

Cheryl S. Rubenstein, PhD
Psychologist

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PROFESSIONAL EXPERIENCE

Psychologist in Private Practice

Private Practice

2008 – present

716 Giddings Avenue, #33
Annapolis, MD 21401

- Individual, group, couple's and family therapy for people struggling with eating disorders and body image concerns, anxiety disorders, PTSD, relationship difficulties, dissociation, self-harm, mood disorders, and post-partum depression.
- I also work with women who are pregnant and suffering from mental health issues.

Curriculum Developer

Livelyte Weight Management Center
2000 Medical Parkway, #605
Annapolis, MD 21401

2010-present

- Consultation with medical staff, curriculum development, staff training, educational sessions with patients
- Developed an 8-12 week curriculum to teach patients who are healthier ways to manage food, eating, and body image.

Therapist

The Women's Center

2003-05

Vienna, VA and the District of Columbia

- Assessed patients and provided short and long-term individual and group therapy to patients with various problems, including eating disorders, issues around food, eating and body image, PTSD, depression, bipolar disorder, paranoid psychosis, anxiety disorders, personality disorders, and relationship issues
- Tailored treatment to individual needs, drawing from attachment theory, behavior therapy, CBT, insight-oriented, object-relations, psychodynamic and psychoeducational approaches
- Presented psychoeducational seminars and taught stress management workshops
- Intervened in crises involving self-harm (e.g. cutting, extreme bingeing and purging, very excessive alcohol use) and severe post-partum depression
- Arranged voluntary hospitalization and conducted family sessions for suicidal/homicidal patients

National Institute of Mental Health Fellow (IRTA)

**National Institute of Mental Health
Bethesda, MD**

1990-94

Clinical Responsibilities

- Conducted individual insight-oriented and cognitive-behavioral psychotherapy with patients with bulimia nervosa, mood disorders, OCD and trichotillomania
- Assessed patients using neuropsychological batteries, structured clinical interviews and unstructured diagnostic interviews
- Worked with clinical team conducting in neuropsychological and neuroimaging studies, neuropsychopharmacological challenges, and controlled psychotherapeutic and psychopharmacological treatment trials
- Selected, administered, and interpreted scales assessing anxiety, depression, eating disorder symptoms, obsessions, compulsions, suicidality, anger and other symptoms

Research Responsibilities

- Principal Investigator for two controlled clinical trials:
 1. An examination of the relationship between the presence of obsessive-compulsive symptoms unrelated to eating or body image in bulimia nervosa, severity of psychopathology, and response to psychopharmacological treatment
 2. A multiple-baseline controlled trial of a structured CBT for trichotillomania
- Collaborated with an interdisciplinary team of mental health professionals designing and implementing studies comparing the phenomenological, psychological, and physiological characteristics of eating disorders and OCD

Supervision and Teaching

- Instructed and supervised doctoral candidates in psychology in administering and scoring structural clinical interviews and neuropsychological measures
- Taught the students how to analyze data sets and interpret the results

Clinical & Research Psychology Assistant

Medical Psychology Branch

1996

The Uniformed Services University of the Health Sciences (USUHS)

Bethesda, MD

- Co-facilitated cognitive-behavioral group therapy designed to help clients modify their eating behavior, attitudes about weight, body image, food, eating, and physical activity
- Tailored treatment to individual needs, drawing from attachment theory, behavior therapy, CBT, insight-oriented therapy, object-relations theory, psychodynamic therapy, and psychoeducational approaches
- Collected and analyzed multi-variate data sets in a study of eating behavior in obesity

Individual Therapist

**Eugene Meyer III Treatment Center
Washington, DC**

2002

Research Assistant

The Agoraphobia and Anxiety Program

1989-92

The American University in Washington, DC

- Maintained clinical and research responsibilities associated with a 5-year NIMH-funded study of the impact of familial expressed emotion (EE) on treatment outcome in adults diagnosed with agoraphobia with panic or OCD
- Administered structural clinical interviews
- Conducted pre- and post-treatment Behavioral Assessment Tests
- Administered, scored, and kept a database of self-rated and clinician-administered symptom measures
- Conducted family interviews with clients and their family members
- Screened potential applicants and arranged referrals to other treatment centers, therapists and support groups for individuals not meeting our study criteria

Practicum Trainee

Center for Psychological and Learning Services

1989-91

The American University

- Conducted individual psychotherapy sessions with undergraduate students

Clinical Trainee and Research Assistant

Georgetown University

1989

Eating Assessment and Treatment Clinic

- Conducted weekly behavior therapy sessions and reviewed self-monitoring reports of patients with anorexia nervosa, bulimia nervosa, binge eating and obesity
- Participated in the treatment team's intake interviews with patients and their parents

Counselor

Wediko Children's Services

1987

Hillsboro, NH

- Counselor for children with severe psychiatric disorders in a residential treatment facility
- Developed and implemented treatment plans
- Co-led daily group therapy sessions
- Developed and administered psychological and behavioral contracts with children

EDUCATION

- Post-Graduate Clinical Program on Psychotherapy Practice** 2002-04
The Washington School of Psychiatry
Washington, D.C.
- 90 hours of individual supervision of individual and group short and long-term dynamic therapy
 - Weekly 5-hour seminars, and case-presentations about theory-based reading and individual, group, couples' and family therapy cases during the academic year
- PhD in Psychology** 1998
The American University
Washington, D.C.
- M.A. in Psychology** 1991
The American University
Washington, D.C.
- B.A. in Psychology with High Honors** 1984
Wesleyan University
Middletown, CT
Connecticut Elementary Education Teaching Certificate

HONORS, AWARDS, and, SCHOLARSHIPS

- Chosen as one of the “Favorite Docs” for Mental Health Chesapeake Family Magazin 2011
- Member Sigma Xi, scientific honor society 1988-97
- Doctoral Dissertation Fellowship, The American University 1993-94
- Intramural Research Training Award, NIMH, Bethesda, MD 1991-94
- Mellon Travel Award financing a conference presentation, The American University 1991
- Graduate Research Assistantship, The American University 1989-91
- Graduation with High Honors, Wesleyan University 1988
- Walkley Prize for Distinguished Original Research, Wesleyan University 1988
- Valedictorian, Wethersfield High School, Wethersfield, CT 1984

PROFESSIONAL MEMBERSHIPS

- Academy for Eating Disorders
- American Psychological Association
- Binge Eating Disorder Association
- Maryland Psychological Association
- National Eating Disorders Association

BIBLIOGRAPHY **PUBLICATIONS**

- Bastiani, A.M., Altemus, M., Pigott, T.A., Rubenstein, C.S., Weltzin, T.E., & Kaye, W.H. (1996). Comparison of obsessions and compulsions in patients with anorexia nervosa and obsessive-compulsive disorder. *Biological Psychiatry*, 39, 966-969.
- Martin, A., Wiggs, C.L., Altemus, M., Rubenstein, C.S., & Murphy, D.L. (1995). Working memory as assessed by subject-ordered tasks in patients with OCD. *Journal of Clinical and Experimental Neuropsychology* 17: 786-792.
- Pigott, T.A., Altemus, M., Rubenstein, C.S., Hill, J.L., Bihari, K., L'Heureux, F., Bernstein, S., & Murphy, D. (1991). Eating disorder symptoms in patients with obsessive-compulsive disorder. *American Journal of Psychiatry*, 148: 1552-1557.
- Pigott, T.A., Grady, T., & Rubenstein, C. (1993). Obsessive-compulsive disorder. In Saltzman (Ed.), *Current Psychiatry Review*. Philadelphia: Harcourt Brace Jovanovich.
- Pigott, T.A., Grady, T., & Rubenstein, C. (1993). Obsessive-compulsive disorder and trichotillomania. In D.L. Dunner (Ed), *Current Psychiatric Therapy*. Philadelphia: Harcourt Brace Jovanovich.
- Pigott, T.A., L'Heureux, F., Rubenstein, C.S., Bernstein, S.E., Hill, J.L., and Murphy, D.L. (1992). A double-blind placebo controlled study of trazodone in patients with obsessive-compulsive disorder. *Journal of Clinical Psychopharmacology*, 12: 70-71.
- Pigott, T.A., Hill, J.L., Grady, T.A., L'Heureux, F. & Murphy, D.L. (1993). A comparison of the behavioral effects of oral vs. intravenous m-CPP administration in OCD patients and a study of the effect of metergoline prior to iv m-CPP. *Biological Psychiatry*, 33: 3-14.
- Rubenstein, C.S. (2009). Bringing Baby Home. *Nesting*. Annapolis, MD.
- Rubenstein, C.S. (2009). Postpartum Depression: More than just the baby blues. *Nesting*. Annapolis, MD.
- Rubenstein, C.S. (1998). A multiple-baseline controlled trial of cognitive behavioral therapy for trichotillomania. *Dissertation Abstracts International and University Microfilms, Inc.*, The American University, Washington, D.C.
- Committee Chair: James J. Gray, PhD
Committee Members: Dianne L. Chambless, PhD
Michelle Carter, PhD
Charles F. Mansuetto, PhD
- Rubenstein, C.S. (1991) Memory and confidence in memory in subclinical obsessive-compulsive checkers. (Master's Thesis), The American University, Washington, D.C.
- Committee Chair: Zehra F. Peynircioglu, PhD
Committee Members: Dianne L. Chambless, PhD
Teresa A. Pigott, M.D.

- Rubenstein, C.S., Altemus, M.A., Pigott, T.A., Hess, A.M., & Murphy, D.L. (1995). Symptom overlap between OCD and bulimia nervosa. *Journal of Anxiety Disorders*, 9: 1-9.
- Rubenstein, C.S., Peynircioglu, Z., Chambless, D.L., & Pigott, T.A. (1993). Memory and confidence in memory in subclinical obsessive-compulsive checkers. *Behavior Research and Therapy*, 31: 759-765.
- Rubenstein, C.S., Pigott, T.A., Altemus, M.A., L'Heureux, F., Gray, J.J. (1993). High rates of co morbid OCD in patients with bulimia nervosa. *Eating Disorders*, 1: 147-155.
- Rubenstein, C.S., Pigott, T.A., L'Heureux, F., Hill, J., & Murphy, D.L. (1992). A preliminary investigation of the lifetime prevalence of the eating disorders in patients suffering from obsessive-compulsive disorder. *Journal of Clinical Psychiatry*. 53: 309-314.

ABSTRACTS

- Greenberg, B.D., Hoehn-Saric, R., George, M.S., Rubenstein, C.S, Keuler, D., Altemus, M.A., & Murphy, D.L. (1994, May). *Symptom Activation and r-CBF in OCD*. Annual Meeting of the American Psychiatric Association, Philadelphia, PA.
- Pigott, T.A., Grady, T.A., Bernstein, S.E., L'Heureux, F., Hill, J.L., Rubenstein, C.S. & Murphy, D.L. (1992, April 29-May 3). *Comparison of oral and IV-mCPP in patients with OCD*. Society Biological Psychiatry Annual Meeting, Washington, D.C.
- Pigott, T.A., Grady, T.A., L'Heureux, F., Bernstein, S.E., Dubbert, B., & Rubenstein, C.S. (1992, May). *Amphetamine and amphetamine/metergoline challenge in patients with OCD and controls*. Annual Meeting of the American College of Neuropharmacology.
- Pigott, T.A., Grady, T.A., Rubenstein, C.S., L'Heureux, F., Altemus, M, Bihari, K., & Murphy, D.L. (1991, November). *OCD and Eating Disorders: A comparison of symptom overlap*. The Association for the Advancement of Behavioral Therapy, New York City, NY.
- Pigott, T.A., L'Heureux, F., Rubenstein, C.S., Hill, J.L., & Murphy, D. (1992, May). *Controlled trial of clonazepam augmentation in OCD patients treated with clomipramine or fluoxetine*. Annual Meeting of the American Psychiatric Association. Washington, D.C.
- Pigott, T.A., Rubenstein, C.S., Altemus, M.A., Bernstein, S., L'Heureux, F., Dubbert, B., & Murphy, D.L. (1992, April). *OCD symptoms, bulimia, and serotonin dysregulation*. Fifth International Conference on Eating Disorders. New York City, NY.
- Rubenstein, C.S. (1996, April). *Practitioners' handling of ethical issues in the treatment of eating disorders*. New York. Ninth International Conference on Eating Disorders. New York City, NY.
- Rubenstein, C.S., Altemus, M.A., Pigott, T.A., Hill, J., Hess, A., & Murphy, D.L. (1993, April). *Obsessionality and depression in bulimia nervosa: Response to behavioral treatment*. Eastern Psychological Association 64th Annual Meeting, Arlington, VA.

- Rubenstein, C.S. & Penaloza, J. (2010, October). *Relationships shape the brain: Drawing on the work of Dr. Daniel Siegel in Psychotherapy: a 3 hour symposium*. Annual Meeting of the Maryland Psychological Association. Annapolis, MD.
- Rubenstein, C.S., Peynircioglu, Z, Chambless, D., & Pigott, T.A. (1989, November). *Memory and confidence in memory in subclinical obsessive-compulsive checkers*. Annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Rubenstein, C.S., Pigott, T.A., L'Heureux, F., Altemus, M., Chambless, D., Gray, J., & Murphy, D.L. (1993, March). *Elevated prevalence of obsessive-compulsive disorder in patients suffering from bulimia nervosa*. Annual meeting of the Anxiety Disorders Association of America, Charleston, South Carolina.
- Rubenstein, C.S., Pigott, T.A., L'Heureux, F., Hill, J.L., & Murphy, D.L. (1992, April). *A preliminary investigation of the lifetime prevalence of anorexia and bulimia in OCD*. Fifth International Conference on Eating Disorders, New York City, New York.
- Rubenstein, C.S., Pigott, T.A., L'Heureux, F., Hill, J.L., & Murphy, D.L. (1992, May). *Anorexia and bulimia nervosa in male and female patients with obsessive-compulsive disorder: A preliminary investigation of lifetime prevalences*. Annual Meeting of the American Psychiatric Association. Washington, D.C.
- Rubenstein, C.S, Pigott, T.A., & Murphy, D.L. (1996, April). *Bulimics (BN) with and without comorbid Obsessive-Compulsive Disorder (OCD): Objective and self-ratings of eating disorder symptoms, depression, anxiety, and other measures*. Eighth International Conference on Eating Disorders. New York City, NY.
- Sheffler, C. & Brody, N. (1989, March). *Subliminal influences on dyadic interaction*. Annual Meeting of the Eastern Psychological Association, Boston, MA.
- Stephenson, S.A., Richmond, D.A. Runyon, D. & Sheffler, C. (1989, November). *ADHD and obesity in children*. Twenty-third Annual Convention of the Association for the Advancement of Behavior Therapy, Washington, D.C.