

LIZ DAVENPORT POLLOCK, Ph.D.
M.S., LCMFT, ACE-CPT

EDUCATION

- 2006-2011** **University of Maryland, Doctor of Philosophy, Family Science**
College Park, Maryland
Dissertation: The Association of Negative Family Processes in Early Adolescence on Health Status and Body Mass Index in Late Adolescence and Early Adulthood
- 2004-2006** **University of Maryland, Master of Science Degree in Marriage and Family Therapy (MFT),** College Park, Maryland
Thesis: The Relationship between Mental Health, Physical Health, Physical Appearance and Marital Dissatisfaction
- 1999-2004** **Rice University, Houston, Texas, Bachelor of Arts in Political Science and History**
Full Scholarship to attend Rice: NCAA Division I Women's Volleyball
- 2003** **University of Edinburgh, visiting student winter and spring term,** Edinburgh, Scotland, United Kingdom
- 1995-1999** **Walt Whitman High School, Bethesda, Maryland**

CLINICAL EXPERIENCE

- 2010** **CASE: Center for Adoption Support, Therapeutic Consultant**
Silver Spring, Maryland
Youth Teambuilding Facilitator
- Ran experiential workshop teaching communication skills, empowerment, focus and teambuilding for a group of middle school youth who are in foster or adoptive families through experiential activities.
- 2006-2009** **Kensington Wheaton Youth Services, Therapeutic Recreation Program**
Silver Spring, MD
Youth Challenge Program Coordinator & Therapist
- Developed and managed successful grant funded intervention designed for at-risk youth.
 - Coordinate and lead the therapeutic recreation outdoor adventure program combining therapy with physical activity and psycho-educational workshops for middle-school students and their parents.
 - In this year-long program, youths from 14 families participate in therapeutic outdoor adventures including cross country skiing, rock climbing, high ropes course, low ropes course, and kayaking. The youth and parents also participate in workshops on stress management, anti-bullying, parenting through adolescents, conflict resolution, alcohol prevention, and self-expression through art.
- 2006-2008** **Kensington Wheaton Youth Services, Silver Spring, MD**
Youth & Family Counselor
- Clinical provider of therapy services to a diverse client population. Provided family therapy for adolescents and their families dealing with family conflict,

divorce, remarriage, death, communication, anger management, emotion management, peer relationships, self-esteem, coping, behavioral problems and academic performance.

2005-2006 ADHD Family Course, University of Maryland, College Park, MD

Co-leader

- Co-lead the family-focused intervention program designed to educate and support families with at least one child with ADHD. Assessed clients and taught appropriate techniques to help families manage ADHD.

2005-2006 Externship, Viers Mill Elementary School, Linkages to Learning, Kensington Wheaton Youth Services. Wheaton, MD

Mental Health Therapist Intern

- Conducted therapy with children from the elementary school and their families focusing on family issues such as divorce, communication, problem solving, self-esteem, coping behaviors, behavioral problems, academic poor performance, and emotion expression and management.

2004- 2006 Family Service Center, University of Maryland, College Park

Staff Therapist Intern

- Managed 15-20 client cases weekly for a total of 640 client contact hours. Treatment units consisted of individuals, couples, and families.
- Responsibilities included assessing clients' present levels of functioning and family history, creating treatment plans, monthly case reports, communicating with outside agencies and prospective clients, and assisting in clinic administration.
- Participated in the Couples Abuse Prevention Program (CAPP) providing therapy for mildly to moderately abusive couples using a structured research protocol.
- Worked with clients diagnosed with depression, anxiety, ADHD and other emotion management processes that impact individual and family functioning as well as clients who suffer from alcoholism, substance abuse, and families struggling with divorce, separation, behavioral problems and poor school performance, and anger management.

TEACHING EXPERIENCE

2011-present Graduate course in "Human Development Across the LifeSpan", Virginia Tech University

Northern Virginia Center Campus, Marriage and Family Therapy program

Adjunct Faculty

2010-present Graduate course in "Counseling Techniques," Trinity University

Washington, DC, Counseling Department, School of Education and Human Services

Adjunct Faculty

- 2009** Graduate course in “**Introduction to Family Therapy**”, Trinity University, Washington, DC, Counseling Department, School of Education and Human Services
Adjunct Faculty
- 2007-2009** Undergraduate course, “**Individuals and Families**”, University of Maryland, College Park, School of Public Health, Department of Family Science,
Graduate Instructor
- 2007** Graduate course in “**Family Dynamics and Counseling**”, Marymount University, School of Education and Human Services, Department of Counseling, Balston, VA.
Adjunct Faculty Member
- 2007-present** **Guest Lecturer:** “Mental Illness and Couples Relationships” for University of Maryland FMSC 260; “Crime and Deviance” for Howard Community College, SOCI 101; “How to do APA Style” for University of Maryland FMSC 330 Family Theories and Patterns.

RESEARCH & ADDITIONAL EMPLOYMENT EXPERIENCES

- 2009-present** **Human Performance Resource Center & the Military Human Performance Laboratory**, Uniformed Services University, Bethesda, Maryland
Senior Family Fitness Scientist
- Clearinghouse of human performance optimization resources specifically geared towards the military.
 - Specializing in the Warfighter and his/her family; resilience promotion programs and research, family protective factors, integration of physical fitness performance optimization, psychological and cognitive strategies for performance optimization, and relationship optimization.
 - Serves as subject matter expert in multiple cross-service resilience working groups.
- 2008-present** **Fitness 4 Real, LLC**, Bethesda, MD
Founder and Certified Personal Trainer
- Founder and operator of Fitness 4 Real - a personal training company focusing on total body health, youth fitness, weight loss and performance optimization for all ages.
 - Assess physical fitness (total fitness, muscular strengths and imbalances, flexibility and balance), appropriate and realistic goals; and measures baseline and follow-up information (cardiovascular fitness, muscle strength, body fat percentage, circumference measurements...).
 - Create personalized training programs that teach proper training technique while improving endurance, strength, flexibility, and balance.
 - Motivate clients towards improving health/appearance leading to improved personal feelings of confidence and accomplishment.

- 2007-2008 Maryland Food Stamp Nutrition Education Program Research Project FRESH**
- Coauthored a paper on FRESH that was accepted to the Journal of Nutrition Education and Behavior, 2009.
Gross, S., Pollock, E & Braun, B (2010). Family influence: Key to fruit and vegetable consumption among 4th and 5th grade students. *Journal of Nutrition Education and Behavior*, 42(4), 235-241.
- 2006-2007 Maryland Food Stamp Nutrition Education Program, University of Maryland, Graduate Research Assistant**
- Managed three separate databases including data entry, cleaning, and analysis for the annual report of the Maryland Food Stamp Nutrition Education Program.
 - Wrote the Maryland Food Stamp Nutrition Education (FSNE) Program annual report including comprehensive analysis and evaluation of all quantitative evaluation program data from the FSNE programs.
 - Project coordinator - acted as a liaison between the UMD FSNE data team and the state FSNE office. Prepared supportive materials as needed, as well as wrote reports describing the different waves of data collected.
 - In charge of all database management and inputter accuracy. Trained research assistants in SPSS. Developed Policies and Procedures Manual for the University of Maryland FSNE team that created standard operating procedures and an institutional memory.
- 2006-2007 Maryland Food Stamp Nutrition Education Program, College Park, MD Research Project FRESH, Graduate Research Assistant**
- Became involved with the FRESH project from the beginning with IRB approval, evaluation of materials and systematic improvements throughout the research process.
 - Managed five FRESH databases including creating the databases, managing data, coding data, cleaning data, analyzing data, writing reports, and evaluating progress.
 - Managed two, then four, undergraduate research assistants in the research process and data inputting – trained them in SPSS and inputter accuracy.
 - Communicated with the FSNE FRESH team regarding FRESH data, results, and the research process.
- 2003-2004 Michelle Hebl, Rice University, Social Psychology Lab, Houston, TX Undergraduate Research Assistant**
- Assisted in research that examined prejudice, diversity in the workplace, obesity, and gender issues.
 - Member of the Hebl Lab that conducted the study that became the paper: King, E, Shapiro, J., Hebl, M., Singletary, S., & Turner, S (2006). The stigma of obesity in customer service: A mechanism for remediation and bottom-line consequences of interpersonal discrimination. *Journal of Applied Psychology*, 91(3), 579-593.
- 2003-2004 Jane Campbell Research Assistant, Houston, Texas**

- Assisted Dr. Jane Campbell in research for the sequel to “Becoming an Effective Supervisor: A Workbook for Counselors and Psychotherapists” (Paperback).

- 2002** **The White House, Washington, D.C.**, Office of Management & Administration, West Wing, Appointment
- 2001** **The White House, Washington, D.C.**, White House Management, Eisenhower Executive Office Building, Appointment
- 2003, 2004** **American University, Volleyball Coach**, Summer Camps, taught volleyball to beginner, intermediate and advanced youth from age 7 to 18.
- 2004** **Montgomery College, Assistant Volleyball Coach**, Assisted Head Volleyball Coach at Montgomery County coach the women’s volleyball team at a junior college with 18-22 year old athletes. Assisted in skill training, weight training and performance enhancement.
- 1999-2003** **Rice University, Athlete**, Division I Collegiate Full Scholarship Athlete
- 1999-2003** **Rice University**, Mentored young children in the community and taught clinics and workshops on volleyball.

PUBLICATIONS

Bowles, S., **Pollock, E.**, Cato, C., Moore, M. et al. (In Press, 2011). Building Resilience in the Military Family During and Following Deployment. Book Chapter.

Gross, S., Pollock, E & Braun, B (2010). Family influence: Key to fruit and vegetable consumption among 4th and 5th grade students. *Journal of Nutrition Education and Behavior*, 42(4), 235-241.

Pollock, E. (2010). How much sleep should a Warfighter receive in an active deployed environment? Human Performance Resource Center: On Your Mind. Retrieved at <http://www.humanperformanceresourcecenter.com/performance-news/on-your-mind/2010/06/17/how-much-sleep-does-a-warfighter-need-in-an-active-deployed-environment>.

Pollock, E. (2010). Does EPO enhance cognitive performance at high altitude? Human Performance Resource Center: On Your Mind. Retrieved at <http://www.humanperformanceresourcecenter.com/performance-news/on-your-mind>

Pollock, E. (2009). Childhood obesity. Uniformed Services University Center for Health Disparities: Equal Health Newsletter, 3(5).

Pollock, E. (2007). The Child Nutrition Act & the Child Nutrition Promotion and School Lunch Protection Act of 2006. Policy brief. University of Maryland.

PROFESSIONAL PRESENTATIONS

- Pollock, E. (2011).** The Balancing Act: Stress Management for Female Physicians. Montgomery County Medical Society. Rockville, Maryland.
- Pollock, E & Kehr, B. (2011).** The EAP Professional as a “First Responder” to Executive Stress. DC Chapter Employee Assistance Professionals, September 15, 2011.
- Bowles, S., Moore, M., Cato, C., Pollock, E. & Bates, M. (2011).** **Military Family Fitness Model. Forging the Partnership: 2011 DoD/USDA Family Resilience Conference, April, 27, 2011.**
- Pollock, E. & Zeno, S. (2010).** How to be an excellent youth mentor. Prince George’s County Parks and Planning Commission Youth Leader In-Staff Training, College Park, Maryland.
- Pollock, E. (2010).** Fostering Resilience through Stress Management and Relationship Building. Prince George’s County Parks and Planning Commission Safety Conference. College Park, Maryland.
- Pollock, E. (2010).** Participation in the Defense Centers of Excellence Care Providers Resilience Building Working Group. Representing the Human Performance Resource Center, San Antonio, Texas.
- Pollock, E. (2009).** Participation in the Air Force Resilience Working Group to develop a Resilience Curriculum for the Air Force. Representing the Human Performance Resource Center, San Antonio, Texas.
- Pollock, E. (2009).** Family Communication: Parent-Adolescent Relationships. The Youth Challenge Program. Wheaton, Maryland.
- Heimdal, J., Pollock, E., Deuster, P., Nelson, B., Poth, M., Sbrocco, T., Hamilton, J. & Tate, C. (2009).** Addressing health disparities in a minority student population. Poster Presentation at the Office of Minority Health’s 2009 Third National Leadership Summit on Eliminating Racial and Ethnic Disparities in Health on February 25th-27th, 2009.
- Dezfulian, T. M., Southard, A., Frey, R., Pollock, E., & Vanden Heuval, L. (2006).** An evidence-based approach to treating ADHD in the family. Presented at the American Association for Marriage and Family Therapy (AAMFT) Annual Conference, Austin, TX.
- Braun, B., Anderson, E., Pollock, E., Grutzmacher, S. (2006).** FSNE has its day in court: Maryland food stamp program evaluation. Presented at the Maryland Food Stamp Nutrition Program Annual Conference, Columbia, MD.

SELECTED AWARDS & RECOGNITION

- 2008- present American Council on Exercise certification as a Personal Trainer,** passed the national comprehensive exam to become a certified personal trainer.
- 2008 Distinguished Teaching Assistant Award** for the Academic Year 2007-2008 from the Center for Teaching Excellence, The Office of Undergraduate Studies, and The Graduate School at the University of Maryland.

- 1999-2004 All-Western Athletic Conference All-Academic Team, Middleblocker, Rice University Women’s Volleyball, NCAA Division I**
- 1999-2004 Rice University Women’s Volleyball, NCAA Division I, Western Athletic Conference**
- #7 in Hitting Percentage in Rice’s history for my career;
 - #7 in Block Assists in Rice’s history for my career;
 - #8 in Total Blocks in Rice’s history for my career.
- 2000 All-Tournament Team, University of Wisconsin** (the year they were in the NCAA National Championship Finals)
- 1994-1999 Voted “Most Athletic Female” in High School Senior Superlatives Awards**
- 1998 All-Metropolitan Area Girls Volleyball Team**
- 1998 & 1999 All-County First Team Girls Basketball**
- 1998 & 1999 Potomac Almanac “Player of the Year”**
- 1998 Chanel 21 “Athlete of the Week”**
- 1998 All-Met Honorable Mention Girls Basketball**
- 1998 All-County First Team Coed Volleyball**
- 1998 Washington Post Top 3 Basketball Leaders (Scoring) – Maryland Girls**
- 1997 Bookjammin Hoops Tournament – All-Tournament Team**
- 1997 Nike Blue Star Basketball Camp Southeast All-Star Team**
- 1997 Washington Post Top Performance of the Week for Maryland**
- 1997 All-County Honorable Mention Coed Volleyball**
- 1995, 1996, 1997 Triple Threat Award, Walt Whitman High School**
- 1995, 1996, 1997 Varsity Award (Girls Volleyball, Basketball & Coed Volleyball)**
- 1995 University of Maryland Basketball Camp All-Star Team**

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

- 2010-present** Obesity Society, member
- 2008-present** American Council on Exercise (ACE), Certified Personal Trainer, member
- 2008-present** American Red Cross, CPR, AED and First Aid certified
- 2004-present** American Association of Marriage and Family Therapy (AAMFT), Member
- 2006-present** University of Maryland National Council on Family Relations (UMCFR)