

CURRICULUM VITAE
Elizabeth R. Chamberlain, PhD
December 2023

Personal Information

Assistant Professor
Department of Psychiatry
University of Colorado School of Medicine, Anschutz Medical Campus

Office Address

Anschutz Health and Wellness Center, CU Medicine Weight Management and Wellness Clinic
12348 E. Montview Drive
Mailstop C263
Aurora, CO 80045
Phone: (303) 724-3802
Fax: (303) 724-9213
Email: elizabeth.chamberlain@cuanschutz.edu

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

2022	Women in Medicine and Science Women's Leadership Training Class 2022-2023	CU SOM Dean's Office, Aurora CO
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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

Membership in Professional Organizations

1999-2003	Student Affiliate	American Psychological Association
2003-present	Member	American Psychological Association
2005-present	Member/HSP	National Register of Health Service Psychologists

Major Committee and Service Responsibilities

SOM CU Thrives
2023- Present Well Being Co-Leader, Department of Psychiatry
Special Projects requested by Lotte Dyrbye MD, Senior Associate Dean of Faculty, Chair of Well-being:

Email Burden Reduction Curriculum Development
Wellness Speakers' Bureau Subcommittee Chair

UC Health
2022 - 2023

Member, Faculty Engagement and Wellbeing Committee
Chair: Elizabeth Harry, MD
Represent the Department of Psychiatry, CUSOM

CU Anschutz Health and Wellness Center

2019 - 2023

AHWC Well-Being Task Force
Chair: John Peters PhD, Chief Strategy Officer AHWC (retired 2023)

Department of Psychiatry

2022 -present

Faculty Wellness Officer, Department of Psychiatry, CUSOM

- Co-lead with Staff Wellness Officer, Emmaly Perks
- .20 FTE, Appointed by Chair and DFA
- Evaluate, advocate and propose programs and systemic recommendations to Department Chair, Neill Epperson MD and Director of Finance and Administration, Melissa Sinclair
- Present Wellness Initiatives at Department meetings
- Facilitate focus groups, consult with individuals and teams to improve processes and reduce systemic obstacles to well-being

Legislative Advocacy

2020 Testified with Colorado Psychological Association on February 18, 2020 to support 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.

Licensure and Board Certification

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 – present)

Invited Presentations to 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 Family Retreat**. CU Anschutz Medical Campus, Aurora CO.

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

Chamberlain, E. (2019, August 21, 22, 27; October 24). *Practical Mindfulness for Stress*. **Neurology PRA Professional Development Pilot**. 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**. 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]. **Dermatology Residents' Retreat**. CU Anschutz Campus, Aurora CO.

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.

Invited Presentations to Professional Audiences – Continued

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

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, 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.

Invited Presentations to Professional Audiences – Continued

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

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 Retreat**. Anschutz Health and Wellness Center, Aurora, CO.

2023

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

Invited Presentations to Professional Audiences – Continued

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

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

Chamberlain, E. (2023, June 18). *Practical Mindfulness for Helping Professionals*. **CU Office of Communication, Director of Communication Staff**. 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, July 21). *Practical Mindfulness for Stress* [via Zoom]. **CU Department of Psychiatry Education PURPLE Program**. CU Anschutz, 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.

Invited Presentations to Professional Audiences – Continued

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 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.

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.

Peer Reviewed Presentations and Abstracts at National and Regional Professional Conferences

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

Wohl, E. & Fleming, D. (2002). *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.

Teaching Record

1999-2002	Psychological Dynamics of Women (PSYC 3490)	University of North Texas Department of Psychology, Denton TX
2002-2003	Introductory Psychology II Physiology & Perception (PSYC 1650)	University of North Texas Department of Psychology Denton TX
2002-2003	Developmental Psychology (PSYC 3620)	University of North Texas, Department of Psychology Denton TX
2005-2007	Assessment in Counseling (COUN 5305)	Texas State University Higher Education Campus College of Education, Department of Counseling, Round Rock TX

Clinical Supervision Record

2004-2006	Practicum Students	Southwestern University Counseling Services Georgetown TX
2014-2015	Clinical Postdoc Kristin Orlowski, PsyD <i>(Past President of Colorado Psychological Association)</i>	Private Practice, Denver CO
2020-2021	Clinical Postdoc Christina New, PhD	Anschutz Health and Wellness Center, Mindfulness - Based Intervention for UCH/CHCO Nurses
2020	Obesity Medicine Fellow Lisa Kisling, DO	CU Wellness Clinic Co-shared case management Individual weekly Didactic/supervision
2022	Obesity Medicine Fellow John-Michael Taormina, MD (Faculty hire following Fellowship)	Didactic – Eating Disorders
2023	Obesity Medicine Fellow Victoria Lu, MD	Didactic – Stress and Emotional Eating, Behavioral Interventions

Grant Support

2020-present	Interventionist - CO Site Health Psychologist Enhanced Lifestyles for Metabolic Syndrome (ELM) Multi-Site Randomized Controlled Trial (2018-2024) Study <ul style="list-style-type: none">● Rush University, Chicago IL● Funded by William G. McGowan Charitable Fund● Total Direct Costs (Current Year): \$330,393● % Effort Supported by The Grant:<ul style="list-style-type: none">○ 10% FTE beginning Sep 1, 2020○ 15% FTE 2021 July – Nov○ 5% FTE 2022 August – January 2024
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Grant Support (continued)

- 2022-present 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
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

Additional Contractual Support

- 2020 - 2021 Virtual ELM Pilot Study, Health Psychologist Interventionist
Rush University, Chicago IL
Total Contract Billing Received: \$5,175

Bibliography

Book Chapters

Wohl, E., Lahner, J., & Jooste, J. (2003). *Group processes among grandparents raising grandchildren.* Working with Custodial Grandparents (B. Hayslip & J. Hicks-Patrick, Eds.). New York: Springer Publishing.

Dissertation

Wohl, E. (2003). *Creativity and Affective Traits Across the Life Span: Developmental Influences Among Adolescents and Older Adults.* UMI/ProQuest: Ann Arbor, MI.

Publications for Community Audiences

1. Chamberlain, E. (2012-2016). *Ask the Psychologist.* Multiple article titles (54 total). Retrieved from the web: <https://askthepsych.com/atp/author/drliz/>
2. Chamberlain, E. (2018, January 18). *Untangle stress with LOVE.*
<https://anschutzwellness.com/practical-mindfulness-untangle-stress-love/>
3. Chamberlain, E. (2018, February 27). *Practical mindfulness for stress.*
<https://anschutzwellness.com/wellbeing-360-practical-mindfulness-stress/>

4. Chamberlain, E. (2018, October 25). *Giving to receive: how to decrease stress this holiday season*.
<https://anschutzwellness.com/giving-receive-decrease-stress-holiday-season/>
5. Chamberlain, E. (2020, March 17). *Coping with COVID-19: practical mindfulness strategies*.
<https://anschutzwellness.com/mindfulness-strategies-coping-covid-19/>
6. Chamberlain, E. (2020, March 20). *Five practical mindfulness exercises*.
<https://anschutzwellness.com/five-practical-mindfulness-exercises/>
7. Chamberlain, E. (2020, September 30). *POUR: A guide to mindful eating*.
<https://anschutzwellness.com/pour-mindfulness-food/>

Other Products of Scholarship

Videos

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.

All videos retrieved from web:

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

12. Chamberlain, E. (2020, November 16). Holiday reset (AHWC members exclusive content).
https://www.youtube.com/watch?v=yrNRR-uenM&list=PLP2VfKdY0JLnIVQuYCNzKiDkt_aAlDEzi
13. Chamberlain, E. (2022, October 29). Holiday mindful eating tips from CU Medicine psychologist. <https://youtu.be/kkM8pCdT9xA>
14. Chamberlain, E. (2022, November 8). Featured CU Medicine provider: Dr. Liz Chamberlain.
<https://youtu.be/lb3XvM9qKJA?si=fbIYHRJxxIiPLAuQ>

Other Products of Scholarship (continued)

15. Chamberlain, E. (2023 November 28). 12 Days of Fitmas – try a stress management exercise.
<https://youtu.be/qcmNQ8TLMJQ?si=Gj52Z1mtm2B9dHfa>

16. Chamberlain, E. (2023 November 28). 12 Days of Fitmas – mindful eating.
<https://youtu.be/AIjQinM1F6U?si=wLLvmsV5WqMnrBm0>

Website Pages – Concept and Content

CU Medicine Weight Management and Wellness Clinic Behavioral Health , Anschutz Health and Wellness Center (2023):

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

AHWC Well-Being Programs, Anschutz Health and Wellness Center (2023):

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

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).

Invited Presentations to Community Audiences: Programs and Workshops – Continued

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

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. (2019, Oct - Dec). *Modules for Developmental Weight Loss Program (multiple titles)*. **Anschutz Health and Wellness Center**, Aurora CO.

Chamberlain, E., Cornier, M. (2019 Oct - Dec). *Mindfulness for Weight Management*. Research Pilot. **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.

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

Invited Presentations to Community Audiences: Programs and Workshops – Continued

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.

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

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.

Invited Interviews with Media

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 Interviews with Media (continued)

2. 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/>
3. 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/>
4. 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/>
5. 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/>
6. 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/>
7. 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/>
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