

Elizabeth Penela, PhD
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EMPLOYMENT

Wellness in Broward (October 2020 – Present)

Licensed Psychologist

Owner

Pediatric Psychology Associates (2015 –2020)

Licensed Psychologist

Intake Coordinator for Anxiety and OCD Intensive Outpatient (IOP) Program

LICENSURE

Florida State Psychology License PY 9177

Authority to Practice Interjurisdictional Telepsychology (APIT Number 16915)

EDUCATION

Postdoctoral Fellow

2013 – 2015

University of Miami, Coral Gables, FL

Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program

Peers, Emotions, and Relationships (PEERS) Project

Supervisors: Jill Ehrenreich-May, PhD; Annette La Greca, PhD

PhD, Clinical Psychology

2013

University of Miami, Coral Gables, FL

APA Accredited Program in Clinical Psychology

Concentration in Children and Families

Mentor: Heather A. Henderson, PhD

Pre-doctoral Internship

2012 – 2013

University of North Carolina School of Medicine, Chapel Hill, NC

APA Accredited Pre-doctoral Internship Program

Clinical Child Focused

MS, Clinical Psychology

2009

University of Miami, Coral Gables, FL

APA Accredited Program in Clinical Psychology

Concentration in Children and Families

Mentor: Heather A. Henderson, PhD

2006 – 2007

Pennsylvania State University, State College, PA

APA Accredited Program in Clinical Psychology

Concentration in Children and Families

Mentor: Pamela M. Cole, PhD

BA, Psychology

December 2005

University of Miami, Coral Gables, FL

Major: Psychology; Minor: Spanish; *summa cum laude*

SELECT AWARDS AND HONORS

- 2014 **Scholarship for Advanced CBT for Children and Adolescents specialty workshop**, Beck Institute for Cognitive Behavior Therapy
- 2014 **Career Development Leadership Award**, Anxiety and Depression Association of America (ADAA)
- 2013 **Outstanding Research Presentation**, Young Researchers in Developmental Psychology Presentation, *APA Division 7: Developmental Psychology*
- 2011 – 2012 **Dean’s Academic Year Dissertation Award**, College of Arts and Sciences, *University of Miami*
- 2011 **Mental Health and Substance Abuse Services Predoctoral Fellowship**, Honorable Mention, *American Psychological Association*
- 2011 **Student Travel Award**, Society for Research and Child Development (SRCD) Biennial Meeting, *SRCD*

SELECT CLINICAL EXPERIENCE

Post-doctoral Fellow at the University of Miami, Coral Gables, FL

August 2013 – February 2015

Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program

Supervisor: Jill Ehrenreich-May, PhD

- Conducted evidence-based treatment with youth who have anxiety and/or depression disorders
- Performed psycho-diagnostic evaluations using the Anxiety Disorders Interview Schedule (ADIS) – Parent and Child versions
- Implemented intensive outpatient therapy for children with severe anxiety disorders

Coping with Adolescent Peer Victimization and Reducing Anxious/Depressed Symptoms (UTalk/PEERS Program)

Supervisors: Annette La Greca, PhD; Jill Ehrenreich-May, PhD

- NIMH-funded school-based preventative intervention targeting adolescents experiencing peer victimization, as well as depression and/or anxiety difficulties
- Trained graduate student clinicians on the implementation of a manualized Education Support protocol used in Randomized Control Trial

Predocutorial Intern at the University of North Carolina School of Medicine, Chapel Hill, NC

2012 –2013

Project Enlightenment

Supervisor: George Robinson, PhD

- Conducted therapy in English and Spanish with preschool children in Title 1 classroom
- Provided consultation to teacher and parents of preschool children regarding strategies that support the child’s academic and socio-emotional development

Wake Medical Center Developmental Team and Pediatric Psychology Service

Supervisor: Melissa Johnson, PhD

- Performed developmental assessments of former preterm and other high-risk infants birth to three as part of interdisciplinary team
- Implemented brief therapy and consultation to children and parents regarding behavior and developmental issues in inpatient and outpatient pediatric clinics

Women's Mood Disorders

Supervisor: Anna Brandon, PhD

- Conducted outpatient therapy for women with mood disorders in pre- and post-natal period
- Applied Interpersonal Therapy (IPT) and Acceptance and Commitment Therapy (ACT) with women in the Perinatal Inpatient Psychiatry Unit

The Center for Child and Family Health

Supervisors: George Ake, PhD; Kate Murray, PhD

- Provided intervention services directed at identification of and prevention of child maltreatment
- Received training in and conducted Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Pediatric Psychology/Psychiatry Consultation Liaison Service

Supervisors: J. Kenneth Whitt, PhD; Echo Meyer, PhD; Joni McKeeman, PhD

- Consulted to general pediatric inpatient units and subspecialty outpatient clinics
- Conducted psychological assessments on child and adolescent inpatient units

Doctoral Candidate at the University of Miami, Coral Gables, FL
2007 – 2012

Psychological Services Center, Department of Psychology, University of Miami, Coral Gables, FL

Trauma Treatment Program, Clinical Research Program

Supervisors: Gail Ironson, M.D., PhD; Blanche Freund, PhD

- Provided treatment to adults with Post-Traumatic Stress Disorder (Foa et al., 2002)
- Utilized cognitive-behavioral techniques (e.g., cognitive restructuring, imaginal and in-vivo prolonged exposures) and conducted comprehensive assessments at baseline and follow-up

Child and Adolescent Mood and Anxiety Treatment Program, Clinical Research Program

Supervisors: Jill Ehrenreich-May, PhD; Kristen Marciel, PhD

- Conducted therapy using the Unified Protocol for Adolescents for youth with anxiety and/or depression disorders (ages 12 – 17)
- Co-led groups for children (ages 7 – 11) with anxiety and/or depression disorders

Program for Emotional Problems in Children (PEP-C), Clinical Service Program

Supervisor: Saneya Tawfik, PhD

- Graduate Assistant for the PEP-C program, established by the Department of Psychology and Psychological Services Center (PSC) to assist Miami-Dade County Public Schools in identifying and treating children with emotional problems at a low cost
- Provided evidence-based intervention to elementary school-aged children and their caregivers

Behavioral Pediatrics Clinic

Supervisor: Jason Jent, PhD

- Conducted Parent-Child Interaction Therapy (PCIT) to treat behavior management problems
- Conducted intake interviews and outpatient therapy with children and adolescents experiencing behavioral problems, trauma, adjustment problems, and clinical disorders

Early Steps Clinic

Supervisor: Michelle Berkovits, PhD

- Conducted Battelle Developmental Inventory – Second Edition with infants and toddlers (birth to 36-months) who were at-risk for developmental delays

- Composed Individualized Family Service Plans (IFSPs) to provide specific recommendations and connect families with early intervention services

Interdisciplinary Developmental Evaluation Services

Supervisor: Monica Dowling, PhD

- Conducted psychological assessments for children with developmentally and medically complex difficulties (e.g., cerebral palsy, autism)
- Interdisciplinary evaluation team included clinical psychologist, audiologist, pediatrician, speech pathologist, nutritionist, social worker, physical therapist, and education specialist

SELECT CLINICAL TRAINING WORKSHOPS

Pediatric Behavior Therapy Training Institute Training, *International OCD Foundation*

February 2020

Eric Storch, PhD; Martin Franklin, PhD; John Piacentini, PhD

Supportive Parenting for Anxious Childhood Emotions (SPACE)

February 2020

Eli Lebowitz, PhD

Miami International Child & Adolescent Mental Health (MICAMH) Conference, *Center for Children and Families at the Florida International University*

February 2020

Advanced Cognitive Behavior Therapy for Children and Adolescents, *Beck Institute for Cognitive Behavior Therapy*

October 2014 (18 hours)

Torrey Creed, PhD; Judith S. Beck, PhD; Aaron T. Beck, PhD.

Career Development Leadership Program, *Anxiety and Depression Association of America*

March 2014 (8 hours)

Mark Pollack, MD; Charles Nemeroff, MD, PhD; Karen Cassidy, PhD

COMMUNITY OUTREACH

SELECT PRESENTATIONS

Helping Your Child Cope with Back-To-School Anxiety

August 2023: Anxiety and Depression Association of America

Junta de La Comunidad: La Acomodación Familiar

June 2023: International OCD Foundation

Supporting Caregivers First: The Key to Empowering Youth to Face their Fears

February 2020: Montessori Florida Coalition Teacher-Parent Education Conference

Raising Confident and Courageous Children: Helping our Children Cope with Anxiety

January 2016: The Sagemont School (Parent Teacher Organization)

Cognitive Behavioral Treatment for Youth with Obsessive Compulsive Disorder

November 2014: Institute for Child and Family Health, Inc.

Identifying Anxiety in the Classroom and How to Help

September 2014: Gulliver Academy

Identification and Treatment of Anxiety in Young Children

September 2014: Segment on CNN en Español show: *Dra. Azaret*

RESEARCH EXPERIENCE

PUBLICATIONS

- Suarez, G. L., Morales, S., Miller, N., **Penela, E.C.**, Chronis-Tuscano, A., Henderson, H., & Fox, N. A. (2021). Examining a Developmental Pathway from Early Behavioral Inhibition to Emotion Regulation and Social Anxiety: The Moderating Role of Parenting. *Developmental Psychology*. <https://doi.org/10.1037/dev0001225>
- Penela, E. C.**, Walker, O. L., Degnan, K. A., Fox, N. A. & Henderson, H. A. (2015). Early behavioral inhibition and emotion regulation: Pathways toward social competence in middle childhood. *Child Development*.
- Walker, O. L., Henderson, H. A. Degnan, K. A., **Penela, E. C.**, & Fox, N. A. (2014). Associations between behavioral inhibition and children's social problem-solving behavior during social exclusion. *Social Development*, 23, 487-501.
- Penela, E. C.**, Henderson, H. A., Hane, A. A., Ghera, M. N., & Fox, N. A. (2012). Maternal caregiving moderates the relationship between temperamental fear and social behavior with peers. *Infancy*, 17(6), 715-730.

SELECT PRESENTATIONS

- Penela, E. C.**, Bilek, E., Cassidy, K., Ehrenreich-May, J., Lebowitz, E., Micco, J. (2016, April). *Exposures uncut: Challenges faced when conducting exposures with children and adolescents*. Roundtable discussion presented at the Anxiety and Depression Association of America (ADAA), Philadelphia, PA.
- Penela, E. C.**, Bilek, E., Furr, J., Ehrenreich-May, J., Albano, A. & Piacentini, J. (2015, April). *Massed exposure and intensive treatment modalities for anxious youth: Expert Panel of clinical researchers discusses merits and barriers to best practice*. Roundtable discussion presented at the Anxiety and Depression Association of America (ADAA), Miami, FL.
- Kennedy, S. M., Seager, I., **Penela, E. C.**, & Ehrenreich-May, J. (2014, March). *Suppression and its relationship to internalizing symptoms in adolescents: A structural equation model*. Presented at the Anxiety and Depression Association of America (ADAA), Chicago, IL.
- Penela, E. C.**, Henderson, H. A. & Walker, O. L. (2013, August). *Early temperament and emotion regulation: Pathways to social competence*. Invited talk at the Young Researchers in Developmental Psychology Symposium at the American Psychological Association Annual Convention in Honolulu, HI.

Penela, E. C. & Henderson, H. A. (2011, March). *The influence of the affective context on the relation between maternal relation and children's social behavior*. Presented at the Society for Research and Child Development (SRCD), Montreal, Canada.

Penela, E. C., Henderson, H. A., Hane, A. A., & Degnan, K. A. (2010, March). *Maternal socialization of emotion regulation: Promoting social engagement among inhibited toddlers*. Presented at the International Conference for Infant Studies, Baltimore, MD.

RESEARCH PROJECTS

Dissertation: The Influences of Early Temperament and Emotion Regulation on Social Competence in Middle Childhood, Department of Psychology, University of Miami, Coral Gables, FL

Defense Date: May 2012

Chairperson: Heather Henderson, PhD

- Longitudinally examined the independent and joint contributions of behavioral inhibition and emotion regulation skills on social competence
- Structural equation modeling analyses showed that effects of behavior inhibition on social competence differed depending on a child's emotion regulation competency
- Findings elucidate developmental trajectories of risk and resilience

Master's Thesis: Maternal Socialization of Emotion Regulation: Promoting Social Engagement among Inhibited Toddlers, Department of Psychology, University of Miami, Coral Gables, FL

Defense Date: August 2009

Chairperson: Heather Henderson, PhD

- Examined the influence of behavioral inhibition (age 2) and socialization of emotion regulation (age 3) on social engagement (age 4)
- Behavioral inhibition predicted poor social outcomes, but only among children who received high levels of verbally and physically directive parenting
- Consistent with goodness-of-fit models, behaviorally inhibited toddlers were differentially sensitive to certain maternal behaviors

TEACHING AND SUPERVISORY EXPERIENCE

Clinical Supervision of Doctoral Students

Department of Psychology, University of Miami

Position: Postdoctoral Fellow

2013 - 2015

- Provided weekly supervision and training to CAMAT graduate students conducting individual therapy with youth experiencing anxiety and mood disorders
- Supervised doctoral student clinicians on the implementation of a manualized Education Support protocol used in a school-based randomized control trial (RCT)

Supervision of Undergraduate Senior Honors Theses

Department of Psychology, University of Miami

Position: Doctoral Student

- Early Temperament as a Predictor of Social Interactions in Toddlerhood, Margarita Leira; thesis approved Spring 2011

- The Mediating Role of Parenting on the Relation Between Gender and Children's Social Problem-Solving Skills, Christine Romero; thesis approved Spring 2009

Guest Lecturer, Various undergraduate and graduate courses

Department of Psychology, University of Miami

- **Evidence-based Treatment of Childhood Anxiety Disorders**, October 2014
PSY 240: Abnormal Psychology
- **Working with Diverse Clients**, April 2010
PSY 657: Introduction to Clinical Methods, Ethics, and Professional Issues
- **Parenting and Peer Relations**, October 2009
PSY 203: Child and Adolescent Development
- **Cultural Understandings of Emotion**, January 2008
PSY 311: Psychology of Emotion

Course Instructor, PSY 203 in Fall 2009: Child and Adolescent Development

Department of Psychology, University of Miami

Responsible for all aspects of undergraduate course: course planning, lecturing, test construction, and grading. Course focused on the domains of cognitive, social, and physical development.

PROFESSIONAL AFFILIATIONS

2016 – Present	International OCD Foundation
2013 – Present	Anxiety and Depression Association of America
2011 – Present	APA Division 53: Society of Child Clinical and Adolescent Psychology
2010 – 2016	Florida Psychological Association
2007 – 2013	Society for Research in Child Development
2005 – Present	Phi Beta Kappa