

CURRICULUM VITAE

Name: Elana Zimand, Ph.D.

Address: 550 Pharr Rd. NE
Suite 305
Atlanta, Georgia 30305

Phone: (404) 664-6398 email: ezimand@pathgroupatl.com

EDUCATION

1995 University at Albany, SUNY, Albany, N.Y. Ph.D. Clinical Psychology
1988 University at Albany, SUNY, Albany, N.Y. M.A. Clinical Psychology
1983 Barnard College of Columbia University B.A. Religion

PROFESSIONAL TRAINING/EMPLOYMENT

2013 **Professional Training Institute (PTI)** – 2 day intensive training in treatment of Body Focused Repetitive Behaviors (BFRB) such as Trichotillomania and Skin Picking Disorder

2010 **Behavior Therapy Training Institute (BTI)** – 3 day intensive training in empirically supported treatment of Obsessive Compulsive Disorder sponsored by the International Obsessive Compulsive Disorders Foundation

2008-present **Full-time Private Practice**

2007-present **Adjunct Assistant Professor of Psychiatry and Behavioral Science, Emory University**

2007-2008 **Licensed Psychologist, Virtually Better**

2002-2007 **Director of Clinical Services, Virtually Better**

2001-2003 **Psychology Consultant, Jewish Family and Career Services**

1999-2002 **Licensed Psychologist, Virtually Better**

1999-2001 **Licensed Psychologist, Powers Ferry Psychological Associates**

1998-1999 **Postdoctoral Fellow, Emory University School of Medicine**

1992-1995 **Albany County Mental Health, Staff Psychologist Forensic Services**

1990-1991 **Pre-doctoral Internship, Albany Medical Center Consortium**

1989-1990 **Clinical Assistantship, Psychological Services Center**

CLINICAL EXPERIENCE

2008-present **Private Practice**
Full-time private practice in Buckhead providing cognitive-behavioral treatment for anxiety disorders, mood disorders and other behavioral problems in children, adolescents and adults. Referrals are made by psychiatrists, pediatricians and various local school personnel.

- 2002-2007 Director of Clinical Services, Virtually Better
Providing cognitive-behavioral treatment for anxiety disorders, mood disorders, and trichotillomania to adults and children. Supervising post-doctoral fellows in outpatient clinical cases and clinical research trials.
- 2001-2003 Psychology Consultant, Jewish Family and Career Services
Conduct psychoeducational evaluations of children for learning disabilities and other emotional problems. Evaluation includes feedback session and may include school consultation.
- 1999-2002 Licensed Psychologist, Virtually Better
Independent Assessor and therapist for clinical research trial comparing virtual reality exposure therapy to standard exposure therapy for fearful fliers.
- 1999-2001 Powers Ferry Psychological Associates, Private Practice
Outpatient therapy and evaluation of adults and children for ADHD, learning disabilities, anxiety and depression.
- 1998-1999 Emory University, School of Medicine Postdoctoral Fellowship
Supervisors: Nadine Kaslow, Ph.D., Ann Abramowitz, Ph.D., Marietta Collins, Ph.D.
Evaluated children ages three to eighteen for behavior problems, learning difficulties, and developmental delays. Assessments designed based on referral question. Feedback sessions with parents and adolescents. School consultations.
- 1992-1995 Albany County Community Mental Health Center, Staff Psychologist, Child and Family Forensic Services
Consultant to Albany County Juvenile Justice System. Completed court-ordered psychological evaluations: custody, visitation, child abuse and neglect, JD and PINS. Testified as expert witness.
- 1990-1991 Albany Psychology Internship Consortium Pre-doctoral Internship
Director: Reuben Silver, Ph.D.
Outpatient Psychiatry and Crisis Intervention Unit Long- and short-term individual and couples' psychotherapy and comprehensive psychological assessment of clinic patients. Also evaluated acutely ill psychiatric patients and coordinated disposition with psychiatric staff.
Forensic Psychology and Child/Family Treatment Psychological evaluations for Family Court regarding custody and visitation. Served as consultant to county jail mental health tier. Treated children and families in outpatient setting.
Inpatient Psychiatry Primary therapist and treatment team member on a unit specializing in community discharge of chronically disturbed adult inpatients. Conducted comprehensive psychological assessment including intellectual, personality and neuropsychological screening.

- 1989-1990 Psychological Service Center, Clinical Assistantship
Outpatient Psychotherapy Conducted psychotherapy with individuals and couples. Administrative duties included chart maintenance and peer review.
Samaritan Shelter Completed family assessments for adolescents in temporary detention. A written report became part of legal file used to formulate plan for adolescent and family.
Highgate Rehabilitation Center Training in neuropsychological assessment procedures and tests for brain-injured adults and children in a post-acute rehabilitation facility.

RESEARCH EXPERIENCE

- 2004-2007 Lead Therapist/Supervisor and Assessment Team Supervisor
Georgia State University
Awarded by the NIMH for an STTR Phase II study. Virtual reality exposure therapy for the treatment of social phobias. Refined the virtual audience to be used in exposure therapy for public speaking anxiety and compared the efficacy of Individual Virtual Reality Exposure Therapy to Enhanced Cognitive Behavior Group Therapy and a waitlist control group.
- 2004-2005 Independent Assessor
Virtually Better, Inc.
Awarded by NIH for an SBIR Phase I study. Virtual relaxation for chronic lower back pain. Developed a 5-session virtual relaxation program used to assess its benefit in reducing reported chronic lower back pain.
- 2002-2003 Independent Assessor and Therapist
Virtually Better, Inc.
Awarded by NIMH for an SBIR Phase I study to examine the use of a computer-based self-help program in the treatment of social anxiety.
- 2002-2003 Independent Assessor and Therapist
Virtually Better, Inc.
Funded clinical trial to examine the use of virtual reality exposure therapy for acrophobia with a randomized double blind dose of DCS.
- 2001-2002 Independent Assessor
Virtually Better, Inc.
Awarded by NIMH for an STTR Phase I study to examine virtual reality in the treatment of social anxiety.
- 2001-2002 Research Supervision
Virtually Better, Inc. and Egelston Children's Hospital
Dissertation and Honor's thesis research examining the benefit of virtual reality used for pain distraction with pediatric oncology patients.
- 1999-2001 Independent Assessor and Therapist

Virtually Better, Inc.

NIMH-funded SBIR Phase II clinical trial comparing standard exposure therapy to virtual reality exposure therapy for treatment of fear of flying.

1999-2000 Independent Assessor

Emory University School of Medicine, Department of Psychiatry

Research comparing two forms of prolonged exposure for the treatment of Post-Traumatic Stress Disorder in women who have been raped. Conducted structured interviews using the CAPS and the SCID.

1985-1989 Research Assistantship Child and Family Program, University at Albany
Department of Psychology

Research using behavior modification techniques to help overweight children lose weight. Trained and supervised undergraduate students. Assisted in data analysis and co-authoring of scientific papers. Participated in writing grant proposal to NIMH.

1983-1985 Research Coordinator Philadelphia Child Guidance Clinic and Children's Hospital of Philadelphia

Investigated the relationship between family patterns of interconnectedness and child's success in adapting to chronic illness. Duties included coordinating family participation; supervising collection of psychosocial, medical and family questionnaire data, conducting videotaped family tasks and interviews.

PUBLICATIONS

Tannenbaum, L., & **Zimand, E.** (2014). Public Speaking Anxiety: Clinician Application. In L. Grossman & S. Walfish (Ed.). Translating Psychological Research Into Practice. New York: Springer Publishing Company.

Anderson, P.L., Price, M., Edwards, S.M., Obasaju, M.A., Schmertz, S. K., **Zimand, E.**, & Calamaras, M.R. (2013). Virtual reality exposure therapy for social anxiety disorder: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 81, 751-760.

Anderson, P., **Zimand, E.**, Schmertz, S. K., & Ferrer, M. (2007). Usability and utility of a computerized cognitive-behavioral self-help program for public speaking anxiety. *Cognitive and Behavioral Practice*, 14, 198-207.

Anderson, P., Jacobs, C. H., Lindner, G. K., Edwards, S., **Zimand, E.**, Hodges, L. F., & Rothbaum, B. O. (2006). Cognitive behavior therapy for fear of flying: Sustainability of treatment gains after September 11. *Behavior Therapy*, 37.

Rothbaum, B. O., Anderson, P., **Zimand, E.**, Hodges, L. F., Lang, D., & Wilson, J. (2006). Virtual reality exposure therapy and in vivo exposure therapy equally effective in the treatment of fear of flying. *Behavior Therapy*, 37, 80-90.

Anderson, P., Rothbaum, B. O., **Zimand, E.**, & Hodges, L. F. (2005). Cognitive behavioral therapy for public speaking anxiety using virtual reality for exposure. *Depression and Anxiety*, 22, 156-158.

Wolitzky, K., Fivush, R., **Zimand, E.**, Hodges, L., & Rothbaum, B.O. (2005) Effectiveness of virtual reality distraction during a painful medical procedure in pediatric oncology patients. *Psychology & Health*,

Ressler, K. J., Rothbaum, B. O., Tannenbaum, L. R., Anderson, P., Grapp, K., **Zimand, E.** Hodges, L. F., Davis, M. (2004). Cognitive enhancers as adjuncts to psychotherapy: Use of D-cycloserine in phobics to facilitate extinction of fear. *Archives of General Psychiatry*, 61, 1136-1144.

Gershon, J., **Zimand, E.**, Pickering, M., Rothbaum, B.O., and Hodges, L. (2004). A pilot and feasibility study of virtual reality as a distraction for children with cancer. *Journal of the American Academy of Child and Adolescent Psychiatry*, 43,

Zimand, E., Rothbaum, B.O., Tannenbaum, L., Ferrer, M., & Hodges, L. (2003). Technology meets psychology: Integrating virtual reality into clinical practice. *The Clinical Psychologist*, 56, 5-11

Zimand, E., Anderson, P., Gershon, J., Graap, K., Hodges, L., & Rothbaum, B. O. (2002). Virtual reality therapy: Innovative treatment of anxiety disorders. *Primary Psychiatry*, 9, 51-54.

Gershon, J., Anderson, P., Graap, K., **Zimand, E.**, Hodges, L., & Rothbaum, B. O. (2002). Virtual reality exposure therapy in the treatment of anxiety disorders. *Scientific Review of Mental Health Practice*, 1 (1), 76-81.

DiClemente, R.J., Wingood, G.M., Crosby, R.A., Sionean, C., Brown, L.K., Rothbaum, B., **Zimand, E.**, Cobb, B.K., Harrington, K., & Davies, S. (2001). A prospective study of psychological distress and sexual risk behavior among black adolescent females. *Pediatrics*, 108, 85-90.

Logsdon Conradson, S. Sirl, K., Battle, J., Stapel, J. Anderson, P., Ventura-Cook, E., **Zimand, E.**, Babat, N., & Kaslow, N. J. (2001). Formalized postdoctoral fellowships: A national survey of postdoctoral fellows. *Professional Psychology: Research and Practice*, 32(3), 312-318.

Israel, A.C., Solotar, L.C., & **Zimand, E.** (1990). An investigation of two parental involvement roles in the treatment of obese children. *International Journal of Eating Disorders*, 9, 557-564.

Israel, A.C., & **Zimand, E.** (1989). Obesity. In M. Hersen (Ed.). *Innovations in child behavior therapy*. New York: Springer.

Wood, B., Watkins, J.B., Boyle, J.T., Nogueira, J., **Zimand, E.**, & Carroll, L. (1989). The “psychosomatic family” model: An empirical and theoretical analysis. Family Process, 28, 399-417.

Wood, B., Boyle, J.T., Watkins, J.B., Nogueira, J., **Zimand, E.**, & Carroll, L. (1988). Sibling psychological status and style related to the disease of the chronically ill brothers and sisters: Implications for models of biopsychosocial interactions. Developmental and Behavioral Pediatrics, 9, 66-72.

Wood, B., Watkins, J.B., Nogueira, J., **Zimand, E.**, & Carroll, L. (1987). Psychological functioning in children with Crohn’s disease and ulcerative colitis: Implication for models of psychobiological interaction. Journal of the American Academy of Child and Adolescent Psychiatry, 26, 774-778.

Zimand, E., & Wood, B. (1986). Implications of contrasting patterns of divorce in families of children with gastrointestinal disorders. Family Systems Medicine, 4, 385-397.

SELECTED CONFERENCE POSTER PRESENTATIONS

Tannenbaum, L., Rothbaum, B.O., Ferrer, M., **Zimand, E.**, Chapman, S., Graap, K., & Campos, P. (2005, May). Virtual relaxation environment for chronic low back pain. Poster presented to the Annual Meeting of the American Psychiatric Association, Atlanta, GA

Anderson, P., **Zimand, E.**, Ferrer, M., Tannenbaum, L. R., & Rothbaum, B. O. (2004, August). Computer-based self-help program for public speaking anxiety. Poster presented to the 112th Annual Convention of the American Psychological Association. Honolulu, HA

Zimand, E., Tannenbaum, L., Robkin, N., & Rothbaum, B.O. (2004, November) Intensive cognitive behavioral treatment for a clinical sample of fearful flyers using virtual reality exposure therapy. Poster presented at the 38th Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA

Anderson, P., Rothbaum, B. O., Hodges, L. F., & **Zimand, E.** (2003, November). Virtual Reality Exposure Therapy for public speaking anxiety: An open clinical trial. Paper presented at the 37th Annual Convention of the Association for the Advancement of Behavior Therapy. Boston, MA.

Rothbaum, B. O., Hodges, L. F., Anderson, P., **Zimand, E.**, & Wilson, J. (2003, November). Virtual Reality Exposure Therapy and In Vivo Therapy in the treatment for the fear of flying. Paper presented at the 37th Annual Convention of the Association for the Advancement of Behavior Therapy. Boston, MA.

Graap, K., Anderson, P., **Zimand, E.**, Rothbaum, BO, Hodges, LF, Wilson, J. (2003, June) A Controlled Study Comparing Virtual Reality Treatment and In-vivo Exposure for Fear of Flying. Paper presented at the American Psychological Society National Meeting. Atlanta GA,

Gershon, J., **Zimand, E.**, Pickering, M., Lemos, R., Hodges, L., and Rothbaum, B. O. (November, 2000). Virtual reality as a distractor during an invasive medical procedure for pediatric cancer patients. Poster presented at the meeting of AABT, New Orleans, Louisiana.

Zimand, E., & Israel, A.C. (November, 1988). An analysis of weight history patterns and implications for treatment of childhood obesity. Poster presented at the meeting of AABT, New York, New York.

Salzman, D., **Zimand, E.**, Israel, A.C., & Baker, J.E. (November, 1988). Behavior problems among overweight children and their non-overweight siblings. Poster presented at the meeting of AABT, New York, New York.

Zimand, E., Solotar, L.C., Israel, A.C., & Silverman, W.K. (November, 1986). Adherence to parental roles in a child's weight loss program. Poster presented at the meeting of AABT, Chicago, Illinois.

Wood, B., Watkins, J.B., Boyle, J.T., Nogueira, J., & **Zimand, E.** (March, 1985). Internalizing in children with chronic gastrointestinal disorders. Poster presented at meeting of the Society for Pediatric Research, Washington, DC.

SUPERVISION OF POST-DOCTORAL CANDIDATES

2002-2003	Libby Tannenbaum, Ph.D.
2003-2004	Delia Lang, Ph.D.
2005-2006	Joanna Ball, Ph.D.
2006-2007	Natalie Arnette, Ph.D. & Nicole Sirrine, Ph.D.
2007-2008	Frances Palin, Ph.D.

SUPERVISION OF PSYCHIATRY RESIDENTS

2010-2011	Kristin Jones, M.D. & Nicole King, M.D.
2011-2012	Jeffrey Chen, M.D.
2012-2013	Marcus J. Houston, M.D. & Raj Shekhat, M.D.
2013-2014	Abigail Nash, M.D.

SUPERVISION OF CLINICAL PSCHOLOGY GRADUATE STUDENTS

2010-2011	Martha Calamaras
2011-2012	Shannan Edwards
2012-2013	Kate Gallagher
2013	Natasha Mehta
2013-2014	Meena Kowajha
2014	Courtney Fritz

COMMUNITY PRESENTATIONS/WORKSHOPS

- 2014 Trichotillomania Learning Center Workshop, Atlanta, GA
- 2011 Jewish Family & Career Services – Cognitive Behavioral Treatment of Obsessive Compulsive Behavior
- 2010 Epstein School – professional panel discussant for the film Race to No Where
- 2008 Annual ADAA Conference – Expanding the Comfort Zone: Using the full range of exposure therapies to optimize therapeutic outcome
- 2007 Consultation with Directors at the Epstein School on childhood anxiety disorders
- 2006 Amit Community Lecture - Is My Child Worrying Too Much? Understanding Childhood Anxiety Disorders with Joseph Alterman
- 2006 Continuing Education Course – GA State University, When Silence is not Golden: Cognitive Behavioral Therapy for Social Anxiety with Page Anderson, Ph.D.
- 2006 Professional Development Seminar GA State University, VR vs. Group Therapy for Social Anxiety, case presentations with Matthew Price and Mayowa Obaseju
- 2006 Guest Lecture, Introduction to Behavior Modification, GA State University
- 2006 Virtual reality applications, presented to Emory Psychology Interns
- 2006 Three session workshop on The Blessing of a Skinned Knee, Jewish Community Center
- 2005 Guest Lecture, Introduction to Behavior Modification, GA State University
- 2004 Guest Lecture, Introduction to Behavior Modification, GA State University
- 2003 United Behavioral Health, Continuing Education Workshop
- 2002 Mindfulness Workshop, Jewish Community Center
- 2002 Childhood Anxiety Disorders, Oak Grove Day Care Center
- 2002 Positive Parenting Workshop, Oak Grove Day Care Center
- 2001 Georgia Psychological Association, Continuing Education Workshop
- 2001 Georgia Psychological Association Annual Meeting, Continuing Education Workshop
- 1999 Moving Ahead with Advanced Practice Psychiatric Nurses in Georgia
- 1998 American Medical Writers Association

PROFESSIONAL ORGANIZATION MEMBERSHIP

American Psychological Association (APA)
Georgia Psychological Association (GPA)
Association for Behavior and Cognitive Therapy (ABCT)
Anxiety Disorders Association of America (ADAA)
International Obsessive Compulsive Disorder Foundation (IOCDF)
Trichotillomania Learning Center (TLC)

TELEVISED MEDIA APPEARANCES

CNN, Discovery Channel, Canada TV, French documentary, Local Atlanta News