Emerson Epstein, PhD
Curriculum Vitae

Bridging the gap between science and practice
Increasing access to evidence based psychological services

LICENSE

Licensed Clinical Psychologist (IL), #071.011413 — Active
APIT Authorized by PSYPACT, #24939 — Active

Private Practice Owner

Pivot Behavioral Health, PLLC — 7/25 - Ongoing
Services: Provide behavioral medicine services for overeating, insomnia, chronic pain, distress related to medical concerns, depression, and anxiety.

Clinical Trainer

CBT for Chronic Pain - Didactic and Consultation Group — 7/26 - Ongoing
Duties: Prepare presentation material, role-play clinical techniques, provide feedback on attendees' case presentations.

CBT for Emotional Disorders - Didactic and Consultation Group — 4/25 - Ongoing
Duties: Prepare presentation material, role-play clinical techniques, provide feedback on attendees' case presentations.

EDUCATION

Doctor of Philosophy

University of Nevada, Reno — 6/16 - 8/22
Program: Clinical Psychology
Dissertation: "Moderators of guided and unguided self-help for depression: The role of self-regulation."
Advisor: Anthony Papa, PhD

Master of Arts

University of Nevada, Reno — 8/12 - 5/16
Program: Clinical Psychology
Thesis: "Emotional eating is not for everyone: Examining moderators for the effect of emotions on self-control."
Advisor: Anthony Papa, PhD
GPA: 3.86

Bachelor of Science

University of New Mexico 1/06 - 12/10
Majors: Psychology, Biology
GPA: Cumulative 3.64, Psychology 3.94, Biology 3.61

TRAINING

Clinical Seminars

Behavioral Sleep Medicine 5/26 - Ongoing
Organization: University of Arizona
Moderator: Michael Grandner, PhD

Clinical Workshops

Cognitive Behavioral Therapy - Enhanced 10/26
Organization: University of Oxford - Center for Research on Eating Disorders
Presenter: Christopher G. Fairburn, DM

Cognitive Behavioral Therapy - Insomnia 10/24
Organization: University of Pennsylvania Medical School
Presenters: Michael Perlis, PhD, Donn Posner, PhD

Acceptance and Commitment Therapy 9/13
Organization: Utah State University
Presenters: Michael Twohig, PhD

Motivational Interviewing 3/13
Organization: University of Nevada, Reno
Presenters: Bill Miller, PhD

Applied Suicide Intervention Skills Training 2/10
Organization: Agora Crisis Center
Presenters: Molly Brack, MA

Postdoctoral Training

Health Psychology Associates 10/22 - 4/25
Clinics: Bariatric Psychology, General Mental Health
Supervisor: Deacon Shoenberger, PhD
Experiences: Conducted bariatric surgery evaluations, delivered brief cognitive behavioral interventions to promote health behaviors, delivered CBT-E for binge eating and CBT for insomnia.

Internship Program

William S. Middleton Memorial Veterans Hospital 8/21 - 8/22
Track: Primary Care Mental Health Integration
Rotations: Primary Care Mental Health Integration, Mental Health Clinic, Health Psychology
Supervisors: Alexs Faris, PhD, Lindsey Houghton, PhD, Amanda Bohlig, PhD
Experiences: Delivered brief interventions, co-lead a DBT binge eating group, ran MOVE weight management groups.

Externship Placements

Health Psychology Associates 1/20 - 7/20
Clinic: Neuropsychology
Supervisor: Josette Iribarne, PhD
Experiences: Administered neuropsychological assessment batteries (e.g., WAIS-IV, IVA-2-CPT; D-KEFS, and WMS-IV), wrote neuropsychological evaluations for memory, autism, etc.

Health Psychology Associates 7/16 - 8/17
Clinics: Bariatric Psychology, Pain Psychology, General Mental Health
Supervisor: Deacon Shoenberger, PhD
Experiences: Conducted pre-surgery evaluations (e.g., bariatric surgery, spinal cord stimulators) and employment evaluations (fitness for duty), delivered cognitive behavioral interventions for binge eating, chronic pain, anxiety, depression, post-traumatic stress, etc.

Community Health Alliance 7/15 - 6/16
Clinic: Integrated Care
Supervisor: Victoria Follett, PhD
Experiences: Conducted brief behavioral health interventions within a step-care model (e.g., diabetes management, smoking cessation, stress management, motivational interviewing, behavioral activation) within a Federally Qualified Health Center.

University of Nevada, Reno, Counseling Services 8/14 - 6/15
Supervisors: Kris Harris, PhD, Yani Dickens, PhD
Experiences: Participated in the eating disorder treatment team, conducted clinical assessments and cognitive behavioral interventions.

Departmental Practicums

Functional Analytic Psychotherapy Supervision Team 8/15 - 9/16
Supervisor: William Follett, PhD

Acceptance and Commitment Therapy Team 8/13 - 5/15
Supervisor: Steven C. Hayes, PhD

Cognitive Behavioral Therapy Team 8/12 - 6/15
Supervisor: Anthony Papa, PhD

Other Relevant Experiences

Crisis Call Center Worker & Executive Committee Member 2/08 - 3/12
Organization: Agora Crisis Center
Director: Molly Brack, MA

PUBLICATIONS

Peer-Reviewed Articles

Shinagawa, A., Ahrendt, A. J., **Epstein, E.**, Lambin, J., Lambin, R., Cox, M., Gevorkian, J., Shoenberger, D., Sasse, K. (2020). The association between adverse childhood experiences (ACEs) and postoperative bariatric surgery weight loss outcomes. *Obesity Surgery,* 1–9.

Kahler, J., Papa, A., **Epstein, E.**, & Levin, C. (2019). Attributions about bereaved spouses: Testing the myths of coping with loss. *OMEGA-Journal of Death and Dying, 84*(1), 1–28.

Chen, Y., Edgar, J. C., Huang, M., Hunter, M. A., **Epstein, E.**, Howell, B. C., Lu, B. Y., Bustillo, J., Miller, G. A., & Cañive, J. M. (2013). Frontal and superior temporal auditory processing abnormalities in schizophrenia. *Neuroimage: Clinical, 2*, 695–702.

Book Chapters

Papa, A., & **Epstein, E.** (2017). Emotion and emotion regulation. In S. C. Hayes & S. Hofmann (Eds.), *Core competencies of behavioral and cognitive therapies*. Oakland, CA: New Harbinger.

O'Donohue, W. T., & **Epstein E.** (2015). Scientific metaphysics and ontology. In R. Cautin & S. Lilienfeld (Eds.), *The encyclopedia of clinical psychology*. Hoboken, NJ: Wiley-Blackwell.

Smith, B. W., **Epstein, E.**, Ortiz, J. A., Christopher, J. P., & Tooley, E. M. (2013). The foundations of resilience: What are the critical resources for bouncing back from stress? In S. Prince-Embur & D. H. Saklofske (Eds.), Translating resilience theory for application with children, adolescents, and adults. New York, NY: Springer.

Selected Presentations

Epstein, E., Papa, A., Lees, E., Day, C. (2026, April). *Engagement in an internet-based self-help program for depression.* Poster session to be presented at the 46th meeting of the Anxiety and Depression Association of America, Chicago, IL.

Epstein, E., Papa, A., Buqo, T., Viernes, J., & Peterson, D. J. (2015, May). *Regulating tendencies for emotional eating: How working memory moderates the effect of emotions on self-control.* Poster session presented at the 27th meeting of the Association for Psychological Science, New York, NY.

Epstein, E., Kahler, J., Viernes, J., Buqo, T., & Papa, A. (2014, May). *Identity disruption: Goal disturbance and its role in grief after job loss.* Poster session presented at the 26th meeting of the Association for Psychological Science, San Francisco, CA.

Epstein, E., Kahler, J., Buqo, T., Papa, A., & Smith, B. W. (2014, April). *Emotional reactivity to music: The role of mindfulness.* Poster session presented at the 1st meeting of the Society for Affective Science, Bethesda, MD.

Epstein, E., Ortiz, J. A., Klonis, E., Rexroat, A., & Smith, B. W. (2012, May). *Music preference, a contributing factor for the effect of music on self-efficacy.* Poster session presented at the 24th meeting of the Association for Psychological Science, Chicago, IL.

Chen, Y., Howell, B. Edgar J. C., Huang, M., Hunter, M. A., **Epstein, E.**, & Cañive, J. M. (2012, Aug). *Regional specific theta, alpha, and gamma resting state abnormalities in schizophrenia.* Poster session presented at the 18th meeting of the International Conference on Biomagnetism, Paris, France.

Epstein, E., Lysne, P., Long, J., Sena, B., Monnig, M., Pommy, J., Lewine, J., & Thoma, R. J. (2011, April). *The relationship of alcohol use disorders, sensory gating and neuropsychological factors.* Poster session presented at the 18th meeting of the Cognitive Neuroscience Society, San Francisco, CA.

OTHER

Awards & Honors

Wilson, Jerry, and Betty Psychology Scholarship
Cum Laude Graduate from the University of New Mexico
New Mexico Lottery for Success Scholarship

Professional Organizations

Behavioral Health Tinnitus Providers Association
Society of Behavioral Medicine
Anxiety and Depression Association of America
American Psychological Association
Society for Affective Science
Association for Contextual Behavior Science
Association for Psychological Science
Cognitive Neuroscience Society

Rocky Mountain Psychological Association
Psi Chi Honor Society in Psychology