

## EMILY D. WOLODIGER, PH.D.

939 W. North Ave., Suite 875  
Chicago, IL 60642

Phone: (773) 888-4422  
Email: dr.wolodiger@cbgchicago.com

### **EDUCATION & LICENSURE**

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- Licensed Clinical Psychologist**, State of Illinois, #071010148 Oct. 2019—Present
- St. John's University**—Queens, NY Sept. 2013—May 2018  
**Doctor of Philosophy in Clinical Psychology**, *Received May 2018*
  - Awarded The Certificate of Academic Excellence, 2016 and 2018**Master of Arts in Clinical Psychology**, *Received May 2016*
- The University of Chicago**—Chicago, IL Sept. 2007—June 2011  
**Bachelor of Arts in Psychology with General Honors**

### **ACADEMIC APPOINTMENTS AND WORK EXPERIENCE**

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- Cognitive Behavioral Growth, LLC**—Chicago, IL Mar. 2020—Present  
*Licensed Clinical Psychologist*
  - Deliver evidenced-based therapy (e.g., CBT, DBT, ACT, and behavioral parent training) to children, adolescents, and adults with anxiety disorders, ADHD, behavioral difficulties, and/or emotional dysregulation.
- Rush University Medical Center**—Chicago, IL Oct. 2019—Present  
*Assistant Professor, Dept. of Psychiatry & Behavioral Sciences*  
*Lead Psychologist, Building Early Connections Program*
  - Co-facilitate the development of the Building Early Connections program, a 5-year, \$3.5 million SAMHSA grant-funded initiative that seeks to improve systems of care within RUMC and the larger West Side for common behavioral health concerns in children ages 8 and younger. Implement evidence-based parenting interventions for child externalizing, internalizing, and social-communication problems. Train and supervise RUMC and community providers in evidence-based parenting practices. Develop curricula for behavioral/mental health promotions across RUMC and West Side.

*Parenting At a Challenging Time (PACT) Clinician*

  - Assist in creating a new service line (PACT- Parenting At a Challenging Time) in RUMC's section of Supportive Oncology. Provide free consultations to parents with cancer who are concerned about the impact of their illness on their children. Collaborate with parents to build a developmentally-appropriate plan to support family communication and child coping.

### **SUPERVISED CLINICAL EXPERIENCE**

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- Rush University Medical Center**—Chicago, IL Aug. 2018—Oct. 2019  
*Postdoctoral Fellow, Community Behavioral Health*  
Supervisor: Jonathan Goldner, Ph.D.
  - Provided weekly outpatient psychotherapy (individual, family, and group modalities) to

children, adolescents, and families in the following community settings: general child/adolescent outpatient clinic, a homeless shelter for pregnant/parenting young women, the Chicago YMCA's Youth Safety & Violence Prevention program, a school-based health clinic, and the Road Home Program for veterans and their families.

*Predoctoral Psychology Intern, Child/Adolescent/Pediatric Track*

July 2017—June 2018

Pediatric Inpatient Consultation:

Supervisor: Katherine McLean, Ph.D.

- Conducted psychoemotional assessments for children and adolescents experiencing medical challenges including psychogenic seizures, functional abdominal pain, sickle cell anemia, diabetes, asthma, and gastrointestinal problems. Collaborated with multidisciplinary medical team and utilized short-term therapeutic interventions to improve coping and reduce distress.

Pediatric Psychosocial Oncology:

Supervisor: Katherine McLean, Ph.D.

- Provided inpatient psychosocial support and intervention to children and young adults hospitalized for cancer treatment and related complications. Followed patients throughout the treatment course and addressed issues such as depression, anxiety, survivorship concerns, and end-of-life care. Also provided outpatient therapy as needed.

Outpatient Therapy:

Supervisors: Michelle Greene, Ph.D., Katherine McLean, Ph.D., Jeannie Aschkenasy, Ph.D.

- Delivered weekly outpatient psychotherapy to children and adolescents presenting to three specialty clinics (Parenting/ADHD, Medical Coping, and Mood/Adjustment). Treatment modalities employed across clinics included behavioral parent training, PCIT, CBT, and DBT.

Outpatient Neurodevelopmental Assessment:

Supervisors: Michelle Greene, Ph.D., Michael Nelson, Ph.D.

- Conducted comprehensive neurodevelopmental evaluations for complex pediatric cases. Children/adolescents required assessment for conditions including ADHD, learning disabilities, ASD, congenital anomalies, seizure disorders, and developmental delay. Responsibilities included conducting initial family interviews, constructing and administering appropriate test batteries, scoring, interpreting, writing reports, and providing feedback to families.

High-Risk Infant Inpatient and Outpatient Neurodevelopmental Assessment:

Supervisors: Michael Nelson, Ph.D., Michelle Greene, Ph.D.

- Conducted Brazelton assessments on premature infants hospitalized in the neonatal intensive care unit (NICU). Conducted follow-up Bayley assessments with infants 8 and 20 months after birth. Assessed their current cognitive, language, and motor functioning and provided recommendations to parents and medical staff.

Rush Day School Group Therapy:

Supervisor: Nneka Onyezia, Ph.D.

- Co-led group therapy with children and adolescents. Assisted with development of appropriate social skills and coping strategies. Provided in-vivo feedback to students regarding their behavior and participation in group.

**Northwell Health, Zucker Hillside Hospital**—Glen Oaks, NY

July 2016—June 2017

*Extern, Adolescent Inpatient Unit (1 West)*

Supervisor: Madeline McGee, Ph.D.

- Delivered therapy in an acute-care psychiatric inpatient unit for adolescents presenting with severe psychopathology, including bipolar disorder, psychosis, PTSD, and other complex psychosocial issues. Treatment provided was short-term individual and family therapy within a DBT framework. Provided case management, coordination of services, and disposition planning. Presented case updates in multidisciplinary team meetings. Co-led two DBT skills groups and one Community Meeting per week. Implemented crisis management and behavior modification in the therapeutic milieu. Administered psychological evaluations as needed for diagnostic clarification and placement decisions.

**Child HELP Partnership**—Queens, NY

June 2016—June 2017

*Trauma-Focused CBT Clinical Practicum*

Supervisor: Elissa Brown, Ph.D.

- Provided Trauma-Focused CBT to child and adolescent trauma survivors and their caregivers. Conducted case management and coordination of services. Presented case updates at weekly supervision meetings, facilitated by audio-recorded sessions. Continued to provide weekly CBT to child and adolescent patients through St. John's Center for Psychological Services.

**NYU Child Study Center**—New York, NY

July 2015—June 2016

*Extern, ADHD Lifespan Track*

Supervisor: Mary Solanto, Ph.D.

- Conducted comprehensive psychodiagnostic and neuropsychological evaluations for child, adolescent, and adult patients with suspected ADHD. Responsibilities included eliciting a thorough history, interpreting assessment results, report writing and case formulation, and providing feedback. Provided weekly individual CBT for young adults with executive dysfunction, addressing time management, organizational skills, and comorbid mood symptoms. Co-led a weekly, manualized CBT group for adults with ADHD and executive dysfunction. Administered the WASI-II and WAIS-IV Processing Speed subtests to participants in various clinical trials for psychiatric treatments of ADHD.

**St. John's University Center for Psychological Services**—Queens, NY

Clinical Psychotherapy Practica

Sept. 2014—May 2016

Supervisors: Kristene Doyle, Ph.D., Tamara Del Vecchio, Ph.D.

- Conducted weekly evidence-based therapy with children, adolescents, and families presenting at a community clinic with emotional and behavioral challenges. Presented case updates at weekly supervision meetings and provided peer feedback.

Psychological Assessment Practicum

Sept. 2014—May 2015

Supervisor: Raymond DiGiuseppe, Ph.D.

- Administered comprehensive psychological evaluations for children, adolescents, and young adults presenting for diagnostic clarification and intervention recommendations. Common diagnoses included ADHD, learning disorders, ODD, and anxiety. Utilized cognitive and achievement assessments, along with objective and projective personality measures. Responsibilities included constructing test batteries, scoring assessments, writing integrated reports, and conducting feedback sessions with families.

Psychotherapy Intake Practicum

Sept. 2013—May 2014

Supervisor: Alice Pope, Ph.D.

- Conducted thorough psychological intake evaluations of child clients and obtained collateral information through parent interview. Supervision was in-vivo, facilitated by the use of a one-way mirror. Focused on case conceptualization, report writing, and treatment recommendations.

## **VOLUNTEER CLINICAL EXPERIENCE**

### **New York City Children’s Grief Connection—Queens, NY**

*Bereavement Group Volunteer*

Sept. 2014—Dec. 2014

- Co-led a weekly, manualized therapy group for grieving children.

### **Advocate Illinois Masonic Medical Center—Chicago, IL**

*Pediatric Developmental Center Volunteer*

Feb. 2012—Aug. 2013

- Assisted in administering behavior and developmental therapy three mornings a week in the early intervention program for toddlers diagnosed with ASD. Collaborated with licensed psychologists, therapists, and social workers in preparing the session’s activities and assessing individual goals for each child.

## **SPECIALIZED CLINICAL TRAINING**

*Acceptance and Commitment Therapy- Adolescent Substance Misuse Training*

Aug. 2019

Two-day training with Christian Thurstone, M.D., Denver Health

*Crisis Response Planning for Suicidal Patients*

One-day training with Craig Bryan, Psy.D., Rush University Medical Center

Aug. 2019

*Cognitive Processing Therapy- Training for Clinicians*

Two-day training with Michelle Bowen, LCSW, Rush University Medical Center

Aug. 2019

*Families OverComing Under Stress (FOCUS)- Training for Clinicians*

Three-day training, Rush University Medical Center

Dec. 2018

*Autism Diagnostic Observation Schedule- 2<sup>nd</sup> Edition- Training for Clinicians*

Three-day training with Valeria Nanclares-Nogues, Psy.D., Advocate Illinois Masonic Medical Center

Dec. 2017

*Trauma-Focused Cognitive Behavioral Therapy- Training for Clinicians*

Two-day training with Elissa Brown, Ph.D., St. John’s University

June 2016

## **RESEARCH EXPERIENCE**

### **St. John’s University, Department of Psychology—Queens, NY**

*Doctoral Dissertation and Master’s Research*

Sept. 2013—May 2018

Advisor: Alice Pope, Ph.D.

- Analyzed data from large longitudinal dataset collected in the Craniofacial Center of an urban academic medical center. Projects examined parenting stress and child adjustment in a population of children with congenital craniofacial anomalies.

### **The Social Stress and Health Research Unit, St. John’s University—Queens, NY**

*Doctoral Fellow*

Sept. 2013—Aug. 2015

Supervisor: Elizabeth Brondolo, Ph.D.

- Recruited, assessed, and interviewed patients at a community hospital for projects on the effects of social stressors on mood, health, and parenting behaviors. Analyzed data and interpreted findings to present in regional and national conferences.

**National Opinion Research Center, The University of Chicago—Chicago, IL**

*Graduate Research Assistant*

Aug. 2012—Aug. 2013

- Coordinated assessment administration for a project evaluating an educational intervention seeking to improve early preparedness for school (“Getting on Track Early for School Success”). Administered math achievement assessments to preschoolers in Chicago Public Schools and managed data entry of assessment results. Conducted telephone interviews with 400 program directors for a project investigating the accessibility of food assistance in Detroit. Constructed primary survey measure and maintained telephone call database.

*Telephone Interviewer*

Feb. 2012—Aug. 2012

- Conducted 10- to 45-minute telephone interviews on behalf of the CDC to gather data for nationwide surveys on children’s health and childhood immunizations.

**The Self and Social Judgment Lab, The University of Chicago—Chicago, IL**

*Research Assistant*

Dec. 2010—July 2011

- Coordinated participant recruitment for studies involving social cognition and perspective-taking. Assessed participants in laboratory and field settings.

**PEER-REVIEWED PUBLICATIONS**

**Wolodiger, E.** & Pope, A. (2019). Associations between parenting stress at school-entry and later psychosocial adjustment: a longitudinal study of children with congenital craniofacial anomalies. *The Cleft Palate-Craniofacial Journal*, 56(4), 487-494.

**PUBLICATIONS/CHAPTERS UNDER REVIEW**

**Wolodiger, E.**, Goldner, J., Lofgreen, A., Saltzman, W., Lester, P., & Karnik, N. (2020). Child maltreatment in military families: Risk and protective factors, and family-systems interventions. In: Geffner R., Vieth V., Vaughan-Eden V., Rosenbaum A., Hamberger L., White J. (eds) *Handbook of Interpersonal Violence Across the Lifespan*. Springer, Cham.

Stiles-Shields, C., Pothoff, L., Bounds, D., Burns, M., Draxler, J., Otwell, C., **Wolodiger, E.**, & Westrick, J. (2020). Using the technology they already have: A systematic review of harnessing mobile and smart phones to target underserved pediatric populations.

**POSTERS, PAPER PRESENTATIONS, & SYMPOSIA**

**Wolodiger, E.**, Otwell, C., Iyengar, C., Drazba, C., Holmes, M., Lowell, G., Karnik, N., & Wainer, A. *Building Early Connections: Developing Integrated Behavioral Health in Pediatric Primary Care at Rush University Medical Center*. Presentation to be given at the 2020 annual meeting of the Society of Pediatric Psychology, Dallas, TX. March 2020.

**Wolodiger, E.**, Winiarski, D., Rufa, A., Glover, A., Stiles-Shields, C., & Karnik, N. *Mental health concerns of homeless adolescent mothers presenting to a shelter-based clinic: Preliminary examinations*. Poster to be presented at the 2020 annual meeting of the Society of Pediatric Psychology, Dallas, TX. March 2020.

**Wolodiger, E.** (May, 2019). *Post-doctoral teaching experiences: Evidence-based therapies and healthy relationships for adolescents*. Poster presented at the Department of Psychiatry and Behavioral Sciences 2<sup>nd</sup> Annual Trainee Symposium, Chicago, IL.

**Wolodiger, E. & Pope, A.** (April, 2019). *Trajectories of parenting stress and child psychosocial adjustment in a sample of children with congenital craniofacial anomalies*. Poster presented at the Society of Pediatric Psychology Annual Conference, New Orleans, LA.

**Wolodiger, E.** (April, 2018). *Children with craniofacial anomalies: Does parenting stress at school-entry contribute to child psychosocial problems?* Behavioral Sciences Grand Rounds presented at Rush University Medical Center, Chicago, IL.

**Wolodiger, E. & Pope, A.** (April, 2016). *Associations between parenting stress at school-entry and child psychosocial adjustment: A longitudinal study of children with craniofacial anomalies*. Poster presented at the Society of Pediatric Psychology Annual Conference, Atlanta, GA.

**Wolodiger, E.;** Ng, W.; Liang, A.; Carrasco, J.; Shaham, L.; Osei-Tutu, N.; Brondolo, E. (May, 2015). *Racism as a barrier to parental involvement in academic development*. Poster presented at the 27<sup>th</sup> Annual convention of the Association for Psychological Sciences, New York, NY.

**Wolodiger, E.;** Marino, D.; Fausto, B.; Brondolo, E. (April, 2015). Racism as a barrier to parental involvement in academic development. In **E. Wolodiger** (Chair), *Racism/Ethnic Discrimination and Mental Health: Pilot Studies of Potential Pathways*. Symposium conducted at Hunter College's 43<sup>rd</sup> Annual Psychology Convention, New York, NY.

Brondolo, E., **Wolodiger, E.**, Ng, W. J., Wales, V., Basello, G., & Roth, A. (March, 2015). Racism and breastfeeding: Barriers in a community sample of women. Paper presented at the American Psychosomatic Society 73<sup>rd</sup> Annual Meeting, Savannah, GA.

Zachowski, E.; Dang, K. A.; **Wolodiger, E.;** Ng, W. J.; Wales, V.; Liang, A.; Basello, G.; Roth, A.; Brondolo, E. (November, 2014). *Racism as a barrier to breastfeeding in a community sample*. Poster presented at Hofstra University at the Downstate Regional Family Medicine Conference, Hempstead, NY.

## **INVITED TALKS**

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**Wolodiger, E. & Otwell, C.** (January, 2020). *Wellness for healthcare professionals*. One-hour didactic presented to Medical and Nursing Students at Rush University Medical Center, Chicago, IL.

**Wolodiger, E.** (November, 2019). *Trauma-Focused Cognitive Behavioral Therapy*. Two-hour didactic presented to Child Psychology externs and Social Work interns at Rush University Medical Center, Chicago, IL.

Montes, S. & **Wolodiger, E.** (July, 2019). *The trauma-informed lens*. Three-hour workshop presented to staff and mentors in the Schuler Scholar Program, Chicago, IL.

**Wolodiger, E.** (April, 2019). *Dialectical Behavior Therapy for adolescents*. Two-hour training presented to Psychiatric Nurse Practitioners and Social Workers in the School-Based Health Clinics at Rush University Medical Center, Chicago, IL.

**Wolodiger, E.** (February, 2019). *Cognitive Behavioral Therapy for adolescents*. Two-hour training presented to Psychiatric Nurse Practitioners and Social Workers in the School-Based Health Clinics at Rush University Medical Center, Chicago, IL.

**Wolodiger, E.** (December, 2018). *Healthy relationships*. Lectures presented at Richard T. Crane Medical Preparatory High School's "Wellness Day," Chicago, IL.

**Wolodiger, E.** (December, 2018). *Trauma-Focused Cognitive Behavioral Therapy*. One-hour didactic presented to Child Psychology externs at Rush University Medical Center, Chicago, IL.

**Wolodiger, E.** (September, 2018). *Trauma-Focused Cognitive Behavioral Therapy*. Two-hour didactic presented to Child Psychiatry fellows at Rush University Medical Center, Chicago, IL.

**Wolodiger, E.** (September, 2016). *ADHD across the lifespan*. Lecture presented at St. John's University, PSY 726 (Psychopathology Across the Lifespan I), Queens, NY.

## **TEACHING AND SUPERVISORY EXPERIENCE**

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**St. John's University**—Queens, NY

*Laboratory Instructor, Psychological Research Methods*

Sept. 2015—May 2017

- Taught a weekly 3-hour lab class for a section of 20 undergraduate psychology majors. Reinforced concepts from Psychological Research Methods using structured didactics and lab exercises. Graded all quizzes, tests, and written material, and provided comprehensive feedback on research proposals. Assisted students individually during office hours.

**St. John's University Center for Psychological Services**—Queens, NY

*Co-Supervisor, Assessment Practicum*

Sept. 2015—Dec. 2015

- Co-supervised 2<sup>nd</sup> year doctoral students in their Psychological Assessment Practicum. Assisted students in constructing appropriate assessment batteries, administering assessments, formulating case conceptualizations, and writing psychological reports.

**The Social Stress and Health Research Unit, St. John's University**—Queens, NY

*Teaching Assistant*

Sept. 2014—May 2015

- Assisted upper-level undergraduates and Master's level students on their projects for an experimental psychology course. Projects involved the relationships among stress, social interactions, and health behaviors. Met weekly with students to review existing literature, assess project progress, and answer research methods questions.

## **PROFESSIONAL MEMBERSHIPS AND ACTIVITIES**

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- Society of Pediatric Psychology (APA Division 54)  
Student Representative, Craniofacial Special Interest Group Jan. 2017—Dec. 2018
- Society of Clinical Child and Adolescent Psychology (APA Division 53)
- Association for Cognitive and Behavioral Therapies (ABCT)
- Ad hoc reviewer for The Cleft Palate-Craniofacial Journal