

# Rachel L. Goldman, Ph.D., FTOS

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Licensed Clinical Psychologist, State of NY # 019157 (date of license 7/8/2011)  
Licensed Clinical Psychologist, State of SC# 1205 (date of license 12/2/2011- currently inactive)

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## Education

- Ph.D.** **Fairleigh Dickinson University**, Teaneck, NJ - 2010  
Doctor of Philosophy Program in Clinical Psychology (APA Accredited)  
Research Interests: Health and Sport Psychology; Behavioral Strategies for Managing Obesity; Obesity Prevention  
Dissertation: The Role of Family Environment Variables in Predicting Fruit and Vegetable Consumption in Preschool Children (Dissertation defense: 11/18/09)
- MA** **Fairleigh Dickinson University**, Teaneck, NJ – 2007  
Master of Arts Degree in General-Theoretical Psychology  
Masters Thesis: Investigating the Comorbidity of Posttraumatic Stress Disorder and Depression in Regards to Symptom Overlap in Persons with Spinal Cord Injury (MA thesis defense: 6/14/07)
- BA** **University of Maryland**, College Park, MD – 2002  
Bachelor of Arts Degree in Psychology (graduated Cum Laude)  
Minor in Health Education

## Academic Appointments and Clinical Positions

- 9/2017 – Present Adjunct Clinical Supervisor, **Ferkauf Graduate School of Psychology- Yeshiva University** – New York, NY
- 2/2017 – 10/2017 **Behavioral Director**, *Medical Weight Management NY, PC*. Hewlett, NY and Bellmore, NY.
- 9/2016 - Present **Private Practice Psychologist and Consultant**, New York, NY
- 9/2013 - Present **Clinical Assistant Professor**, *NYU School of Medicine*, Department of Psychiatry, New York, NY
- 9/2011 – 10/2016 **Senior Bariatric Psychologist**, *Bellevue Center for Obesity & Weight Management*, Bellevue Hospital New York, NY
- 9/2011 - 9/2013 **Clinical Instructor**, *NYU School of Medicine*, Department of Psychiatry, New York, NY

## Professional Affiliations

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| New York State Chapter of American Society for Metabolic & Bariatric Surgery | 2013 - present |
| American Society for Metabolic & Bariatric Surgery                           | 2011 - present |
| New York State Psychological Association                                     | 2011 - present |
| The Obesity Society  | 2010 - present |
| Eastern Psychological Association  | 2005 - 2010    |
| New Jersey Psychological Association   | 2005 - 2010    |
| Association for Behavioral and Cognitive Therapies                           | 2004 - present |
| American Psychological Association   | 2001 - present |
| Division of Clinical Psychology (12); Division of Health Psychology (38)     |                |

## Behavioral Medicine & Psychotherapy

**Medical Weight Management NY, PC** —Hewlett, NY & Bellmore, NY  
Behavioral Director

February 2017- October 2017

Part of a multidisciplinary team to assist individuals in making positive lifestyle changes. Provided psychosocial evaluations to ascertain preparedness for bariatric surgery and to prepare for other weight management treatments. Provided individual

outpatient psychotherapy to adults specializing in weight loss, body image, disordered eating behaviors, and other health related behaviors.

**Private Practice --** New York, NY  
Psychologist and Consultant

September 2016 –Present

Licensed Psychologist specializing in health and wellness, including health behavior change, obesity, bariatric surgery (pre-op and post-op), weight management, eating behaviors, and stress management. Provide psychological assessment, pre-operative psychosocial evaluations for bariatric surgery, and individual Cognitive Behavior Therapy (CBT).

Provide consulting services and peer supervision to other professionals and companies. Provide corporate wellness programming to Fortune 500 companies on behavior change, health behaviors, and stress management.

**NYU School of Medicine/ Bellevue Hospital Center** – New York, NY  
Faculty, Department of Psychiatry, NYU School of Medicine  
Clinical Psychologist, Bellevue Center for Obesity & Weight Management

September 2011 –October 2016

Part of a multidisciplinary team working with individuals considering bariatric surgery. Conducted pre-surgical psychosocial evaluations with bariatric surgery patients. Provided short- and long- term outpatient individual and group psychotherapy (i.e. cognitive behavioral therapy, motivational interviewing) for adults, specializing in weight loss, body image, disordered eating behaviors, and other health related behaviors. Developed curriculum and led support groups. Provided inpatient consultation liaison psychotherapy services for bariatric patients. Supervised doctoral level psychology students.

**Medical University of South Carolina** – Charleston, SC

August 2010 – August 2011

Postdoctoral Fellow in Obesity and Bariatric Surgery, Department of Psychiatry and Behavioral Sciences

Conducted pre-surgical psychosocial evaluations with bariatric surgery patients. Provided short – and long- term outpatient individual and group psychotherapy for adults, specializing in weight loss, body image, disordered eating behaviors, and other health related behaviors. Attended weekly interdisciplinary roundtable meetings. Co-led selected bariatric support group sessions. Facilitated “Get Back on Track” groups for post-surgical patients. Supervised MA level psychology students.

Supervisors: Jeffrey Borckardt, Ph.D. and Patrick M. O’Neil, Ph.D.

**Medical University of South Carolina** - Charleston, SC  
Pre-Doctoral Clinical Psychology Intern, APA Accredited  
Behavioral Medicine Track

July 2009- July 2010

Behavioral Medicine Service: Provided inpatient and outpatient psychotherapy as part of a multidisciplinary medical team to patients at the Hollings Cancer Center and the Behavioral Medicine Clinic. Conducted intake interviews and provided individual psychotherapy (i.e. cognitive therapy, behavioral therapy, biofeedback, hypnosis) geared towards helping patients manage chronic medical conditions and specifically towards helping patients improve their health behaviors (i.e. weight loss, improved sleep routine, smoking cessation). Conducted comprehensive psychosocial evaluations to ascertain preparedness for organ transplantation. Administered neuropsychological, cognitive, and personality screening measures.

Supervisors: Jeffery Borckardt, Ph.D., Laura Campbell, Ph.D. & Alok Madan, Ph.D., M.P.H.

Center for Drug and Alcohol Program: Provided short- and long- term individual and group therapy for a diverse array of patients who had a spectrum of substance-related and co-occurring disorders.

Supervisor: John C. Roitzsch, Ph.D.

Counseling and Psychological Services Center: Provided psychological assessments and short- and long- term individual and couples therapy to MUSC students whose problems are representative of the wide spectrum of psychiatric disorders. Assist students in making positive behavioral changes (i.e. weight loss, improved sleep routine, smoking cessation).

Supervisor: Alice Libet, Ph.D.

Weight Management Center: Worked on multidisciplinary teams to assist overweight and obese adults in making positive lifestyle changes. Provided psychosocial evaluations to ascertain preparedness for bariatric surgery and to prepare for other weight management treatments. Provided individual outpatient psychotherapy to adults and adolescents specializing in weight loss, body image, disordered eating behaviors, and other health related behaviors.

Supervisors: Patrick M. O’Neil, Ph.D. & Joshua Brown, Ph.D.

## **Program Development, Consulting, and Corporate Wellness**

**Breezes Bahamas Resort and Spa, Consultant and Wellness Speaker**  
Bahamas

April 23 – April 27, 2018

Invited as the Wellness Speaker for Breezes first-ever Wellness Week. Will provide wellness workshops to those who attend Wellness Week. Workshop topics include Stress Management, the Mind-Body Connection, Mindfulness, and Tips to a Healthy Lifestyle. Partnering with Executive Chef, Nigel Clarke to provide healthy cooking demonstrations. Will be available throughout the week for individual consultation to all retreat- goers.

**Balance 2018 and Beyond, Co-organizer and Host/Moderator**  
New York, NY

April 2018 – Present

Created a wellness event series to bring together the wellness community in New York for relaxed but informative evenings packed with inspiration. With so many interesting but often conflicting theories making waves in the health, wellness and fitness world right now, we wanted to invite the true experts in the fields to share their knowledge and science backed findings to clear out some of the confusion that so many are having. Event topics have included: Gut Health and Probiotics, Body and Fitness Perspectives, Healthy Skin from the Inside Out, How to Sustain and Thrive with a Plant Based Lifestyle, and Female Hormones and Fertility.

**emPOWERed, Co-founder**  
New York, NY

November 2017 – Present

Created a female only event with Michele Gordon (creator of Cardio Sweat Party) designed to inspire others to live their life as strong, more powerful and healthier women. The creation of this event was inspired by the "me too" posts. **emPOWERed** is a 45mins workout class followed by a discussion on self-care and a meditation on feeling strong and empowered. To date, we have hosted 4 events and have been sponsored by brands such as Athleta, Puma, Chameleon Cold Brew and the W hotel.

**Bariatric Advantage, Consultant**

October 2017 – June 2019

Provided professional consulting services to support company in its product review and program development.

**CKO Kickboxing, Consultant**  
New York, NY- Upper East Side location

April 2017 – April 2018

Provided wellness workshops to the members of CKO. Reviewed weekly food logs and provided recommendations and feedback. Was available for individual consultation related to eating behaviors, stress management and other health behaviors.

**One World Trade Center, One World Commons, Consultant and Wellness Director**  
New York, NY

February 2017 – April 2018

Developed and implemented wellness programming for the tenants of One World Trade Center. Programming included a monthly Lunch and Learn series with different topics and themes relevant to that month. Topics included preparing for the holidays, stress management for National Stress Awareness Month, physical activity and exercise for Heart Health Month, Nutrition and Diet for National Nutrition Month. Developed and led small group Healthy Lifestyle Challenges where participants set goals and worked on improving health behaviors in order to learn to live a happier and healthier lifestyle. Organized and co-hosted the first Wellness Fair (with over 20 health and wellness companies present) at One World Commons for the tenants of One World Trade Center in January 2018.

**Medical Weight Management NY, PC, Consultant and Behavioral Director**  
Hewlett, NY & Bellmore, NY

January 2017 – October 2017

Assisted in the development of a multi-disciplinary medically supervised behavioral weight management program to assist individuals in making positive lifestyle changes. Created several different programs which utilize in-person visits as well as tracking features via mobile apps.

**NYU Center for Corporate Wellness, Consultant and Expert Speaker**  
New York, NY

June 2016 – Present

Provide wellness workshops and Lunch and Learns to several Fortune 500 companies in NYC. Previous clients include *Cleary Gottlieb Steel & Hamilton, The Nielsen Company, Realty Operations Group, Vodafone, Rockefeller University, and Morgan Stanley*. Topics include health behaviors, the relationship between food and mood, stress management, and relaxation. Serves as the Expert at Health Fairs.

**CKO Kickboxing, Consultant and Behavioral Health Coach**  
Hoboken, NJ - Madison location

2012-2014

Provided wellness workshops to the members of CKO. Reviewed weekly food logs and provide recommendations and feedback. Was available for individual consultation related to eating behaviors, stress management and other health behaviors.

**Bellevue Center for Obesity & Weight Management – Behavioral Program**  
New York, NY

September 2011 – October 2016

Developed clinical treatment and supportive programs to improve patient care and clinical outcomes. Developed a buddy program to facilitate communication between new and veteran surgical weight loss patients. Developed and facilitated bariatric support groups. Developed and implemented pre-operative weight loss classes for surgical patients. Developed psycho-educational groups to improve understanding of surgery and teach basic behavioral strategies to improve eating and other health related behaviors. Developed and facilitated post-surgical treatment groups to provide patients with continued care to assist them when facing the many challenges after surgery, as well as teaching skills to assist patients with continued behavior change. Supervised other licensed psychologists and doctoral level psychology students.

**Medical University of South Carolina – Bariatric Surgery/Behavioral Medicine**  
Charleston, SC

August 2010 – August 2011

Assisted in the development of a behavioral program for patients seeking bariatric surgery. Clinical liaison to MUSC's ASMBS-accredited Bariatric Surgery Center. Coordinated clinical services for all pre- and post-operative bariatric surgery referrals to the Behavioral Medicine Clinic. Assisted in the development of the pre-surgical psychosocial evaluation that was to be used by all staff. Developed and facilitated "Get Back on Track" groups for post-surgical patients.

**Fairleigh Dickinson University – Center for Psychological Services**  
Hackensack, NJ

September 2008- June 2009

Served as the Co-Coordinator of the sport psychology externship program. Developed a program to assess the strengths and needs of the university athletes. Provided peer supervision to other doctoral level psychology students.

**Wellspring Weight Loss Camps - Wellspring, NY**

June 2008- August 2008

Served as the Deputy clinical Director and supported the Clinical Director in the daily clinical operations for a health, fitness and weight loss treatment program for female adolescents and young adults. Supervised MA level psychology students.

**Fairleigh Dickinson University – Center for Psychological Services**  
Hackensack, NJ

May 2007- June 2008

Served as Clinic Coordinator. Coordinated day-to-day clinical operations for a University-based training clinic that served community members with minimal economic and social resources. Served as a liaison between the faculty and practicum students, and between the Director and students, as well as professional staff when appropriate. Identified and addressed work processes in need of improvement. Involved in facilitation of new clinical initiatives. Helped conduct weekly case meetings.

## **Teaching/ Mentoring**

**Ferkauf Graduate School of Psychology- Yeshiva University – New York, NY**  
Adjunct Clinical Supervisor

September 2017 – Present

**Ferkauf Graduate School of Psychology- Yeshiva University – New York, NY**  
Doctoral dissertation committee member Ph.D. level Psychology Student

2014 –2017

<b>Bellevue Psychology Externship Program</b> —New York, NY Head Supervisor, Obesity and Weight Management/Bariatric Surgery	2014-2016
<b>NYU School of Medicine</b> – New York, NY Instructor, <i>Obesity and the Role of the Mental Health Provider</i> within the course titled: <i>Updates in the Clinical Management of Psychiatric Disorders: Eating Disorders</i>	March 2014
<b>NYU School of Medicine</b> – New York, NY Faculty in Department of Psychiatry	September 2011- Present
<b>Fairleigh Dickinson University</b> – Teaneck, NJ Instructor, <i>Health Psychology</i> Undergraduate Students	September - December 2008
<b>Fairleigh Dickinson University</b> – Teaneck, NJ Instructor, <i>Freshman Seminar</i>	September - December 2006

## **Leadership, Honors & Awards**

<i>Professional Committees:</i>	Annual Program Committee, <b>The Obesity Society</b> (2017- Present) <b>American Society for Metabolic and Bariatric Surgery</b> , Abstract Review Sub-committee, Integrated Health Professional Education Committee (2014- present) NYC <b>Walk from Obesity</b> Planning Committee (2013- present) <b>American Society for Metabolic and Bariatric Surgery</b> , NY State Chapter (2013-present) Professional Development Committee, <b>Bellevue Hospital Dept of Psychology</b> (2011-2013) Early Career Professionals Council, <b>APA Division 38</b> (2011-2013) Early-Career Member Committee, <b>The Obesity Society</b> (2011- November 2017)
<i>Chairperson:</i>	Early-Career Member Committee, <b>The Obesity Society</b> (Senior Advisor, 2016- 2017) NY <b>Walk from Obesity</b> Planning Committee (Chair, 2014, Co-Chair 2015 and 2019) Early-Career Member Committee, <b>The Obesity Society</b> (Chair, 2013-2016) <b>Psi Chi</b> National Psychology Honor Society (President of UMD Chapter, 2002) Community Service Committee, <b>Golden Key National Honor Society</b> (Chair, 2000)
<i>Awards</i>	Winning Paper selected for Obesity Week 1 <sup>st</sup> Annual Obesity Symposium (2013) The Obesity Society Covidien Research Grant (2010) Guterman-FitzSimons Research Fellowship Award (2009) New Jersey Psychological Association Master's Thesis Award (2008) Maryland House of Delegates Scholarship Award (2000)
<i>Honors</i>	Recognized as being an <b>Obesity Action Coalition Action Taker</b> (2019) Recognized by <b>Women's Health Magazine</b> as one of the <i>Most Inspiring Women of 2019</i> Recognized Reviewer for <i>Surgery for Obesity and Related Diseases</i> (2016) Fellow, <b>The Obesity Society</b> (2015) Recognized as an Outstanding Reviewer for <i>Appetite</i> (2013) Recognized for Extramural Distinction, <b>NYU Langone Medical Center</b> Dean's Honor Day (2012) Omicron Delta Kappa Leadership Honor Society (2002) Mortar Board National Honor Society (2002) Psi Chi National Psychology Honor Society (2001) Order of Omega Greek Honor Society for Scholarship and Leadership (2001) The National Society of Collegiate Scholars (2000) Primannum (Alpha Lambda Delta/ Phi Eta Sigma) Honor Society for Excellence in Academics (2000) College of Behavioral and Social Sciences Dean's List, University of Maryland (1999-2002) Dean's List, University of Maryland (1999-2000)

## **Clinical Research Experience**

July 2016- September 2016	<b>Principal Investigator</b> , <i>Bellevue Hospital Center/NYU School of Medicine, Yale University School of Medicine</i> Assisted in the design and implementation of a research study examining the psychosocial and obesity-related outcomes among English- and Spanish-speaking bariatric surgery candidates.
April 2015- Present	<b>Principal Investigator</b> , <i>Bellevue Hospital Center/NYU School of Medicine</i> Assisted in the design and implementation of a research study examining the Yale Food Addiction Scale (YFAS) in a Hispanic bariatric surgery seeking population.
July 2010- August 2011	<b>Post-Doctoral Fellow</b> , <i>Medical University of South Carolina, Behavioral Medicine Clinic, Charleston, SC</i> Designed and conducted a study determining the functional neuroanatomy and neural networks associated with weight gain post- gastric bypass surgery funded by Covidien through The Obesity Society. Involved in various projects examining bariatric surgery outcome data. <u>Mentors</u> : Jeffrey Borckardt, Ph.D., Patrick M. O'Neil, Ph.D.
July 2009- July 2010	<b>Psychology Intern</b> , <i>Medical University of South Carolina, Behavioral Medicine Clinic, Charleston, SC</i> Designed and conducted a study examining the effectiveness of transcranial direct current stimulation (tDCS) in decreasing food cravings. Assisted on several manuscripts within the behavioral medicine field, including obesity and organ transplantation. <u>Research Preceptor</u> : Jeffrey Borckardt, Ph.D.
September 2005- June 2009	<b>Research Fellow</b> , <i>Fairleigh Dickinson University, Psychology Department, Teaneck, NJ</i> Helped design and conduct a study that assessed how television programs geared towards young children were depicting healthy and unhealthy foods. Assisted on the preparation of grants and manuscripts. Helped design and conduct a study to predict children's BMI from environmental factors. <u>Supervisor</u> : Cynthia Radnitz, Ph.D.

## **Professional & Editorial Activities**

Ad Hoc Reviewer:	Journal of Epidemiology and Global Health (2017- Present)
Ad Hoc Reviewer:	Journal of Clinical Outcomes Management (2015-Present)
Ad Hoc Reviewer:	Appetite (2013-Present)
Ad Hoc Reviewer:	Journal of Addictive Behaviors, Therapy & Rehabilitation (2013-Present)
Ad Hoc Reviewer:	Journal of Public Health Research, (2013- Present)
Ad Hoc Reviewer:	Surgery for Obesity and Related Diseases (2012- Present)

## **Media Related Activities**

**Guest Author** 2017 - Present

Guest author of article titled "Clinical Psychologist Offers 10 Coping Mechanisms When You're Feeling Down or Stressed" for *SOS Safety Magazine*, November 22, 2017.

Guest author of article titled "WLS is Not Brain Surgery" for *ObeistyHelp.com* November 1, 2017.

Guest author of article titled "Emotional Eating after Weight Loss Surgery: What It Is and How to Conquer It." for *ObeistyHelp.com* May 12, 2017.

**Print and Online Features** June 2016 - Present

Featured in April 2, 2018 article in *Medium* titled "From #MeToo to #emPOWERed."

Featured in the June 2016 American Psychological Association's magazine *Monitor on Psychology* as part of the series *Adventures in Integrated Care; A Bariatric Psychologist*.

Quoted in several health related articles, including *The New York Times*, *TIME* magazine, *CNN*, *NBC News*, *US News & World Report*, *USA Today*, *Reader's Digest*, *Huffington Post*, *Shape*, *Self*, *Women's Health*, *Eat This, Not That!*, *SparkPeople*, *MyFitnessPal*, *Greatist*, *Real Simple*, *The List*, *Brit + Co*, *Medium*.

## Radio

Expert Guest

April 2014 – Present

Serve as an on-going expert guest live on **Sirius XM Ch 110 Doctor Radio** approximately once per month discussing health behaviors, disordered eating, obesity, weight management, bariatric surgery, and stress management.

Was an expert guest live on **CJAD Radio 800 Montreal** hosted by Leslie Roberts on August 30, 2017 discussing stress eating and binge eating.

## Publications

Publications and presentations appear under both current (Goldman) and former (Shechter) surnames.

Lawson, J.L., **Goldman, R.L.**, Swencionis, C., Wien, R., Persaud, A., & Parikh, M. (2019). 'Examining Food Addiction and Acculturation Among a Hispanic Bariatric Surgery-Seeking Participant Group. *Obesity Surgery*, <https://doi.org/10.1007/s11695-019-03799->

Ivezaj, V., Stoeckel, L., Avena, N., Benoit, S.C., Conason, A., Davis, J.F., Gearhardt, A., **Goldman, R.**, Mitchell, J.E., Ochner, C.N., Saules, K.K., Steffen, K.J., Stice, E., & Sogg, S. (2017). Obesity and addiction: can a complication of surgery help us understand the connection? *Obesity Reviews*.

Ashton, K., Alfred, D., Bolton, C., Davidson, P., **Goldman, R.**, & Grothe, K. (in preparation). Cultural competence and bariatric surgery: Culturally sensitive assessment and treatment of diverse bariatric surgery candidates.

**Goldman, R.L.**, Canterberry, M., Borckardt, J.J., Madan, A., Byrne, T.K., George, M.G., O'Neil, P.M., & Hanlon, C.A. (2013). Executive control circuitry differentiates degree of success in weight loss following gastric-bypass surgery. *Obesity*, 21(11), 2189-2196.

Wedin, S., Byrne, T.K., Morgan, K., LePage, M., **Goldman, R.**, & Crowley, N. (2012). Pre-surgical weight is associated with pain, functional impairment and anxiety among gastric-bypass surgery patients. *Pain Research and Treatment*, Article ID 412174, 5 pages.

Crowley, N., LePage, M. L., **Goldman, R.L.**, O'Neil, P.M., Borckardt, J.J., & Byrne, T.K (2012). The food craving questionnaire-trait in a bariatric surgery seeking population and ability to predict post-surgery weight loss at 6 months. *Eating Behaviors*, 13, 366-370. doi: 10.1016/j.eatbeh.2012.07.003

**Goldman, R. L.**, Radnitz, C. L., & McGrath, R. E. (2012). The role of family variables in fruit and vegetable consumption in preschool children. *Journal of Public Health Research*, 1(2), e22. doi: 10.4081/jphr.2012.e22

Madan, A., Archambeau, O.G., Milsom, V.A., **Goldman, R.L.**, Borckardt, J. J., Grubaugh, A.L., Tuerk, P., & Frueh, B.C. (2012). More than black and white: Differences in predictors of obesity among Native Hawaiian/Pacific Islanders and European Americans. *Obesity* advance online publication, 28 January 2012 (doi:10.1038/oby.2012.15).

**Goldman, R. L.**, Borckardt, J. J., Frohman, H., O'Neil, P. M., Madan, A., Campbell, L. K., Budak, A., & George, M. S. (2011). Prefrontal cortex transcranial direct current stimulation (tDCS) temporarily reduces food cravings and increases the ability to resist food in adults with frequent food craving. *Appetite*, 56, 741-746.

Lyon, G. J., Samar, S. M., Jummani, R., Hirsch, S., Spigel, A., **Goldman, R.**, Coffey, B. J. (2009). Aripiprazole in children and adolescents with Tourette's Disorder: An open-label safety and tolerability study. *Journal of Child and Adolescent Psychopharmacology*, 19(6), 1-10.

Radnitz, C., Byrne, S., **Goldman, R.**, Sparks, M. Gantshar, M. & Tung, K. (2009). Food cues in children's television programs. *Appetite*, 52, 230-233.

**Goldman, R. L.**, Radnitz, C.L. & McGrath, R.E. (2008). Posttraumatic stress disorder and major depression in veterans with spinal cord injury. *Rehabilitation Psychology*, 53, 162-170.

- Budman, C., Coffey, B., **Shechter, R.**, Schrock, M., Wieland, N., Spigel, A., & Simon, E. (2008) Aripiprazole in children and adolescents with Tourette's Disorder with and without explosive outbursts. *Journal of Child and Adolescent Psychopharmacology*, 18 (5), 509-515.
- Kurlan, R., Johnson, D., Kaplan, E., & the **Tourette Syndrome Study Group** (2008). Streptococcal Infection and Exacerbations of Childhood Tics and Obsessive-Compulsive Symptoms: A Prospective Blinded Cohort Study. *Pediatrics*, 121, 1188-1197.
- Coffey, B. J., & **Shechter, R. L.** (2006). Treatment of co-morbid obsessive compulsive disorder, mood, and anxiety disorders. In J.T. Walkup, J.W. Mink, & P. J. Hollenbeck (Eds.), *Advances in neurology: Tourette Syndrome* (Vol. 99, Chapter 21). Philadelphia: Lippincott Williams & Wilkins.
- Coffey, B.J., & **Shechter, R.** (2005). Tics and Tourette's Disorder. In W. M. Klyklyo & J. L. Kay (Eds.), *Clinical child psychiatry* (2<sup>nd</sup> ed., Chapter 23). England: John Wiley & Sons Ltd.
- Petrone, E., **Goldman, R.**, Chrousos, G.P., and Cizza, G. (2003) Glucocorticoid-induced osteoporosis basic mechanisms and clinical implications in *www.Endotext*, edited by L.De Groot.

## **Professional Presentations**

- Goldman, R.** (August 2, 2019). *The Changing Tides of Relationships after Weight-Loss*. Invited talk, Your Weight Matters National Convention, Tampa, FL.
- Grupski, A., Lillis, J., Littleberry, M., Davidson, P., and **Goldman, R.** (August 2, 2019). *A Complete Look at Mental Health and Obesity: Before, During after Treatment*. Invited talk, Your Weight Matters National Convention, Tampa, FL.
- Goldman, R.** (April 12, 2019). *Self-care and the Workplace*. Invited talk, Women + Media Career Summit at The New York Stock Exchange, New York, NY
- Goldman, R.** (September 23, 2018). *Paper: Behavioral Therapy*. Invited talk, 15<sup>th</sup> Annual Bariatric Summit, Boston, MA.
- Goldman, R.** (September 23, 2018). *Cognitive Behavioral Strategies with Weight Management*. Invited talk, 15<sup>th</sup> Annual Bariatric Summit, Boston, MA.
- Goldman, R.** (September 23, 2018). *Treating Disordered Eating in the Bariatric Population*. Invited talk, 15<sup>th</sup> Annual Bariatric Summit, Boston, MA.
- Davidson, P. B. and **Goldman, R.** (July 21, 2018). *Self-Image and Acceptance following Bariatric Surgery*. Invited talk, Your Weight Matters National Convention, Denver, CO.
- Goldman, R.** (July 21, 2018). *Exiting the Emotional Eating Rollercoaster*. Invited talk, Your Weight Matters National Convention, Denver, CO.
- Goldman, R.** (July 21, 2018). *Sleep, Stress and Your Health: Creating a Life of Self-Care*. Invited talk, Your Weight Matters National Convention, Denver, CO.
- Goldman, R.** (May 3, 2018). *The Psychological Treatment vs. Dietary and Medical Treatment regarding a Patient with weight recidivism during the "Surgery Debate session."* Invited talk, Annual New York State Chapter Conference of the American Society for Metabolic and Bariatric Surgery, New York, NY.
- Goldman, R.**, Lauretti, J., West-Smith, L., & Lawson, J. (November, 2017). *Tips for Managing Challenging Patients*. Invited talk, American Society for Metabolic and Bariatric Surgery Annual Meeting, Obesity Week 2017, Washington, DC.
- Lawson, J.L., **Goldman, R.L.**, Rabinowitz, R.S., Persaud, A., Swencionis, C., Leaque, A., & Parikh, M. (November, 2017). *Examining food addiction and acculturation in a Hispanic bariatric surgery-seeking population*. Poster presentation at the The Obesity Society Annual Meeting, Obesity Week 2017, Washington, DC.

- Goldman, R.,** Conason, A., & Crowley, N. (October, 2017). *Panel: Reaching the Masses: How to Use Social Media to Communicate with the Public*. Invited talk as part of Masters in Behavioral Health Course Health Session II at the American Society for Metabolic and Bariatric Surgery Annual Meeting, Obesity Week 2017, Washington, DC.
- Goldman, R.** (October, 2017). *Individualizing Psychological Care Plans for High Risk Patients*. Invited talk, Annual Michigan State Chapter Conference of the American Society for Metabolic and Bariatric Surgery, Detroit, MI.
- Goldman, R.** (June, 2017). *Behavioral Interventions*. Invited talk as part of the course titled Weight Recidivism Collaborative at the 2017 ASMBS Weekend, San Diego, CA.
- Goldman, R.** (June, 2017). *Tweeting Your Way to a Better Practice: Use of Social Media in Bariatrics*. Invited talk as part of the course titled IH What is the Latest and Greatest at the 2017 ASMBS Weekend, San Diego, CA.
- Lawson, J.L., **Goldman, R.L.,** Rabinowitz, R. Persaud, A., Swencionis, C., & Parikh, M. (November, 2016). *Validation of the Yale Food Addiction Scale 2.0 in a Hispanic Bariatric Surgery-Seeking Population*. Poster presented at The Obesity Society Annual Meeting, Obesity Week 2016, New Orleans, LA.
- Rabinowitz, R., Lawson, J.L., **Goldman, R.L.,** & Parikh, M. (November, 2016). *The Association between Difficulties in Emotion Regulation and Food Addiction*. Poster presented at The Obesity Society Annual Meeting, Obesity Week 2016, New Orleans, LA.
- Goldman, R.** (June, 2016). *Obesity and Weight Management: A Cognitive Behavioral Perspective*. Invited talk, Noom, New York, NY.
- Goldman, R.** (May, 2016). *Individualizing Psychological Care Plans for High Risk Patients*. Invited talk, 7<sup>th</sup> Annual New York State Chapter Conference of the American Society for Metabolic and Bariatric Surgery, New York, NY.
- Goldman, R.** (November, 2015). *Inside the Mind of the Obesity Clinician: A Difficult Case of Lifestyle/Behavior Modification*. Invited talk, The Obesity Society Annual Meeting, Obesity Week 2015, Los Angeles, CA.
- Goldman, R.** (November, 2015). *The Increasingly Diverse World of Bariatric Surgery*. Invited talk, the American Society for Metabolic and Bariatric Surgery Annual Meeting, Obesity Week 2015, Los Angeles, CA.
- Lawson, J.L., **Goldman, R.L.,** & Rabinowitz, R. (November, 2015). *Preliminary evaluation of food addiction in Hispanic bariatric surgery-seeking patients*. Poster presented at The Obesity Society Annual Meeting, Obesity Week 2015, Los Angeles, CA.
- Goldman, R.** (November, 2015). *Obesity and Weight Management- What a Health Psychologist Can Do*. Invited talk, Introduction to Psychology course at the College of Southern Maryland, Psychology Department, Leonardtown, MD.
- Goldman, R.** (October, 2015). *The Treatment of Obesity and Weight Management: A Cognitive Behavioral Perspective*. Invited talk, Bellevue Hospital Center, Department of Psychology Externship Seminar, New York, NY.
- Goldman, R.** (May, 2015). *Psychological Challenges in the bariatric patient*. Invited talk, 6<sup>th</sup> Annual New York State Chapter Conference of the American Society for Metabolic and Bariatric Surgery, New York, NY.
- Goldman, R.** (November, 2014). *Clinical dilemmas in the pre-surgical psychosocial evaluation and beyond: What would you do?* Invited talk, American Society for Metabolic and Bariatric Surgery Annual Meeting, Obesity Week 2014, Atlanta, GA.
- Goldman, R.** (November, 2014). *Inside the Mind of the Bariatric Behavioral Health Provider: The Importance of Communication and Working as a Team*. Invited talk, American Society for Metabolic and Bariatric Surgery Annual Meeting, Obesity Week 2014, Boston, MA.
- Goldman, R.** (November, 2014). *Obesity and Weight Management- What a Health Psychologist Can Do*. Invited talk, Introduction to Psychology course at the College of Southern Maryland, Psychology Department, Leonardtown, MD.
- Goldman, R.** (October, 2014). *The Treatment of Obesity and Weight Management: A Cognitive Behavioral Perspective*. Invited talk, Bellevue Hospital Center, Department of Psychology Externship Seminar, New York, NY.

- Goldman, R.L.,** Canterberry, M., Borckardt, J.J., Madan, A., Byrne, T.K., George, M.G., O'Neil, P.M., & Hanlon, C.A. (November, 2013). *Executive control circuitry differentiates degree of success in weight loss following gastric-bypass surgery*. Paper presented at Obesity Week 2013, Atlanta GA.
- Sogg, S., **Goldman, R.,** Friedman, K., & West-Smith, L. (November, 2013). *Clinical dilemmas in the pre-surgical psychosocial evaluation and beyond: What would you do?* Invited talk, American Society for Metabolic and Bariatric Surgery Annual Meeting, Obesity Week 2013, Atlanta GA.
- Goldman, R.** (April, 2013). *The Treatment of Obesity and the Role of the Mental Health Provider*. Invited talk, Bellevue Hospital Center Department of Psychiatry Clinical Case Conference, New York, NY.
- Goldman, R.** (July, 2012). *The Brain and Food*. Invited talk, Radcliffe Symposium on Weight Loss Surgery and Addiction, Cambridge, MA.
- Goldman, R. L.,** Borckardt, J. J., O'Neil, P. M., Madan, A., Petitpain, D., May, J. T., Loungani, R. S., Morgan, K. A., Byrne, T. K., & George, M. S. (June, 2012). *Identifying differences in brain activation associated with weight gain and weight loss following gastric-bypass surgery*. Presentation and poster presented at the 29<sup>th</sup> Annual Meeting of the American Society for Metabolic & Bariatric Surgery. San Diego, CA.
- Wedin, S., Byrne, T. K., Morgan, K., **Goldman, R. L.,** & Crowley, N. (April, 2012). *Pre-Surgical Weight is Associated With Pain, Functional Impairment and Anxiety among Gastric-Bypass Surgery Patients*. Poster presented at the 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. New Orleans, LA.
- Goldman, R.** (November, 2011). *Increasing Mindfulness and Relaxation to Promote Overall Health*. Invited talk, Hoboken Hadassah, Hoboken, NJ.
- Goldman, R. L.,** Borckardt, J. J., O'Neil, P. M., Madan, A., Petitpain, D., May, J. T., Loungani, R. S., Morgan, K. A., Byrne, T. K., & George, M. S. (October, 2011). *Identifying Cortical, Subcortical and Functional Neural Networks Associated with Weight Gain Following Gastric-Bypass Surgery*. Poster presented at The Obesity Society's 2011 Annual Scientific Meeting. Orlando, FL.
- LePage, M., Crowley, N., Wedin, S., Madan, A., **Goldman, R. L.,** Balliet, W., Galloway, S., & Borckardt, J. J. (October, 2011). *The MMPI-2 Validity Scales as Predictors of Post-Bariatric Surgery Weight Loss*. Poster presented at The Obesity Society's 2011 Annual Scientific Meeting. Orlando, FL.
- Goldman, R.** (October, 2011). *Obesity and Weight Management- What a Health Psychologist Can Do*. Invited talk, Fairleigh Dickinson University, Psychology Department, Teaneck, NJ.
- Goldman, R.** (July, 2011). *Changes - those you expected, those you didn't and those that are yet to come*. Invited talk, Medical University of South Carolina Bariatric Support group, Charleston, SC.
- Goldman, R.** (November, 2010). *Surviving the Holidays: How to beat (not eat) your holiday stress*. Invited talk, Medical University of South Carolina bariatric support group, Charleston, SC.
- Goldman, R. L.,** Borckardt, J. J., Frohman, H., O'Neil, P. M., Madan, A., Campbell, L. K., Budak, A., & George, M. S. (October, 2010). *The Effectiveness of tDCS in Decreasing Food Cravings*. Poster presented at The Obesity Society's 2010 Annual Scientific Meeting. San Diego, CA.
- Goldman, R.** (March, 2010). *Dis-Counting Sheep – Habits for better sleep*. Invited talk, Medical University of South Carolina, Charleston, SC.
- Goldman, R. L.,** Radnitz, C. L., & McGrath, R. E. (November, 2009). *The role of family environment variables in predicting fruit and vegetable consumption in preschool children*. Poster presented at the 43<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York.
- Campbell, L. K., Madan, A., Barth, K., **Goldman, R.,** & Borckardt, J. J. (October, 2009). *Psychosocial screening of solid organ transplant candidates with the Online Psychosocial Screening System (OPTS)*. Poster presented at the 4<sup>th</sup> National Conference of the Association of Health Psychologists in Academic Health Centers, St. Louis, MO.

Coffey, B., Jummani, R., Hirsch, S., Spigel, A., **Goldman, R.**, & Samar, S. (November, 2008). *Aripiprazole in children and adolescents with Tourette's Disorders: An open label safety and tolerability study*. Poster presented at the Annual Convention of the American Academy of Child and Adolescent Psychiatry, Chicago.

**Goldman, Rachel. L.** (October, 2008). *Comorbidity of Posttraumatic Stress Disorder and Depression in person with Spinal Cord Injury*. Paper presented at the New Jersey Psychological Association's Fall Conference, Iselin, NJ.

**Shechter, R. L.**, Radnitz, C. L., & McGrath, R. E. (August, 2007). *Comorbidity of PTSD and MDD in persons with SCI*. Poster presented at the 115<sup>th</sup> annual meeting of the American Psychological Association, San Francisco, CA.

Radnitz, C., Byrne, S., **Shechter, R.**, Sparks, M., Gantshar, M., & Tung, K. (November, 2007). *Assessment of food cues on children's television programs*. Poster presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Coffey, B., Gabbay, V., Meyer, L., Wachtel, C., Anam, S., Babb, J., Rabinovitz, B., **Shechter, R.**, Schrock, M., & Wieland, N. (October, 2006). *Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcus (PANDAS): Retrospective review of diagnosis and treatment in a large metropolitan area*. Poster presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry Annual Convention, San Diego, CA.

Capuano, C. A., Hradil, A., Rivera, A., Rosen, E., Mezick, E., **Goldman, R.**, Koziar, M. & Fayer, B. (2005). *Effect of music on exercise adherence and treatment outcomes in a study of overweight to moderately obese women*. Poster presented at the annual meeting of the North American Association for the Study of Obesity, Vancouver, British Columbia, Canada.

## **Other Professional Activities**

November 2, 2017	Co-Director of course <i>Tips for Managing Challenging Patients</i> at the 2017 American Society for Metabolic and Bariatric Surgery Annual Meeting, Obesity Week 2017, Washington, DC.
June 10, 2017	Co-Director of course <i>Weight Recidivism Collaborative</i> at the 2017 American Society for Metabolic and Bariatric Surgery Weekend, San Diego, CA.
November 2, 2016	Co-Chair of symposium <i>Reducing Weight Bias in Health Care</i> at The Obesity Society Annual Meeting, Obesity Week 2016, New Orleans, LA.
November 4, 2016	Co-Chair of symposium <i>Engaging Minorities in Weight Programs</i> at The Obesity Society Annual Meeting, Obesity Week 2016, New Orleans, LA.

## **Volunteer Experience**

September 17, 2017	<i>Run 10 Feed 10</i> , runner and partner
Sept 2017 - Present	<b>Ambassador</b> , <i>National Fitness Day</i>
July 2017-Present	<b>Women's Health Action Hero</b> , <i>Women's Health Magazine</i>
March 2017	<i>Cycle for Survival</i> 2016 team member and participant
Feb 2017- Present	<i>Girls on the Run NYC</i> , Coach
November 2016	<i>Girls on the Run NYC</i> , Sparkle Runner
March 2016	<i>Cycle for Survival</i> 2016 team member and participant
March 7, 2015	<i>Cycle for Survival</i> 2015 team member and participant
November 2013	<i>ING NYC Marathon</i> , <i>Team Continuum member</i> , raised money to care for the immediate needs of cancer patients from all over the world that are in treatment in New York City medical facilities, and trained for the marathon
2012 and 2007	<i>ING NYC Marathon</i> , <i>Team Continuum member</i> , raised money to care for the immediate needs of cancer patients from all over the world that are in treatment in New York City medical facilities, and runner in the marathon
Sept 2011- 2016	<b>Consultant and Sports Psychologist</b> for <i>Team Continuum Athletes</i> .
July 2011- 2014	<b>Consultant</b> , <i>Louie's Kids</i> , nonprofit organization that raises funds to help treat childhood obesity.
July 2010- 2014	<b>Writer and Program Co-Coordinator</b> , <i>Run Buddies</i> , a national athletic mentorship program, matching running mentors with aspiring young runners at risk for childhood obesity
August 2010	<i>Charleston Sprint Triathlon</i> , raised money for <i>Louie's Kids</i> , a non-profit organization that raises funds to help treat childhood obesity
October 2009	<i>Susan G. Komen Race for the Cure</i> , Charleston, South Carolina