

CURRICULUM VITAE

Emily Hemendinger LCSW, MPH, CPH, ACS

PRESENT POSITIONS

May 2019 – present: Assistant Professor, Department of Psychiatry
Clinical Director, OCD Program (Outpatient and Intensive
Outpatient Programs)
Deep Brain Stimulation Coordinator, OCD and
Neuromodulation Program
Clinical Social Work Supervisor
School of Medicine
University of Colorado Anschutz Medical Campus

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CITIZENSHIP: United States

EDUCATION

2008-2012 BA **Hartwick College**
Psychology
Oneonta, NY

2012-2015 MSW **University of Pittsburgh**
Master of Social Work
Concentration in Direct Practice and Mental Health
Joint Degree Program MSW/MPH
Honors
Pittsburgh, PA

2013-2015 MPH **University of Pittsburgh**
Master of Public Health
Concentration in Behavioral and Community Health
Sciences
Joint Degree Program MSW/MPH
Honors
Pittsburgh, PA

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TRAINING AND EXPERIENCE

Graduate School

Experience

2012-2013

Social Work Field Placement Intern

Operation Safety Net/Trail Lane Apartments
Mercy Behavioral Health
Pittsburgh, Pennsylvania

2013-2014

Social Work Field Placement Intern

Center for Overcoming Problem Eating (COPE) Unit
Western Psychiatric Institute and Clinic
University of Pittsburgh Medical Center
Pittsburgh, Pennsylvania

June-August 2014

Helpline Intern

National Eating Disorder Association
New York, New York

June-August 2014

Public Health Intern/Health Educator

Office of Health Education-Suffolk County Health
Department
Hauppauge, New York

ACADEMIC APPOINTMENTS

2021 – Present

Assistant Professor

Department of Psychiatry
University of Colorado School of Medicine

2019 – 2021

Clinical Instructor

Department of Psychiatry
University of Colorado School of Medicine

Present Roles

Clinical Director of Outpatient and Intensive Outpatient Programs

OCD Program

OCD and Eating Disorder Therapist

OCD Program

Deep Brain Stimulation Coordinator

OCD and Neuromodulation Programs

Social Work Clinical Supervisor

Social work interns and fellows with the social work
program

Previous Roles

Lead OCD Therapist

OCD Program

May 2019-January 2021

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PROFESSIONAL POSITIONS

Hospital Privileges:

2019 – present **University of Colorado Hospital**
Aurora, CO

Additional Professional Experience:

Licensed Social Work

Experience (LSW)

August 2015-January 2017 **Milieu Coordinator III/Behavioral Health Counselor III**

Eating Recovery Center-Pine Location
Denver, CO

January 2017-August 2017

Primary Therapist I

Eating Recovery Center-Pine Location
Denver, CO

Previous Licensed

Clinical Social Work

Experience

August 2017-August 2018 **Primary Therapist and Family Therapist I**

Eating Recovery Center-Pine Location
Denver, CO

August 2018-April 2019

Primary Therapist and Family Therapist II

Eating Recovery Center-Pine Location
Denver, CO

May 2019-January 2021

Lead OCD Therapist

OCD Program, Department of Psychiatry
University of Colorado Anschutz Medical Campus
Aurora, CO

HONORS, AWARDS, AND SPECIAL RECOGNITION

Undergraduate – University of Scranton:

2008-2012 *Judge William Cooper Scholarship* (academic scholarship)

2010-2012 *5050 Peer Counseling Team* (President from 2011-2012)

2012 *Student Leadership Aware of Excellence for Outstanding Programming* (created eating disorder screening, training, and psychoeducation programming for counseling center and peer mentors/counselors)

Graduate School – University of Pittsburgh

2012-2015 Honor List

2013 Maternal and Child Health Graduate Assistantship Aware

2014-2015 Graduate School of Public Health's Joseph and Bridgida Ricci Award

2015 Honors for Certification in Public Health

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University of Colorado

- January 2022 *“Work Hard and Be Nice to People” Award-Most Valuable Colleague*
University of Colorado School of Medicine
- August 2022-2023 Selected for the School of Medicine’s Women in Medicine leadership training for the 2022-2023 year
- September 2022 Selected as a recipient for the Department of Psychiatry’s Wellness Champion Initiative for the “Positive Neuroplasticity Training and Certification”

PROFESSIONAL ORGANIZATIONS AND SOCIETIES

- 2008 – 2017** *National Eating Disorder Association*
- 2015 – 2019** *Association for Contextual Behavioral Science*
- 2017-2021** *Somatic Experience Trauma Institute*
- 2015-present** *National Association of Social Workers*
- 2019-present** *International Obsessive Compulsive Disorder Foundation*
- 2021 – present** *American Public Health Association*
General member
Member of Public Health Education and Health Promotion section
Member of Mental Health section
- 2022-present** *Association of Counseling Sexology and Sexual Wellness*

COMMITTEE APPOINTMENTS AND SERVICE RESPONSIBILITIES

Previous:

National:

- 2014 - 2016** **National Conference Planning Committee**
Committee Member
National Eating Disorder Association
- 2022 –2023** **Traumatic Brain Injury and Psychological Health Research Program**
Grant Review Panel Member and Consumer Reviewer
United States Department of Defense
- July 2022** **IOCDF/Jonathan Grayson, PhD, “Road to Recovery”**
Exposure Response Prevention Volunteer/Therapeutic Support Volunteer
International OCD Foundation
Denver, CO
- July 2022** **IOCDF/Jonathan Grayson, PhD, “Room Brigade”**
Therapeutic Support Volunteer
International OCD Foundation
Denver, CO

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COMMITTEE APPOINTMENTS AND SERVICE RESPONSIBILITIES

(continued)

State

2019-2020 **Comprehensive Behavioral Intervention for Tics Training**
Training Coordinator
Aurora, CO

Departmental (Department of Psychiatry, University of Colorado School of Medicine)

2019-2021 **Faculty and Staff Recruitment Committee**
Committee Member/Regular Interviewer
Aurora, CO

Active:

National:

2021-present **Peer Reviewed Medical Research Program-Eating Disorders**
Grant Review Panel Member/Consumer Reviewer
United States Department of Defense

2021-present **Public Health Education and Health Promotion Section**
Section Member and Presenter
Professional Learning and Development Committee Member
American Public Health Association

2022-present **American Public Health Association Conference Planning Committee**
Abstract Reviewer for Mental Health Section
Abstract Reviewer for the Public Health Education and Health Promotion Section
American Public Health Association

2023-present **IOCDF OCD and Acceptance and Commitment Therapy (ACT) Special Interest Group**
Member
International OCD Foundation

Departmental (Department of Psychiatry, University of Colorado School of Medicine):

2020 – present **Psych Scholars Faculty**
Aurora, CO

2021-present **OCD and Anxiety IOP Development**
Committee Member/Developer/Lead on project
Aurora, CO

2021 – present **Quality Committee**
Member
Chair of Subcommittee of Professionalism
Aurora, CO

2021-present **Healthy Workplace Culture/Morale Committee for the OCD Program and Student Resident Mental Health**
Founder, Co-Chair, Member
Aurora, CO

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COMMITTEE APPOINTMENTS AND SERVICE RESPONSIBILITIES

(continued)

Departmental (Department of Psychiatry, University of Colorado School of Medicine):

- 2022-present **Department of Psychiatry Diversity, Equity, and Inclusion Strategic Planning Team**
Member
Aurora, CO
- 2022-present **Department of Psychiatry Diversity, Equity, and Inclusion Recruitment Subcommittee**
Member
Aurora, CO

Program Development:

- 2011 – 2012 Developed eating disorder prevention, awareness, and treatment protocol for Hartwick College’s counseling center. Developed and provided training to 50/50 Peer Helpers on the same topics
- 2015 – 2019 Developed therapeutic group curriculum, manuals, and worksheets for therapeutic groups at Eating Recovery Center. Curriculum was created for the following groups: Sexuality group, Boundaries/Interpersonal Effectiveness group, Anger Awareness group, Cognitive Remediation group, and Process Group. Developed programming for emerging adult population (17 years old to 22 years old). Created smoking cessation programming for patients wanting to quit smoking and for the addictions program at Eating Recovery Center.
- 2019 – Present Collaborated to launch and grow the University of Colorado Anschutz Department of Psychiatry Obsessive Compulsive Disorder Program: provide CBT/ERP/ACT to patients with OCD, OCPD, anxiety, depression, trauma, and eating disorders, train therapists to deliver CBT/ERP for OCD and to treat eating disorders, train residents to deliver therapy to patients with eating disorders, and supervise OCD therapists. Created CBT/ERP group and curriculum for group for patients in the community with OCD and deliver group therapy weekly. Deliver group therapy to CU students and residents with OCD and related disorders. Created curriculum for family/caregivers group for those with loved ones who have OCD and delivered group therapy on a monthly basis. Collaborated in creating curriculum for training program on OCD/ERP used for providers in the community. Developed structure and programming for proposed Anxiety and OCD Intensive Outpatient Program.
- 2020 – present Contributed to the *Past the Pandemic-Sleep, Movement, and Nutrition: Cultivating Your Human Machine/Everyday Mindfulness* (Project ECHO and University of Colorado Department of Psychiatry-Anschutz Medical

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Program Development (Continued):

Campus) by creating curriculum, worksheets, and presentation on mindful eating and mindful movement. Presented multiple times during the pandemic. Continued to consult as needed and created updated material for the program in 2023.

2021--present Assisted in the development of training curriculum and programming for OCD Program Training. Outreached community providers and marketed training. Assisted in obtaining accreditation for CME/CEs for this training. Created marketing materials and program for the trainings. Continue to be the main point of contact and coordinator of all OCD Program trainings.

2020-present Assisted social media and communications team with wellness content, increasing reach and audience, Wellness Wednesday weekly content.

2021-present Became section member of the American Public Health Association's Public Health Education and Health Promotion section and became a committee member of the learning and professional development committee which focuses on wellness initiatives and webinars for members of the public health field. Planned and presented for webinar in January 2022 about mindfulness, nutrition, and self-care. Planned and organized webinar in March 2022 on health literacy and helping patients navigate the health care system.

2021-present Initiated discussion in Student Resident Mental Health and OCD Program about wellness and morale. Created and implemented wellness activities on a monthly basis. Since 2022, activities have moved to a bi-monthly basis.

2021-present Assisted in the development of the social work program with the Department of Psychiatry. Took on first social work fellow and social work intern in 2021-2022. Continued with social work fellow in 2022 and continued to take on social work interns. Taught one didactic class in 2022 to first year fellows and interns. In 2022, worked with Laurel Niep to create curriculum for second year fellows and for ongoing education through the social work program in the Department of Psychiatry.

2022-present Created policy, procedures, and guidelines for the OCD Program regarding criteria, admissions, intake, referrals, cancellations, consultations, termination, and discharges. Assisted in creating and implementing evaluation and measured based care for OCD Program.

2022-present Member of the Diversity, Equity, and Inclusion Strategic Planning Committee where we created mission statement, initiatives, and goals for the Department of Psychiatry.

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LICENSURE AND BOARD CERTIFICATION

2015-present	Licensed Clinical Social Worker, Colorado
2015-present	Certification in Public Health
2021	Somatic Experiencing Practitioner Certification (all trainings complete)
2022	Approved Clinical Supervision (45 hour training and 100+ hours of supervision, endorsed)
2022	Positive Neuroplasticity Training and Certification

CONSULTING

Time frame	Consultee/topic/amount
2019-present	Outpatient therapists in community Ad hoc consulting for licensed therapists including LCSW, LSW, PhD, PsyD, LPC on OCD, eating disorders, and complex mental illness
2019-present	CU Student Resident Mental Health Ad hoc consulting for licensed therapists including LCSW, LSW, PhD, MD, PsyD, LPC on OCD, eating disorders, and complex mental illness
2019-present	UCH Outpatient Clinic Ad hoc consulting for psychiatry residents on OCD, eating disorders, and complex mental illness
2019-2021	UCH/CU Medicine Transplant Unit Ad hoc consulting to transplant psychologist on OCD, eating disorders, and complex mental illness
2020-present	United States Air Force Ad hoc consulting on OCD and eating disorders
2020-present	Somatic Therapy Partners Ad hoc consulting on OCD
July 2021-January 2022	Mental Health Partners-Broomfield Paid monthly case consultation on OCD, eating disorders, and complex mental illness
September in 2021	Lisa Radzak-Executive Director of WithAll (eating disorders) Ad hoc consulting on eating disorders
December in 2021	Aki Suzuki (CU Communications) Public health consulting; consulting on wellness and community outreach (three times)
March in 2022	Erin Wertheimer (CU START Program) OCD/ERP treatment for START patient (two times)
March in 2022	Laura Strom (CU Neurology) Weight neutral healthcare, body neutrality, being a LCSW in academia (one time)
March in 2022	Urban Peak/Medical Students Addressing eating disorders and trauma in dietary programming with high risk communities (one time)
April 2022-August 2022	Elanor (Nora) Gibbs (CU Outpatient Psychiatry) Ad hoc consulting on Obsessive-Compulsive Disorder and Misphonia
May-June 2022	Dr. Chanida Lee (The Medical Center of Aurora) Weekly consultation for one month on OCD/OCPD
May 2022-present	CU Medicine Transcranial Magnetic Stimulation Clinic OCD and ERP
June-July 2022	Adele Kelso-Clarity Mental Health ad hoc consultation on OCD and Body Dysmorphic Disorder

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CONSULTING (continued)

August in 2022	Anna-Lisa Wicks-CU Denver Campus OCD and ERP (one time)
August 2022-present	Danielle Sukenik-CU Anschutz Campus OCD, ERP, and OCPD
September 2022-present	Mental Health Partners-Broomfield Paid monthly case consultation on OCD, anxiety, co-occurring conditions, IOP/program development, and severe mental illnesses
October 2022-February 2023	Joanne Whalen-Integrated Medicine Center UC Health 3x consultation on OCD and ERP
January in 2023	Denise Moharsky-Community Occupational Therapist 1x consultation on OCD and ERP

PRESENTATIONS

(* = invited lectures/presentations)

Local (Anschutz Medical Campus, Aurora, CO):

- August 2019*** *Response to Patient Suicide PGY-1*
Davis, RA, **Hemendinger, E**
Panel Member
Department of Psychiatry
University of Colorado Anschutz Medical Campus
Aurora, CO \
- June 2020*** *Navigating Food and Body Image During the Pandemic*
Hemendinger, E
Advocates for Mental Health-Student Group
University of Colorado Anschutz Medical Campus
Aurora, CO
- August 2020*** *Navigating Food and Body Image-General*
Hemendinger, E
Advocates for Mental Health-Student Group
University of Colorado Anschutz Medical Campus
Aurora, CO
- February 2021*** *Treatment of Eating Disorders (4 week curriculum)*
Hemendinger, E
Department of Psychiatry-Psych Scholars
University of Colorado Anschutz Medical Campus
- March 2021*** *Cognitive Remediation Therapy*
Hemendinger, E
Department of Psychiatry-Student and Resident Mental Health
University of Colorado Anschutz Medical Campus
Aurora, CO

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PRESENTATIONS-Local (continued)

- August 2021*** *Response to Patient Suicide PGY-1*
Davis, RA, Allen, M, **Hemendinger, E**, Macphee, E, Maximon, J,
Schneck, C, Shaban, K
Department of Psychiatry
University of Colorado Anschutz Medical Campus
Aurora, CO
- September 2021*** *Treatment of Eating Disorders (4 week curriculum)*
Hemendinger, E
Department of Psychiatry-Psych Scholars
University of Colorado Anschutz Medical Campus
Aurora, CO
- January 2022*** *Assessing and Treating Eating Disorders*
Hemendinger, E
Department of Psychiatry-Social Work Fellows and Interns
University of Colorado Anschutz Medical Campus
Aurora, CO
- March 2022*** *Body Neutrality, Weight Stigma, and Health Inclusive Healthcare*
Hemendinger, E
Advocates for Mental Health-Student Group
University of Colorado Anschutz Medical Campus
Aurora, CO
- March 2022*** *Self-Care, Social Media, Wellness, and Mental Health*
Hemendinger, E
Silver Society CHA/PA Student Government
University of Colorado Anschutz Medical Campus
Aurora, CO
- June 2022*** *Clinical Talk: The Path of a LCSW and Researching as a Social Worker*
Hemendinger, E
Department of Psychiatry PURPLE Undergraduate Research Program
University of Colorado Anschutz Medical Campus
Aurora, CO
- June 2022** *How to be Creative in Your Job and Do What Lights You UP*
Hemendinger, E
Department of Psychiatry-Joy at Work Series (JAWS)
University of Colorado Anschutz Medical Campus

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PRESENTATIONS-Local (continued)

- November 2022*** *Assessing and Treating Eating Disorders*
Hemendinger, E
Department of Psychiatry-Social Work Fellows and Interns, and
Psychiatric Nurse Practitioner students
University of Colorado Anschutz Medical Campus
Aurora, CO
- February 2023*** *Exposure Response Prevention and OCD in Children and
Adolescents*
Hemendinger, E, Norouzinia, A
Department of Psychiatry Harris Community Expansion
Fellowship in Children Development and Infant Mental Health
University of Colorado Anschutz Medical Campus
Aurora, CO
- April 2023*** *Assessing and Treating OCD and Utilizing ERP*
Hemendinger, E
Department of Psychiatry-Social Work Fellows and Psychiatric
Nurse Practitioner students
University of Colorado Anschutz Medical Campus
Aurora, CO
- May 2023*** *Burnout and Stress Management in Women in STEM*
Hemendinger, E
Women in STEM (WiSTEM)
University of Colorado Anschutz Medical Campus
Aurora, CO
- June 2023*** *Clinical Talk: The Path of a LCSW and Researching as a Social
Worker*
Hemendinger, E
Department of Psychiatry -PURPLE Undergraduate Research
Program
University of Colorado Anschutz Medical Campus
Aurora, CO

Regional (New York previously and Colorado presently)

- 2008-2015** *Multiple presentations on eating disorders, disordered eating,
body image, bullying, suicide prevention, opioid
use/misuse/prevention, Narcan training, smoking cessation, mental
health, puberty, social-emotional learning skills throughout Suffolk
County, NY (approximately 20 presentations)*
Hemendinger, E
Office of Health Education
Suffolk County Health Department

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PRESENTATIONS-Regional (continued)

Hauppauge, New York

2008-2015* *Eating Disorders, Body Image, and Self-Esteem (approximately 20 presentations)*

Hemendinger, E

Copiague Middle and High School

Copiague School District

Copiague, New York

November 2015* *A Public and Mental Health Problem in the Shadows: Changing the Conversation About Eating Disorders and Body Dissatisfaction*

Hemendinger, E, Hemendinger, N

Association for Mental Health and Wellness & Suffolk County

Division of Community Mental Hygiene

Port Jefferson, New York

July 2021* *Obsessive Compulsive Disorder and Exposure Response Prevention*

Davis, RA, **Hemendinger, E**, Lehto, S, & Cypers, S

Mental Health Partners-Broomfield

Broomfield, CO

August 2022* *Obsessive Compulsive Disorder and Exposure Response Prevention*

Hemendinger, E, Lehto, S, Benedict, K, Norouzinia, A, Davis RA

University of Colorado-Denver, University of Colorado Anschutz

Medical Campus, and Metro State University counselors and providers

University of Colorado Anschutz Medical Campus

Aurora, CO

January 2023 *Obsessive Compulsive Disorder and Exposure Response Prevention*

Hemendinger, E, Lehto, S, Norouzinia, A, Cypers, S

Virtual 3-day training for clinicians-APA credentialed

Department of Psychiatry

University of Colorado Anschutz Medical Campus

Aurora, CO

April 2023* *Obsessive Compulsive Disorder and Parental Accommodation*

Hemendinger, E, Lehto, S, Davis, RA

Presentation for family members and caregivers

International OCD Foundation-Colorado Chapter

Denver, CO

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PRESENTATIONS-Regional (continued)

- May 2023*** *Depression, Anxiety, Eating Disorders, and Diabetes*
Hemendinger, E, Davis, RA
Annual patient-centered conference: Empowering Patients for Individualized Care
The Barbara Davis Center for Diabetes and the Children's Diabetes Foundation
Aurora, CO
- May 2023** *Let's Talk about Sex and OCD*
Hemendinger, E, Lehto, S, Martinez, M, Davis, RA
Queer Futures Symposium
University of Colorado-Colorado Springs
Colorado Springs, CO
- May 2023*** *Clinical Perspectives Panel*
Hemendinger, E, Lehto, S, Martinez, M, Davis, RA
Queer Futures Symposium
University of Colorado-Colorado Springs
Colorado Springs, CO
- July 2023*** *Something to Give Paws to: OCD, Anxiety, and Pets*
Hemendinger, E, Hoggan, S, Martinez, M, Davis RA
International OCD Foundation (IOCDF) Local Colorado Chapter
Denver, CO
- September 2023*** *The Little Program that Could: Building and Sustaining Specialized Mental Health Program for Outpatient Obsessive-Compulsive Disorder Treatment*
Hemendinger, E, Lehto, S, Davis RA
Colorado Behavioral Healthcare Council (CBHC) Conference- Exploring New Horizons
Breckenridge, CO
- National**
- June 2020-
May 2021*** *Past the Pandemic-Sleep, Movement, and Nutrition: Cultivating Your Human Machine*
Doria, M, **Hemendinger E,** Choi, L, Shire, J
Project ECHO and Department of Psychiatry
University of Colorado Anschutz Medical Campus
Aurora, CO
- August 2021*** *Past the Pandemic-Using Mindfulness in Everyday Life*
Doria, M, **Hemendinger, E**
Project ECHO and Department of Psychiatry
University of Colorado Anschutz Medical Campus

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PRESENTATIONS-National (continued)

Aurora, CO

- September 2021*** *Social Media and Mental Health/Wellbeing*
Hemendinger, E
Multicultural Youth Leadership Conference
Western Nebraska Community College
Scottsbluff, Nebraska
- January 2022*** *Mindfulness, Self-Care, Nutrition*
Hemendinger, E, Doto, J
Public Health Education and Health Promotion section
American Public Health Association
Virtual Webinar
- April 2022*** *Disorders Eating, Weight Stigma, and Mindful Eating*
Hemendinger, E
Invited lecturer for Nutrition course at Salisbury University
Virtual Webinar for Salisbury University, MD
- May 2022** *Obsessive Compulsive Disorder and Exposure Response Prevention*
Davis, RA, **Hemendinger, E**, Lehto, S, Cypers, S
Virtual presentation to community providers and clinicians in Colorado and New York
Department of Psychiatry
University of Colorado Anschutz Medical Campus
Aurora, CO
- July 2022** *Accommodation in OCD: How to be a Parent when Your Adult Child has OCD*
Lehto, S, **Hemendinger, E**, Davis, RA
International OCD Foundation Conference (in-person)
Denver, CO
- July 2022** *How to Make a PB&J Sandwich and Other Flexibility Tools for Getting Unstuck*
Hemendinger, E, Lehto, S, Korbel, A
International OCD Foundation Conference (in-person)
Denver, CO
- July 2022** *Removing the OCD from Social Media: How to Have More Social and Less Media*
Hemendinger E, Lehto, S
International OCD Foundation Conference (in-person)
Denver, CO

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PRESENTATIONS-National (continued)

- July 2022** *The People Pleaser's Guide to Being Assertive*
Hemendinger, E, Lehto, S, Korbel, A
International OCD Foundation Conference (in-person)
Denver, CO
- August 2022** *Participant Engagement in Virtual Meetings, Online Teaching,
and Online Trainings: Virtual and Online Teaching in Academic
and Community Settings*
Hemendinger, E
Public Health Education and Health Promotion section
American Public Health Association
Virtual Webinar
- November 2022** *Let's Talk About Sex, Baby! And the Importance of Including
Sexuality in Assessment and Treatment*
Hemendinger, E, Davis, RA
International OCD Foundation Virtual Conference
Virtual international conference
- November 2022** *Assessment and Treatment Considerations in Comorbid OCD and
Psychosis*
West, M, Davis, R, **Hemendinger, E**
International OCD Foundation Virtual conference
Virtual international conference
- February 2023** *But I don't Want to Hurt You: Strategies for Improving
Communication and Setting Boundaries*
Hemendinger, E, Lehto, S, Norouzinia, A
Virtual "Camp OCD"-High Schoolers
International OCD Foundation
- February 2023** *Cognitive Flexibility – What it is & What to do When I'm Stuck*
Hemendinger, E, Lehto, S, Norouzinia, A
Virtual "Camp OCD" – Higher Schoolers
International OCD Foundation
- July 2023** *How to Make a PB&J Sandwich and Other Flexibility Tools for
Getting Unstuck for Middle Schoolers*
Hemendinger, E, Lehto, S, Korbel, A
International OCD Foundation Conference (in-person)
San Francisco, CA

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TEACHING RECORD

Didactic courses and lectures:

Invited Lecturer *Disordered Eating, Weight Stigma, and Mindful Eating*
Hemendinger E
Invited lecturer for Nutrition course for Salisbury University
April 2022

TEACHING RECORD Didactic courses and lectures (continued):

Invited Lecturer *The Path of a LCSW and Researching as a Social Worker*
Invited Lecturer for PURPLE undergraduate research program for
University of Colorado Anschutz Department of Psychiatry June
2022

Course Developer and Invited Lecturer

Social Work Fellowship and Internship Weekly Didactics
Assisted in the development and facilitation of the social work
fellowship and internship curriculum for weekly didactics and
supervision Colorado Anschutz Department of Psychiatry
August 2022-present

Invited Lecturer

Assessing and Treating Eating Disorders
Invited Lecturer for the first year social work fellows, PA students,
and Nursing students
November 2022

Invited Lecturer

*Assessing and Treating OCD and Utilizing Exposure Response
Prevention*
Invited Lecturer for the first year social work fellows, PA students,
and nursing students
April 2023

Psychiatry Residents

Course Lecturer*	PGY-3	Treating OCD
October-November 2019, 5 hours		
Course Director and Lecturer*	PGY-4	Treating Eating Disorders
February 2021, 4 hours		
Course Director and Lecturer*	PGY-3	Treating Eating Disorders
September 2021, 4 hours		
Course Lecturer*	PGY-3	Treating OCD
May-June 2022, 2 hours		
Course Director and Lecturer*	PGY-3	Treating Eating Disorders
January-February 2023, 6 hours		
Course Lecturer*	PGY-3	Treating OCD
February-April 2023, 8 hours		
Course Developer Invited Lecturer*	PGY-4	Emotion Focused Family Therapy
September-November 2022, 3 hours		

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Course Developer Invited Lecturer*PGY-4 Emotion Focused Family Therapy
September-November 2023, 3 hours

Course Developer Invited Lecturer*PGY-4 OCD and ERP
February-March 2024, 4 hours

Clinical Supervision and Mentoring

Faculty

CU Medicine Department of Psychiatry Faculty Practice, Outpatient Clinic, START program, Student Resident Mental Health	2019-present (ad hoc)
Stephanie Lehto, PSYD	2020-present (one hour per week)
Abigail Norouzinia, PhD	2021-present (one hour per week)
Kasey Benedict, LCSW	2022-present (one hour per week)

TEACHING RECORD Clinical Supervision (continued):

Psychiatry Residents

Ronil Shah PGY-4	July 2019-August 2020 (one hour per week)
Lexi Hill PGY-3	October 2020 (one hour)
Mario Lintz PGY-3	April 2021 (one hour)
Amanda Glickman PGY-2	August 2021-August 2022 (one hour every other week)
Jeffrey Lee PGY-3	September 2021 (one hour)
Shannon Flahive PGY-4	April 2022-May 2022 (one hour as needed)

Social Work Fellows:

Anna Korbel-MSW	July 2021-September 2022 (four hours per week)
Cary Pew-MSW	August 2022-July 2023 (one hour per week)

Social Work Interns:

Travis Neace-MSW candidate	September 2021-May 2022 (three hours per week, four hours every other week)
Katie Sinsko-MSW candidate	September 2022-May 2023 (eight hours per week)
Erin LeBeau-MSW candidate	September 2023-May 2024 (eight hours per week)
Harper Tice-MSW candidate	September 2023-May 2024 (eight hours per week)

PURPLE Undergraduate Intern

Hunter Orr – undergraduate student at CU Boulder	May 2023-August 2023 (20 hours per week)
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GRANT SUPPORT

February 2022 Sexuality, Sexual Behaviors, and Sexual Quality of Life in Obsessive

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Compulsive Disorder and Other Mental Health Conditions

Funder: 2022 Michael Jenike Young Investigator Award-International
OCD Foundation

Role: PI. PI: Emily Hemendinger, LCSW, MPH, CPH, ACS

Co-Investigators: Stephanie Lehto, PsyD, & Rachel Davis, MD,

Contributors: Abigail Norouzinia, PhD, & Scott Cypers, PhD

Amount: \$50,000

Program Project – submitted 02/24/2022; not accepted

February 2022

Body Dysmorphic Disorder, Self-Esteem, and Social Media

Funder: 2022 Michael Jenike Young Investigator Award

Role: PI: Stephanie Lehto, PsyD

Co-Investigators: Emily Hemendinger, LCSW, MPH, CPH, &
Rachel Davis, MD

Amount: \$50,000

Program Project – submitted 02/28/2022; not accepted

RESEARCH

Hemendinger, E (2015). *Bridging the prevention gap: Prevention programs and shared risk factors for obesity, eating disorders, and disordered eating*. Master's Essay/Thesis, University of Pittsburgh Graduate School of Public Health. Online at: <http://d-scholarship.pitt.edu/24579/> (status: unpublished)

Hemendinger, E. Davis RA. Lehto, S., Cypers S. & Norouzinia, A. (2022). *Sexuality, Sexual Behaviors, Sexual Satisfaction in OCD and Other Mental Health Conditions*. (status: COMIRB submission in progress)

Lehto, S., **Hemendinger, E.**, Davis, RA. (2022). *Body Dysmorphic Disorder and Social Media*. (status: COMIRB submission in progress)

Hemendinger, E. & David, RA (2023). "Quality of life and deep brain stimulation for OCD." (status: COMIRB submission in progress)

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Peer-Reviewed Publications:

1. Kennis, M.R., Hale, E.W., **Hemendinger, E.** Davis, R., Taylor, M., & Klepitskaya, O. (2023). "Suicidal behavior in deep brain stimulation for Parkinson's Disease: A retrospective case control study." *Journal of Parkinson's Disease* 2023 Mar 4. doi: 10.3233/JPD-225049. Epub ahead of print. PMID: 36911947.
2. **Hemendinger, E.** (2023). "How to re-engage in the sport you did compulsively, without really trying." *The Lancet-Psychiatry*, 10(5), [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(23\)00116-5/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(23)00116-5/fulltext)

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3. **Hemendinger, E.** (2023). "Bleary eyes: A therapist of the 2020s." *The Human Touch*, 16, p. 29. <https://indd.adobe.com/view/4959c3a8-0938-464d-8d05-6f98dba045ee>

Peer-Reviewed and Published Scientific Abstracts/Posters/Presentations

1. Choi L., Doria M., **Hemendinger E.** (2021). *Past the pandemic toolkit*. Slides, recording, and worksheets contributed for section on mindfulness, mindful eating, and mindful movement. <https://pastthepandemic.org/module6/>
2. Lehto, S., **Hemendinger, E.**, Sinsko, K., & Davis, R.A., (2023). *Learning how to increase learning: A review of what we have learned from teaching zoom only Exposure and Response Prevention*. Department of Psychiatry Poster Session, March 22, 2023, Aurora, Colorado.
3. **Hemendinger, E.**, Lehto, S., Martinez, M., & Davis, R.A. (2023). *Let's talk about sex and OCD*. Queer Futures Symposium, May 22, 2023, Colorado Springs, Colorado.

Course Websites:

4. Contributor to: Exposure and Response Prevention for OCD –www.erp4ocd
 - a. Assertiveness BINGO
 - b. Exposure BINGO
 - c. Self-care BINGO
 - d. Accommodation Worksheet for Family/Caregivers
 - e. Accommodation Worksheet for Providers
 - f. Training material and coursework for Psych Scholars and community providers
 - g. Editor of *Intrusive Thoughts* newsletter

Other Scholarly Projects and Media

5. **Hemendinger, E.** The view from the top of the mountain. *NEDA Making Connections*. Published online August 2013 at: <https://www.nationaleatingdisorders.org/sites/default/files/MakingConnections/August2013.pdf>
6. **Hemendinger, E.** I had no idea... *National Eating Disorder Association Youtube*. Public Service Announcement. February 2014 at: <https://www.youtube.com/watch?v=BV3cmnC29pg>
7. Hemendinger, N, Hemendinger G, Hemendinger A, **Hemendinger E.** Around the table: The ghost of ED...past, present, and future. *National Eating Disorder Association Blog*. Published online November 2015 at: <https://www.nationaleatingdisorders.org/blog/ghost-ed%E2%80%A6-past-present-and-future>

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8. Hemendinger, G. The Hemendinger family successfully reaches the summit of Mt. Kilimanjaro to raise funds for NEDA. *National Eating Disorder Association Blog*. Published online October 2017 at:
<https://www.nationaleatingdisorders.org/blog/hemendinger-family-successfully-reaches-summit-mt-kilimanjaro-raise-funds-neda>
9. **Hemendinger, E.** Created curriculum for support group and psychoeducation group for family members of loved ones with OCD. 2019.

BIBLIOGRAPHY Other Scholarly Projects and Media (continued)

10. **Hemendinger, E.** Feast or famine – Navigating food and body image during the pandemic. Article and Podcast. *Mind the Brain*. June 9, 2020.
<https://medschool.cuanschutz.edu/psychiatry/covid-19-support/article-template/mind-the-brain/feast-or-famine---navigating-food-and-body-image-during-the-pandemic> and Soundcloud link: <https://soundcloud.com/anschutz-dept-psychiatry/feast-or-famine-navigating-food-and-body-image-during-the-pandemic>
11. **Hemendinger, E.** How does social media affect our mental health. Podcast. *CU Anschutz 360*. June 2021 Podcast. *Anschutz 360*. June 8, 2021.
<https://soundcloud.com/cuanschutz-360/how-does-social-media-affect-our-mental-health>
12. **Hemendinger, E.** Featured on LIVE! The Kathie J Show, Denver Channel 3. Segment on going back to school. August 27, 2021.
<https://www.youtube.com/watch?v=pX2qJ92oL-w&t=284s>
13. **Hemendinger, E.** Featured on LIVE! The Kathie J Show, Denver Channel 3. Segment on Perfectionism. September 15, 2021.
<https://www.youtube.com/watch?v=OfgIDEqeWlw>
14. **Hemendinger, E.** Dreaming of the ‘ideal’ holiday? Forget perfect. Remember gratitude. Featured in article for *CU Anschutz Today*. Published online on November 17, 2021. <https://news.cuanschutz.edu/news-stories/dreaming-of-the-ideal-holiday-forget-perfect.-remember-gratitude>
15. **Hemendinger, E.** Featured guest on OCD Stories podcast. Cognitive flexibility for OCD, perfectionism, social anxiety, and social media. December 26, 2021.
<https://theocdstories.com/episode/emily-hemendinger-309/>
16. **Hemendinger, E.** Contributed to Today.com as expert. January 13, 2022.
<https://www.today.com/health/essay/reaching-goal-weight-woman-shares-experience-disappointment-rcna10374>
17. **Hemendinger, E.** Contributor to: University of Colorado’s Department of Psychiatry Social Media Instagram and Twitter Accounts (2020-2023)
 - a. Mindful Eating
 - b. Mindful Movement
 - c. Myths and Facts about Eating Disorders
 - d. Myths and Facts about OCD
 - e. Assertiveness BINGO
 - f. Livestreams on burnout and self-care
 - g. Meditation, self-care, and engaging in therapy

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- h. Instagram takeover on mindful social media use, mindful eating, OCD, ERP, self-care, mindful movement and destigmatizing mental health
 - i. Wellness Wednesday: reoccurring wellness tips (Dec 2021-January 2023)
18. **Hemendinger, E.** “Introduction and Staff/Program Information.” *Intrusive Thoughts*. OCD Newsletter for CU OCD Program. Quarterly newsletter. November 2021 Edition, vol. 1, issue 1.
19. **Hemendinger, E.** “Introduction and Staff/Program Information,” “Self-Compassion,” and “Mindfulness.” *Intrusive Thoughts*. OCD Newsletter for CU OCD Program. Quarterly newsletter. February 2022 Edition, vol. 1, issue 2.

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20. **Hemendinger, E.** How Success Happens. Featured for *Shoutout Colorado* online magazine. Published online in April 2022. Website: <https://shoutoutcolorado.com/meet-emily-hemendinger-lcsw-mp-h-cph-assistant-professor-lead-ocd-therapist-and-deep-brain-stimulation-coordinator-for-the-ocd-program-with-the-department-of-psychiatry-at-the-university-of-colo/>
21. **Hemendinger, E.** “Introduction and Change/Flexibility/General Information.” *Intrusive Thoughts*. OCD Newsletter for CU OCD Program. Quarterly newsletter. May 2022 Edition, vol. 1, issue 3.
22. **Hemendinger, E.** Hidden Gems. Featured in *Voyage Colorado* interview. Published online on May 2022. Website: <http://voyagedenver.com/interview/meet-emily-hemendinger-of-the-ocd-program-in-the-department-of-psychiatry-at-the-university-of-colorado-anschutz-medical-campus/>
23. Melani, D. & **Hemendinger, E.** How to Choose a Therapist that’s Right for you. Featured in *CU Anschutz Today* interview. Published online on May 24, 2022: <https://news.cuanschutz.edu/news-stories/how-to-choose-a-therapist-thats-right-for-you>
24. Creighton, D. & **Hemendinger, E.** A personal journey benefits many. Featured interview with Saint Anthony’s High School published in *The Friar Focus*, Fall 2022 edition.
25. **Hemendinger, E.** (2022). *Family Accommodation in OCD* [patient and family handout]. https://medschool.cuanschutz.edu/docs/librariesprovider45/ocd-documents/copy-of-familyaccommodationws2022.pdf?sfvrsn=6b218dba_2
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27. **Hemendinger, E.** (2022). *Assertiveness BINGO*-updated [patient handout].
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29. **Hemendinger, E.** (2022). *Self-care BINGO*-updated [patient handout].
30. **Hemendinger, E.** (2022). *Getting Started in ERP Therapy* [patient handout].
31. **Hemendinger, E.** (2022). *Pure O and Mental Compulsions* [patient handout].
32. **Hemendinger, E.** (2022). *ERP Basics* [patient handout].
33. **Hemendinger, E.** Editor and Contributor/“Introduction and Change/General Information.” *Intrusive Thoughts*. OCD Newsletter for CU OCD Program. Quarterly newsletter. August 2022 Edition, vol. 1, issue 4.
34. **Hemendinger, E.** Editor and contributor/“Introduction/General Information/training/research opportunity/format.” *Intrusive Thoughts*. OCD

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- Newsletter for CU OCD Program. Quarterly newsletter. November 2022 Edition, vol. 2, issue 1.
35. Melani, D. & **Emily Hemendinger**. Could the Kardashians' shrinking bodies drive eating disorders? Featured interview in *CU Anschutz Today/CU Anschutz Newsroom*. Published online in October 2022. <https://news.cuanschutz.edu/news-stories/could-the-kardashians-shrinking-bodies-drive-eating-disorders>
 36. **Hemendinger, E.** Editor and contributor for *Intrusive Thoughts*. OCD Newsletter for CU OCD Program. Quarterly newsletter. February 2023 Edition, vol. 2, issue 2.

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37. **Hemendinger, E.** Stories and Insights. Featured in *Canvas Rebel* interview. Published online in February 2023. Website: <https://canvasrebel.com/meet-emily-hemendinger/>
38. **Hemendinger, E.** & Kelley L. "Can chatGPT and Tik Tok fads hurt people struggling with eating disorders." *CU Anschutz Today*. Published online on February 28, 2023. Website: <https://news.cuanschutz.edu/news-stories/can-chatgpt-and-tiktok-fads-hurt-people-struggling-with-eating-disorders>
39. **Hemendinger, E.** Featured on Scripps News. "Legislators target social media to combat eating disorders." Published online April 7, 2023 <https://scrippsnews.com/stories/legislators-target-social-media-to-combat-eating-disorders/>
40. **Ries, J. Hemendinger, E.** Featured on Huffington Post website. "Why people are freaking out so much about the Taylor Swift breakup." Published online April 11 2023: https://www.huffpost.com/entry/taylor-swift-joe-alwyn-breakup_1_64359f15e4b0a9d64e7a8d90
41. **Hemendinger, E.** Editor and contributor for *Intrusive Thoughts*. "Self-care BINGO", "training info", "general info." OCD Newsletter for CU OCD Program. Quarterly newsletter. May 2023 Edition, vol. 2, issue 3.
42. Doria, M. & **Hemendinger, E.** "Everyday Mindfulness." *Past the Pandemic/ECHO Colorado*. Published online in May 2023: https://www.youtube.com/watch?v=uJN9Qm_b4Ko
43. Miller, L. **Hemendinger, E.** Featured in Trail Runner magazine online. "The connection between heart rate variability and mental health." Published online May 11 2023: <https://www.trailrunnermag.com/people/culture-people/heart-rate-variability-and-mental-health/>
44. **Hemendinger, E.** Featured in *Bold Journey* online magazine in "Finding your way." Published online May 16 2023: <https://boldjourney.com/news/meet-emily-hemendinger/>

SERVICE TO THE COMMUNITY/VOLUNTEER WORK

- 2022-present *Colorado Fourteeners Initiative*
Volunteer: Peak Steward
As a Peak Steward I spend 4-8 hours on Colorado's 14,000ft mountain trails, providing free education to hikers on wildlife and

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mountain ecosystem conservation, Leave No Trace practices, and hiking safety.

2022-present *10th Mountain Division Hut Association*

Member

The 10th Mountain Division Hut Association focuses on wildlife and mountain ecosystem conservation in regards to backcountry activities.

2023-present *Protect our Winters (POW)*

Member

Protect our Winters (POW) is an organization focused on education and action around climate change.