

Curriculum Vitae

Ellen B. Astrachan-Fletcher, Ph.D.

Licensed Clinical Psychologist
Assistant Professor of Clinical Psychology
University of Illinois at Chicago
Department of Psychiatry
Neuropsychiatric Institute
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EDUCATION AND TRAINING

Postdoctoral Fellowship, University of Illinois at Chicago, Chicago, IL	1997-1999
Ph.D., Clinical Psychology, Nova Southeastern University, Ft. Lauderdale, FL Dissertation: Posttraumatic Stress Disorder in Victims of Toxic Shock Syndrome	1997
Psychology Intern, University of Illinois at Chicago, Chicago, IL	1994-1995
Psychology Extern, 45 th Street Mental Health Center, Palm Beach, FL	1992-1993
M.S., Clinical Psychology, Nova Southeastern University, Ft. Lauderdale, FL	1992
Psychology Extern, Nova Southeastern University Community Mental Health Center Ft Lauderdale, FL	1991-1992
B.A., cum laude, with distinction in Psychology, Boston University, Boston, MA	1989

PROFESSIONAL APPOINTMENTS

Clinical Director, Women's Mental Health Program, University of Illinois at Chicago	2004 - 2007
Founder & Director, Eating Disorders Clinic, Assistant Professor in the Department of Psychiatry, University of Illinois at Chicago	1999 - present

Clinical Operations entail: Individual therapy, Group therapy, Couples therapy, Family therapy, Medication management, and Consult liaison services

Clinical Administration Clinic entails: Planning and implementing marketing strategies, Building referral bases, Developing and maintaining contracts and affiliation agreements, Recruiting, Supervising Program clinicians in practice policies and procedures

Evening and weekend Counselor, Renfrew Center, Coconut Creek, FL 1993-1994

Mental Health Assistant, Fair Oaks Psychiatric Hospital, Delray, FL 1991

CERTIFICATION AND LICENSURE,

Licensed in Illinois since 9/30/98

PROFESSIONAL MEMBERSHIPS

Psi Chi 1987 – P

American Psychological Association 1990 – P

Academy for Eating Disorders 2000 - P

AWARDS AND HONORS

Cum laude, with distinction in Psychology, Boston University 1989

Lead student interviewer for interview days at Nova Southeastern University 1993

Editorial Review: Family Business Review 1998

Book reviewer for Brunner-Routledge 2003

Ad hoc reviewer, Journal of Women's Health 2007

COMMITTEE ASSIGNMENTS & ADMINISTRATIVE SERVICE

Department of Psychiatry MSP Committee Member:
Develop a faculty incentive program 2000 - P

Psychology Training Committee 2000 - P

Internal Reviewer for the IRB 2002 - 2005

Department of Psychiatry Program Committee:
Evaluate existing programs; develop new programs 2003 - 2007

Information Technology Steering Committee 2007 - P

Residency Education and Training Committee (RETC) 2007 – P

Critical Incident Review Committee 2007 - P

SERVICE TO THE PROFESSION

Ad hoc Reviewer, Journal of Women's Health 2007 - P

PUBLIC SERVICE

Volunteer Crisis Counselor, Sarah's Inn Crisis Shelter, Oak Park, IL 1995-1997

Eating Disorders Awareness Week program site sponsoring healthy snacks, on site eating disorders screenings, as well as educational talks to the community 2000

Eating Disorders Awareness Week program site sponsoring healthy snacks, on site eating disorders screenings, as well as educational talks to the community 2001

Eating Disorders Awareness Week program site sponsoring healthy snacks, on site eating disorders screenings, as well as educational talks to the community 2002

EDUCATIONAL ACTIVITIES

University of Illinois at Chicago, Chicago, IL 1999 - present

Clinical Education: Interview candidates, Supervise Interns, Present lectures, seminars and workshops, Train interns and residents, Liaison with Department of Nutrition and Department of General Surgery

Clinical Professional Mentoring: Ensure Program clinicians have viable career development plans, develop specific expertise in women's mental health, and increase visibility of their expertise outside UIC

Specific Teaching Experience

Psychological Testing Introduction for first year medical students 1998-2001

Eating Disorder Presentation to the Women's Mental Health Forum Feb. 1998

Eating Disorder Seminar for Psychopathology class for 2nd year Medical Students March 1999

Eating Disorder Seminar for Consultation/Liaison Psychiatry class Dec. 1999

Invited Eating Disorder Seminar for the Section of Endocrinology Feb. 2000

Invited Grand Rounds for Department of Dentistry Oct. 2000

Suicide Seminar for psychology interns (four sessions per year)	2000-P
Eating Disorder Seminar for 2 nd year Psychiatric Residents (two sessions per year)	2000-P
Supervision Seminar for psychology interns (four sessions per year)	2001-2003
Invited Workshop on Eating Disorders, Mind Oasis (Student organization)	April 2003
Invited Eating Disorder Seminar for the Department of Internal Medicine (General Internal Medicine conference)	Sept. 2003
Invited Eating Disorder Seminar for Office of Applied Psychological Services	Oct. 2003
Invited Grand Rounds on Eating Disorders, Elgin Mental Health Center	Jan. 2004
Invited Grand Rounds on Eating Disorders, Chicago Read	March. 2005
Introduction to Dialectical Behavioral Therapy for third and fourth year residents and Psychology interns (nine sessions per year)	2005-P
Invited Grand Rounds on Eating Disorders, Elgin Mental Health Center	October 2007
Invited Grand Rounds on Eating Disorders, Madden Mental Health Center	November 2007

CLINICAL ACTIVITIES

Program Development

Eating Disorders Clinic

Dialectical Behavioral Therapy Program for Binge Eating Disorder

Dialectical Behavioral Therapy Program for Bulimia Nervosa

Areas of Clinical Expertise

Eating Disorders

Post-Traumatic Stress Disorder

Women's Issues Crisis Counseling

Inpatient Care and Treatment and Outpatient care and treatment

- Individual Therapy
- Dialectical Behavioral Therapy Skills training
- Group Therapy
- Family Therapy
- Supervision of trainees
- Psychological Testing

SCHOLARLY ACTIVITIES

Research Experience

National Institute of Mental Health, Bethesda, MD
Research Assistant and Project Coordinator, Clinical Psychopharmacology Section 1989-1990

Nova Southeastern University, Computing Lab, Ft. Lauderdale, FL 1992
Research and Computing Consultant
Assisted professors and students in statistical design and computer applications for a variety of research projects and coursework.

University of Illinois at Chicago, Chicago, IL 1997-1999
Postdoctoral Fellow, Neuropsychiatric Institute
“Evaluation of approaches utilized in a community based health promotion program designed to intervene and treat adult obesity in an under-served population,” a study conducted through the Mile Square Health Center and the James Jordan Boys and Girls Club and Family Health Center, Chicago.

Grants

Eating Disorders Educational Grant sponsored by the Illinois Department of Public Health, Office of Women’s Health Professional Educational Grant. Chicago, Funded July 1, 2003 - June 30, 2004

Innovative Approaches to Promoting a Healthy Weight in Women Grant sponsored by the Illinois Department of Public Health, Office of Women’s Health Professional Educational Grant: ORC score 79...not funded April 2006

Publications

Books

Astrachan-Fletcher, E. & Maslar, M. (2009) signed contract with New Harbinger Publications, to write a workbook: *The Dialectical Behavior Therapy Workbook for Bulimia: Using DBT to regain one’s life; Skills for Breaking the Cycle*. The workbook is currently in progress (Seven chapters are already written.) The workbook will be available in August 2009.

Other major publications

Kehne JH, Astrachan D, Astrachan E, Tallman JF, & Davis M. The Role of Spinal Cord Cyclic AMP in the Acoustic Startle Response in Rats, *The Journal of Neuroscience*, 1986;6(11):3250-3257.

Astrachan-Fletcher E, Savoy H, Wesolowski R, and Schroeder K. Understanding Eating Disorders in Racial and Ethnic Minority Populations, *Journal of Contemporary Psychiatry*, 2004;2:1-8.

Astrachan-Fletcher E. Do eating disorders have a color? Invited article for

National Association for anorexia Nervosa and Associated Disorders (ANAD)
Working Together newsletter

Summer 2006

Harrow, M., Jobe, T. H., & Astrachan-Fletcher, E. B. (2008). Prognosis of persecutory delusions in schizophrenia: a 20-year longitudinal study. In D. Freeman, P. Garety, & R. Bentall (Eds.), *Persecutory delusions: assessment, theory and treatment*. Oxford, England: Oxford University Press.

Astrachan-Fletcher E, Veldhuis C, Lively N, Marks B, Fowler C. The reciprocal effects of eating disorders and the post-partum period, *Journal of Women's Health*, 2008; 17(2):227-239.

Harrow, M., Hansford, B. G., & Astrachan-Fletcher, E.B. Locus of control: Relation to schizophrenia, to recovery, and to depression and psychosis – A 15-year longitudinal study. *Psychiatry Research*, In Press

Abstracts

Harrow, M., Jobe, T. H., Astrachan-Fletcher, E., Rosen, C., & Grossman, L. S. (2008). Recovery in a subgroup of patients with schizophrenia who discontinue antipsychotic medications: A 15-year followup. *Scientific Proceedings of the 161st Annual Meetings of the American Psychiatric Association*, 55, Washington, DC.

Butler, M. B., Harrow, M., Jobe, T., Astrachan-Fletcher, E., & Grossman, L. S. (2007). First rank symptoms - Prevalence, severity of illness, and recovery. *Scientific Proceedings of the 21st annual meeting of the Society for Research in Psychopathology*, 38, Iowa City.

Presentations

Astrachan-Fletcher E, "Eating Disorders Educational Grant Workshop," sponsored by the Illinois Department of Public Health, Office of Women's Health Professional Educational Grant. Chicago, 3/31/03.

Astrachan-Fletcher E, "Eating Disorders Educational Grant Workshop," sponsored by the Illinois Department of Public Health, Office of Women's Health Professional Educational Grant. Chicago, 4/2/03.

Astrachan-Fletcher E, "Eating Disorders Educational Grant Workshop," sponsored by the Illinois Department of Public Health, Office of Women's Health Professional Educational Grant. Chicago, 9/19/03.

Astrachan-Fletcher E, "Do Eating Disorders Have a Color?" National Eating Disorders Association Conference for Families and Professionals, Atlanta, GA, October 2004.

Butler, M. B., Harrow, M., Jobe, T. H., Astrachan-Fletcher, E. B., & Grossman, L. "First rank symptoms - Prevalence, severity of illness, and recovery" Presented at the 21st Annual Meeting of the Society for Research in Psychopathology. Iowa City, Iowa, Oct. 4 - 7, 2007.

Astrachan-Fletcher E, and Maslar, M., “Dialectical Behavior Therapy for Bulimia: Using DBT to regain one’s life; Skills for Breaking the Cycle.” Two hour workshop at the International Association of Eating Disorder Professionals symposium in Orlando Florida, April 6, 2008 and accepted as a Distinguished Faculty Member.

Invited Presentations

Astrachan-Fletcher E, Invited Grand Rounds for Department of Dentistry, Oct. 2000.

Astrachan-Fletcher E, Invited Eating Disorder Seminar for the Department of Internal Medicine (General Internal Medicine conference), Sept. 2003.

Astrachan-Fletcher E, Invited Grand Rounds on Eating Disorders, Elgin Mental Health Center, Jan. 2004.

Astrachan-Fletcher E, “Understanding Eating Disorders in Racial and Ethnic Minority Populations” Invited Representative for National Association of Anorexia Nervosa and Associated Disorders. Conference on Specialty Topics for Eating Disorders. Chicago, IL, February 2004.

Astrachan-Fletcher E, Invited Grand Rounds on Eating Disorders, Chicago Read, March, 2005.

Astrachan-Fletcher E, “Eating Disorders Professionals” Invited talk National Youth Leadership Forum, Chicago, 7/6/06.

Astrachan-Fletcher E, “Strategies and considerations when working with the obese patient” Invited talk Health and Rehabilitation Section Meeting of the Illinois Psychological Association, Chicago, 11/14/06.

Astrachan-Fletcher E, “Eating Disorders: Understanding the Pain” Invited speaker for Grand rounds, Marshfield Clinic, Marshfield WI, 7/20/07.

Astrachan-Fletcher E, Invited Grand Rounds on Eating Disorders, Elgin Mental Health Center, 10/2/07.

Astrachan-Fletcher E, Invited Grand Rounds on Eating Disorders, Madden Mental Health Center, 11/16/07.

Astrachan-Fletcher E, Invited Key Note Speaker “Eating Disorders in adolescents” The Annual Pediatric Conference, Marshfield WI., 4/25/08.

Critical Reviews

Editorial Review: Family Business Review, 1998

Book Reviewer: Brunner-Routledge, May 2003 “The Psychology of Eating and Drinking” Third edition.

Ad hoc Reviewer, Journal of Women's Health, 2007-P

Consumer Media Coverage

Expert Source

Barry Kauffman used my eating disorders story in his "Healthy Minute" segment on WBBM radio today, February 2000

Sought out by Gerber to determine if ads for baby food have the potential to cause damage to overweight children, 2001

Quoted as expert source in the Sunday edition of the Chicago Tribune for an article on Pro-Anorexia Websites, August 2001

WebMD Health "Focus on Thinking Differently To Lose Weight," 2005

Quoted as expert source for an Associated Press story about a JAMA study that suggests the practice of prescribing the antidepressant Prozac does not substantially benefit patients with anorexia. The AP article appeared in more than 60 media outlets, including USA Today, Washington Post, Boston Globe, CBS News, Forbes, and Chicago Sun-Times, June 2006.

"Chicago Tonight" on WTTW as an eating disorders expert for a segment on the Maudsley technique and eating disorders, 7/18/07.