CURRICULUM VITAE

**Elizabeth R. Chamberlain, PhD**

**January 2025**

**Personal Information**

Assistant Professor, Department of Psychiatry, University of Colorado School of Medicine

Faculty Wellness Officer, Department of Psychiatry

Director of Well-Being Programs, Anschutz Health and Wellness Center

**Office Address**

Anschutz Health and Wellness Center, CU Medicine Weight Management and Wellness Clinic

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**Education and Training**

1991 B.A. English & Psychology University of Michigan, Ann Arbor MI

2000 M.A. Psychology University of North Texas

Department of Psychology, Denton TX

2003 Ph.D. Counseling Psychology University of North Texas

Department of Psychology, Denton TX

2003 APPIC Accredited Internship Salesmanship Club Youth and Family Centers

Dallas TX (now Momentous Institute)

2004 Post-Doctoral Clinical Fellowship Southwestern University Counseling Services

Georgetown, TX

**Leadership Training**

2023 Women in Medicine and Science CU SOM Dean’s Office, Aurora CO

*Women’s Leadership Training Class*

2024 Stanford WellMD & WellPhD Stanford School of Medicine, Palo Alto CA

*Physician Well-Being Director Course*

*Spring Cohort (online)*

**Academic Appointments**

1999-2002 Teaching Fellow Department of Psychology,

University of North Texas, Denton TX

2005-2007 Adjunct Lecturer College of Education, Department of Counseling

Texas State University Higher Ed Campus,

Round Rock TX

2016-2023 Senior Instructor Department of Psychiatry,

University of Colorado School of Medicine,

 Aurora CO

2023-present Assistant Professor Department of Psychiatry

 University of Colorado School of Medicine,

 Aurora CO

**Professional and Consulting Positions**

1991-1992 Media Planner/Buyer Leo Burnett Co., Southfield MI

1992-1994 Media Planner/Buyer Ackerman McQueen Inc., Oklahoma City, OK

1994-1996 Marketing Specialist Ackerman McQueen Inc., OKC/Dallas TX

1996-1999 Focus Group Moderator Independent Contractor/Consultant, Dallas TX

2004-2006 Licensed Psychologist Southwestern University Counseling Services,

Georgetown, TX

2006-2014 Licensed Psychologist Private Practice, Round Rock TX/Denver CO

2015-2016 Licensed Psychologist Colorado Center for Clinical Excellence,

Denver CO

2016-present Licensed Psychologist CU Anschutz Health and Wellness Center/

CU Medicine Weight Management and Wellness Clinic, Aurora CO

2022–present Faculty Wellness Officer Department of Psychiatry

University of Colorado School of Medicine

Aurora CO

2023–present Director of Well-Being Anschutz Health and Wellness Center Programs University of Colorado School of Medicine

 Aurora CO

**Honors, Awards & Recognitions**

2023 Nominee AHWC Integrity Award, Trailblazer Award

**Membership in Professional Organizations**

1999-present Member **American Psychological Association**

Society for Health Psychology Division 38,

Counseling Psychology Division 17 (former member)

2005-present Member/HSP National Register of Health Service Psychologists

**Service and Leadership Responsibilities**

**National Professional Organizations**

2024 Lifestyle Medicine Working Group,

**Society for Health Psychology, APA Division 38**

**State Professional Organizations**

**State and Local Service**

*Legislative Advocacy*

2020 Testified with **Colorado Psychological Association** (February 18, 2020) in support

of HB20-1206 to change the name of “registered psychotherapists” to “unlicensed psychotherapists” and prohibiting any new registrations with the board of unlicensed psychotherapists. The bill passed and has been enacted.

**University Service**

**University of Colorado School of Medicine**

2019 - 2023 AHWC Well-Being Task Force

Chair: John Peters PhD, Chief Strategy Officer AHWC (retired 2023)

2023- Present Office of the Faculty Experience

Well Being Leader, Department of Psychiatry

 *Special Projects requested by Lotte Dyrbye MD, CWO:*

 **Email Burden Reduction Curriculum Development**

 **Wellness Speakers’ Bureau Subcommittee Chair**

**UCH**

2022 - 2023 Member, UCH Faculty Engagement and Wellbeing Committee

Chair: Elizabeth Harry, MD

Represent the Department of Psychiatry, CUSOM

2024- present Member, UCHealth Metro Well-Being Collaborative

 Chair: Justin Ross, PsyD

**CU System**

2024 - present Member, Rocky Mountain Dialogues on Mindfulness in Higher Ed

 Represent CU Anschutz

Organizing the Annual Contemplative Practices Conference to be held at CSU in September 2025

**Department Service**

2023 - present Executive Committee (OEC) Office of Psychological Science and Practice (OPSP), Bruno Anthony, Chair

2023 - present QI Steering Committee, Sarah Nagle-Yang, Chair

2024 – present Chair, Wellness Avengers Council

**Service to Community**

**2022 – present George Washington High School**

**National Speech and Debate Association (NSDA)**

*Regional tournament judge, 2-3 tournament sites per year*

**2024-present GWHS International Baccalaureate Program**

*Community Service Project curriculum advisor (Older Adult Narrative Experience Project)*

**Licensure**

2005-2008 (retired) Psychologist Texas State Board of Examiners in Psychology

2008-present Psychologist Colorado State Board of Psychologist Examiners

2021-present APIT/ePassport Association of State and Provincial Psychology

Boards, Authority to Practice Interjurisdictional Psychology (Telepsychology)

**Intellectual Property**

***Practical Mindfulness ®***

Trade Name registered with Colorado Secretary of State (2017 – 2023; lapsed - plan to resubmit in 2025)

**Review and Referee Work**

2024 Ad Hoc Peer Reviewer – *Families, Systems, & Health* (APA Journal),

2 articles reviewed

**Invited Extramural Lectures and Presentations**

***Invited National Presentations***

***Invited Regional Presentations***

**Chamberlain, E.** (2024, May 29). *Finding Fulfillment and Unpacking Burnout: Building a Culture of Wellness at CU SOM (via Zoom)*. **Grand Rounds: Children’s Hospital Colorado (CHCO) Psychologists.** CHCO, Aurora CO.

***National Peer Reviewed Presentations***

Haberstroh, C., Hayslip. B., & **Wohl, E.** (2001). *Perceptions of Step grandparents and Step grandchildren*. **National Gerontology Association**, Chicago, IL.

**Wohl, E**. & Fleming, D. (2002, November 3). *Creativity and Artistic Interest Among Scientifically Talented Adolescents*. **National Association of Gifted Children Annual Convention**, Denver, CO.

**Wohl, E**. & Fleming, D. (2002). *Predicting Creativity: Affective Traits and Vocational Interest in Talented Adolescents* [Poster presentation]. **APA Annual Convention**, Chicago, IL.

**Wohl, E**. & Hayslip, B. (2004). *Age, Hypomanic Traits, and Creativity* [Poster presentation]. **APA Annual Convention**, Honolulu, HI.

**Chamberlain, E**. & Moore, B. (2024, July 24). *Compassionate Program Coordination: Reciprocal Support for Resident Well-Being and Compassion Fatigue Mitigation in Graduate Medical Education*. **Coalition for Physician Well Being Joy and Wholeness Summit ’24, GME Specialty Track**. Hyatt Regency Tamaya Conference Center, Santa Ana Pueblo, NM. <https://www.bethejoy.org/_files/ugd/01c51a_f169a211708245a4b2d0d72bb2aa3f79.pdf>

***Regional Peer Reviewed Presentations***

**Chamberlain, E.** (2024, November 12). *Supporting Others Without Depleting Yourself: Practical Mindfulness Program and Practice (hybrid via Zoom):* **CU System Health and Wellness (H&W) Summit.** University Memorial Center West Glenn Miller Ballroom, Boulder CO.

<https://www.colorado.edu/health/programs/health-wellness-summit/presentations>

**Invited Presentations to Local Professional Audiences**

Chamberlain, E. (2019, November 7, 13; December 3, 12)*. Practical Mindfulness for Caregivers: Finding Self-Compassion Every Day.* **CHCO ED Annual Dakota Solomon Foundation Days (4 hours each)**. CU Anschutz Medical Campus, Aurora CO.

Chamberlain, E. (2019 –2022: multiple dates and groups, 400+ participants). *Practical Mindfulness for Helping Professionals: Finding Self-Compassion Every Day.* **Caring for the Frontline Program,** CU Anschutz Health and Wellness Center, Aurora CO.

**Invited Presentations to Local Professional Audiences – Continued**

Chamberlain, E. (2019, August 21, 22, 27; October 24). *Practical Mindfulness for Stress.* **Neurology PRA Professional Development Pilot**. CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2020, June 10). *Practical Mindfulness for Stress: Finding Self-Compassion Every Day* [Webinar].**CU Anschutz Alumni Happy/Healthy Hour Webinar**. CU Anschutz Health and Wellness Center, Aurora CO. <https://youtu.be/hV0bYu3VfWE>

Chamberlain, E. (2020, August 14). *Practical Mindfulness for Stress: What Happens When it's ‘Game Off?’* [Webinar]. **CU Advancement/CU Foundation All Hands "Game On" Retreat/Webinar.** University of Colorado System.

Chamberlain, E. (2020, October 6). *Practical Mindfulness for Stress: Finding Self-Compassion Every Day* [Webinar]. **CU Denver Center for Faculty Development Lunch and Learn Series**. University of Colorado, Denver CO. <https://vimeo.com/465544074>

Chamberlain, E. (2020, October 12). *Practical Mindfulness for Helping Professionals* [Webinar]. **Caring for the Frontline Pilot - Department of Surgery Schedulers.** Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2021, Jan 6). *Practical Mindfulness for Helping Professionals: Finding Self-Compassion Every Day* [Webinar]. **Dental Faculty Senate Meeting Lunch and Learn**. CU Anschutz Medical Campus, Aurora CO.

Chamberlain, E. (2021, January 15).  *Mindful Moment* [Webinar]. **CU Advancement & CU Wellness Foundation Mindful Monday Series: Grit and Resilience.** CU System, Aurora CO.

Chamberlain, E. (2021, February 3). *Behavioral Interventions for Stress Eating* [Webinar]. **Obesity Medicine City-Wide Clinical Group Meeting**. Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2021, February 3). *Invocation and Centering* [Webinar]. **CU Foundation Virtual Trustees Meeting Featuring CU Anschutz Medical Campus “Hope in the Midst of COVID.”** CU System, Aurora CO.

Chamberlain, E. (2021, April 15). *Mindfulness Moment: Refuel and Restore* [Webinar]. **AHWC April Town Hall Meeting**. Anschutz Health and Wellness Center, Aurora, CO

**Invited Presentations to Local Professional Audiences – Continued**

Chamberlain, E. (2021, May 20).  *Mindfulness Moment: Taming Tension* [Webinar].  **AHWC** **May Town Hall Meeting**. Anschutz Health and Wellness Center, Aurora, CO.

Chamberlain, E. (2021, June 23, 24, 28, July 1, 7, 9). *Practical Mindfulness for Stress* [Webinar]. **CU Medicine School of Physical Therapy Wellness Module**. Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2021, July 19). *Practical Mindfulness for Stress* [Webinar]. **Stantec, Women @ Stantec Professional Group**. Stantec, Boulder CO.

Chamberlain, E. (2021, July 22). *Wellness Moment: Soothing Stress* [Webinar]. **AHWC July Town Hall Meeting**. Anschutz Health and Wellness Center, Aurora, CO.

Chamberlain, E. (2021, September 16). *Taking in the Good* [Webinar]. **AHWC September Town Hall Meeting.** Anschutz Health and Wellness Center, Aurora, CO.

Chamberlain, E. (2021, December 8). *Managing Stress Eating*. **STRIDE** Program. Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2021, December 16). *Holiday Card to Self* [Webinar]. **AHWC December Town Hall.** Anschutz Health and Wellness Center, Aurora, CO

Chamberlain, E. (2022, August 25). *Practical Mindfulness for Helping Professionals: Finding Self-Compassion Every Day* [Webinar]. **Department of Psychiatry All Staff Meeting.** Anschutz Health Sciences Building, Aurora, CO.

Chamberlain, E. (2022, September 1). *Practical Mindfulness for Helping Professionals: Program Overview* [PowerPoint via Teams].  **Faculty Engagement and Well Being Committee.** CU Anschutz, Aurora CO

Chamberlain, E. (2022, September 8). *Practical Mindfulness for Stress: Finding Self Compassion Every Day* [Workshop via Zoom]. **Department of Psychiatry Human Resources Team.** Anschutz Health Sciences Building, Aurora, CO.

Chamberlain, E. (2022, September 26). *Practical Mindfulness for Helping Professionals: Finding Self-Compassion Every Day*. **CU Medicine OB/GYN Highlands Ranch Group (Providers)**. UC Hospital Outpatient Pavilion, Highlands Ranch, CO

Chamberlain, E. (2022, September 26). *Practical Mindfulness for Helping Professionals: Finding Self-Compassion Every Day*. **CU Medicine OB/GYN Highlands Ranch Group (Staff)**. UC Hospital Outpatient Pavilion, Highlands Ranch, CO

**Invited Presentations to Local Professional Audiences – Continued**

Chamberlain, E. (2022, October 4, 13, November 1, 9). *Caring for Others Without Losing Yourself: Tools to Harness Fierce Self-Compassion Every Day.* **CHCO ED/PICU Dakota Solomon Days Retreats (4 hours each).** Anschutz Health and Wellness Center, Aurora, CO.

**2023**

Chamberlain, E. (2023, March 10). P*ractical Mindfulness for Stress - Caring for the Frontline Day of Wellness*. **UCH Administration Teams.** Anschutz Health and Wellness Center, Room 4009, Aurora CO.

Chamberlain, E. (2023, April 7). P*ractical Mindfulness for Stress - Caring for the Frontline Day of Wellness*. **CHCO Nursing Staff.** Anschutz Health and Wellness Center, Room 4009, Aurora CO.

Chamberlain, E. (2023, April 20). *Town Hall Well-Being Moment: Feeling Valued* [via Zoom]. **AHWC Town Hall**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2023, April 24). *Caring for Others Without Losing Yourself: Practical Mindfulness Strategies for Stress* [via Zoom]. **CU SOM Department of Psychiatry** **JAWS (Joy at Work Series),** CU Anschutz Health Sciences Building, Aurora CO.

Chamberlain E. (2023, May 3). *Department of Psychiatry Faculty Wellness Survey and Focus Group Results.* **CU Department of Psychiatry Monthly Meeting**. CU Anschutz RC1 Hensel Phelps West Auditorium, Aurora CO.

Chamberlain, E. (2023, May 5). *Stress Eating Resources for PathWEIGH* [via Zoom]. **CU Medicine/UCHealth PathWEIGH Providers**, CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2023, May 11). *Caring for Others Without Losing Yourself: Practical Mindfulness Strategies for Stress* [via Zoom]. **CU School of Dental Medicine Faculty Development Seminar.** CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2023, May 12). *Caring for Others Without Losing Yourself: Tools to Harness Fierce Self-Compassion Every Day*. **UCHealth OBGYN Annual Staff Retreat**. Main Event, Highlands Ranch, CO.

Chamberlain, E. (2023, May 16). *Mindful Communication*. **CU Department of Psychiatry HR Teambuilding**. CU Anschutz Health Sciences Building, Aurora CO.

Chamberlain, E. (2023, June 16). P*ractical Mindfulness for Stress - Caring for the Frontline Day of Wellness*. **UCH ICU Nursing Staff.** CU Anschutz Health and Wellness Center Room 4009, Aurora CO.

**Invited Presentations to Local Professional Audiences – Continued**

Chamberlain, E. (2023, June 18). *Practical Mindfulness for Helping Professionals*. **CU Office of Communication, Director of Communications Staff**. CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2023, June 20). *Mindful Communication Interactive Workshop [via Zoom]*. **CU Department of Psychiatry Operations Core Teambuilding**. Anschutz Health Sciences Building, Aurora CO.

Chamberlain, E. (2023, August 2). *Are You Master of Your (email) Domain: Module 1*. **CU Department of Psychiatry Department Lunch and Learn Session.** CU Anschutz Fitzsimmons Building Bushnell Auditorium, Aurora CO.

Chamberlain, E. (2023, August 30). *Are You Master of Your (email) Domain: Module 1 (Train the Trainers Version)*. **CU SOM Well-Being Leaders Monthly Meeting**. CU Anschutz Administration Building, Chester Ridgeway Boardroom, Aurora CO.

Chamberlain, E. (2023, September 8). *Practical Mindfulness for Stress: Caring for Others Without Losing Yourself.* **CU SOM GME Program Coordinator Retreat.** CU Anschutz RC-2 Dean Krugman Conference Center, Aurora CO.

Chamberlain, E. (2023, September 18). *Are You Master of Your (email) Domain: Module 2 (Train the Trainers Version) [via Zoom]*. **CU SOM Well-Being Leaders Monthly Meeting**. CU Anschutz, Aurora, CO.

Chamberlain, E. (2023, October 26). *Supporting Others Without Depleting Yourself: Practical Mindfulness Strategies for Stress [via Zoom].* **CU WellDOM Champions Monthly Meeting.** CU Anschutz, Aurora CO.

Perks, E. & Chamberlain, E. (2023, October 31). **Faculty Wellness and Diversity Outcomes.** *CU Department of Psychiatry DEI Committee [via Zoom].* CU Anschutz, Aurora CO.

Chamberlain, E. (2023, November 30). *Savoring the Good and Supporting Ourselves: A Mindful Holiday Break* *[hybrid interactive presentation, via Zoom].* **CU Department of Psychiatry All-Staff Appreciation and Holiday Program**. CU Anschutz RC1 Hensel Phelps West Auditorium, Aurora, CO.

Chamberlain, E. (2023, December 13). *Practical Mindfulness for Stress: Supporting Others Without Depleting Yourself.* **CU SOM Department of Cell and Developmental Biology**. CU Anschutz RC1 South 12th Floor Conference Room, Aurora CO.

**Invited Presentations to Local Professional Audiences – Continued**

**2024**

Chamberlain, E. (2024 January 8). *DoP Wellness Goals.* **CU SOM Department of Psychiatry Executive Leadership Team (ELT) Monthly Meeting.** CU SOM AHSB Education Conference Room, Aurora CO.

Chamberlain, E. (2024, January 19). *Practical Mindfulness for Stress: Supporting Others Without Depleting Yourself.* **CU SOM Department of Pain Medicine Faculty and Fellows**. CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2024, January 23). *Mindful Communication Workshop*: *All Staff Wellness Session*. **CU Medicine 5280 OB/GYN Highlands Ranch.** UC Hospital Outpatient Pavilion, Highlands Ranch, CO.

Chamberlain, E. (2024, February 23). *Practical Mindfulness for Stress: Caring for Others Without Losing Yourself Virtual Wellness Education Workshop (via Zoom).* **CU SOM GME Program Coordinator Retreat.** CU Anschutz SOM, Aurora CO.

Chamberlain, E. (2024, February 29). *DoP Wellness Introduction: Survey Findings and Programs (via Zoom).* **CHCO Psychologists Training Committee Meeting.** Children’s Hospital Colorado, Aurora CO.

Chamberlain, E. (2024, March 4). *Are You Master of Your (email) Domain: Module 2.* **CU SOM Department of Psychiatry Executive Leadership Team (ELT) Monthly Meeting**. CU Anschutz, AHSB Education Conferences Room, Aurora, CO.

Chamberlain, E. (2024, March 11). *Practical Mindfulness Strategies for Stress: Lunch and Learn Student Wellness Education Workshop.* **CU SOM Student Health Promotion Wellness Week.** CU Anschutz SOM, Education 2 North 2106, Aurora CO.

Chamberlain, E. (2024, July 8). *AHWC Well-Being Program Overview*. **CU Boulder Health and Wellness Services AVC Team.** CU Anschutz Health and Wellness Center, Benson Board Room, Aurora, CO.

Chamberlain, E. (2024, August 5). AHWC Well-Being Program Overview.**Office for the Faculty Experience Well-Being Leaders' Retreat.** CU Anschutz Strauss Library Reading Room, Aurora, CO.

Chamberlain, E. (2024, August 8). *Supporting Others Without Depleting Yourself: Practical Mindfulness for Helping Professionals.* **CHCO CLIMB Program, Training Psychologists’ Retreat**. CU Anschutz Health and Wellness Center, Aurora CO.

**Invited Presentations to Local Professional Audiences – Continued**

Chamberlain, E. (2024, August 9). *Practical Mindfulness for Stress Workshop (via Zoom).* **CU SOM DBMI Staff.** CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2024, August 14). *Are You Master of Your (email) Domain: Module 2.* **CU SOM Department of Psychiatry Lunch and Learn**. CU Anschutz, RC1 North, Hensel Phelps West Auditorium, Aurora, CO.

Chamberlain E. (2024, August 21). *Wellness in the DoP.* **CU SOM Department of Psychiatry Lunch and Learn**. CU Anschutz, RC1 North, Hensel Phelps West Auditorium. Aurora CO.

Chamberlain, E. (2024, September 5). *Supporting Others Without Depleting Yourself: Practical Mindfulness for Helping Professionals.* **CHCO PICU APP Retreat**. CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2024, September 17, October 10, October 23, November 7). *Self-Care for YOU: Foster Compassion, Build Your Practice, and Reset.* **CHCO ED/PICU Dakota Solomon Foundation Retreat/Wellness Education Days.** CU Anschutz Health and Wellness Center, Benson Board Room and Wellness Lounge, Aurora CO.

Chamberlain, E. (2024, October 7). *WellDOM Retreat: Supporting Others Without Depleting Yourself.* **CU SOM Department of Medicine WellDOM Champions Retreat**. CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2024, December 4).*DoPsyc Wellness Update.* **CU SOM Department of Psychiatry Monthly Department Meeting.** CU Anschutz RC1 North Hensel Phelps West Auditorium, Aurora CO.

Chamberlain, E. (2024, December 18). *PM&R Fellows Wellness Retreat: Supporting Others Without Depleting Yourself.* **CU SOM PM&R Fellows Didactic and Wellness Workshop.** CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2025, January 28). *THINK Mindful Communication Staff and Provider Session*: **CU Medicine 5280 OBGYN Highlands Ranch**. UCHealth Highlands Ranch Hospital, Highlands Ranch, CO.

**Invited Media Interviews**

1. Chamberlain, E. (2016, November 9). *Coloradans coping with post-election stress disorder* (K. Harsha, interviewer, KDVR FOX 31- Denver). <https://kdvr.com/news/health/coloradans-coping-with-post-election-stress-disorder/>

**Invited Media Interviews (Continued)**

1. Chamberlain, E. (2020, November 2). *Most Coloradans dealing with high levels of stress on eve of election* (K. Harsha, interviewer, KDVR FOX 31-Denver). <https://kdvr.com/news/politics/election/most-coloradans-dealing-with-high-levels-of-stress-on-eve-of-election/>
2. Chamberlain, E. (2020, November 27). *Demand for mental health services soars amid pandemic and holiday stress* (R. Skytta, interviewer KDVR FOX 31 - Denver). <https://kdvr.com/news/health/demand-for-mental-health-services-soars-amid-pandemic-and-holiday-stress/>
3. Chamberlain, E. (2020, December 17). *Denver health officials warn of coming mental health crisis* (E. Kruegel, interviewer KDVR FOX 31-Denver). [https://kdvr.com/news/health/denver-health-care-officials-warn-of-coming-mental-health-crisis/](https://kdvr.com/news/health/denver-health-care-officials-warn-of-coming-mental-health-crisis/?fbclid=IwAR3KiRnBqyMk3U_uRaNedgIOKNyRL6yh5Xx0zd7FIg8MB-l1CDJlM0ddVOU)
4. Chamberlain, E. (2021, April 10). *COVID-19 mental health impacts could linger post-pandemic* (R. Skytta, interviewer KDVR FOX 31-Denver. [https://kdvr.com/news/health/covid-19-mental-health-impacts-could-linger-post-pandemic/](https://kdvr.com/news/health/covid-19-mental-health-impacts-could-linger-post-pandemic/?fbclid=IwAR1Zxe9xuDqLppidBL2TtA_rvLYKIorp3QYJTieyCPrUK1aY2XYRaAlweJU)
5. Chamberlain, E. (2021, October 4). *It’s time to start talking with family about COVID and the holidays* (C. Fromm, interviewer KDVR FOX 31-Denver). [https://kdvr.com/news/coronavirus/its-time-to-start-talking-with-family-about-covid-and-the-holidays/](https://kdvr.com/news/coronavirus/its-time-to-start-talking-with-family-about-covid-and-the-holidays/?fbclid=IwAR3I9uZd2U1HoY_cCT1WuSMKtYblr49z288EvBB3T0PcVy4O9CwpHLa_iEI)
6. Chamberlain, E. (2021, October 7). *Mental health providers can’t keep up with growing demand* (R. Skytta, interviewer, KDVR FOX 31-Denver). [https://kdvr.com/news/local/mental-health-providers-cant-keep-up-with-growing-demand/](https://kdvr.com/news/local/mental-health-providers-cant-keep-up-with-growing-demand/?fbclid=IwAR16DdjgvpL8IFM545a1yBCHuGB-XlUAqWBFX6MjroKHWSUmNEACRjf7rBQ)
7. Chamberlain, E. (2021, November 16). ‘*Are you vaccinated?’ How to approach the tough questions this holiday season.* (R. Skytta, interviewer, KDVR FOX 31-Denver). <https://kdvr.com/news/coronavirus/covid-19-vaccine/are-you-vaccinated-how-to-approach-the-tough-questions-this-holiday-season/>
8. Chamberlain, E. (2022, April 3). *How you can find affordable therapy*. (R. Skytta, interviewer, KDVR FOX 31-Denver). <https://kdvr.com/news/local/how-you-can-find-affordable-therapy/>
9. **Invited Media Interviews (Continued)**

**Invited Media Interviews (Continued)**

1. Chamberlain, E. (2022, November). *Psychologist - backed mindfulness tips to manage overeating this holiday season.* (R. Abell, Interviewer, CU Medicine Health Insights). <https://www.cumedicine.us/about-cu-medicine/health-insights/tips-to-manage-holiday-overeating>
2. Chamberlain, E. (2022, November 8). *Featured CU Medicine Provider: Dr. Liz Chamberlain*. (R. Abell, Interviewer, CU Medicine Health Insights). <https://www.youtube.com/watch?v=lb3XvM9qKJA>
3. Chamberlain, E. (2023, September 22). *Gardens for Health.* (R. Abell, Interviewer, CU Medicine Health Insights). <https://www.cumedicine.us/about-cu-medicine/health-insights/garden-for-health-mental-health-benefits-of-spending-time-outdoors>
4. Chamberlain, E. (2023, November 28). *12 Days of Fitmas: #9 Mindful Eating and #12 Try a Stress Management Exercise.* (R. Abell, Interviewer, CU Medicine Health Insights). <https://www.cumedicine.us/about-cu-medicine/health-insights/cu-medicine-providers-share-their-best-12-days-of-fitmas-tips>
5. Chamberlain, E. (2023, December 5). *Workplace Well-Being Program Focuses on Connection.* (K. Carrol, Interviewer, CU Anschutz Medical Campus Newsroom). <https://news.cuanschutz.edu/news-stories/workplace-well-being-program-focuses-on-connection>
6. Chamberlain, E. (2024, May 20). *Unraveling the Connection Between Loneliness and Emotional Eating.* (M. Hastings, CU Anschutz Today Newsletter). <https://news.cuanschutz.edu/news-stories/unraveling-the-connections-between-loneliness-and-emotional-eating>
7. Chamberlain, E. (2024, August 26). *Congresswoman Yadira Caravello Seeks Treatment at Walter Reed for Depression.* (K. Kerridge, Interviewer, KDVR Fox 31-Denver). <https://kdvr.com/news/politics/colorado-politics-news/congresswoman-yadira-caraveo-seeks-treatment-at-walter-reed-for-depression/>
8. Chamberlain, E. (2024, September 5, Season 4 Episode 6). *Liz Chamberlain, PhD: Live At the Summit: Episode 1*. **The Coalition for Physician Well-Being, The Well-Being Connector Podcast.**  (R. Reid, APR, CPRC, Interviewer, The Well-Being Connector Podcast. <https://thewellbeingconnector.buzzsprout.com/1280858/episodes/15703246-liz-chamberlain-phd-live-at-the-summit-episode-1>

**Invited Media Interviews (Continued)**

1. Chamberlain, E. (2024, November 20). *Virtual Wellness Workshops Help Participants Develop Mindful Eating Habits.* (R. Abell, Interviewer, CU Medicine Health Insights). <https://www.cumedicine.us/health-insights/virtual-wellness-workshops-help-participants-develop-mindful-eating-habits>
2. Chamberlain, E. (2024, December 3). *“12 Days of Fitmas” Advice from CU Medicine Experts: #9 – Psychologist-Backed Tips for Navigating Difficult Conversations.* (R. Abell, Interviewer, CU Medicine Health Insights). <https://www.cumedicine.us/health-insights/12-days-of-fitmas-advice-from-cu-medicine-experts>

**Teaching Record**

***Courses Taught:* Undergraduate**

1999-2002 Psychological Dynamics of Women University of North Texas

(PSYC 3490) Department of Psychology,

Denton TX

2002-2003 Introductory Psychology II University of North Texas

Physiology & Perception Department of Psychology

 (PSYC 1650) Denton TX

2002-2003 Developmental Psychology University of North Texas,

(PSYC 3620) Department of Psychology

Denton TX

***Courses Taught: Graduate***

2005-2007 Assessment in Counseling Texas State University Higher

(COUN 5305) Education Campus

College of Education, Department of Counseling, Round Rock TX

***Invited Didactics (small group facilitator)***

**Undergraduates**

1. Chamberlain, E. (2023, July 21). *Practical Mindfulness for Stress* (via Zoom). **CU Department of Psychiatry Education PURPLE Program.** CU Anschutz, Aurora CO.
2. Chamberlain, E. (2024, June 21). *Practical Mindfulness for Stress*. **CU Department of Psychiatry Education PURPLE Program.** CU Anschutz SOM, AHSB 4120, Aurora CO.

**Residents**

1. Chamberlain, E. (2020, October 12). *Practical Mindfulness for Helping Professionals* [Webinar]. **Dermatology Residents’ Retreat.** CU Anschutz Campus, Aurora CO.

1. Chamberlain, E. (2023, April 10). *Managing Triggers to Communicate Effectively: Mindful Strategies* [via Zoom]. **Dermatology Residents Didactic**, Anschutz Health and Wellness Center, Aurora CO.

1. Chamberlain, E. (2024, February 7). *Wellness Didactic*. **CU SOM Department of Psychiatry PGY4 Residents**. CU Anschutz AHSB 4130, Aurora CO.

**Post-Docs**

Chamberlain, E. (2023, November 14). *Supporting Others Without Depleting Yourself: Practical Mindfulness Strategies for Stress and Self-Care*. **CU Department of Psychiatry Education - Psychology Post-Doc Retreat.** Anschutz Health Sciences Building, Conference Room 2002, Aurora CO.

**Fellows**

Chamberlain, E. (2024, December 18). *PM&R Fellows Wellness Retreat: Supporting Others Without Depleting Yourself.* **CU SOM PM&R Fellows Didactic and Wellness Workshop.** CU Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2025, January 17). *Pediatric Well-Being Elective: Supporting Others Without Depleting Yourself.* **Children’s Hospital Pediatrics Fellowship and Residency Well-Being Elective.** CU Anschutz Education Building 2 South, Room L28-2306. Aurora CO.

***Clinical Supervision: Individual***

***Graduate Students***

2004-2006 UT Austin Counseling Psyc Southwestern University

Doctoral Program Counseling Services

Practicum Students Georgetown TX

***Postdoctoral Candidates***

2014-2015 Clinical Postdoc Private Practice, Denver CO

**Kristin Orlowski, PsyD**

**(*Past President of Colorado Psychological Association)***

***Postdoctoral Candidates (continued)***

2020-2021 Clinical Postdoc Anschutz Health and

 **Christina New, PhD**  Wellness Center,

Mindfulness - Based

Intervention for UCH/CHCO Nurses

***Fellows***

2020 Obesity Medicine Fellow CU Wellness Clinic

**Lisa Kisling, DO** Co-shared case management

Individual weekly

Didactic/supervision

2022 Obesity Medicine Fellow

**John-Michael Taormina, MD** Didactic – Eating Disorders

(Faculty hire following Fellowship)

2023 Obesity Medicine Fellow Didactic – Stress and Emotional **Victoria Lu, MD** Eating, Behavioral Interventions

(Faculty hire following Fellowship)

**Grant Support**

2020-2024 Interventionist - CO Site Health Psychologist

Enhanced Lifestyles for Metabolic Syndrome (ELM), 4 Cohorts

Multi-Site Randomized Controlled Trial (2018-2024) Study

* Rush University, Chicago IL
* Funded by William G. McGowan Charitable Fund
* Total Direct Costs (Current Year): $330,393
* % Effort Supported by The Grant:
	+ 10% FTE Sep 2020 – June 2021
	+ 15% FTE July 2021 – July 2022
	+ 5% FTE August 2022 – January 2024

2022-2023 Department of Psychiatry Growth and Development Project Award

* Wellness Initiatives for the DoP
* Awarded 100% of requested funding: $9,182

2023 Co-Investigator, Co-Interventionist

MOVE! Study

Mindful movement audio recording for participants

Ostendorf, D., RO1 *Designing with dissemination in mind: Development and evaluation of a theory-based physical activity intervention using the Multiphase Optimization Strategy: Aim 1, Phase 2.*

* 2% FTE April, 2023; 2% FTE January 2024

*Additional Contractual Support*

2020 - 2021 Virtual ELM Pilot Study, Health Psychologist Interventionist

 Rush University, Chicago IL

 Total Contract Billing Received: $5,175

**Products of Scholarship**

***Papers published in peer-reviewed journals***

Tobin SY, Smith JK, DeSalvo K, Beacham A, **Chamberlain E**, Cornier MA, Halliday TM. *A preliminary investigation of the feasibility of an 8-week mindfulness program for weight loss maintenance.* ***In Press***. American Journal of Health Behavior.

***Book Chapters***

**Wohl, E.**, Lahner, J., & Jooste, J. (2003). *Group processes among grandparents raising grandchildren.* Working with Custodial Grandparents (B. Hayslip & J. Hicks-Patricks, Eds.). New York: Springer Publishing. <https://www.google.com/books/edition/Working_With_Custodial_Grandparents/qCwdr2oNdWoC?hl=en&gbpv=1&dq=group+processes+among+grandparents+raising+grandchildren+wohl&pg=PR7&printsec=frontcover>

***Dissertation***

**Wohl, E**. (2003). *Creativity and Affective Traits Across the Life Span: Developmental Influences Among Adolescents and Older Adults*. University of North Texas, Denton TX

[https://digital.library.unt.edu/ark:/67531/metadc4279/](https://digital.library.unt.edu/ark%3A/67531/metadc4279/)

***Manuscripts currently in peer-review:***

**Chamberlain, E.**, Powell, L., Karavolos, K., Daniels, B., Trabold, N., Wilson, C., Nicklas, J, Masters, KM. (2025). *Association between self-reported behavioral habits and their respective behavioral risk factors in individuals with metabolic syndrome.* Elsevier SSRN First Look<https://dx.doi.org/10.2139/ssrn.5096931>

**Other Products of Scholarship**

***Publications for Community/Patient Audiences***

1. Chamberlain, E.(2012-2016). *Ask the Psychologist.* Multiple articles (**54 total)**. <https://askthepsych.com/atp/author/drliz/>
2. Chamberlain, E. (2024, March 26). *Welcoming Stress.* **CU Anschutz Health and Wellness Newsletter.**

<https://news.cuanschutz.edu/health-and-wellness/welcoming-stress>

***Publications for Community/Patient Audiences (continued)***

1. Chamberlain, E. (2024 April 29). *Planting Seeds for Change*. **CU Anschutz Health and Wellness Center Newsletter**.

<https://news.cuanschutz.edu/health-and-wellness/planting-seeds-for-change>

1. Chamberlain, E. (2024, May 9). *Planting Seeds for Change (reprint).* **CU Medicine Health Insights.** <https://www.cumedicine.us/health-insights/planting-seeds-for-change>

***Videos for Community/Patient Audiences***

*AHWC Mindful Mondays 7-minute Guided Meditation Videos:*

1. Chamberlain, E. (2020, March 23). Taking a break from the clutter*.*
2. Chamberlain, E. (2020, March 30). Letting things settle.
3. Chamberlain, E. (2020, April 6). Inviting feelings into your AirBNB.
4. Chamberlain, E. (2020, April 13). Holding difficult feelings.
5. Chamberlain, E. (2020, April 20). Break for compassion.
6. Chamberlain, E. (2020, April 27). Box of compassion.
7. Chamberlain, E. (2020, May 4). Holding our ground/managing quarantine life.
8. Chamberlain, E. (2020, May 11). Finding control through release.
9. Chamberlain, E. (2020, June 1). Filling the bucket.
10. Chamberlain, E. (2020, June 8). Wishing ourselves and others well.
11. Chamberlain, E. (2020, June 22). The gift of rest.

<https://www.youtube.com/playlist?list=PLHMFkBBA7TImf19Xd6xMue8nJZ2AvSSpw>

1. Chamberlain, E. (2020, November 16). Holiday reset (AHWC members exclusive content). <https://www.youtube.com/watch?v=yrNRR-_uenM&list=PLP2VfKdY0JLnIVQuYCNzKiDkt_aAlDEzi>
2. Chamberlain, E. (2022, October 29). Holiday mindful eating tips from CU Medicine psychologist. <https://youtu.be/kkM8pCdT9xA>
3. Chamberlain, E. (2022, November 8). Featured CU Medicine provider: Dr. Liz Chamberlain. <https://youtu.be/lb3XvM9qKJA?si=fbIYHRJxxIiPLAuQ>
4. Chamberlain, E. (2023 November 28). 12 Days of Fitmas – try a stress management exercise. <https://youtu.be/qcmNQ8TLMJQ?si=Gj52Z1mtm2B9dHfa>
5. Chamberlain, E. (2023 November 28). 12 Days of Fitmas – mindful eating. <https://youtu.be/AIjQinM1F6U?si=wLLvmsV5WqMNrBm0>
6. Chamberlain, E. (2024, November 20). Stress Eating Workshop. <https://youtu.be/XOrtjLwEVLU?si=OevHa5tanGmAkptl>
7. Chamberlain, E. (2024, December 3). 12 Days of Fitmas - #9 – Psychologist-Backed Tips for Navigating Difficult Conversations*.* <https://youtu.be/hm6zhJJ49oo?si=aAjBXb9quIaso0nz>

***Audio Recordings:***

[**MOVE! Program: Mental Guided Imagery Recordings**](https://danielle-ostendorf.wistia.com/folders/c0e750ush2)

1. Ostendorf, D. & Chamberlain, E. (2024). *Basics with Liz*. <https://danielle-ostendorf.wistia.com/medias/ulmwettkhw>
2. Ostendorf, D. & Chamberlain, E. (2024). *Moving Body Scan with Liz*. <https://danielle-ostendorf.wistia.com/medias/7x848fc07f>
3. Ostendorf, D. & Chamberlain, E. (2024). *Walking in a Lush Prairie with Liz.* <https://danielle-ostendorf.wistia.com/medias/2mophicbdn>
4. Ostendorf, D. & Chamberlain, E. (2024). *Hike in a Meadow Surrounded by Mountains with Liz*. <https://danielle-ostendorf.wistia.com/medias/phmiwuj0u0>
5. Ostendorf, D. & Chamberlain, E. (2024). *Walking in a Forest with Liz.* <https://danielle-ostendorf.wistia.com/medias/ponlnc6qje>
6. Ostendorf, D. & Chamberlain, E. (2024). *Walk in your Neighborhood at Springtime with Liz*. <https://danielle-ostendorf.wistia.com/medias/c3q1g15w0m>

***Patient-Facing Curriculum and Materials (Programs, Workshops)***

1. Chamberlain E. (2019, Oct - Dec). *Modules for Developmental Weight Loss Program (multiple titles)*. CU **Anschutz Health and Wellness Center**, Aurora CO.
2. **Chamberlain, E**., Cornier, M. (2019 Oct - Dec). *Mindfulness for Weight Management.* Research Pilot. CU **Anschutz Health and Wellness Center**, Aurora CO.
3. Chamberlain, E. (2024). *Snaccidents and How to Tame Them.* **CU Weight Management and Wellness Clinic Stress Eating Monthly Virtual Workshop Series.** Anschutz Health and Wellness Center, Aurora CO. [StressEatingWorkshop Snaccdents with Dr. Liz Chamberlain Handout 2024.docx](https://olucdenver-my.sharepoint.com/%3Aw%3A/g/personal/elizabeth_chamberlain_cuanschutz_edu/EToHyuxOl4VOhMpk9ZesJ2YB4wMc6xS_u2_3tEUjQJh-8A?e=FusPqp)
4. Chamberlain, E. (2024). *Stress Eating Workshop: Alternatives to Notice and Manage Difficult Experiences.* **CU Weight Management and Wellness Clinic Stress Eating Monthly Virtual Workshop Series**. Anschutz Health and Wellness Center, Aurora CO. [AHWC Stress Eating Workshop - Alternatives to Notice and Manage Difficulties.dotx](https://olucdenver-my.sharepoint.com/%3Aw%3A/g/personal/elizabeth_chamberlain_cuanschutz_edu/EaahLJtSo51GtuBVa52RWKYBYZ_Qy3rl_TRtaqURZjyV6g?e=9p4nal)

***Patient-Facing Curriculum and Materials (Programs, Workshops) (continued)***

1. Chamberlain, E. (2024). *Hacking Habits Workshop: Finding Real Ways to Get Your Reward*. **CU Weight Management and Wellness Clinic Stress Eating Monthly Virtual Workshop Series.** Anschutz Health and Wellness Center, Aurora CO. [Stress Eating Workshop - Hacking Habits with Dr. Liz Chamberlain Handout Oct 2024.docx](https://olucdenver-my.sharepoint.com/%3Aw%3A/g/personal/elizabeth_chamberlain_cuanschutz_edu/Ed1uIPAOo7ZOium-MQBFUPYBNoa4rBmhGgyHni73zWEDwA?e=1gQDuu)

***Professional Audiences Curriculum Handouts***

Chamberlain, E. (2024). *Practical Mindfulness for Helping Professionals: Resources*. Anschutz Health and Wellness Center, Well-Being Programs, Aurora CO.

[AHWC Practical Mindfulness Handout.docx](https://olucdenver-my.sharepoint.com/%3Aw%3A/g/personal/elizabeth_chamberlain_cuanschutz_edu/ETRBwO9eb7ZCszNuCZsjxecBH0S7AoNf90__33NlvE2Ktw?e=dzzxax)

***Professional Development Curriculum***

***Original Website Pages***

2023 *CU Medicine Weight Management and Wellness Clinic Behavioral Health, Anschutz Health and Wellness Center (content and layout, placed by Kristi Truesdale):*

<https://medschool.cuanschutz.edu/health-and-wellness/clinic_weightloss/behavioralhealth>

2023 *AHWC Well-Being Programs, Anschutz Health and Wellness Center (content and layout, graphic design and web placement by Juliana Hontou)*

<https://medschool.cuanschutz.edu/health-and-wellness/well-being>

2024 *Department of Psychiatry Wellness Office layout and content (co-created with Shanna Trott)*

<https://medschool.cuanschutz.edu/psychiatry/home/department-of-psychiatry-wellness-initiatives>

2024  *Department of Psychiatry Wellness Intranet Page*

<https://olucdenver.sharepoint.com/sites/Psychiatry/SitePages/Wellness-Office.aspx?web=1>

2024 *Anschutz Health and Wellness Center December Wellness Challenge: Well-Being (content only, design by Juliana Hontou and Georgann Gemert)*

<https://try.anschutzwellness.com/well-being-challenge-liz-chamberlain/>

2024 *Department of Psychiatry Office of Psychological Science and Practice (OPSP) (content and layout, web upload and format by Emily Roberts and Annie Melzer):* <https://medschool.cuanschutz.edu/psychiatry/offices/office-of-psychological-science-and-practice-main>

***Miscellaneous Publications***

1. **Wohl, E.** (2013). *Peeposition 64: Peeps Bake-Off.* **Denver Post Peeps Diorama Contest, Second Place, Adults.** Denver, CO.

<https://www.denverpost.com/2013/03/25/marsh-madness-with-denver-post-peeps-contest-winners/>

1. **Wohl, E.** (2006). *Keep Round Rock Mildly Unusual*. Oval stickers created and sold at Café Java in Round Rock, TX. <https://www.stantaylor.us/2006/01/bumper-sticker-humor/> Sold design to Café Java in 2007:[https://www.flickr.com/photos/95390748@N07/14592044910/](https://www.flickr.com/photos/95390748%40N07/14592044910/)

**Invited Presentations to Community Audiences: Programs and Workshops**

Chamberlain, E. (2014, October 20, 27, November 3, 10). *Practical Mindfulness: Finding Control Through Release.* **Pura Vida Fitness/ethos**, Denver CO.

Chamberlain, E. (2016, September 22). *Stress Eating.* **STRIDE Research Intervention**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2016, November 2). *Practical Mindfulness for Life.* **Lifelong Learning Institute** @ AWHC. Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2017, April 8). *Embracing Change: Mindful Strategies for New Journeys.* **Broadmoor Women’s Weekend of Wellness**. Colorado Springs, CO.

Chamberlain, E. (2017, April 8). *Practical Mindfulness: Discovering Reframes Every Day.* **L’Chaim! Conference and Resource Day**. Temple Emanuel, Denver CO.

Chamberlain, E. (2017, December 5). *Practical Mindfulness for Reducing Holiday Stress.* **AHWC Wellbeing 360 Series.** Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2017, October 9, 15, 22, 29). *Solutions for Stress Eating.* Anschutz Health and Wellness Center, Aurora CO).

Chamberlain, E. (2018, March 20). *Taming the Stress of March Madness.* **AHWC Wellbeing 360 Series.** Anschutz Health and Wellness Center, Aurora CO.

**Invited Presentations to Community Audiences: Programs and Workshops – Continued**

Chamberlain, E. (2018, May 9)*. Healthy Aging and Mindfulness.* **Diabetes Prevention Program Annual Follow-Up Day**. CU Anschutz Medical Campus, Aurora CO.

Chamberlain, E. (2018, July 27). *The Science of Stress.* **Colorado Student Leaders Institute (COSLI) High School Students.** Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2018, September 19). *Practical Mindfulness for Focus and Creativity*. **CMS Medicare Regional Offices**, Denver CO.

Chamberlain, E. (2018, October 3). *Solutions for Stress Eating.* **STRIDE Program**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2020, April 13 & December 17). *Managing Stress Eating* [Webinar]. **STRIDE** Program. Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2020, July 15, 20, 29, August 5, October 7, 14, 21, 28). *Stress Eating Workshop* [Webinar]. **Anschutz Health and Wellness Center,** Aurora, CO.

Chamberlain, E. (2020, June 10). *Managing Stress Eating* [Webinar]. **State of Slim** Program. Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2021, January 6, 13, 20, 27). *Stress Eating Workshop* [Webinar]. **Anschutz Health and Wellness Center**, Aurora, CO.

**2022**

Chamberlain, E. (2022, January 24). *Coming to Our Senses Using Stop, Breathe, Be* *(via Zoom).* **Enhanced Lifestyles for Metabolic Syndrome (ELM) Trial National Health Network Meeting**. CU Anschutz Health and Wellness Center, ELM Colorado Site, Aurora CO.

Chamberlain, E. (2022, May 17). *Practical Mindfulness for Stress: Finding Self-Compassion Every Day* [Webinar]. **Ludeman Family Center for Women's Health Research - "Let's Talk" Webinar.** Anschutz Health and Wellness Center, Aurora, CO

Chamberlain, E. (2022, September 30). *Practical Mindfulness for Stress: Finding Self-Compassion Everyday* [Recorded Webinar]. **CU Medical School Alumni Association**. Anschutz Health and Wellness Center, Aurora, CO.

**Invited Presentations to Community Audiences: Programs and Workshops – Continued**

Chamberlain, E. (2022, October 26). *Managing Stress Eating* [Webinar]. **Polycystic Kidney Disease Daily Caloric Restriction Study**, Anschutz Health and Wellness Center, Aurora CO.

**2023**

Chamberlain, E. (2023, February 6, 13, 20, 27). *Stress Eating Workshop* [Virtual via Zoom]. **Anschutz Health and Wellness Center**, Aurora, CO.

Chamberlain, E. (2023, March 6, 13). *Practical Mindfulness for ADHD: Finding Focus Through Curiosity* [via Zoom]. **ADHD Skills Group**, Outpatient Psychiatry, Aurora CO.

Chamberlain, E. (2023, March 14, April 4*). Managing Stress with Practical Mindfulness: Pressing “Pause.”* [via Zoom]. **TIMEX Study**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2023, May 2). *Managing Stress Eating* [via Zoom]. **Polycystic Kidney Disease Daily Caloric Restriction Study**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2023, September 5). *Managing Stress Eating* [via Zoom]. **Polycystic Kidney Disease Daily Caloric Restriction Study**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2023, September 7). *My New Weigh: Managing Stress Eating* [via Zoom]. **My New Weigh Medically Directed Weight Loss Program**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2023, December 4). *My New Weigh: Managing Stress Eating* [via Zoom]. **My New Weigh Medically Directed Weight Loss Program**, Anschutz Health and Wellness Center, Aurora CO.

**2024 - present**

Chamberlain, E. (2024, January 9*). Managing Stress with Practical Mindfulness: Pressing “Pause.”* [via Zoom]. **TIMEX Study**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2024, January 17). *Managing Stress Eating* [via Zoom]. **Polycystic Kidney Disease Daily Caloric Restriction Study**, Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2024, February 26). *Practical Mindfulness for ADHD: Finding Focus Through Curiosity* [via Zoom]. **ADHD Skills Group**, Outpatient Psychiatry, Aurora CO.

Chamberlain, E. (2024, April 26, 9am, 10am, 11am, 12pm). *Annual Wellness Retreat: Practical Mindfulness for Stress*. **Kent Denver Faculty**. Anschutz Health and Wellness Center, Aurora CO.

**Invited Presentations to Community Audiences: Programs and Workshops – Continued**

Chamberlain, E. (2024, August 13, November 12). *Snaccidents and How to Tame Them (via Zoom).* **CU Weight Management and Wellness Clinic Stress Eating Monthly Workshop Series.** Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2024, September 10, December 10). *Stress Eating Workshop: Alternatives to Notice and Manage Difficult Experiences [via Zoom].* **CU Weight Management and Wellness Clinic Stress Eating Monthly Workshop Series**. Anschutz Health and Wellness Center, Aurora CO.

Chamberlain, E. (2024, October 8; 2025, January 10). *Hacking Habits Workshop: Finding Real Ways to Get Your Reward (via Zoom)*. **CU Weight Management and Wellness Clinic Stress Eating Monthly Workshop Series.** Anschutz Health and Wellness Center, Aurora CO.