

Curriculum Vita

Elizabeth K. Kubik, Ph.D.

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Education

August 2002 **University of Maine, Orono, Maine, Ph.D. in Clinical Psychology**
May 1990 **Colby College, Waterville, Maine, B.A. in Government**

Credentials

Licensed as a Psychologist in Maine, License Number PS1122

Clinical Experience

April 2005 – Present **Independent Practice of Clinical and Consulting Psychology.**
Practice specialty is cognitive behavioral (CBT) and mindfulness based treatment for anxiety, stress, and related disorders; mind/body medicine for women's health issues, particularly post-partum depression and infertility; and parent training.

March 2003 - December 2004 **Psychology Post-Doctoral Residency**
Kennebec Valley Mental Health Center, Augusta, Maine
Psychosocial assessments; cognitive-behavioral therapy for outpatient adults with primary focus on anxiety and PTSD; co-facilitate dialectical behavior therapy (DBT) groups; consultation with staff regarding behavioral assessment and treatment; conduct staff seminars on CBT assessment and treatment techniques.

September 2001 - September 2002 **Psychology Internship (APA Accredited)**
Boston Consortium in Clinical Psychology, Boston University, Boston, MA
Training experiences included the following rotations:

- 1) **Substance Abuse, Boston VA Medical Center**
Cognitive behavioral treatment for in-patient adults with substance abuse disorders and co-morbid anxiety and/or depression; co-facilitate relapse prevention groups; psychodiagnostic assessment.
- 2) **Inpatient Psychiatry, Boston VA Medical Center**
Evaluate and provide short-term treatment to acute inpatients; conduct acute assessments of adults presenting in the emergency room; participate in daily multi-disciplinary rounds.

Clinical Experience (continued)

3) Division of Child and Adolescent Psychiatry, Boston Medical Center

Psychological consult services within the Pediatric ER and General Pediatric Inpatient Department; neuropsychological assessment; diagnostic evaluation; individual and family cognitive behavioral therapy; parent training; member of multi-disciplinary trauma team.

September 1996 -
August 2001

Psychology Trainee

Department of Psychology, University of Maine, Orono, Maine

Training experiences included the following:

1) Penobscot Valley Job Corps Center, Bangor, Maine

Psychological consult services for administrators, career counselors, teachers, and dorm staff at a residential occupational training center for at-risk adolescents; brief psychodiagnostic evaluations and recommendations for behavioral interventions.

2) Bangor Mental Health Institute, Bangor, Maine

Provide individual and group cognitive behavioral therapy for inpatients and outpatients with chronic mental illness; assist with development and implementation of Dialectical Behavior Therapy (DBT) treatment program.

3) University of Maine Psychological Services Center, Orono, Maine

Assessment and treatment of individuals of all age groups in a community outpatient setting under the supervision of licensed psychologists.

4) Kennebec Valley Mental Health Center, Augusta, Maine

Individual therapy and parent training for adults; diagnostic intake evaluations.

5) Department of Mental Health, Intensive Case Management Team, Augusta, Maine

Consult with and train case-workers regarding treatment of clients with chronic mental-illness; conduct staff training seminars.

6) State of Maine Child Death and Serious Injury Review Panel, Augusta, Maine

Participate in interdisciplinary panel established to review cases of child abuse and neglect.

7) Veterans Administration Medical Center, Togus, Maine

Geropsychiatric evaluation focused on mental status, functional adaptive behavior, competency status, and cognitive abilities; co-lead cognitive-behavioral PTSD groups.

Research Experience

Dissertation
May 1999 –
April 2002

Social Information-Processing in Adolescent Girls: A Comparison of Sex Offending Girls, Delinquent Girls, and Girls from the Community

Examined social-information processing about aggressive behaviors in adolescent girls; implications for understanding the role of cognitions in girls' sexually aggressive

Research Experience (continued)

behaviors and for the applicability of cognitive treatments with sexually aggressive girls.

September 1996 -
August 2001

**Graduate Research Assistant
Anxiety Lab, University of Maine, Orono, Maine**

Coordinate and facilitate treatments studies on cognitive behavioral treatments for anxiety; assess anxiety symptoms using structured clinical interviews.

September 1995 -
November 1999

**Graduate Research Assistant
Maine State Forensic Service, Augusta, Maine**

Assisted with government-funded Child Abuse and Neglect Evaluation Project with the purpose of developing standardized child maltreatment risk and impact assessment evaluations throughout the state; piloted an exploratory study of adolescent female sex offenders.

July 1993 –
June 1995

**Research Assistant
University of Vermont Substance Abuse Treatment Center, Burlington, Vermont**

Assisted with NIDA-funded research project that examined the efficacy of pharmacological and behavioral treatments for substance abuse disorders.

Teaching Experience

October 2008

Presenter, Introduction to Acceptance and Commitment Therapy (Guarna & Kubik). Full-day workshop for professionals. Health Education and Training Institute, Portland, Maine.

June 2008

Presenter, Introduction to Acceptance and Commitment Therapy (Guarna & Kubik). Full-day workshop for professionals. Health Education and Training Institute, Portland, Maine.

November 2007

Guest Lecturer, Abnormal Psychology, Bates College, Lewiston, Maine.

April 2006

Presenter, Cognitive Behavioral Therapy Treatments for Anxiety Disorders, Psychiatry Psychosocial Rounds, Maine Medical Center Department of Psychiatry, Portland, Maine

April 2006

Co-Presenter, Mindfulness-Based Therapy, Grand Rounds, Maine Medical Center Department of Psychiatry, Portland, Maine.

March 2006

Guest Lecturer, Infertility and Mind-Body Treatments, Brown-Bay Lecture Series, Psychology Department, University of Maine, Orono, Maine.

September 2005 -
Present

Presenter, various in-service presentations on anxiety and cognitive behavioral therapy for primary care, OB-GYN, and mental health group practices.

Teaching Experience (continued)

January 2004 -
May 2004

Presenter, Kennebec Valley Behavioral Services, Staff Training Program. Topics presented for day-long staff trainings include:

- Structured Clinical Interview for DSM-IV Axis-I and Axis-II Disorders
- Treatment Planning for Brief Behavioral Interventions

August 2000 - **Lecturer**, Penobscot Job Corps Center, Bangor, Maine.
July 2001 Taught bi-monthly staff training seminars on mental health issues.

Fall 1999 **Instructor**, Abnormal Psychology, University of Maine, Orono, Maine.

Fall 1998 - **Guest Lecturer**, Abnormal Psychology & Introductory Psychology.
Spring 2000 University of Maine, Orono, Maine.

Publications

- Kubik, E., & Hecker, J. (2005). Cognitive distortions about sex and sexual offending: A comparison of sex offending girls, delinquent girls, and girls from the community. *Journal of Child Sexual Abuse, 14*, 43-70.
- Kubik, E., Hecker, J., & Righthand, S. (2002). Adolescent females who have sexually offended: Comparisons with delinquent adolescent female offenders and adolescent males who sexually offend. *Journal of Child Sexual Abuse, 11*, 63-83.
- Petry, N., Bickel, W. Tzanis, E., Taylor, R., Kubik, E., Foster, M., & Hughes, E. (1998). A behavioral intervention for improving behaviors of heroin addicts in a treatment clinic. *Journal of Applied Behavioral Analysis, 31*, 291-297.
- Righthand, S. Welch, C. M., Drack, K., Jacobs, J., Mosher, K., George, J., Kubik, E., & Roberson-Nay, R. (1998). *Child Maltreatment Risk, Impact, and Intervention: Annotated Bibliography*. Orwell, VT: Safer Society Press.
- Righthand S., Thorpe, G., & Kubik, E. (2001). Brief report: Dimensions of Burnout in Professionals Working with Sex Offenders. *Sexual abuse: A Journal of Research and Treatment, 13*, 197-203.
- Sigmon, S. T., Pells, J. J., Boulard, N. E., Whitcomb-Smith, S., Edenfield, T. M., Hermann, B. A., LaMattina, S. M., Schartel, J. G., & Kubik, E (2005). Gender differences in self-reports of depression: The response bias hypothesis revisited. *Sex Roles, 53*, 401-411.

Presentations

- Kubik, E., Hecker, J.E., & King, M.W. (2004, November). *The adolescent female sex offender: An examination of cognitive distortions*. Poster presented at the Annual Meeting of the Association for the Treatment of Sexual Abusers, Albuquerque, NM.
- Kubik, E., Hecker, J. (2000, November). *Application of the stages of change model in cognitive-behavior therapy for panic disorder*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, Louisiana.

Presentations (continued)

- Kubik, E., Hecker, J. (2000, November). *Cognitive distortions in female juvenile sex offenders: A comparison of sex offenders, non-sex offenders, and community controls*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, Louisiana.

Kubik, E., Hecker, J., Maki, K., & O'Grady, A. (2000, April). *Self-directed cognitive-behavioral therapy for anxiety disorders*. Grand Rounds presentation at Eastern Maine Medical Center, Bangor, Maine.

Kubik, E. Hecker, J., Thorpe, G., O'Grady, A., Nay, W., & Kingery, L. (1999, November). *Self-directed treatment versus self-directed treatment with minimal therapist contact for OCD*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.

Kubik, E., Roberson-Nay, R., Hecker, J., Righthand, S. (1999, November). *Cognitive attributions and developmental antecedents: A comparison of male and female juvenile sex offenders*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.

Kubik, E., Hecker, J., & Righthand, S. (1999, August). *Female juvenile sex offenders: A comparison study of female juvenile sexual and non-sexual offenders*. Poster presented at the annual meeting of the American Psychological Association, Boston, Massachusetts.

O'Grady, A., Thorpe, G., Kubik, E., Nay, W., & Kingery, L. (1999, March). *The situational Thoughts and feelings questionnaire: A measurement of body dysmorphic disorder*. Poster presented at the Graduate Student Research Exposition, University of Maine, Orono, Maine.

O'Grady, A., Thorpe, G., Kubik, E., Nay, W., & Kingery, L. (1999, February). *The situational Thoughts and feelings questionnaire for body dysmorphic disorder: A process measure of change*. Poster presented the annual meeting of the Eastern Psychological Association, Providence, Rhode Island.

Righthand, S., Thorpe, G., & Kubik, E. (1998, October). *Measuring stress and burnout in professionals evaluating sex offenders*. Paper presented at the annual meeting of the Association for the Treatment of Sex Abusers, Chicago, Illinois.

Kubik, E., O'Grady, A., & Thorpe, G. (1998, February). *Professional burnout: A therapy process factor in the treatment of sex offenders*. Poster presented at the annual meeting of the Eastern Psychological Association, Boston, Massachusetts.

O'Grady, A., Thorpe, G., Kubik, E., & Baldwin, J. (1998, February). *Body dysmorphic disorder: Construct validity and relationship to obsessive-compulsive disorder*. Poster presented at the annual meeting of the Eastern Psychological Association, Boston, Massachusetts.

Kubik, E., Petry, N., & Bickel, W. (1996, August). *Depression amongst opioid addicts seeking buprenorphine treatment*. Paper presented at the annual Congres International de Psychologie, Montreal, Quebec.

Petry, N., Kubik, E., Bickel, W., Tzanis, E., Amass, L., & Higgins, S. (1995, March). *Chronic pain amongst opioid addicts in burprenorphine detoxification trials*. Paper presented at the annual meeting of the College on the Problems of Drug Dependence, Santa Fe, New Mexico.

Administrative Experience

2001 – 2002 Internship Curriculum Committee Member, Boston Consortium in Clinical Psychology

1997 – 2000 Student Representative to Psychology Department, University of Maine

Memberships in Professional Organizations

American Psychological Association (APA)
Association for Behavioral and Cognitive Therapies (ABCT)
ABCT Special Interest Group (SIG) on Anxiety Disorders
Maine Psychological Association (MEPA)
Association for Contextual Behavioral Science