

# Curriculum Vitae

## Elizabeth C. Carr

### Licensure

2006-present **Clinical Psychologist**, Maryland license # 04272

2002-present **Clinical Psychologist**, Alabama license # 1220

### Education

2002 **PsyD in Clinical Psychology**, Health Psychology Minor, Illinois School of Professional Psychology, APA Accredited, Chicago, IL.

1996 **MS in Counseling Psychology**, Avila College, Kansas City, MO.

1990 **BA in Liberal Arts**, The Evergreen State College, Olympia, WA.

### Training

1999-2000 **Clinical Psychology Intern**, Naval Medical Center Portsmouth, Norfolk, VA. APA approved

1998-1999 **Therapy Extern**, Mahafzah Medical Center, Oaklawn, IL

1998 **Summer Therapy Extern**, Cancer Support Center, Homewood, IL

1997-1998 **Diagnostic Extern**, Great Lakes Naval Hospital, Great Lakes, IL

1995-1996 **Master's Intern**, Center for Special Immunology, Prairie Village, KS

### Professional Experience

#### Practice Owner

04/06 to present **Kentlands Psychotherapy**, Gaithersburg, MD

Sole proprietor of private practice seeing individual adults and couples. Providing psychotherapy, couples counseling, and bariatric surgery suitability screenings.

#### Department Head

11/02 to 7/05 **Naval Hospital Naples**, Naples, IT

Administrative and clinical supervisor for Substance Abuse Rehabilitation Program (SARP). Staff psychologist for adult outpatient mental health clinic, conducting fitness for duty evaluations, general psychiatric assessments, psychological testing, and providing treatment for individual adults and couples. Consultation liaison to hospital medical staff and co-management of inpatient psychiatric care. Head developer and presenter for European-Wide Alcohol & Drug Counselor Training Conference. Grand Rounds presenter at USNH Naples on three occasions. Visiting mental health provider to outlying Navy branch medical clinics in Italy.

#### Staff Psychologist

11/00 to 10/02 **Naval Hospital Jacksonville**, Jacksonville, FL

Conducted fitness for duty evaluations, competency evaluations, consulted with JAGs & testified in court, and provide general psychological evaluations and psychotherapy to individuals and couples. Teaching faculty member of the Family Practice Residency Program. Co-facilitated Jacksonville Naval Air Station's Ship Shape Program at the base Wellness Center. Staff Psychologist at Alcohol Rehabilitation Clinic provided staff training and direct clinical services.

#### Assessment Specialist

11/98 to 6/99 **Alexian Brother's Behavioral Health Hospital**, Hoffman Estates, IL

Conducted routine and emergent psychiatric interviews for inpatient admissions and intensive outpatient programs, primarily with adolescence and children, as well as some geriatric patients.

Facilitated admissions, including obtaining pre-certification from third party payers. Provided telephone crisis counseling and referrals to network providers.

#### ER Crisis Counselor

6/98 to 11/98 **Northwestern Memorial Hospital**, Chicago, IL

Conducted emergent psychiatric evaluations for diverse ranges of adult clientele in urban ER setting for inpatient admissions, approx. 40% psychotic patients, 30% addiction issues, 30% other (SI, PD, etc). Obtained funding via third party payers and facilitated patient transfers to alternate facilities. Provided telephone crisis counseling and referrals.

#### Research Assistant

1/94 to 8/96 **Juniper Gardens Children's Project**, University of Kansas, Kansas City, KS

Observed children's behavior and administered developmental surveys, in the homes and preschools of children with prenatal exposure to drugs and alcohol and their matched non-exposed counterparts.

#### Research Assistant

9/91 to 3/92 **Human Genetics Department**, Virginia Commonwealth University, Richmond, VA.

Used a semi-structured, DSM based interview, with twins (6 to 16-years-old) and their parents, and collected physical data on twins, in the families' homes for twin study contributing to DSM revisions.

### **Publications**

Carr, E. Home for the Holidays: Dousing the flames of adult sibling rivalry, *Montgomery County InSight Magazine* (in-press – expected publication *December 2006*)

Carr, E. Co-parenting with a Difficult Ex: Three simple strategies for keeping the peace, *Montgomery County InSight Magazine*, *September 2006*.

Hayes, D., & Carr, E. Stress management tips help keep you healthy, *Panorama*, *25 April 2003*.

Carr, E.; Goldberg, G.; & Goldstein, L. Motivational Interviewing: Its uses with tobacco cessation. *Quit to Win*, *Vol. 6, July 2002*.

Carr, E.; Goldberg, G.; & Goldstein, L. Motivational Interviewing: The nuts and bolts. *Quit to Win*, *Vol. 6, September 2002*.

Goldstein, L.; Goldberg, G.; & Carr, E. Motivational Interviewing: Common techniques with tobacco cessation. *Quit to Win*, *Vol. 7, December 2002*.

Skaptason (Carr), E. A Multi-modal Intervention for Improving Self-Management in Diabetes Care: An Empirically Based Program, 2002. *Clinical Research Project*, *Vol. 1221*.

Skaptason (Carr), E. Getting the ABPP in Health Psychology, 1999. *The Uncut Voice*, *Vol. 3 (3)*, pg. 1-3.

### **Workshops and Courses**

*Clinical Assessment: Adult I & II*, Uniform Services University of the Health Sciences, Bethesda, MD, 2006 & 2007

*Alcohol and Drug Counselors European Conference*, head organizer and one of the presenters, Naples, Italy, 2003

*Motivational Interviewing Skill Training*, Counselor in-service, SARP Jacksonville, FL., 2001; ADC Conference (see above).

*Motivational Interviewing for Primary Care Physicians*, Family Practice Residency Program, NH Jacksonville, FL., 2001; NMC Portsmouth, VA., 2002; Grand Rounds, NH Naples, IT., 2005.

*Motivational Interviewing for Corpsman*, BMC Groton, CT., & BMC Newport, RI., 2002; BMC CAPO and Gaeta, IT 2005.

*A Client-Centered Approach in Substance Abuse Counseling*, Counselor in-service, SARP Jacksonville, FL., 2002, ADC Conference (see above).

*Factitious Disorder and Malingering*, Family Practice Residency Program, NH Jacksonville, FL., 2001; NMC Portsmouth, VA., 2002; Grand Rounds, NH Naples, IT., 2004.

*Staying Connected – Keeping emotional ties strong during deployments*, USS Seattle, Norfolk, VA., 2002

*Managing Mental Health Issues in Military Members*, Counselor in-service, SARP Jacksonville, FL., 2001; Officers and Chiefs, USS Emory S. Land, LaMadd, IT. 2003.

*Psychodynamic Conceptualizations of Dependent Personalities*; Counselor in-service, SARP Jacksonville, FL., 2002; Counselor in-service, SARP Norfolk, VA., 2002

*Co-Occurring Disorders in Substance Use*, Counselor in-service, SARP Jacksonville, FL., 2001  
*ShipShape*, Wellness Center, NH Jacksonville, FL. 2000-2002

### **Professional Affiliations**

*American Psychological Association* –1993-2001 & 2006

*Maryland Psychological Association* – 2006

*Division 42* (Psychologists in Independent Practice) - 2006

*MSC Associate*, Naval Hospital, Naples, Italy 2002-2005

*MSC Association*, Naval Hospital, Jacksonville, Florida 2000-2002

*Division 38* (Health Psychology) –1994-2000

*Society of Behavioral Medicine* – 1998-2002

*Division 19* (Military Psychology) –1998-1999

### **Military Service & Training**

2005-2006 **Lieutenant Commander**, MSC, United States Navy (Individual Ready Reserves)

1999-2005 **Lieutenant**, MSC, United States Navy (Active Duty)

2002 & 2005 **Navy and Marine Corps Commendation Medal**, Meritorious

2003 **Overseas Service Ribbon**

2002 **Management Development Course for Medical Personnel– MANDEV**

2002 **Intermediate Officer Leadership Course – IOLC**

2002 **Meritorious Unit Commendation Medal**

2000 **Mobile Medical Augmentation Readiness Team Training – MMART**, Field Medical  
Service  
School, Camp Lejeune, North Carolina  
1999 **Basic Officer Leadership Course – BOLC**  
1999 **Officer Indoctrination**