

Elizabeth Penela, PhD
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EMPLOYMENT

Pediatric Psychology Associates (August 2015 – Present)

Licensed Psychologist

Intake Coordinator for Anxiety and OCD Intensive Outpatient (IOP) Program

LICENSURE

Florida State Psychology License PY 9177

EDUCATION

Postdoctoral Fellow

2013 – 2015

University of Miami, Coral Gables, FL

Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program
Peers, Emotions, and Relationships (PEERS) Project

PhD, Clinical Psychology

2013

University of Miami, Coral Gables, FL

APA Accredited Program in Clinical Psychology
Concentration in Children and Families

Pre-doctoral Internship

2012 – 2013

University of North Carolina School of Medicine, Chapel Hill, NC

APA Accredited Pre-doctoral Internship Program
Clinical Child Focused

Master of Science, Clinical Psychology

2009

University of Miami, Coral Gables, FL

APA Accredited Program in Clinical Psychology
Concentration in Children and Families

Bachelor of Arts, Psychology

December 2005

University of Miami, Coral Gables, FL

Major: Psychology; Minor: Spanish; *summa cum laude*

SELECT AWARDS AND HONORS

2014

Scholarship for Advanced CBT for Children and Adolescents specialty workshop, Beck Institute for Cognitive Behavior Therapy

2014

Career Development Leadership Award, Anxiety and Depression Association of America (ADAA)

2013

Outstanding Research Presentation, Young Researchers in Developmental Psychology Presentation, *APA Division 7: Developmental Psychology*

2008 – 2012

Letters of Commendation, for excellence in research, clinical work, teaching, and academics, *University of Miami*

- 2011 – 2012 **Dean's Academic Year Dissertation Award**, College of Arts and Sciences,
University of Miami
- 2002 – 2005 **Henry King Stanford Scholarship**, half tuition support, *University of Miami*

PROFESSIONAL EXPERIENCE AND TRAINING

Pediatric Psychology Associates, Weston, FL

Licensed Psychologist

August 2015 – Present

Conducting therapy with youth and adults experiencing a range of difficulties. Providing specialized weekly therapy and intensive outpatient treatment (IOP) to individuals struggling with anxiety and related disorders (e.g., OCD, Panic Disorder, Social Anxiety, Generalized Anxiety, selective mutism).

Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program, University of Miami, Coral Gables, FL

Post-doctoral Fellow

August 2013 to February 2015

Provided evidence-based treatment with youth who were experiencing anxiety and/or depression disorders. Performed psycho-diagnostic evaluations and implemented intensive outpatient therapy (IOP) for children and adults with severe anxiety disorders. *Supervisor: Jill Ehrenreich-May, PhD*

UTalk/PEERS program, University of Miami, Coral Gables, FL

Post-doctoral Fellow

August 2013 to February 2015

Provided therapy at high schools during a preventative intervention NIMH study targeting adolescents experiencing peer victimization, depression, and/or anxiety difficulties. Trained graduate students on the use of a manualized therapy protocol. *Supervisors: Annette La Greca, PhD; Jill Ehrenreich-May, PhD*

Project Enlightenment, Raleigh, NC

Clinical Psychology Intern

August 2012 to August 2013

Conducted therapy in English and Spanish with preschool children in Title 1 classroom. Provided consultation to teacher and parents of preschool children regarding strategies that support the child's academic and socio-emotional development. *Supervisor: George Robinson, PhD*

Wake Medical Center, Raleigh, NC

Clinical Psychology Intern

August 2012 to August 2013

Provided therapy and consultation in inpatient and outpatient pediatric clinics to children and parents. Collaborated with multi-disciplinary team to perform developmental assessments of former preterm and other high-risk infants (0 – 3 years old). *Supervisor: Melissa Johnson, PhD*

The Center for Child and Family Health, Durham, NC

Clinical Psychology Intern

August 2012 to August 2013

Provided intervention services directed at identification of and prevention of child maltreatment. Conducted Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) with children and adolescents. *Supervisors: George Ake, PhD; Kate Murray, PhD*

TEACCH Center, Chapel Hill, NC

Clinical Psychology Intern

August 2012 to August 2013

Conducted social skills group intervention for children with Autism Spectrum Disorders at the TEACCH (Treatment and Education of Autistic and Communication-related Handicapped Children) Center.

Supervisor: Mary Van Bourgondien, PhD

University of North Carolina Hospital, Chapel Hill, NC

Clinical Psychology Intern; various rotations

August 2012 to August 2013

- Pediatric Psychology/Psychiatry Consultation Liaison Service: Consulted to general pediatric inpatient units and subspecialty outpatient clinics. Conducted psychological assessments on child and adolescent inpatient units. *Supervisors: Echo Meyer, PhD; Joni McKeeman, PhD*
- Women's Mood Disorders: conducted outpatient therapy for women with a mood disorder in pre- and post-natal period using Interpersonal Therapy (IPT) and Acceptance and Commitment Therapy (ACT). *Supervisor: Anna Brandon, PhD*
- Crisis Emergency Services: Conducted clinical assessment, intervention, and disposition of patients in the Emergency Department with emergent mental health problems, in collaboration with Crisis Service team (nurse practitioners, social workers, psychiatrists). *Supervisor: Paul Morea, LCSW*
- Eating Disorders Program: Conducted individual psychotherapy within a partial hospitalization setting, and group therapy using Acceptance and Commitment Therapy. *Supervisor: T.J. Raney, PhD*

Psychological Services Center, Department of Psychology, University of Miami, Coral Gables, FL

Doctoral Candidate; various rotations

- Trauma Treatment Program (2011 to 2012): Provided therapy to adults with Post-Traumatic Stress Disorder using cognitive-behavioral techniques (e.g., cognitive restructuring, prolonged exposures). *Supervisors: Gail Ironson, M.D., PhD; Blanche Freund, PhD*
- Child and Adolescent Mood and Anxiety Treatment Program (2008 to 2012): Used cognitive-behavioral and emotion-focused techniques (e.g., psycho-education, behavior activation, emotion and behavioral exposures) to treat children and adolescents with anxiety and/or depression disorders (individual and group therapy). *Supervisors: Jill Ehrenreich-May, PhD; Kristen Marciel, PhD*
- Program for Emotional Problems in Children (PEP-C) (2010 to 2011): Identified and provided evidence-based intervention to elementary school-aged students of Miami-Dade County Public Schools and their caregivers at a low cost. *Supervisor: Saneya Tawfik, PhD*
- Assessment and Outpatient Therapy Service (2008 to 2010): Conducted therapy with youth and adults from a multi-ethnic population using primarily cognitive-behavioral treatment orientation. Conducted comprehensive psycho-educational assessments and feedback sessions in English and Spanish. *Supervisors: Kristin Lindahl, PhD; Adriana Rosen, PhD; Jill Ehrenreich, PhD; Saneya Tawfik, PhD*
- Autism Spectrum Assessment Clinic (2010 to 2011): Conducted comprehensive assessments (e.g., Autism Diagnostic Observation Schedule and the Autism Diagnostic Interview, Revised) to evaluate autism and other developmental disorders with children and adolescents. *Supervisors: Amy Beaumont, PsyD, BCaBA; Melissa Hale, PhD, BCBA*

Mailman Center for Child Development, University of Miami School of Medicine, Coral Gables, FL

Doctoral Candidate; various rotations

- Behavioral Pediatrics Clinic (2010): Conducted Parent-Child Interaction Therapy (PCIT) to treat behavior management problems. Performed intake interviews and outpatient therapy with children and adolescents experiencing behavioral problems, trauma, adjustment problems, and clinical disorders. *Supervisor: Jason Jent, PhD*
- Early Steps Clinic (2010): Conducted Battelle Developmental Inventory with infants and toddlers (birth to 36-months) who were at-risk for developmental delays. Provided recommendations and connected families with early intervention services. *Supervisor: Michelle Berkovits, PhD*
- Interdisciplinary Developmental Evaluation Services (2009 to 2010): Conducted psychological assessments for children with developmentally and medically complex difficulties (e.g., cerebral palsy, autism). Assessed intelligence, academic achievement, memory, executive functions, and language in collaboration with interdisciplinary evaluation team. *Supervisor: Monica Dowling, PhD*

SELECT CLINICAL TRAINING WORKSHOPS

Advanced Cognitive Behavior Therapy for Children and Adolescents, Beck Institute for Cognitive Behavior Therapy (October 2014; 8 hours). *Torrey Creed, PhD; Judith Beck, PhD; Aaron T. Beck, PhD*

Career Development Leadership Program, Anxiety and Depression Association of America (March 2014; 8 hours). *Mark Pollack, MD; Charles Nemeroff, MD, PhD; Karen Cassiday, PhD*

Evidence-Based Interventions for Childhood and Adolescent Mental Health Problems, Niagara in Miami Conference (February 2011; 18 hours). *William Pelham, PhD; John Weisz, PhD; Charles Cunningham, PhD; John Curry, PhD; Christopher Lonigan, PhD; Wendy Silverman, PhD; John Lochman, PhD*

COMMUNITY OUTREACH

SELECT PRESENTATIONS

Strategies for Building Independence

November 2016: The Sagemont School (Parent Teacher Organization)

Building Social Competence Through Play

October 2016: KLA School of Pembroke Pines

Raising Confident and Courageous Children: Helping our Children Cope with Anxiety

January 2016: The Sagemont School (Parent Teacher Organization)

Understanding and Managing Anxiety in the Classroom

January 2016: Montessori Florida Coalition

Cognitive Behavioral Treatment for Youth with Obsessive Compulsive Disorder

November 2014: Institute for Child and Family Health, Inc.

Identifying Anxiety in the Classroom and How to Help

September 2014: Gulliver Academy

Identification and Treatment of Anxiety in Young Children

September 2014: Segment on *Dra. Azaret* (CNN en Español) show regarding anxiety treatment for children and adolescents:

PUBLICATIONS

Are you seeing a good therapist? 5 Tell-tale Signs

Interviewed by PsychCentral.com (July 2016)

<http://psychcentral.com/blog/archives/2016/07/09/are-you-seeing-a-good-therapist-5-tell-tale-signs/>
<http://psychcentral.com/blog/archives/2016/07/17/are-you-seeing-a-good-therapist-5-more-tell-tale-signs/>

Overprotecting your anxious child backfires – Try these 5 tips instead

Interviewed by PsychCentral.com (December 2015)

<http://psychcentral.com/blog/archives/2015/12/19/overprotecting-your-anxious-child-backfires-try-these-5-tips-instead/>

RESEARCH EXPERIENCE

PUBLICATIONS

Penela, E. C., Walker, O. L., Degnan, K. A., Fox, N. A. & Henderson, H. A. (2015). Early behavioral inhibition and emotion regulation: Pathways toward social competence in middle childhood. *Child Development*.

Walker, O. L., Henderson, H. A. Degnan, K. A., **Penela, E. C.,** & Fox, N. A. (2014). Associations between behavioral inhibition and children's social problem-solving behavior during social exclusion. *Social Development, 23*, 487-501.

Penela, E. C., Henderson, H. A., Hane, A. A., Ghera, M. N., & Fox, N. A. (2012). Maternal caregiving moderates the relationship between temperamental fear and social behavior with peers. *Infancy, 17*(6), 715-730.

SELECT PRESENTATIONS

Penela, E. C., Bilek, E., Cassidy, K., Ehrenreich-May, J., Lebowitz, E., Micco, J. (2016, April). *Exposures uncut: Challenges faced when conducting exposures with children and adolescents*. Roundtable discussion to presented at the Anxiety and Depression Association of America, Philadelphia, PA.

Penela, E. C., Bilek, E., Furr, J., Ehrenreich-May, J., Albano, A. & Piacentini, J. (2015, April). *Massed exposure and intensive treatment modalities for anxious youth: Expert Panel of clinical researchers discusses merits and barriers to best practice*. Roundtable discussion to presented at the Anxiety and Depression Association of America, Miami, FL.

Kennedy, S. M., Seager, I., **Penela, E. C.,** & Ehrenreich-May, J. (2014, March). *Suppression and its relationship to internalizing symptoms in adolescents: A structural equation model*. Presented at the Anxiety and Depression Association of America, Chicago, IL.

Penela, E. C., Henderson, H. A. & Walker, O. L. (2013, August). *Early temperament and emotion regulation: Pathways to social competence*. Invited talk at the Young Researchers in Developmental Psychology Symposium at the American Psychological Association Annual Convention in Honolulu, HI.

Penela, E. C. (2013, April). *Early behavioral inhibition and emotion regulation: Predictors of social competence in middle childhood*. Presented at a Paper Symposium at the Society for Research and Child Development, Seattle, WA.

Penela, E. C. & Henderson, H. A. (2011, March). *The influence of the affective context on the relation between maternal relation and children's social behavior*. Presented at the Society for Research and Child Development, Montreal, Canada.

Penela, E. C., Henderson, H. A., Hane, A. A., & Degnan, K. A. (2010, March). *Maternal socialization of emotion regulation: Promoting social engagement among inhibited toddlers*. Presented at the International Conference for Infant Studies, Baltimore, MD.

Penela, E. C., Henderson, H. A., Moas, O. L., Hane, A. A., & Ghera, M. N. (2009, April). *The influence of infant negative reactivity and maternal sensitivity on toddler social engagement*. Presented at the Society for Research and Child Development, Denver, CO.

RESEARCH PROJECTS

Dissertation: The Influences of Early Temperament and Emotion Regulation on Social Competence in Middle Childhood

Department of Psychology, University of Miami, Coral Gables, FL

Chairperson: Heather Henderson, PhD; Defense Date: May 2012

I longitudinally examined the independent and joint contributions of behavioral inhibition and emotion regulation skills on social competence. Structural equation modeling analyses showed that effects of behavior inhibition on social competence differed depending on a child's emotion regulation competency. Findings elucidate developmental trajectories of risk and resilience

Master's Thesis: Maternal Socialization of Emotion Regulation: Promoting Social Engagement among Inhibited Toddlers

Department of Psychology, University of Miami, Coral Gables, FL

Chairperson: Heather Henderson, PhD; Defense Date: August 2009

Examined the influence of behavioral inhibition and socialization of emotion regulation on social engagement. Behavioral inhibition predicted poor social outcomes, but only among children who received high levels of verbally and physically directive parenting. Consistent with goodness-of-fit models, behaviorally inhibited toddlers were differentially sensitive to certain maternal behaviors.

TEACHING AND SUPERVISORY EXPERIENCE

Clinical Supervision of Doctoral Students, Department of Psychology, University of Miami

Postdoctoral Fellow (2013 - 2015)

Provide weekly supervision and training to graduate students conducting individual therapy with youth experiencing anxiety and mood disorders. Supervised doctoral student clinicians on the implementation of

a manualized Education Support protocol used in a school-based preventative-intervention study.

Course Instructor, Department of Psychology, University of Miami

PSY 203 (Fall 2009): Child and Adolescent Development

Responsible for all aspects of undergraduate course: course planning, lecturing, test construction, and grading. Course focused on the domains of cognitive, social, and physical development.

Guest Lecturer, Department of Psychology, University of Miami

- Evidence-based Treatment of Childhood Anxiety Disorders (October 2014); PSY 240: Abnormal Psychology
- Working with Diverse Patients (April 2010); PSY 657: Introduction to Clinical Methods, Ethics, and Professional Issues
- Parenting and Peer Relations (October 2009); PSY 203: Child and Adolescent Development
- Cultural Understandings of Emotion (January 2008); PSY 311: Psychology of Emotion

PROFESSIONAL AFFILIATIONS

2016 – Present	International OCD Foundation
2013 – Present	Anxiety and Depression Association of America
2007 – 2013	Society for Research in Child Development
2005 – Present	Phi Beta Kappa

References available upon request.