

## **Debra L. Safer, M.D.**

Associate Professor  
Department of Psychiatry and Behavioral Sciences  
Stanford University School of Medicine  
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Stanford, CA 94305-5722

### **ACADEMIC HISTORY**

#### **Colleges and Universities Attended**

- 1983-1985 Major, Biochemistry  
Swarthmore College
- 1985-1987 B.A. with High Distinction, Psychology  
University of California, Berkeley
- 1989-1992 M.S., Health and Medical Sciences  
University of California, Berkeley  
U.C. Berkeley-U.C. San Francisco Joint (M.S./M.D.) Medical Program
- 1989-1994 M.D.  
University of California, San Francisco, School of Medicine

#### **Residency and Post-Doctoral Training**

- 1994-1998 Resident in Psychiatry. Completed June 30, 1998.  
Stanford University School of Medicine, Department of Psychiatry &  
Behavioral Sciences
- 1998-2000 National Institute of Mental Health Post-Doctoral Research Fellow,  
Stanford University School of Medicine, Department of Psychiatry  
& Behavioral Sciences

#### **Scholarships and Honors (Pre-Degree)**

National Merit Scholar Finalist; Phi Beta Kappa; Bausch & Lomb Chemistry Award; General Telephone and Electronics (GTE) Research Grant in Organic Chemistry Synthesis; Golden Key Society; Joint Medical Program Travel Grant to attend National Endowment for the Humanities sponsored program on Literature and Medicine

## **Medical Licensures and Board Certification**

1995 Medical Board of California #A054755

2000 American Board of Psychiatry and Neurology #47722 , 01/17/2000- 12/31/2010

2010 Maintenance of Certification (MOC), 2011-2020

2021 Renewal of Maintenance of Certification (MOC), 2021-2030

## **EMPLOYMENT HISTORY**

### **Academic Appointments**

05/01/2004-02/28/2008 Assistant Professor of Psychiatry  
Stanford University School of Medicine  
Department of Psychiatry and Behavioral Sciences

03/01/2008-02/28/2014 Assistant Professor of Psychiatry  
Stanford University School of Medicine  
Department of Psychiatry and Behavioral Sciences

03/01/2014-02/28/2019 Associate Professor of Psychiatry  
Stanford University School of Medicine  
Department of Psychiatry and Behavioral Sciences

03/01/2019-02/28/2024 Associate Professor of Psychiatry  
Stanford University School of Medicine  
Department of Psychiatry and Behavioral Sciences

### **Other Appointments**

2000-2001 Assistant Director of Residency Training  
Department of Psychiatry and Behavioral Sciences  
Stanford University School of Medicine

2001-2003 Associate Director of Residency Training, Acting Director of Residency Training  
(’01-02) Staff Physician, Clinical Instructor  
Department of Psychiatry and Behavioral Sciences  
Stanford University School of Medicine

2003-2004 Research Associate, Staff Physician, Clinical Instructor  
Department of Psychiatry and Behavioral Sciences  
Stanford University School of Medicine

2011-Present Co-Director of Stanford Adult Eating Disorders Program  
Department of Psychiatry and Behavioral Sciences  
Stanford University School of Medicine

## **PUBLIC AND PROFESSIONAL SERVICE**

### **Ad Hoc Reviewer**

2001-Present *Journal of Clinical Psychiatry; Journal of Psychiatric Research*

2002-Present *Archives of General Psychiatry (now JAMA Psychiatry)*

2003-Present *Behavior Therapy; Clinical Psychology: Science and Practice*

2004-Present *Cognitive and Behavioral Practice*

2007-Present *Appetite; Cognitive Therapy and Research; Physiology and Behavior*

2011-Present *Obesity; Clinical Psychology Review*

2012-Present *Clinical Case Studies; Behavioral Research and Therapy*

2014-Present *Journal of Contextual Behavioral Science*

2015-Present *Psychotherapy Research; The Cognitive Behaviour Therapist; Surgery for Obesity and Related Diseases; International Journal of Eating Disorders*

2016-Present *PLOS-ONE*

2017-Present *Mental Health & Prevention, Advances in Therapy*

2018-Present *CNS Drugs*

2019-Present *Journal of Clinical and Counseling Psychology*

2020-Present *Pilot and Feasibility Studies*

2021-Present *Biomedical Central (BMC) Psychiatry*

2023-Present *Journal of Pharmaceutical Research International*

2023-Present *Internet Interventions, Nutrients*

## **Reviewer of Scientific Panels, Data Safety Monitoring (DSMB), Invited Expert**

- 2006            Reviewer, National Institute of Mental Health (Special Emphasis Panel/Scientific Review Group). March, 2006.
- 2010            Reviewer, Netherlands Organization for Health Research and Development (ZonMw)
- 2016            External Reviewer for Novia Scotia Health Research Foundation (NSHRF)
- 2017            Reviewer, Department of Defense (DoD). Programmatic Panel Member And Ad Hoc Reviewer to assist the PRMRP Programmatic Panel as a distinguished expert screening pre-applications to support the Congressionally Directed Medical Research Programs for fiscal year 2017 (FY17) Clinical Trial Award and Focused Program Award mechanisms
- 2020            Canadian Institutes of Health Research (CIHR) Invited External Reviewer based on expertise in Dialectical Behavior Therapy (DBT) on grant submission for a childhood obesity intervention utilizing DBT from Children’s Hospital Research Institute of Manitoba
- 2022            Member, DSMB, NIMH R34 (Fitzsimmons-Craft, PI), “Development and pilot testing of a cognitive-behavioral therapy guided self-help mobile app for the post-acute treatment of anorexia nervosa”
- 2023            Invited Expert Contributor for the international Reporting of Early-Phase Trials Evaluating Virtual Reality applications in healthcare (RATE-VR) guideline

## **Editorial Positions**

- 1996-1999    Member, Editorial Board, *Jefferson Journal of Psychiatry*
- 1996-1999    Editor, *Psychiatric Residents’ Newsletter*. Published through the American Psychiatric Association Committee of Residents and Fellows
- 2013-Present    Expert Contributor, *BMJ (British Medical Journal)* Best Practice Evidence Centre, Bulimia Nervosa

## **Departmental Service**

- 1996-1997    Member, Stanford Department of Psychiatry Psychotherapy Subcommittee, charged with revising the psychotherapy didactics for residents.
- 2000-2001    Co-Coordinator of jointly sponsored Stanford Dept of Psychiatry-San Francisco Psychoanalytic Association Extension Division’s Psychoanalytic Grand Rounds

- 2001-2002 Stanford Department of Psychiatry: Resident Education Committee, Acting Chair.
- 2001-2002 Curriculum Committee, Chair.
- 2001-2001 Safety Committee, Co-chair
- 2001-2002 Residency Evaluation Committee, Co-Chair
- 2001-present Resident Selection Committee (Member)
- 2005-2016 Psychiatry Resident Advisor (Meeting at least 2x/year with resident over course of training (PGY-1-PGY-IV years))
- 2010 Psychiatry Resident In-Training Examination (PRITE) Preparation Committee
- 2011-2012 Member, Psychiatry Faculty Search Committee, chaired by Stewart Agras, MD.
- 2011-present Clinical Skills Verification (CSV) Examiner (Assess psychiatry residents performing Boards style interview, residency requirement from Accreditation Council for Graduate Medical Education [ACGME])
- 2011-2015 Member, Cognitive Behavioral Therapy Task Force, Supportive Psychotherapy Task Force
- 2014- present Member, Institutional Review Board, Human Subjects, Stanford University School of Medicine
- 2019-2021 Member, Departmental Faculty Search Committee for early-mid career Medical Center Line psychiatrists and psychologists
- 2022-present Group Leader in Department's Improvement Capability Development Program (ICDP) Wellness Project supporting team consultation groups by faculty for faculty
- 2023-present Elected as School of Medicine Faculty Alternate Senator representing the Department of Psychiatry & Behavioral Sciences
- 2023-present Special Initiative of the Chair on Climate Change and Mental Health, founding team-member

**Professional Organization Service**

- 1996-1999 APA Area VI Representative to Committee of Residents and Fellows (CORF)
- 1997 Co-chairperson, Scientific and Clinical Report Session 30, 150th Annual Meeting of the American Psychiatric Association, San Diego, California

- 2022 Member, Education Committee and Outreach/Advocacy Team within Climate Psychiatry Alliance
- 2022 Member, APA Caucus on Climate Change and Mental Health.  
Co-author: APA Action Papers concerning climate change and mental health (e.g., Establishment of an Assembly Committee on Social Determinants of Mental Health)
- 2022 Organizing Committee Member, NorCal Symposium on Climate Change and Health Equity (Stanford, UC Davis, UCSF Medical Schools)
- 2022 Member, SB260: the Climate and Corporate Accountability Act. Lobby to make California first state to mandate corporate Greenhouse Gas (GHG) emissions disclosure to be required for the largest and most profitable US companies.
- 2022 Member, Climate Resources for Health Education Initiative (CRHE). Goal involves providing a comprehensive resource available to residency programs to provide high-quality, expert-reviewed curricular materials for integration into residency curricula. <https://www.publichealth.columbia.edu/research/global-consortium-climate-and-health-education/climate-resources-health-education-initiative>
- 2022 Member, Ecopsychepedia Project, group of mental health professionals from around the world came together to help build a compendium of material about the scope of mental health impacts from climate change.
- 2023 Member, Caucus of Social Determinants of Health, American Psychiatric Association

**POST-DEGREE HONORS AND AWARDS, INCLUDING MEMBERSHIPS IN PROFESSIONAL SOCIETIES**

- 1996-1999 APA Area VI Representative, Committee of Residents and Fellows, Nominated and appointed to three-year term.
- 1998 George B. Gulevich Award, awarded to member of graduating class, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
- 2001 AED/EDRS Young Investigator Fellow. Selected by the Board of Directors of the Academy of Eating Disorders and the Eating Disorders Research Society to participate in the Research Training Teaching Day.
- 2012 “Dialectical Behavior Therapy Modified for Adolescent Binge Eating Disorder: A Case Report” awarded Top Cited Article 2007-2011. Paper was one of top 10 most cited articles published in *Cognitive and Behavioral Practice* during 2007-2011.
- 2011, 2013, 2015 Golden Apple nominations for excellence in teaching in Stanford-Pacific Graduate School of Psychology PSYD Program.

- 2014 Golden Apple *Professor of the Year*. Awarded by third year PsyD Cohort students in the Stanford-Pacific Graduate School of Psychology PSYD Program.
- 2014 Awarded Fellow status, American Psychiatric Association (APA)
- 2015 Member of Eating Disorders Research Society (EDRS), an international organization of researchers in the field of eating disorders. Candidates must be nominated and membership is limited.
- 2016 Silver Bell Recipient. Awarded by Eating Disorders Research Center (EDRC) for raising awareness of eating disorders. EDRC is a non-profit organization that links resources, information, and support for eating disorders in Silicon Valley.
- 2017 Nominated for two Golden Apple awards (Professor of Year, Mentor of Year). Nominated by first-year and third year PsyD Cohort students in the Stanford-Pacific Graduate School of Psychology PsyD Program.
- 2018 Golden Apple award *Professor of the Year*. Awarded by first-year PsyD Cohort students in the in the Stanford-Pacific Graduate School of Psychology PsyD Program.
- 2019 Golden Apple nomination *Professor of the Year*. Awarded by first-year PsyD Cohort students in the Stanford-Pacific Graduate School of Psychology PsyD Program.
- 2022 Awarded Department of Psychiatry and Behavioral Sciences Faculty Professional & Leadership Development Program for “Identifying and treating climate-mediated mental health concerns.”
- 2022-2023 Awarded Fellowship in Climate Health Organizing Fellows (CHOF) <https://www.healthequity.challiance.org/climate-health> through the Cambridge Health Alliance's Center for Health Equity Education and Advocacy. This 12-month fellowship offered specialized training to clinicians in community organizing to advance climate change and health equity. Aim is to use this work for forthcoming Initiative of the Chair for Climate Change and Mental Health.
- 2023 Golden Apple award *Professor of the Year*. Awarded by first-year PsyD Cohort students in the in the Stanford-Pacific Graduate School of Psychology PsyD Program

**Memberships in Professional Societies**

- 1994-present American Psychiatric Association (Fellow)
- 1995-present Northern California Psychiatric Society District Branch, American Psychiatric Association

2002-present Academy of Eating Disorders, Association for Behavioral and Cognitive Therapy

2016-present Eating Disorders Research Society (nomination required)

2018-present Climate Psychiatry Alliance

## BIBLIOGRAPHY

### Peer-Reviewed Articles (\*= Corresponding Author)

1. Wang, H., **Safer D.L.**, Cosentino, M., Cooper, R., Van Susteren, L., Coren, E., Nosek, G., Lertzman, R., & Sutton, S. (2023). Coping with eco-anxiety: An interdisciplinary perspective for collective learning and strategic communication. *The Journal of Climate Change and Health*, 100211
2. Shivacharan, R. S., Rolle, C.E., Barbosa, D.A.N., Cunningham, T., Feng, A., Johnson, N.D., **Safer, D.L.**, Bohon, C., Keller, C., Buch, V.P., Parker, J.J., Azagury, Tass, P.A., Bhati, M.T., Malenka, R.C., Lock, J.D., & Halpern, C. H. (2022). Pilot study of responsive nucleus accumbens deep brain stimulation for Loss of Control eating. *Nature Medicine*. 28(9):1791-1796.
3. Barbosa, D.A.N., Kuijper, F.M., Duda, J., Wang, A.R., Cartmell, S.C.D., Saluja, S., Cunningham, T., Shivacharan, R.S., Bhati, M.T., **Safer, D.L.**, Lock, J.D., Malenka R.C., de Oliveira-Souza, R., Williams, N.R., Grossman, M., Gee, J.C., McNab, J.A., Bohon, C., Halpern, C.H. (2022). Aberrant impulse control circuitry in obesity. *Molecular Psychiatry*. 27(8):3374-3384.
4. Mahajan UV, Ojukwu DI, Azagury D, **Safer D.L.**, Cunningham T, Halpern CH., (2022). Can responsive deep brain stimulation be a cost-effective treatment for severe obesity? *Obesity (Silver Spring)*. 30(2):338-346.
5. Nameth, K., Brown, T., Bullock K, Adler, S., Riva, G., **Safer, D.\***, & Runfola, C. \* (2021). Translating Virtual Reality Cue Exposure Therapy for Binge Eating into a Real-World Setting: An Uncontrolled Pilot Study. *Journal of Clinical Medicine*. 10(7): 1511.  
\*Joint senior corresponding authors
6. Kin, C., Chou, L., **Safer, D.**, Morris, A., Ding, Q., Trickey, A., & Girod, S. (2021). Opioid use among patients with pain syndromes commonly seeking surgical consultation: a retrospective study. *Annals of Medicine and Surgery (London)*. 69:102704.
7. Malighetti, C., Schnitzer, C., Potter, G., Nameth, K., Brown, T., Vogel, E., Riva, G., Runfola, C., **Safer, D.** (2021). Rescripting emotional eating with virtual reality: a case study. *Annual Review of Cybertherapy and Telemedicine* 2021:117-21.



8. Häberle, A., Alkofahi, H., Qiao, J., **Safer, D.L.**, Mittermiller, P.A., Menorca, R., Trickey, A.W., Girod, S. (2020). Body image disturbance and obsessive-compulsive disorder symptoms improve after orthognathic surgery. *Journal of Oral and Maxillofacial Surgery*. 78(11): 2054-2060.
9. Sadeh-Sharvit, S., Runfola, C. D., Welch, H., Gibbs, E. L., Dickens, C. E., Lock, J., & **Safer, D. L.** (2020). Parent-Based Prevention Following Parental Weight Loss Surgery: A Pilot Case-Series Trial. *Surgery for Obesity and Related Diseases*. Sept; 16(9):1321-1327.
10. Wu, H., Adler, S., Azagury, D.E., Bohon, C., **Safer, D.L.**, Barbosa, D., Bhati, M.T., Williams, N.R., Dunn, L.B., Tass, P.A., Knutson, B.D., Yutsis, M., Fraser, F.A., Cunningham, T., Richardson, K., Skarpaas, T., Tchong, T., Morrell, M., Roberts, L.W., Malenka, R.C., Lock, J.D., & Halpern, C.H. (2020). Brain-Responsive Neurostimulation for Loss of Control Eating: Early Feasibility Study. *Neurosurgery*. 87(6):1277-1288.
11. Dickens, C. E., **Safer, D. L.**, Runfola, C. D., Gibbs, E. L., Welch, H., Sadeh-Sharvit, S. (2020). The Offspring of Parents Undergoing a Weight Loss Surgery: A Systematic Review. *Surgery for Obesity and Related Diseases*. Jun;16(6):806-815.
12. Carmen, M., **Safer, D.L.**, Saslow, L.R., Kalayjian, T., Mason, A.E., Westman, E.C., Dalai, S. D. (2020). Treating Binge Eating Disorder and Food Addiction Symptoms with Low-Carbohydrate Ketogenic Diets: A Case Series. *Journal of Eating Disorders*. 8:2.
13. Brown, T., Vogel, E.M., Adler, S., Bohon, C., Bullock, K., Nameth, K., Riva, G., **Safer, D.L.\***, & Runfola, C.D.\* (2020). Bringing Virtual Reality in Eating Disorders Treatment from Clinical Trials to Clinical Practice: An example using virtual reality cue exposure therapy. *Journal of Medical Internet Research*. Apr 23;22(4): e16386.
14. Gibbs, E. L., Runfola, C. D., Dickens, C. E., Welch, H., **Safer, D. L.**, Sadeh-Sharvit, S. (2020). Parenting after Weight Loss Surgery: A Conceptual Model and Two Case Reports. *Family Process*. 59(4):1903-1913.
15. **Safer, D.L.\***, Adler, S., Dalai, S.S., Bentley, J., Toyama, H., Pajarito, S., & Najarian, T. (2020). Outcome from a Randomized Double-Blinded Crossover Trial of Phentermine-Topiramate ER Versus Placebo to Treat Binge Eating Disorder and Bulimia Nervosa. *International Journal of Eating Disorders*. 53(2):266-277.  
**Note:** Selected for continuing education credit opportunity through Educational Programming Committee of AED
16. Kenny, T.E., Carter, J.C., & **Safer, D.L.** (2020). Dialectical behavior therapy guided self-help for binge eating disorder. *Eating Disorders: The Journal of Treatment and Prevention*. 28(2): 202-211.
17. Wakayama, L., Nameth, K., Adler, S., & **Safer, D.L.\*** (2019). Replication and extension of dietary adherence as a predictor of suboptimal weight-loss outcomes in post-bariatric patients. *Surgery for Obesity and Related Diseases*. 15(1):91-96.

18. Adler, S., Fowler, N., Robinson, A.H., Salcido, L., Darcy, A.M., Toyama, H., & **Safer, D.L.** (2018). Correlates of dietary adherence and maladaptive eating patterns following bariatric surgery. *Obesity Surgery*. 28(4):1130-1135.
19. Dalai, S.S., Adler, S., Najarian, T., & **Safer, D.L.** (2018). Study protocol and rationale for a randomized double-blinded crossover trial of phentermine-topiramate ER versus placebo to treat binge eating disorder and bulimia nervosa. *Contemporary Clinical Trials*. 64:173-178.
20. Li, X., **Safer, D.L.**, Paz, I.C., Menorca, R., & Girod, S. (2018). A standardized pre-operative group intervention is feasible and acceptable to orthognathic surgery patients. *Journal of Oral and Maxillofacial Surgery*. 76 (7): 1546-1552.
21. Vuorinen, A.L., Strahilevitz, M.A., Wansink, B., & **Safer, D.L.** (2017). Shifts in the enjoyment of healthy and unhealthy behaviors affect short- and long-term postbariatric weight loss *Bariatric Surgical Practice and Patient Care*. 12(1):35-42.
22. Van Tine, M., McNicholas, F., **Safer, D.L.**, & Agras, W.S. (2017). Follow-up of selective eaters from childhood to adulthood. *Eating Behaviors*. 26:61-65.
23. Robinson, A.H., Adler, S., Darcy, A.M., Osipov, L., & **Safer, D.L.\*** (2016). Early Adherence Targeted Therapy (EATT) for post-bariatric maladaptive eating behaviors. *Cognitive and Behavioral Practice*. 23: 548-560.
24. **Safer, D.L.**, Bullock, K.D., & Safer, J.D. (2016). Obsessive compulsive disorder presenting as gender dysphoria/gender incongruence: a case report and literature review. *AACE Clinical Case Reports*. Summer 2016, Vol. 2, No. 3, pp. e268-e271.
25. Darcy, A.M., Robinson, A. H., Adler, S., Pajarito, S., Osipov, L., & **Safer, D.L.\*** (2015). Psychometric evaluation of the Dietary-adherence Intake and Eating Test (DIET): A measure for early detection of abnormal eating behaviors after bariatric surgery. *Journal of Obesity and Bariatrics*. 2(1): 1-6.
26. Robinson, A.H., **Safer, D.L.**, Austin, J., & Etkin, A. (2015). Does implicit emotion regulation in binge eating disorder matter? *Eating Behaviors*. 18:186-91.
27. Wallace, L. M., Masson, P. C., **Safer, D. L.**, & von Ranson, K. M. (2014). Change in emotion regulation during the course of treatment predicts binge abstinence in guided self-help dialectical behavior therapy for binge eating disorder. *Journal of Eating Disorders*, 2(1), 35.
28. Kass, A.E., Trockel, M., **Safer, D.L.**, Sinton, M., Cunning, D., Rizk, M.T., Genkin, B.H., Weisman, H., Bailey, J., Jacobi, C., Wilfley, D.E., & Taylor, C.B. (2014). Internet-based preventive intervention for reducing eating disorder risk: a randomized controlled trial comparing guided with unguided self-help. *Behavior Research and Therapy*. Oct 2;63C:90-98.

29. Robinson, A.H., Adler, S., Stevens, H.B., Darcy, A.M., Morton, J.M., & **Safer, D.L.\*** (2014). What variables are associated with successful weight loss outcomes for bariatric surgery after one year? *Surgery for Obesity and Related Diseases*. 10(4): 697-704.
30. Lock, J., Agras, W.S., le Grange, D., Couturier, J., **Safer, D.**, & Bryson, S.W. (2013). Do end of treatment assessments predict outcome at follow-up in eating disorders? *International Journal of Eating Disorders*. 46(8):771-8.
31. Masson, P.C., von Ranson, K.M., Wallace, L.M., & **Safer, D.L.** (2013). A randomized wait-list controlled trial of Dialectical Behaviour Therapy guided self-help for binge eating disorder. *Behaviour Research and Therapy*. 51(11):723-8.
32. Thompson-Brenner, H., Franko, D.L., Thompson, D.R., Grilo, C.M., Boisseau, C.L., Roehrig, J.P., Richards, L.M., Bryson, S.W., Bulik, C.M., Crow, S.J., Devlin, M.J., Gorin, A.A., Kristeller, J.L., Masheb, R.M., Mitchell, J.E., Peterson, C.B, **Safer, D.L.**, Striegel, R.H., Wilfley, D.E., & Wilson, G.T. (2013). Race/ethnicity, education, and treatment parameters as moderators and predictors of outcome in binge eating disorder. *Journal of Consulting and Clinical Psychology*. Aug;81(4):710-21.
33. **Safer, D.L.\*** & Arnou, K.D. (2012). Suprathreshold duloxetine for treatment-resistant depression, anorexia nervosa binge-purging type, and obsessive-compulsive disorder: A case report. *Innovations in Clinical Neuroscience*. 9(3):13-16.
34. Roosen, M.A., **Safer, D.**, Adler, S., Cebollac, A., & van Strien, T. (2012). Group dialectical behavior therapy adapted for obese emotional eaters: A pilot study. *Nutrición Hospitalaria*. 27(4):1141-1147.
35. Franko, D.L., Thompson-Brenner, H., Thompson, D.R., Boisseau, C.L., Davis, A., Forbush, K.T., Roehrig, J.P., Bryson, S.W., Bulik, C.M., Crow, S.J., Devlin, M.J., Gorin, A.A., Grilo, C.M., Kristeller, J.L., Masheb, R.M., Mitchell, J.E., Peterson, C.B, **Safer, D.L.**, Striegel, R.H., Wilfley, D.E., Wilson, G.T. (2012). Racial/ethnic differences in adults in randomized clinical trials of binge eating disorder. *Journal of Consulting and Clinical Psychology*. 80(2):186-95.
36. Robinson, A.H. & **Safer, D.L.\*** (2012). Moderators of dialectical behavior therapy for binge eating disorders: Results from a randomized controlled trial. *International Journal of Eating Disorders*. 2012. 45(4):597-602.
37. **Safer, D.L.\*** & Joyce, E.E. (2011). Does rapid response to two group psychotherapies for binge eating disorder predict abstinence? *Behaviour Research and Therapy*. 49(5):339-45.
38. Hill, D.M., Craighead, L.W., & **Safer, D.L.** (2011). Appetite-focused dialectical behavior therapy for the treatment of binge eating with purging: a preliminary trial. *International Journal of Eating Disorders*. 44 (3): 249-61.

39. **Safer, D.L.\***, Darcy, A.M., & Lock, J. (2011). Use of mirtazapine in an adult with refractory anorexia nervosa and co-morbid depression: a case report. *International Journal of Eating Disorders*. 44 (2): 178-81.
40. **Safer, D.L.\***, Robinson, A.H., & Jo, B. (2010). Outcome from a randomized controlled trial of group therapy for binge eating disorder: Comparing dialectical behavior therapy adapted for binge eating to an active comparison group therapy. *Behavior Therapy*. 41: 106-120.
41. Lowe, M.R., Thomas, J.G., **Safer, D.L.**, & Butryn, M.L. (2007). The relationship of weight suppression and dietary restraint to binge eating in bulimia nervosa. *International Journal of Eating Disorders*, 40: 640-4.
42. Chui, W., **Safer, D.L.**, Bryson, S.W., Agras, W.S., & Wilson, G.T. (2007). A comparison of ethnic groups in the treatment of bulimia nervosa. *Eating Behaviors*. 8: 485-91.
43. **Safer, D.L.\***, Couturier, J.L., & Lock, J. (2007). Dialectical behavior therapy modified for adolescent binge eating disorder: A case report. *Cognitive and Behavioral Practice*. 14: 157-167.
44. **Safer, D.L.\*** & Hugo, E.M. (2006). Designing a control for a behavioral group therapy. *Behavior Therapy*. 37:120-130.
45. Butryn, M.L., Lowe, M.R., **Safer, D.L.**, & Agras, W.S. (2006). Weight suppression is a robust predictor of outcome in a cognitive-behavioral treatment of bulimia nervosa. *Journal of Abnormal Psychology*. 115: 62-7.
46. Bogan, A.M. & **Safer, D.L.\*** (2004). Women in psychiatry residency training. *Academic Psychiatry*. 28: 305-309.
47. **Safer, D.L.\***, Agras, W.S., Lowe, M.R., Bryson, S. (2004). Comparing two measures of eating restraint in bulimic women treated with Cognitive Behavioral Therapy. *International Journal of Eating Disorders*. 36: 83-8.
48. Koch, R.J., Newman, J.P., & **Safer, D.L.** (2003). Psychological predictors of patient satisfaction with laser skin resurfacing. *Archives of Facial and Plastic Surgery*. 5: 445-446.
49. **Safer, D.L.\***, Lively, T.J., Telch, C.F., & Agras, W.S. (2002). Predictors of relapse following successful therapy for binge eating disorder. *International Journal of Eating Disorders*. 2002; 32: 155-163.
50. **Safer, D.L.\***, Agras, W.S., Bryson, S., & Hammer, L.D. (2001). Early body mass index and other anthropometric relationships between parents and children. *International Journal of Obesity*. 25: 1532-1536.

51. **Safer, D.L.\***, Bryson, S., Agras, W.S., & Hammer, L.D. (2001). Prolonged bottle-feeding in a cohort of children: Does it affect caloric intake and dietary composition? *Journal of Clinical Pediatrics*. 40: 481-487.
52. **Safer, D.L.\***, Telch, C.F., & Agras, W.S. (2001). Dialectical behavior therapy for bulimia nervosa. *American Journal of Psychiatry*. 158:632-634.
53. **Safer, D.L.\***, Telch, C.F., & Agras, W.S. (2001). Dialectical behavior therapy adapted for bulimia nervosa: A case report. *International Journal of Eating Disorders*. 30:101-106
54. **Safer, D.L.\***, Wenegrat, B., & Roth, T. (1997). Risperidone in the treatment of delusional parasitosis: A case report. *The Journal of Clinical Psychopharmacology*. 17:131-132.
55. Ozturk, D.H., **Safer, D.**, & Colman, R.F. (1990). Affinity labeling of bovine liver glutamate dehydrogenase with 8-[(4-bromo-2,3-dioxobutyl)thio]adenosine 5'-diphosphate and 5'triphosphate. *Biochemistry*. 30: 7112-7118.

#### **Peer Reviewed Invited Commentaries**

1. **Safer, D.L.\*** & Chen, E. (2011). Commentaries: Anorexia nervosa as a disorder of emotion dysregulation, theory, evidence, and treatment implications. *Clinical Psychology: Science and Practice*. 18(3): 203-207.

#### **Manuscripts Currently Under Review**

1. Fowler, N., Adler, S., Najarian, T., Rowsemitt, C., **Safer, D.L.\*** (accepted pending revisions). Do early indicators of euthyroid sick syndrome predict longer-term post-bariatric weight loss? A hypothesis-generating preliminary study.

#### **Manuscripts In Preparation**

1. Malighetti, C., Schnitzer, C.K., YorkWilliams, S.L., Nameth, K., Brown, T., Vogel, E., Riva, G., Bernadelli, L., Runfola C, Safer, D.L. (in preparation). Rescripting emotions in eating disorders with immersive experiences delivered via telehealth: a pilot study.
2. Safer, D.L., Nameth, K., Stanley, T., Laam, L., Engel, S., & Wonderlich, S. (in preparation). Differential impacts of COVID-19 on alcohol misuse and substance misuse after bariatric surgery.

#### **Invited Forewords**

1. **Safer D.L.** Foreword. In Taitz JL. *Ending Emotional Eating*. Oakland: New Harbinger Publications, 2012.

## Book Chapters

1. Wisniewski, L, **Safer, D.L.**, & Chen, E. (2007). Dialectical Behavior Therapy and eating disorders. In LA Dimeff & K Koerner (Eds.), *Dialectical Behavior Therapy in Clinical Practice*. New York: Guilford Press.
2. Chen, E. & **Safer, D.L.** (2009). Dialectical Behavior Therapy (DBT) for Bulimia Nervosa and Binge Eating Disorder. In C Grilo & J Mitchell (Eds), *The Treatment of Eating Disorders*. New York: Guilford Press.
3. Chen, E. & **Safer D.L.** (2012). Dialectical Behavior Therapy In WS Agras (Ed), *Oxford Handbook of Eating Disorders*. New York: Oxford University Press, 2010. Segal K, Altman S, Weissman J, **Safer D**, & Chen E: Dialectical Behavior Therapy for Binge-Eating Disorder. In J. Alexander, A. Goldschmidt & D. Le Grange (Eds), *A Clinician's Guide to Binge Eating Disorder*. London: Routledge.
4. Segal, K., **Safer, D.**, & Chen, E. (2016). Dialectical Behavior Therapy for binge eating. In A.F. Haynos, J. Lillis, E. M. Forman, & M.L. Butryn (Eds), *Mindfulness and Acceptance Approaches to Treatment of Eating Disorders and Weight Concerns*. Oakland: New Harbinger Publications, Inc.
5. **Safer D.L.** (2017). DBT for Eating Disorders. In T. Wade (Ed), *Encyclopedia of Feeding and Eating Disorders*. Singapore: Springer Reference.
6. Chen, E.Y., Yiu, A., & **Safer, D.L.** (2017). Dialectical Behavior Therapy and Emotion-focused Therapies for Eating Disorders. In W.S. Agras & A.H. Robinson (Eds), *Oxford Handbook of Eating Disorders*. 2<sup>nd</sup> Edition. New York: Oxford University Press.
7. DeGolia, S.G., Williams, K., **Safer, D.L.** (2019). Working with Transcripts. In S.G. DeGolia & K. Corcoran, (Eds) *Supervision in Psychiatric Practice: Practical Approaches Across Venues and Providers*. Arlington, Virginia: American Psychiatric Association Publishing.
8. Runfola, C., Adler, S., & **Safer, D.L.** (2019). Binge eating Disorder. In JD Lock (Ed), *Pocket Guide for the Assessment and Treatment of Eating Disorders*. Arlington, Virginia: American Psychiatric Association Publishing.
9. Coren E. & **Safer D.L** (2020). Solution Stories: An innovative Strategy for Managing Negative Physical and Mental Health Impacts from Extreme Weather Events. In Leal Filho W., Nagy G., Borga M., Chávez Muñoz P., Magnuszewski A. (eds) *Climate Change, Hazards and Adaptation Options. Climate Change Management*. Springer, Cham.
10. Wisniewski, L., Martin, C.A., Adler, S., & **Safer, D.L** (2021). Dialectical Behavior Therapy and eating disorders. In L. A. Dimeff, S. L. Rizvi, & K. Koerner (Eds.), *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*. 2nd Edition. New York: Guilford Press.

11. Cosentino, M., Gal-Oz, R., & **Safer, D.L.** (in press). Community-Based Resilience: The Influence of Collective Efficacy and Positive Deviance on Climate Change-Related Mental Health. In E Coren & H. Wang (Eds), *Storytelling to Accelerate Climate Solutions*. Cham, Switzerland: Springer Press.

## **Books**

1. Beitman, B., Blinder, B., Thase, M., Riba, M., & **Safer, D.L.** (2003). Integrating Psychotherapy and Pharmacotherapy. New York: W.W. Norton & Company.
2. **Safer, D.L.**, Telch, C.F., & Chen, E. (2009). Dialectical Behavior Therapy for Binge Eating and Bulimia. New York: Guilford Press. (Published in paperback edition as well as hardcover, translated into Chinese, Italian, Turkish)
3. **Safer, D.L.**, Adler, S., Masson, P. (2018). The DBT® Solution for Emotional Eating: A Proven Program to Overcome Bingeing and Out-of-Control Eating. New York: Guilford Press. (Over 12,000 copies sold, translated into Chinese, Portuguese, etc.)

## **Selected Published Abstracts** (Past 5 years of 82 total)

1. Fowler, N., Adler, S., Najarian, T., Rowsemitt, C.N., & **Safer, D.L.** Maladaptive Hypothyroidism, or The Famine Response, 1 and 2 Years Post-Bariatric Surgery: TSH not the Gold Standard for Detection. Poster presented at the 2018 Annual Meeting of the International Conference of Eating Disorders (ICED). Chicago, IL. April 2018.
2. **Safer, D.L.**, Adler, S., Sethi, S., Bentley, J., Najarian, T. Randomized Double-Blinded Crossover Trial of Phentermine-Topiramate ER Versus Placebo to Treat Binge Eating Disorder and Bulimia Nervosa. Poster presented at the 2018 Annual Meeting of the American Psychiatric Association, New York, NY. May 2018.
3. Wakayama, L., **Safer, D.L.**, Bohon, B., Kent, B., Robinson, A. Examining the Preliminary Effectiveness, Credibility, Feasibility, and Acceptability of Counter Attitudinal Therapy among College Women. Poster presented at the 2019 Annual Meeting of the International Conference on Eating Disorders (ICED). New York, NY. March 2019.
4. Nauman, E., Brown, T., Adler, S., Bullock, K., Nameth, K., **Safer, D.**, & Runfola, C. Virtual Reality Cue Exposure Therapy for Eating Disorders: Development of a Culturally Specific Manual in the U.S. for Use in a Real World Clinic Setting. Poster presented at the International Conference on Eating Disorders (ICED), New York, NY. March 2019.
5. Salcido, L., Osipov, L., Runfola, C., Barrett, M., **Safer, D.L.**, & Adler, S. Pilot of a Remotely-Delivered and Skills-Based Intervention to Improve Dietary Adherence and Weight-Loss Outcomes in Post-Bariatric Patients. Poster presented at the 2019 40<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine. Washington, DC. March 2019.
6. Trickey, A., Kin, C., Morris, A., Chou, L., **Safer, D.**, Ding, Q., & Girod, S. Factors Associated with Initiation of Chronic Opioid Use after Treatment of Common Pain Syndromes: A Private Insurance Claims Analysis. Abstract presented at 2019 Annual Research Meeting of Academy Health, Washington, DC. June 2019.

7. Sadeh-Sharvit, S., Runfola, C.D., Welch, H.A., Gibbs, E.L., Dickens, C.E., Lock, J., & **Safer, D.L.** Parent-based Prevention Following Parental Weight Loss Surgery. Poster to be presented at the Eating Disorder Research Society (EDRS) in Chicago, IL. September 2019.
8. Welch, H., Sadeh-Sharvit, S., Runfola, C.D., Gibbs, E.L., Dickens, C.E., Lock, J.D., & **Safer, D.L.** Parental Functioning and Child Feeding Practices Among Mothers with Eating and Weight Disorder Histories. Poster presented at the Eating Disorder Research Society (EDRS) in Chicago, IL. September 2019.
9. Coren, E. & **Safer, D.L.** Streamlining Global Climate Communication. Abstract presented at the International Social and Behavior Change Communication (SBCC) Summit in Marrakech, Morocco. March 2020. Postponed due to COVID-19
10. Nameth, K., Bullock, K., Bohon, C., Adler, S., Riva, R., **Safer, D.L.**, \* & Runfola, C.\* Real-World Application of Virtual Reality Cue-Exposure Therapy for Binge Eating: Case Series Accepted for presentation at 25th Annual International CyberPsychology, CyberTherapy & Social Networking Conference (CYPSY25) in Milan, Italy. June 2020. Postponed due to COVID-19
11. Shivacharan, R., Cunningham, T., **Safer, D.L.**, Bohon, C., Azagury, D., Bhati, M.T., Williams, N.R., Dunn, L.B., Tass, P., Knutson, B.D., Yutsis, M., Barbosa, D.A.N, Skarpaas, T., Malenka, R.C., Lock, J.D., & Halpern, C.H. Presented at the 6<sup>th</sup> Annual NIH BRAIN Initiative Investigators Meeting. June 2020. Meeting held over videoconference.
12. Coren, E. & **Safer, D.L.** Storytelling and GIS Accelerating Climate Solutions. Presented at the American Geophysical Union (AGU) Annual Meeting. Meeting held over videoconference. December 2020.
13. Cosentino, M. & **Safer, D.L.** Community-based resilience: The influence of collective efficacy and positive deviance on climate change-related mental health. Poster presented at: Annual Conference of the Swiss Association for Child and Adolescent Psychiatry and Psychotherapy; Zurich, Switzerland. September 2022.
14. Cruz, T., Duarte, C., Ferreira, T., Safer, D., Costa, E., Coelho, A., & Martins, M. A new smartphone application for binge eating based on DBT skills: content and study protocol for a Pilot RCT. To be presented at European Association for Behavioral and Cognitive Therapies (EABCT). In Antalya, Turkey. October 2023.

### **Invited International Workshops/Presentations**

- |      |   |
|------|---|
| 2010 | “Dialectical Behavior Therapy Adapted for Binge Eating and Bulimia.” Keynote Speaker. Presented one-day (8 hour) workshop. Invited by the Eating Disorders Awareness Coalition (EDAC). October 2010. Waterloo, Ontario, Canada. |
| 2012 | “Dialectical Behavior Therapy Adapted for Binge Eating and Bulimia.” Keynote Speaker. Presented two 3-hour workshops over 2 days at the Atlantic Eating Disorders Conference. May 2012. Moncton, New Brunswick, Canada.         |
| 2015 | “Dialectical Behavior Therapy Adapted for Binge Eating and Bulimia.” Invited to present two-day workshop at “Scuola Cognitiva di Firenze: (Institute for Training in CBT) in Florence, Italy. April 2015.                       |



- 2023 “Dialectical Behavior Therapy Training for Emotional Eating.” Invited to present 4-hour eating disorders training workshop as part of an Advanced DBT Training Program course for clinicians at Shanghai Mental Health Center, Shanghai Jiao Tong University School of Medicine. Presented over videoconferencing. March 2023
- 2023 “Advances in Evidence-based Treatments for Eating Disorders,” “Dialectical Behavior Therapy for Binge Eating, Bulimia Nervosa, and Emotional Eating,” and “Overview of Evidence-Based Treatments and Levels of Care for Patients with Eating Disorders in the U.S.” Keynote speaker at the first China Eating Disorders Summit Forum and the 6th Anniversary of Shanghai Mental Health Center Eating Disorders Diagnosis and Treatment Center. Presented in-person in Shanghai, China. June 18-19, 2023.

### **Selected National Workshops/Presentations/Symposia (Past 5 years)**

- 2018 Dialectical Behavior Therapy Guided Self-Help for Binge Eating Disorder. Workshop for 2018 Annual Meeting of the Academy of Eating Disorders, International Conference on Eating Disorders (ICED). Chicago, IL. April 2018.
- 2019 Through the Looking Glass: How to Use Virtual Reality in Eating Disorder Treatment. Workshop presentation at the International Conference on Eating Disorders (ICED), New York, NY, March 2019.
- 2019 Phentermine/topiramate for Binge Eating Disorder and Bulimia Nervosa: Impact on Binge Eating and Weight.” Chair and speaker for “The Challenges of Treating Obesity and Comorbid Binge Eating,” a symposium presented at the American Psychiatric Association (APA) Annual Meeting. San Francisco, CA. May 2019.
- 2020 Accelerating Public Health Solutions for Climate Change. Symposium presented at International Society of Exposure Science (ISES). Oakland, CA. September 2020.
- 2022 Through the Looking Glass: Virtual Reality in Eating Disorders Treatment.” Invited webinar presented to Academy of Eating Disorders (AED) AED Technology and Innovations Special Interest Group (SIG). January 2022.
- 2023 Innovative Approaches to Eating Disorder Treatment in Adults. Symposium to be presented at the Association of Behavioral and Cognitive Therapies (ABCT) 57<sup>th</sup> Annual Convention, Seattle, WA. November 2023.
- 2023 Culturally responsive eating disorder treatment: Discussing challenges and lessons learned. Clinical Round Table to be presented at the Association of Behavioral and Cognitive Therapies (ABCT) 57<sup>th</sup> Annual Convention, Seattle, WA. November 2023.

### **Selected Talks (Past 5 years)**

- 2019 “Weight Loss, Obesity Management.” Invited speaker at CME-certified Primary Care Clinical Conference, Stanford Medical Center, Hoover Pavilion. July 2019.
- 2019 “Body Image.” Invited as co-instructor to speak about eating disorders as part of Clinical Neuroscience Immersion (CNI-X) and International Clinical Neuroscience Experience- 1-week internship experiences for U.S. high school teens as well as Chinese teens offered by Stanford University Department of Psychiatry & Behavioral Sciences.

- 2019 “Virtual Reality and Eating Disorders.” Invited co-instructor to speak about use of virtual reality in Clinical Neuroscience Immersion Experience (CNR-X), a 1-week internship experience for Chinese teens offered by Stanford University Department of Psychiatry & Behavioral Sciences
- 2021 “Overview of Eating Disorders and Stanford’s Adult Eating Disorders Program.” Requested speaker to educate team at Stanford’s INSPIRE Clinic (offering care for individuals with early psychosis). Three-part series presented.
- 2021 “Navigating Emotional Eating.” Requested to speak as part of educational series for Stanford patients with liver disease through Stanford Liver Education and Awareness Program (LEAP).
- 2021 “Overview of Bulimia Nervosa.” Requested podcast speaker by BMJ (British Medical Journal) Best Practices.
- 2021 “Albert Bandura, Social Cognitive Theory, and Climate Change.” Presented at Stanford Psychology Department Colloquium Series Special Colloquium: Al Bandura’s Legacy and Contributions (Featuring Ricardo Munoz, Dan Cervone, Debra Safer, & Bill Ryerson). November 2021. Webinar
- 2023 “Eating Disorders: Assessment and Treatment.” Invited lecturer as part of Stanford Physician Assistant Program. March 2023.
- 2023 “Climate Change and Mental Health.” Requested guest lecturer for Stanford medical student course 134/234 The Impact of Climate Change on Human Health.” March 2023.
- 2023 “Climate Change and Mental Wellness.” Requested guest facilitator for Stanford medical student clerkship course INDE 297 “Climate Change and Wellness.” April 2023.
- 2023 “Climate Change and Mental Health.” Invited as co-instructor as part of Clinical Neuroscience Immersion (CNI-X). July 2023.
- 2023 “Climate Change & Mental Health: From global crisis to community support.” Invited speaker and workshop co-leader at [Bay Area Youth Climate Summit's](#) . Academy of Sciences, San Francisco, CA. October, 2023.

**RESEARCH**

**Sponsored Projects**

Funder: Hilda and Preston Davis Foundation  
 Dates: 3/1/2023-2/28/2025  
 Title: Telehealth Delivery of Virtual Reality Cue Exposure Therapy (VR-CET) for Bulimia Nervosa and Binge Eating: Increasing Access to Care  
 Role: PI

**Current Un-sponsored Research Projects**

Title: Immersive/2-D Emotion Regulation/Emotional Re-scripting Intervention for Emotion Eating within a Real-World Clinic Setting  
 Dates: 8/18/2020-7/31/2023 (current date until next IRB renewal)  
 Role: PI

Title: Thyroid Level Changes after Bariatric Surgery

Dates: 1/31/2015 – ongoing IRB approval  
Role: PI

Title: DBT Group for Binge and Emotional Eating  
Dates: 08/03/2022- 08/02/2023 (current date until next IRB renewal)  
Role: PI

### **Submitted**

Funder: Department of Psychiatry & Behavioral Sciences Innovator Grants  
2023 Small Scholarly Project  
Dates: Submitted August 4, 2023  
Title: Experiences of Weight Bias on Attrition to Routine Follow-Up Care After  
Bariatric Surgery  
Role: PI

### **In Preparation**

Funder: Burroughs Wellcome Fund Climate and Health Interdisciplinary Award  
Title: Building Community Resilience to Climate Change: An Intergenerational  
Approach  
Role: Co-I

### **Completed Sponsored Projects**

2018-2021 Funder: National Eating Disorders Association (NEDA) (PIs: Runfola, Safer)  
Title: Virtual Reality intervention Adaptation to a Real World Clinic  
Setting  
Role: Co-PI

2018–2022 Funder: NIH UH3 NS103446 (Halpern, PI)  
Title: Responsive Neurostimulation for Loss of Control Eating  
Role: Co-Investigator  
Note: Grant transferred to University of Pennsylvania. Involvement  
maintained through ongoing IRB at Stanford.

2016-2022 Funder: NIH//NIDDK R01 DK112487-02 (PIs: Engel, Wonderlich).  
Title: Post-Surgical Predictors of Depression and Weight Regain after  
Bariatric Surgery  
Role: Site PI

2017-2018 Funder: Stanford WSDM Seed Grants for Biological/Medical Research on  
Sex Differences and/or Women’s Health (PIs: Girod, Chou, Kin,  
Morris, Safer)

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|-----------|---------|--|
|           | Title:  | Effect of Sex in Psychological Distress and Opioid Use in the Treatment of Chronic Temporomandibular Joint, Lumbar, and Anorectal Pain               |
|           | Role:   | Co-PI  |
| 2017-2018 | Funder: | Center for Digital Health (CDH) (PIs: Adler, Kim) no salary support  |
|           | Title:  | Exploring an artificial intelligence approach to support adherence behaviors in psychiatric clinical care  |
|           | Role:   | Co-Investigator  |
| 2017-2018 | Funder: | Stanford Department of Psychiatry's Small Grant Program: Small Scholarly Projects  |
|           | Title:  | Assessing the Feasibility and Acceptability of a Parent-Based Intervention to Reduce the Risk of Obesity in Children of Weight Loss Surgery Patients |
|           | Role:   | PI   |
| 2016-2017 | Funder: | Stanford Dept of Psychiatry's Small Grant Program: Small Scholarly Projects (PI: Adler)  |
|           | Title:  | Addressing Perceived Barriers to Implementation of Measurement Based Care: A Pilot Feasibility and Acceptability Study                               |
|           | Role:   | Co-Investigator  |
| 2016-2017 | Funder: | Newfoundland and Labrador Centre for Applied Health Research (PI: Carter-Major)  |
|           | Title:  | Disseminating Treatment for Binge Eating Disorder in Newfoundland and Labrador: A Randomized Controlled Study of a Guided Self-Help Intervention     |
|           | Role:   | Co-Investigator  |
| 2015-2016 | Funder: | RTI International  |
|           | Title:  | Nonmedical Monitoring of Lisdexamfetamine dimesylate LDX for Binge Eating Disorder (BED) Patient Populations   |
|           | Role:   | Site PI  |
| 2015-2018 | Funder: | Stanford's Child Health Research/LPCH Spark/Spectrum Protocol  |
|           | Title:  | Qsymia (phentermine-topiramate) to reduce binge eating/purging patients with bulimia nervosa and binge eating disorder                               |
|           | Role:   | PI   |
| 2011-2018 | Funder: | Department of Psychiatry and Behavioral Sciences, Stanford University  |
|           | Title:  | Assessing Effectiveness of Evidence Based Treatments for Disordered Eating Behaviors in a Real World Setting   |
|           | Role:   | PI   |

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| 2011-2014 | Funder: | NIMH R34 MH093493 (PIs: Lock, Le Grange)   |
|           | Title:  | Adaptive Treatment for Adolescent Anorexia Nervosa   |
|           | Role:   | Co-Investigator  |
| 2010-2019 | Funder: | Department of Psychiatry and Behavioral Sciences, Stanford University  |
|           | Title:  | Pre-operative Cognitive Behavioral Group Therapy in Orthognathic Surgery Patients  |
|           | Role:   | Co-PI  |
| 2010-2011 | Funder: | American Psychiatric Association (PIs: CB Feinstein, DL Safer)   |
|           | Title:  | DSM-5 Field Study for Academic and Large Clinical Centers in Pediatric Populations   |
|           | Role:   | Co-PI  |
| 2009-2011 | Funder: | NIMH (R01 MH081124) (PI: CB Taylor)  |
|           | Title:  | Preventing Eating Disorders and Reducing Comorbidity   |
|           | Role:   | Co-Investigator  |
| 2009-2011 | Funder: | NIH (R03 MH083987 – 01A1) (PI: H Thompson-Brenner)   |
|           | Title:  | Treatment Response in Ethnic Minority Individuals with Binge Eating Disorder   |
|           | Role:   | Consultant   |
| 2009-2010 | Funder: | NIMH (R43 MH086995-01) (Co-PIs: LA Dimeff, DL Safer)   |
|           | Title:  | Online Training in the Fundamentals of Eating Disorders Treatment  |
|           | Role:   | Co-PI  |
| 2008-2013 | Funder: | NIMH (R01MH079978) (PI: Lock)  |
|           | Title:  | Cognitive Behavioral Therapy versus Family-based Treatment for Bulimia Nervosa   |
|           | Role:   | Co-Investigator and Study Therapist  |
| 2007-2010 | Funder: | NIMH (R01 MH082706) (PI: Lock,)  |
|           | Title:  | Cognitive Remediation Therapy for Anorexia Nervosa   |
|           | Role:   | Co-Investigator and Study Therapist  |
| 2007-2009 | Funder: | GlaxoSmithKline (study medication only) and NIMH (K23 H066330)   |
|           | Title:  | Comparison of Adjunctive DBT Group Therapy plus Orlistat (alli) versus Orlistat (alli) alone for Obese Binge Eaters: A Pilot Study |
|           | Role:   | PI   |
| 2006-2011 | Funder: | NIMH (R01MH079978) (PI: J. Lock)   |
|           | Title:  | Comparison of Two Types of Family Therapy in the Treatment of Adolescent Anorexia Nervosa  |

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|           | Role:   | Co-Investigator and Study Therapist  |
| 2003-2008 | Funder: | NIMH (5K23MH66330) (PI: Safer)   |
|           | Title:  | Comparison of DBT and Supportive Therapy for BED   |
|           | Role:   | PI   |
| 2001-2003 | Funder: | Janssen Pharmaceutica (RIS-USA-250) (PI: Hu)   |
|           | Title:  | A Randomized, Open-Label, Rater-Blinded, Assessment of Optimal Treatment Change Strategy to Risperidone for Patients Intolerant of Olanzapine (Risperidone Rescue Study) |
|           | Role:   | Co-PI and Behavior Modification Therapist  |
| 2000-2005 | Funder: | NIMH (R01 MH593039) (PI: Agras)  |
|           | Title:  | Stepped versus Best Care for Bulimia Nervosa   |
|           | Role:   | Co-Investigator, Assistant Site Coordinator, and Study Physician   |
| 1998-2000 | Funder: | NIMH (T32 NG19938), Post-Doctoral Fellowship   |
|           | Title:  | Dialectical Behavior Therapy for Bulimia Nervosa   |
|           | Role:   | PI   |
| 1998-2000 | Funder: | NIMH (T32 NG19938), Post-Doctoral Fellowship   |
|           | Title:  | Dialectical Behavior Therapy for Bulimia Nervosa   |
|           | Role:   | PI   |

#### **CLINICAL EXPERIENCE**

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|--------------|--|
| 1997-2000    | Staff Psychiatrist, Community Solutions, Santa Clara County-contracted community mental health agency, San Jose, California  |
| 1997-1998    | Co-leader, Dialectical Behavior Therapy Skills Training Group, Stanford University School of Medicine, Department of Psychiatry, Stanford, California  |
| 1998-2000    | Staff physician, psychotherapy and medication management, Behavioral Medicine Clinic, Department of Psychiatry and Behavioral Sciences, Stanford, California   |
| 1999         | Ward attending for inpatient unit (G-2), Stanford Medical Center, Stanford, California   |
| 2000-present | On-call Psychiatry Attending 2-4 weeks/year. Supervisor for Stanford psychiatry residents by telephone Monday-Friday (5pm-8am) and on-site in inpatient wards Saturday-Sunday. Involves modeling interviewing, teaching, supervision, consult-liaison, reviewing resident's notes. |
| 2000         | Co-leader, weekly Psychiatry Resident Training Group, organized to improve resident well-being during the inpatient rotations. Topics addressed include countertransference with difficult patients, working on a multidisciplinary ward team, and maintaining morale.             |

- 2000-present Psychiatrist, providing psychotherapy (DBT/DBTgsh, IPT, CBT/DBTgsh, Time-Limited Psychodynamic Therapy (TLDP), Cognitive Remediation Therapy (CRT) for Chronic Anorexia, supportive therapy, couple's therapy) and medication management. Average caseload 20 patients/week including, since 2010, pre-bariatric surgery evaluations. Behavioral Medicine Clinic, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Stanford, California.
- 2008-2013 Study therapist in 3 eating disorder trials with Dr. James Lock in the Division of Child and Adolescent Division of Stanford's Department of Psychiatry. Received training and ongoing supervision in: CBT/IPT for Chronic Anorexia with Adjunctive Cognitive Remediation Therapy (CRT), Family-Based Treatment for Anorexia Nervosa, and CBT for Bulimia Nervosa as Adapted for Adolescents.
- 2010-2011 DSM-5 Study Clinician. Stanford University School of Medicine. Conducted blinded interviews using DSM-5 criteria with children- young adults to test validity and reliability of four newly proposed or revised diagnoses.
- 2011-Present Co-Director of Stanford Eating and Weight Disorders Program, a subspecialty program within the Behavioral Medicine Clinic to offer treatment as well as resident and post-doctoral training in evidence-based treatments for patients with eating disorders. Currently 10 attending clinicians, 2 post-doctoral fellows, and 1 psychiatry resident. Recent clinic statistics: 1383 Annual patient clinic visits for primary eating disorders (31.5% Anorexia Nervosa, 25.8% Bulimia Nervosa, 13% Eating Disorder-Not Otherwise Specified, 29% Pre-Bariatric Surgery Evaluations)
- 2023- Group leader, DBT for binge eating and bulimia. Outpatient skills group (12 90-minute sessions) for Stanford patients utilizing guided self-help format.

## **TEACHING EXPERIENCE**

- 1997 Instructor, Introduction to Psychiatric Interviewing, taught to 2nd year Stanford medical students, Stanford University School of Medicine, Stanford, California
- 1998 Section co-leader, Introduction to Psychiatry, taught to 1st and 2nd year medical students, Stanford Medical School, Stanford, California
- 1999-2000 Guest lecturer, presented lectures to Stanford psychiatric residents on topics such as Assessment of the Suicidal Patient, Dialectical Behavior Therapy in patients with borderline personality disorder, and introduction to the First Psychotherapy Hour, Stanford, California
- 2000-2003 Co-Instructor, Introduction to Psychotherapy, part of didactic curriculum for 2nd year Stanford psychiatry residents. Taught 3 quarters/year: Summer/Fall/Winter. Stanford, California

- 2002-present Instructor, Learning Psychotherapy. Part of first year didactic curriculum for PSY-D students in the Pacific Graduate School of Psychology- Stanford Department of Psychiatry Consortium. Fall quarter. Palo Alto, California.
- 2003-2011 Co-Instructor, Introduction to Psychotherapy. Part of didactic curriculum for PGY- Stanford psychiatry residents. Includes introduction to major schools of psychotherapy and specific therapeutic techniques as well as overall introduction to basics of forming an effective therapeutic alliance. Fall Quarter, Stanford, California.
- 2005-2012 Guest-lecturer, Psychotherapy of Eating Disorders. Taught as part of curriculum to 3<sup>rd</sup> year PSY-D students in the Pacific Graduate School of Psychology- Stanford Department of Psychiatry Consortium. Winter quarter. Palo Alto, California.
- 2006, 2009 Invited lecturer, Diagnosis and Treatment of Eating Disorders. Two session series presented as part of the didactic curriculum for San Mateo Psychiatry Residents and Fellows. San Mateo, CA.
- 2011 Instructor, Introduction to Dialectical Behavior Therapy for Borderline Personality Disorder. 6 lecture series. Winter quarter. Stanford, California.
- 2011 Invited lecturer, Introduction to Dialectical Behavior Therapy for patients with Axis II traits/disorders. 1 ½ hour session presented to the Psychology Interns at Notre Dame University. November, 2011.
- 2011 Guest Lecturer, Pharmacology of Eating Disorders. 1 hour lecture presented to PGY-II Residents as part of Psychopharmacology didactics. Winter, 2011.
- 2012 Invited lecturer, Dialectical Behavior Therapy Adapted for Bulimia and Binge Eating Disorder. 1 ½ hour session presented to the Psychology Interns at Notre Dame University. March, 2012.
- 2012 Invited lecturer, Introduction to Dialectical Behavior Therapy for Borderline Personality Disorder. 1 ½ hour session presented to the Psychology Interns at Notre Dame University. October 17, 2012.
- 2012-present Invited Instructor, Pharmacology of Eating Disorders. 1 hour lecture presented to PGY-III Residents as part of Psychopharmacology didactics.
- 2013-2017 Instructor, The Nature and Treatment of Eating Disorders. Elective class for upper division PSY-D students in the Pacific Graduate School of Psychology- Stanford Department of Psychiatry Consortium. Winter quarter. Palo Alto, California
- 2015-present Co- primary instructor for “Bootcamp on Time Limited Dynamic Therapy (TLDP)” for PGY-IVs. Co-primary instructors: Drs. Sallie DeGolia and Ellie Williams. Presented as either a 1-day training or 1-hour/week over 6-12 weeks



- 2015-present Presenter, “DBT for BED and BN” for Eating Disorder Training Seminar for Adult and Child/Adolescent Post-Doctoral Fellows. Two presentations during Fall Quarter.
- 2016-2019 Invited presenter, CNI-X, Clinical Neuroscience and Internship Experience, a weeklong introduction to psychiatry and neuroscience for 120 high school students. Gave four 1-hour lectures on body image and eating disorders..
- 2020-present Invited instructor, “Treatment of weight gain associated with psychiatric conditions and medications” for PGY-III psychiatry residents. 1 hour.
- 2023 Invited co-presenter, CNI-X, Clinical Neuroscience and Internship Experience, a weeklong introduction to psychiatry and neuroscience for 120 high school students. Gave 1-hour lecture on Climate Change and Mental Health.

### **ADVISEMENT/MENTORSHIP**

**Ph.D./Psy.D. Dissertation Advisor** (Total= 28; Committee Chair = 23; Committee Member/Reader = 2; External Examiner = 3)

1. Ph.D. Thesis, Chair, Pacific Graduate School of Psychology for Teresa J. Lively, “Predictors of Relapse in Binge Eating Disorder Following Dialectical Behavior Therapy.” Ph.D. awarded 2003.
2. Psy.D. Thesis Chair, Pacific Graduate School-Stanford Consortium for Emily M. Hugo, “Examining Subjective Binge Episodes: Do they predict treatment relapse and weight gain?” Ph.D. awarded 2007.
3. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Julia E. Hoffman, “Treatment Type as a Moderator of the Alliance-Outcome Relationship.” Ph.D. awarded 2008.
4. Ph.D. External Examiner, University of Canterbury, New Zealand, for Courtney Clyne, “Emotion- Focused Psychoeducational Group Therapy for Binge Eating Disorder in Women and Men.” Defended 2006.
5. Ph.D., Committee Member, University of Colorado, Boulder, “Appetite-Focused Dialectical Behavior Therapy for the Treatment of Binge Eating and Purging: A Randomized Controlled Trial. Successfully defended 2007.
6. Psy.D. Thesis Chair, Pacific Graduate School-Stanford Consortium for Sarah Adler, “Orlistat/alli plus DBT guided self-help Group Psychotherapy vs. Orlistat/alli alone for Overweight Binge Eaters.” Successfully defended Fall, 2008.

7. Psy.D. Thesis Chair, Pacific Graduate School-Stanford Consortium for Erin Joyce, "Predicting Weight Loss after Completion of Dialectical Behavior Therapy for Binge Eating Disorder." Successfully defended Spring, 2009.
8. Psy.D. Thesis Chair, Pacific Graduate School-Stanford Consortium for Pamela Singer, "Predicting Binge Abstinence after Completion of Dialectical Behavior Therapy for Binge Eating Disorder." Successfully defended Spring, 2009.
9. Psy.D. Thesis Chair, Pacific Graduate School-Stanford Consortium for Kim Chu, "Does the Addition of Dialectical Behavior Therapy Improve Adherence to Orlistat among Overweight Binge Eaters?" Successfully defended Spring, 2009.
10. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Cara Treatman, "Predicting Dropout from Group Therapy for Binge Eating Disorder: How Important is it for Patients to Perceive Treatment as Suitable?" Successfully defended Winter, 2010.
11. Psy.D. Thesis Chair, Pacific Graduate School-Stanford Consortium for Neda Kharrazi, "Relationships between binge eating, depression, and Axis II Disorders in two inpatient samples." Successfully defended Spring 2011.
12. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Amanda Vaught, "A 3-year longitudinal study of week by week changes in binge eating and purging among bulimics." Successfully defended Fall 2011.
13. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Helen Stevens, "Relationships between attributional style and outcome after bariatric surgery." Successfully defended September 2013.
14. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Iris Hsiao-Jung Lin, "Emotion regulation, negative affect, and dietary vs. dietary-negative affect subtypes in BED." Successfully defended October 2013.
15. Ph.D. Thesis Chair, Pacific Graduate School of Psychology at Palo Alto University Center for Neuroscience in Women's Health at Stanford School of Medicine for Brooke G. Collins, "Psychological Aspects of Orthognathic Surgery." Thesis successfully defended July 2016.
16. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Saara Muscat, "Developing a Manual for CBT-Psychoeducational Group Intervention for Orthognathic Patients." Proposal successfully defended September 2014. Dissertation successfully defended May 2015.
17. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Carly Roukos, "Comparing Eating Behaviors of Post-Bariatric Patients with Overweight Controls." Dissertation successfully defended May 2015.
18. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Xiaolong Li

“Results from a Pilot CBT-Psychoeducational Group Intervention for Orthognathic Patients.”  
Dissertation successfully defended June 2016.

19. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Samantha Buchman, “Examining the Real World Outcomes of Evidence Based Treatments for Bulimia Nervosa.” Dissertation successfully defended June 2016.
20. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Meredith Van Tine “Selective Eating During Early Adulthood: A Longitudinal Study from Early Childhood to Age 23.” Dissertation successfully defended June 2016.
21. Psy.D. Thesis Reader, Pacific Graduate School- Stanford Consortium for Katherine Chase. “Comparative Defense Styles of Clinical Psychology Graduate Clinicians: An Exploratory Study.” Dissertation successfully defended May 2017.
22. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Lindsay Wakayama. “Real World Evaluation of Counter-Attitudinal Group Treatment for Eating Disorders.” Dissertation successfully defended May 2018.
23. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Chloe Koeffler. “Development of a Weekly Open Rotating Modular Skills-Based Emotion Regulation Group for Veterans.” Dissertation successfully defended August 2018.
24. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Caroline Dickens. “Parent-based Prevention for Obesity among Children of Bariatric Patients.” Successfully defended August 2020.
25. Ph.D. External Reader, Doctoral School of Psychology Academic College of Università Cattolica del Sacro Cuore (Milan, Italy) for Clelia Malighetti, “The Multisensory Nature of Body Perception: Virtual Interventions for Emotional and Perceptual Change in Eating Disorders.” December 2021.
26. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Ciarra Schnitzer. In progress. “Does Emotion Dysregulation Predict Drop-Out from DBT Guided Self-Help Delivered in a Group Format?” Successfully proposed, June 2023.
27. Ph.D. External Reader, University of Porto, Faculty of Psychology and Education Sciences, Portugal for Telma Cruz. “Analyzing the effectiveness of a self-help smartphone application for Eating Disorders, eMOTE, based on Dialectical Behavior Therapy (DBT) skills.” In process.
28. Psy.D. Thesis Chair, Pacific Graduate School- Stanford Consortium for Emma Huston. In process. Planned Defense, Spring 2024.

### **Research Post-Doctoral Advisor/Mentor**

1. NIMH T-32 Research Co-Director, Stanford University Department of Psychiatry Behavioral Sciences for Janice Kuo, Ph.D., “Psychophysiology of Emotion Regulation.” Completed 2008.
2. NIMH T-32 Research Co-Sponsor, Stanford University Department of Psychiatry & Behavioral Sciences for Athena Hagler Robinson, Ph.D. “Pilot Study for Integrative Response Therapy for Binge Eating Disorder.” Completed 2008.

### **Director of Undergraduate Thesis/Research**

1. Director, Stanford University Undergraduate Research Program Student Grant project, for Kat Alquero, “Peer Detection and Intervention of Disordered Eating in the College Population.” Completed 2006.
2. Research Mentor, Stanford University, for Scott Chanatry, “Relationship Between Binge Eating and the Metabolic Syndrome in Binge Eating Disorder.” Completed 2006.