Spring 2010 Instructor, PSY 479, Laboratory in Lifespan Development
Catholic University of America, Washington, DC

- Course instructor for 2 laboratory sections; 3.5 hrs weekly; 17 students

Spring 2011 Instructor, PSY 201, Undergraduate Introduction to Psychology
Catholic University of America, Washington, DC

- Course instructor; 3.5hrs weekly; 21 students

10/2014 - Trainer, Biannual Multi-Site Training for the Launching Emerging Adults
Present Program (LEAP) for clinicians across the New York Presbyterian Hospital (NYPH) Youth Anxiety Center (YAC)
Columbia University Medical Center, New York, NY

- Co-lead biannual training day; 8 hrs, 2 times per year; Up to 30 faculty and staff attendees from across NYPH

11/2014, Trainer, Annual Anxiety Training Day
11/2015, NYPH Child & Adolescent Psychiatry Residency Training Program of Columbia
11/2018 & Cornell Universities, New York, NY

- 2.5 hour annual course; Up to 17 child and adolescent Psychiatry Residents

11/2014 - Lecturer, Columbia University Clinic for Anxiety and Related Disorders
Present (CUCARD) Seminar Series on Psychopathology, Treatment of Anxiety and Related Disorders, and Ethics for psychology Externs and Post-Doctoral Fellows
Columbia University Medical Center, New York, NY

- Yearlong, weekly 1hr seminar; 2 to 5 lectures per year; Up to 8 trainees

04/2015 - Guest Lecturer, Fundamentals of Child and Adolescent Psychotherapy Course
Present NYPH Child & Adolescent Psychiatry Residency Training Program of Columbia & Cornell Universities, New York, NY

- Course Instructor: Anne Marie Albano; 1.5hrs weekly seminar; 2 lectures per year; Up to 17 child and adolescent Psychiatry Residents

DEPARTMENTAL AND UNIVERSITY COMMITTEES

07/2017 Strategic Planning Quality Committee Department of Psychiatry,
Columbia University Medical Center

10/2017 - Faculty Practice Organization Quality Committee, Department of Psychiatry,
Present Columbia University Medical Center

OTHER PROFESSIONAL ACTIVITIES

02/2014 Ad-Hoc Reviewer, *Pediatric Pain Letter*
 03/2014 Ad-Hoc Reviewer, *BMC Pediatrics Journal*
 03/2015 Ad-Hoc Reviewer, *Comprehensive Psychiatry*
 05/2015 Contributor to *ABCT.org* for mental health month; Topic: Sleep and Anxiety
 10/2015 Consultant on teen Anxiety for *MyJewishLearning.com* dissemination initiative
 01/2015 - Collaborator, Avoidant/Restrictive Food Intake Disorder (ARFID) assessment
 03/2018 development with members of CUCARD and the Eating Disorders Research Unit,
 New York State Psychiatric Institute
 07/2018 Consultant on Anxiety for *Prevention.com*
 10/2018 Consultant on Separation Anxiety Disorder for *Health.com*
 11/2014 - Clinical Consultant and Collaborator for the Youth Anxiety Center (YAC) across
 Present New York Presbyterian Hospital sites
 11/2014 - Clinical Research Collaborator for the Youth Anxiety Center (YAC) at
 Present CUCARD. Member of the clinical research team developing methods for
 assessment of developmental milestones for youth at the transition to adulthood

PROFESSIONAL PUBLICATIONS & PRESENTATIONS

Peer-Reviewed Publications

2003

1. Abraham, M., **Finkelson, E. B.**, Lydon, C., & Murray, K. (2003). Caregivers' socialization of gender roles in a children's museum. *Perspectives in Psychology: The Undergraduate Psychology Journal of the University of Pennsylvania*, 6, 19-25.

2011

2. Sysko, R., **Zakarín, E. B.**, Devlin, M. J., Bush, J., & Walsh, B. T. (2011). A latent class analysis of psychiatric symptoms among 125 adolescents in a bariatric surgery program. *International Journal of Pediatric Obesity*, 6, 289-297.

Book Chapters and Educational Material for Medical or Scientific Community

2008

1. **Finkelson, E. B.** (2008). Family therapy in the treatment of overweight children. In K. Keller & G. Golson (Eds.), *Encyclopedia of obesity* (Vol. 1, pp. 257-258). Thousand Oaks, CA: Sage Publications.
2. **Finkelson, E. B.**, & Black, E. A. (2008). Self-Esteem and children's weight. In K. Keller & G. Golson (Eds.), *Encyclopedia of obesity* (Vol. 2: pp. 673-675). Thousand Oaks, CA: Sage Publications.

2009

3. **Finkelson, E. B.**, & Walsh, B. T. (2009). She just won't eat a thing: Anorexia nervosa. In P. Jensen & C. Galanter (Eds.), *DSM-IV-TR casebook and treatment guide for child mental health* (pp. 143-147). New York, NY: American Psychiatric Publishing Inc.

4. Walsh, B. T., & Finkelson, E. B. (2009). She just won't eat a thing: Integrative perspective. In P. Jensen & C. Galanter (Eds.), *DSM-IV-TR casebook and treatment guide for child mental health* (pp. 156-161). New York, NY: American Psychiatric Publishing Inc.

2016

5. Freidl, E. & Zakarin, E.B. (2016). Phobias. *BMJ Best Practices*. Retrieved from <http://bestpractice.bmj.com/best-practice/monograph/693.html>

Professional Presentations

2007

1. Witt, M. N., Jean, A., Fennoy, I., Finkelson, E. B., Kotler, L., Farrell, P., & Zitsman, J. L. (2007, June). *Laparoscopic adjustable gastric banding (LAGB) in obese adolescents: Short-term results*. Poster presented at the American Society for Bariatric Surgery, San Diego, CA.
2. Finkelson, E. B., & Attia, E. (2007, May). *Treatment expectations in patients with anorexia nervosa*. Poster presented at the Academy for Eating Disorders International Conference, Baltimore, MD.
3. Samuels, F., Walsh, B. T., Zitsman, J. L., Devlin, M. J., Kotler, L., Diaz-Zubieta, A., & Finkelson, E. B. (2007, May). *Psychological and behavioral characteristics of adolescent patients presenting for bariatric surgery*. Poster presented at the Academy for Eating Disorders International Conference, Baltimore, MD.

2008

4. Witt, M. N., Jean, A., Fennoy, I., Finkelson, E. B., Devlin, M. J., & Zitsman, J. L. (2008, June). *Laparoscopic adjustable gastric banding (LAGB) in obese adolescents: Impact on weight loss, comorbidities and psychological profile*. Poster presented at the American Society for Metabolic and Bariatric Surgery, Washington, DC.

2010

5. Parr, A., Jarrett, M., Kim, K. L., Zakarin, E. B., & Alfano, C. A. (2010, March). *A Comparison of treatment completers and non-completers at a community-based childhood anxiety specialty clinic*. Poster presented at the Anxiety Disorders Association of America, Baltimore, MD.

2011

6. Zakarin, E. B., & Goeke-Morey, M. C. (2011, March). *Developmental trajectories of depressive symptoms and mother-adolescent relationship quality in urban adolescents*. Poster presented at the Society for Research in Child Development, Montreal, Quebec
7. Zakarin, E. B., Kim, K. L., Reynolds, K., Mellman, T. A., & Alfano, C. A. (2011, June). *Objective sleep abnormalities as a potential pathway from childhood Generalized Anxiety Disorder (GAD) to depression in adulthood*. Poster presented at the Associated Professional Sleep Societies conference, Minneapolis, MN.

2013

8. Zakarin, E. B. (2013, April). *Sleep Disturbances & Parenting Correlates in Children with Generalized Anxiety Disorder*. Invited presentation, Grand Rounds for the Division of Psychiatry and Behavioral Sciences at Children's National Medical Center, Washington, DC.

2014

9. Fletcher, A. A., Zakarin, E. B., Smith, V. C., & Salamon, K. S. (2014, March). *Advances in pediatric chronic pain assessment via web-based measurements: Patient Reported Outcome Measurement System (PROMIS)*. Poster presented at the Society of Pediatric

Psychology Annual Conference, American Psychological Association: Division 54, Philadelphia, PA.

10. Salamon, K. S., Fletcher, A. A., & **Zakarin, E. B.** (2014, March). *Exploring the role of chronic pain acceptance: Implications for treatment delivery*. Poster presented at the Society of Pediatric Psychology Annual Conference, American Psychological Association: Division 54, Philadelphia, PA.
11. Fletcher, A. A., **Zakarin, E. B.**, Davis, M., Smith, V. C., & Salamon, K. S., (2014, April). *Peer relationships as a function of pain presentation in youth with chronic pain*. Poster presented at the 35th Annual Meeting & Scientific Sessions of the Society for Behavioral Medicine, Philadelphia, PA.
12. Salamon, K. S., **Zakarin, E. B.**, Davis, M., Smith, V. C., & Fletcher, A. A. (2014, April). *Youth reported chronic pain acceptance: The role of pain presentation*. Poster presented at the 35th Annual Meeting & Scientific Sessions of the Society for Behavioral Medicine, Philadelphia, PA.
13. **Zakarin, E. B.**, Salamon, K. S., Smith, V. C., Davis, M., & Fletcher, A. A. (2014, April). *Anxiety, acceptance, and pain-related functional impairment in youth with chronic pain*. Poster presented at the 35th Annual Meeting & Scientific Sessions of the Society for Behavioral Medicine, Philadelphia, PA.
14. Smith, V. C., Salamon, K. S., **Zakarin, E. B.**, & Fletcher, A. A. (2014, August). *Pain intensity and depression in pediatric chronic pain: The moderating role of peer relationships*. Symposium presented at the 122nd American Psychological Association Annual Convention, Washington, DC.

2016

15. Glasofer, D. R., Steinglass, J., **Zakarin, E. B.**, & Mattu, A. (2016, October). *Creative behavioral approaches for treating feeding and eating disorders*. Mini-Workshop presented at the 50th Association for Behavioral and Cognitive Therapies (ABCT) Convention, New York, NY.
16. **Zakarin, E. B.** & Albano, A. (2016, October). *The Launching Emerging Adults Program (LEAP): Overview of the cognitive behavioral and developmental LEAP model and implementation in a faculty practice*. Clinical Perspectives presented at the 63rd American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting, New York, NY.

2017

17. **Zakarin, E. B.** & Mattu, A. (2017, May). *How to Help Your Anxious Teen and Young Adult Transition to Independence*. Invited Parent Workshop, JCC, New York, NY.

2019

18. **Zakarin, E. B.** (2019, April). *Expanding on the S in PLEASE: Cognitive Behavioral Therapy for Insomnia (CBT-I)*. Invited presenter for Updates in Psychiatry, Columbia University Medical Center, New York, NY.