

## **PAMELA D. ELFENBAUM**

P.O. Box 5749  
Beverly Hills, CA 90209  
323-363-0729  
pamelf1@aol.com  
*CA License No. 22141*

### **Education**

**Ph.D., Counseling Psychology**, APA Accredited Program  
University of Southern California, Los Angeles, CA  
May 2006

**Masters in Public Health**  
University of California, Los Angeles  
June 1997

**B.A. in Psychology**  
University of California, Berkeley  
May 1993  
GPA 3.95/4.0  
Phi Beta Kappa

### **Current Work Experience**

**Consultant**  
Samueli Institute/RAND Corporation  
June 2007 – Current

Current project is an evaluation in conjunction with the RAND Corporation of the inpatient and outpatient integrative medicine program at the Institute for Health and Healing at Abbott Northwestern Hospital in Minneapolis, Minnesota. Program consists of behavioral medicine and cognitive behavioral techniques to address multiple physical and mental health issues. Conducted structured interviews with staff, stakeholders, and patients. Collected quantitative hospital data for evaluation. Analyzed data and submitted evaluation report to determine if program replication would be viable and beneficial throughout the Allina Hospital system and nationwide. Currently completing phase II of the project evaluation.

### **Previous Work Experience**

**Loyola Marymount University Student Psychological Services**  
Postdoctoral Fellow  
August 2006- May 2007

Conducted individual assessment and diagnosis, short term cognitive therapy, crisis assessment, treatment planning and consultation with university students. Involved in monthly staff meetings with Student Health Services regarding general campus issues and specific student cases. Participated in outreach development and implementation including: the creation of a learning series for mandated students with alcohol and other violations, presentation of a program on body image for all university students. Created and delivered a program on adjusting to Los Angeles and the college experience. Collaborated with Center for Service in Action, the Recreation Center, Residence Life and Student Affairs to develop and implement additional outreach programming to address topics such as: diversity awareness, relationships, managing anxiety and depression.

### **UCLA Student Psychological Services**

Psychology Intern

August 2005- August 2006

Conducted individual assessment, crisis assessment and therapy, process group therapy for graduate students, structured group therapy for reducing public speaking anxiety, supervision of practicum student and her caseload, psychological testing, outreach development and implementation, consultation, and treatment planning with university students.

### **UCLA Neuropsychiatric Hospital, Behavioral Medicine Clinic**

Mental Health Extern

August 2004 -June 2005

Provided short term cognitive behavioral therapy for a community population addressing a range of chronic illnesses and related psychiatric disorders. Trained in EMG biofeedback, clinical hypnosis, relaxation techniques, and cognitive behavioral therapy. Conducted psychodiagnostic assessments, wrote reports, developed treatment plans and provided feedback to clients. Worked as part of an interdisciplinary team within the medical setting to provide psychological intervention and consultation with patients, rehabilitation therapists and physicians. Participated in group supervision and presented cases to clinic staff.

### **Kedren Psychiatric Hospital and Community Mental Health Center, Los Angeles**

Practicum Student

June-August 2003

Provided therapy to a wide variety of clients with an emphasis on community members with minimal social and economic resources. Therapeutic issues included mood disorders, schizophrenia, head injury, drug addiction, as well as other neurotic and psychotic disorders. Emphasized the use of cognitive behavior therapy and psychoeducational treatment interventions. Utilized community resources to aid clients with housing referrals and SSI. Administered and scored neuropsychological assessments and completed reports.

**University of Southern California**

Practicum Supervisor

August-December 2002

Provided group supervision to masters students who were learning beginning core therapeutic techniques. Students relayed cases for discussion. Utilized audiotapes of sessions for feedback.

**Los Angeles Gay and Lesbian Center**

Mental Health Intern

August 2002-August 2003

Provided individual and couples psychotherapy to culturally and ethnically diverse adult population. Addressed a wide range of diagnoses including: mood and anxiety disorders, severe mental illness, personality disorders, eating and body image, and identity issues. Interventions included behavioral, cognitive, interpersonal and psychodynamic interventions. Participated in weekly staff meetings, in-service trainings, intakes, case consultations, supervision sessions and case presentations.

**Didi Hirsch Mental Health Center**

Practicum Student

January-May 2001

Participated in weekly training and practice of therapeutic skills. Conducted intakes, clinical interviews and provided individual psychotherapy. Participated in live, individual and team supervision weekly.

**Grants**

**Dissertation Research Grant**

Principal Investigator

July 2003-June 2005

Grant awarded by the Tobacco-related Disease Research Program (TRDRP) funded by the State of California (Proposition 99). \$60,000.

Dissertation Title: Implementation of Tobacco Prevention Programming and Smoking Related Outcomes

Conceptualized, planned and developed a study of the effectiveness of smoking prevention programs and related drug use and psychological outcomes in California elementary schools. Independently wrote and submitted a grant proposal that was funded by TRDRP. Conducted literature searches, summarized and evaluated existing research literature in this area. Prepared grant budget, progress reports and IRB human subjects applications and reports. Collected data, created and maintained data bases. Conducted data analysis, interpreted and evaluated study results, and made recommendations based on conducted analysis. Presented research findings at the professional meeting of TRDRP and other conferences.

## **Research Experience**

### **University of Southern California**

Research Assistant, Institute for Prevention Research

September 2000-June 2003

Assisted the principal investigator and project managers in all aspects of multiple large-scale grant projects (NIH, NIDA, TRDRP) in the evaluation of drug use prevention programs. Conducted quantitative and qualitative analyses on cross-sectional and longitudinal data from age 12-30. Longitudinal follow up examined outcomes of drug use, psychological adjustment, and familial patterns at college level and later adulthood. Also conducted sub-study of children with ADHD and their propensity for drug use. Assisted in survey construction and measurement and performed needs assessment. Regularly collaborated with research staff to make recommendations and implement modifications as necessary to ensure achievement of program goals and objectives. Interpreted study results and evaluated the effectiveness of the programs. Prepared manuscripts and technical reports. Participated in other core research activities, including ongoing methodological and psychometric work groups, and periodic discussions and forums regarding research findings.

### **RAND Corporation**

Consultant

1999-2001

Member of the research team for the Evidenced Based Practice Center in the study of mind/body medical practices and an evidenced based study of the drug SAME used as a treatment for depression. Studies were funded by the Agency for Health Care Research and Quality. Involved in several projects focused on the use of integrative medicine in addressing metabolic diseases. Worked with a team to create a review of the literature in alternative and integrative medicine. Determined outcome measures and developed an appropriate study design for the project. Served as an expert reviewer on the data.

### **Harvard School of Public Health: College Alcohol Study**

Research Specialist

1997-1998

Developed and carried out a research program in collaboration with the American Medical Association as part of the nation-wide College Alcohol Study. Collected both qualitative and quantitative data from six college sites in order to assess the psychological, environmental, economic and behavioral factors associated with binge drinking and drug use. Analyzed data using the SAS programming language. The results of this study have been used to identify contributors to the drug and alcohol problem.

### **UCLA School of Public Health**

Independent Research Project

1997

Researched and proposed a critical incidents debriefing program for the Beverly Hills Fire Department. The program addressed coping strategies for firefighters who have experienced traumatic events while on the job.

**UC Berkeley Psychology Department**

Research Assistant

1991-1993

Dr. Christina Maslach, sponsor

Honors Thesis: Influence Dynamics of Women and Men in Power Relationships

Examined how men and women use power and differ in the influence strategies they use in same-sex and mixed-sex dyads. The use of influence strategies was analyzed in a three-factorial design combining gender, power, and the gender composition of the group. Results suggest that a different dynamic occurs in mixed-sex than in same-sex dyads, particularly when women and men interact in dyads with a nonstereotypic power distribution.

**UC Berkeley Psychology Department**

Research Assistant

1991-1992

Analyzed data collected on peer relationships from children with Attention Deficit Hyperactivity Disorder. Helped set up coding system for analysis, and coded tape recorded interviews. Observed parents interacting with their children in the laboratory and analyzed data collected.

**Other Clinical Experience**

**Cedars Sinai Medical Center**

Group Facilitator

September 1994-June 1995

Interned for the Preschool and Infant Parenting Program mother/toddler support group at the Thalians Mental Health Center. Observed the interactions of mothers and toddlers. Discussed the dynamics between each dyad among group members. Implemented various interventions to facilitate healthy development of both mother and toddler.

**U.C. Berkeley University Health Services**

Coordinator, Stress Management Program

1991-1993

Planned, coordinated, and created campus-wide presentations on stress management. Conducted a variety of workshops on stress and stress management for University wide groups including residence halls, Greek system, International House, multicultural groups on campus, graduate student groups and staff. Supervised and trained college students to act as liaisons on stress management for their particular school groups. Provided one on one counseling in stress management, coping strategies, and wellness behaviors for students. Conducted outreach presentations at campus wide health fairs by presenting information on stress and wellness management.

**Other Professional Experience**

**The Hay Group**

Health Care Consultant

1998-1999

Managed a nation-wide study of over 25,000 physicians in 80 different medical settings. Recruited participants, managed research team, created data collection criteria, established a time line and team goals, developed analytic methods, and created project report. The report determined the effects of physician compensation, practice setting, satisfaction, gender, and changes in the healthcare climate on the practice of medicine for physicians throughout the country. Recruiter at University job fairs for college students throughout California.

**Harvard Vanguard Medical Associates**

Health Promotion Program Manager  
1997-1998

Directed health promotion classes for a medical group undergoing transformation from a managed care center. Responsible for all aspects of planning, designing and marketing health promotion classes. Recruited physician team to produce new classes in response to changing patient population.

**California Community Colleges Foundation**

Program Manager  
1994-1997

Designed evaluation model for foster care programs run through the Foundation. Analyzed evaluation data and drafted a report for the Department of Children and Family Services with recommendations for further improvements in program implementation. Researched intervention programs designed to address the needs of adolescent youth. Developed and drafted grant proposal to fund a program for adolescent youth. The program recruited at-risk youth to become peer educators on health issues and participate in clinic settings aiding other youth with health problems.

**Honors and Awards**

**University of Southern California, 2000-2003**

- Stoops Scholarship
- Wang Scholarship
- D. Welty Award
- Searie Scholarship

**Western Psychological Association, 2001**

- Award, excellence in research
- Travel Award

**UCLA School of Public Health, 1997**

- Scholarship, Community Health Sciences Department

**California Community Colleges Foundation, 1996**

- Distinguished Service to the field of Foster Care Award

**UC Berkeley Psychology Department, 1993**

- Highest Honors for undergraduate thesis research
- Distinguished Service Award for leadership in the major
- Undergraduate Research Scholarship for excellence in research
- Psi Chi Honor Society: Certificate of Recognition for Scholarly Contributions

**University of California Health Service, 1993**

- Certificate of Recognition for leadership as the University Coordinator of stress management programs

**Publications**

Riggs, N.R., Elfenbaum, P.D., Pentz, M.A (2006). “Parent Program Component Analysis in a Drug Abuse Prevention Trial” Journal of Adolescent Health, 39, 66-72.

Coulter, I. D., Hardy, M., Morton, S. C., Elfenbaum, P.D. et al. “Mind-Body Interventions for Gastrointestinal Conditions” Evidence Report: Agency for Healthcare Research and Quality, July 2001.

Elfenbaum, P. D. “Influence Dynamics of Men and Women in Power Relationships” cited in The Psychologist as Detective textbook, Smith, R. & Davis, S. authors. Published by Prentice Hall, 1995.

**Presentations**

Elfenbaum, P.D., Implementation of Tobacco Prevention Programming and Smoking Related Outcomes presented at the Annual Meeting of the Tobacco Related Disease Research Program, San Francisco, CA October 2005.

Elfenbaum, P.D., Pentz, M.A., & Li, C., Adolescent Drug Abuse Prevention Program: Effectiveness of the Parent Component, presented at the 110<sup>th</sup> annual meeting of the American Psychological Association, Chicago, Illinois, August 22-25, 2002.

Elfenbaum, P.D., Pentz, M.A., & Li, C., Propensity for Drug Use among Children with ADHD: Implications for Intervention, presented at the 10<sup>th</sup> annual meeting of the Society for Prevention Research, Seattle, WA, May 29-June 1, 2002.

Elfenbaum, P.D., Pentz, M.A., Li, C., Weiner, M. Impact of Organizational Bonding on Adolescent Cigarette Use. Presented at the 81<sup>st</sup> Annual Convention of the Western Psychological Association, Maui, Hawaii, May 3-6, 2001.

Elfenbaum, P.D., & Sagrestano, L.M. Influence dynamics of men and women in power relationships. Presented at the Fifth Annual Convention of the American Psychological Society, Chicago, Illinois, June 24-28, 1993.

## **Additional Training**

### **Training in Couples Therapy**

John Gottman Institute

October 2002

Reviewed current studies on the factors that contribute to successful long term marriages. Examined the issues related to negative discourse and lack of long term success in a marriage. Trained in the therapeutic techniques used with couples in order to enhance stronger communication, bonding, shared goals and child rearing issues.

### **Positive Psychology Seminar**

Chicago, Illinois

August 2002

Review of latest findings in the field of positive psychology. Addressed pertinent issues to the field of psychology and the impact of this framework on research and clinical practice.

### **Biofeedback Institute**

Los Angeles, CA

August 2000

Learned physiology, anatomy and psychological factors related to the practice of biofeedback. Reviewed case studies and trained to administer biofeedback to patients with a range of conditions such as anxiety, depression, chronic pain and other chronic diseases.

### **Clinical Training in Mind/Body Medicine**

Harvard Medical School

May 1998

Trained in various aspects of mind/body medical practices for health and well-being. Participated in a comprehensive program on general mind/body techniques with regard to cognition, behavior, nutrition, stress, and positive health outcomes. Presentations of research addressed the effectiveness of mind/body methods used as a complementary treatment for conditions such as cancer, heart disease, depression, infertility, and drug addiction.

## **Affiliations**

### **Society for Prevention Research**

Reviewer

2003-2004

Selected as a reviewer of proposals to be evaluated for acceptance at the Society for Prevention Research annual conference.

### **USC Department of Counseling Psychology**

Student Support Representative

2001-2002



Elected as student representative responsible for the design of programs that foster student support. Responded to student concerns in the department.

**UCLA School of Public Health**

Community Health Sciences Representative

1996-1997

Elected as liaison between faculty and students in the community health sciences department.

Addressed issues pertinent to student affairs. Involved in planning events, speakers, and programs for the School of Public Health.

**UCLA School of Public Health**

Representative: Education Policy and Curriculum Committee

1995-1996

Elected to report to the faculty executive committee regarding the formulation of policy, criteria and procedures for the MPH and PhD degrees.

**UC Berkeley Psychology Department**

Dean's Representative

1992-1993

Appointed as the student representative for the Dean's Committee on Student Affairs.

**UC Berkeley Psychology Department**

Editor: Tolman Tribune

1992-1993

Responsible for editing, producing, and distributing the Newsletter for the Association of Psychology Undergraduates at the University of California, Berkeley.

**Professional Memberships**

Psi Chi National Honor Society

Golden Key National Honor Society

American Public Health Association

Western Psychological Association

Society for Prevention Research

American Psychological Association