

## Elizabeth Cavic, EdM, MA

Research Coordinator in Trans, Intersex, and HIV-Related Mental Health,  
PRIME Center for Health Equity, Psychiatry Research Institute at Montefiore/Einstein  
Albert Einstein College of Medicine

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### EDUCATION

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**Teachers College, Columbia University** | New York, NY May 2022  
*EdM, Mental Health Counseling & MA, Psychological Counseling*  
Grade Point Average: 4.17  
*Sexuality, Women, and Gender Advanced Certificate*; Thesis: “Counseling Mixed-Race Women: Strengths, Risk Factors, and Therapeutic Recommendations”

**Cornell University** | Ithaca, NY May 2018  
*BS, Human Development; Concentration in Social and Personality Development*  
Grade Point Average: 3.72

### RELEVANT COURSEWORK

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**Fall 2020** Theories of Counseling, Professional and Ethical Issues in Psychological Counseling, Career Counseling and Development, Multicultural Counseling and Psychology, Women and Mental Health  
**Spring 2021** Consultation in Community Agencies and Resources, Foundation in Counseling, Working with Children and Families, Multicultural Psychopathology  
**Summer 2021** Evaluation and Research Methods in Counseling, Personality Development and Socialization Across the Lifespan, Practicum and Fieldwork in Psychological Counseling, Mother-Child Matrix  
**Fall 2021** Group Counseling, Federal Policy Institute  
**Spring 2022** Family and Couples Counseling, Assessment in Counseling Psychology, Positive Psychology

### RESEARCH AND COUNSELING INTERESTS

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Racial-cultural identity development; mixed-race and multicultural families; gender and sexuality development; diverse family structures; sexuality education; pregnancy and childbirth; child development and education; racial literacy and empowerment

### RESEARCH EXPERIENCE

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*Research Coordinator in Trans, Intersex, and HIV-Related Mental Health Equity* Feb 2021 – Present  
PRIME Center for Health Equity (PIs: Aaron S. Breslow, PhD & Benjamin Lê Cook, PhD, MPH)  
Albert Einstein College of Medicine/Montefiore Medical Center

- Coordinate three studies, including studies examining: (1) mental health service implementation for transgender and gender non-conforming patients ( $n=9,698$ ) funded by National Institute of Mental Health, (2) a cognitive-behavioral telehealth intervention for HIV+ older women funded by Einstein-Rockefeller-City University of New York Center for AIDS Research, and (3) minority stress among intersex populations.
- Collaborate with Principal Investigator(s) and university, department, and central administration to help ensure that research and related activities are performed in accordance with federal regulations and university and sponsoring agency policies and procedures.
- Assist PI in communication of study requirements to all individuals involved in the study. Provides appropriate training and tools for study team members. Documents date of training and signatures of study personnel trained on study specific training log.

- Lead independent studies and first-author publications, including, coordinating tasks and collaborating with co-authors
- Onboard research participants and assist in any and all administrative aspects of the study.

*Research Assistant*

Feb 2021 – May 2022

Stigma, Identity, and Intersectionality Lab (PIs: Brandon Velez, PhD)  
Teachers College, Columbia University

- Assisted doctoral students in all aspects of dissertation projects related to minority stress, racial identity, and experiences in therapy
- Assisted participant recruitment through online and word-of-mouth advertising
- Collected and prepared data for presentation and manuscripts

*Research & Teaching Assistant*

Feb 2021 – Aug 2022

Sex Education Initiative (PIs: Aurélie Athan, PhD and Riddhi Sandil, PhD)  
Teachers College, Columbia University

- Assisted in all aspects of course preparation, including reviewing applicants, developing presentation material, co-hosting groups within synchronous learning sessions, evaluating student assignments
- Assisted in developing and collecting course evaluation data from current and past participants
- Administrative and clerical work including processing completion certificates, troubleshooting online learning platforms, and finalizing recruitment materials

*Research Assistant*

Jan 2021 – May 2022

SOQIR Study (PI: Cindy Veldhuis, PhD)  
Columbia University School of Nursing

- Managed participant recruitment through online and in-person methods
- Interviewed queer couples regarding their relationship timing, development, stress levels, and substance use
- Scrubbed, stored, and analyzed study transcript data for both qualitative and quantitative findings

*Consensual Qualitative Research Assistant*

Aug 2020 – April 2021

Department of Counseling and Clinical Psychology  
Teachers College, Columbia University | New York, NY (PI: Narolyn Mendez, PhD)

- Transcribed and scrubbed 5+ hour-long participant interviews related to body image in Afro-Latinas, including components in both English and Spanish
- Completed emergent theme analysis and documented relevant quotes and assisted principal researcher with coding, writing, and editing
- Created and maintained databases with automatic data analysis features to minimize turnaround time
- Offered revisions and edits to doctoral dissertation

*Clinical Research Coordinator*

Jun 2018 – Jun 2020

Addictive, Compulsive, Impulsive Disorders Research Lab (PI: Jon Grant, JD, MD, MPH)  
Department of Psychiatry & Behavioral Neuroscience, University of Chicago | Chicago, IL

- Obtained informed consent, collected psychiatric intake; administered semi-structured interviews, standardized scales, fMRI tasks, and neurocognitive testing; managed study documents and electronic study records
- Wrote informed consent documents and study-specific forms; prepared IRB submissions; monitored study activities to ensure compliance with relevant regulatory policies; reported deviations and adverse events to IRB
- Created and managed study databases to streamline subject reconciliation; completed online data capture forms with participant psychiatric and medical history; collaborated with other sites to ensure efficient transfer of behavioral data; assisted and/or lead manuscript preparation

- Coordinated trials examining borderline personality disorder, intermittent explosive disorder, binge eating disorder, obsessive compulsive disorder, body-focused repetitive behaviors, gambling disorder, autism spectrum disorder, and Tourette's syndrome

*Undergraduate Project Lead*

Aug 2015 - May 2018

Personality, Attachment, and Control Lab (PI: Dr. Vivian Zayas)

Department of Psychology, Cornell University | Ithaca, NY

- Acted as a liaison between Principal Investigator (PhD candidate) and undergraduate research personnel; trained and supervised other undergraduate research assistants in lab protocols and data management
- Assisted experimental protocol development and collected empirical data on the impact of group inclusion and exclusion
- Managed lab schedule and all project-related communications from subjects and research personnel

*Research Assistant*

Adult Attachment Lab (PI: Cynthia Hazan, PhD)

Aug 2015 - May 2018

Department of Human Development, Cornell University | Ithaca, NY

- Collected, prepared, and summarized empirical data on the adult attachment and the psychological effects of separation
- Participated in literature reviews of relevant topics and prepared materials for human subjects
- Completed administrative and clerical duties, including training new research staff and handling petty cash

**TEACHING EXPERIENCE**

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*Adjunct Faculty, Sex Education Initiative*

Sep 2022 - Present

Teachers College, Columbia University | New York, NY

- Prepare course materials such as syllabi, homework assignments, and handouts
- Evaluate and grade students' classwork, assignments, and papers
- Conduct research in the field of sexual and relationship health psychology and publish findings in professional journals and electronic media

*Co-Facilitator, Intergroup Dialogue Project*

Aug 2017 - Dec 2017

Department of Education, Cornell University | Ithaca, NY

- Co-facilitated group dialogues and experiential activities related to racial privilege and oppression
- Provided support and advocacy for students of color in race-focused intergroup dialogues
- Lesson planned for 3-hour weekly class meetings and graded weekly assignments and final projects

*Teaching Assistant, Human Bonding*

Jan 2017 - May 2017

Department of Human Development, Cornell University | Ithaca, NY

- Assisted in course design, examination creation, and lecture material preparation
- Administered and graded examinations with open-ended short essay questions for a class of 600+
- Planned, scheduled, and facilitated review sessions for exams as requested by course instructor

*Seminar Leader, Adult Perspectives in Human Bonding*

Jan 2017 - May 2017

Department of Human Development, Cornell University | Ithaca, NY

- Reviewed and consolidated psychological literature pertinent to non-monogamous relationship
- Prepared and delivered seminar-style lectures to classes of approximately 25 students
- Peer-reviewed and offered guidance and feedback on research presentations

**COUNSELING & EDUCATION EXPERIENCE**

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*Counseling Intern*

May 2021 – Present

The Kull Institute for Psychotherapy

- Performed professional psychological assessments to identify and document clients' current mental state and condition, including an examination of sociocultural issues that may be impacting client wellness
- Provide individual counseling to clients on a regularly scheduled basis (typically weekly or bi-weekly), providing crisis intervention when necessary
- Attended group and individual supervision meetings on a weekly basis and in a prompt manner, and with an openness to learning and receiving feedback
- Refer clients to other health professionals as well as to other resources in the community such as support groups and other social services.

*Education and Advocacy Intern*

May 2017 - May 2018

Cornell LGBT Resource Center, Cornell University | Ithaca, NY

- Created and hosted programs designed to educate community members about issues relating to the LGBTQ+ community, communities of color, dis- and diff-abled communities, and other marginalized communities
- Collaborated and maintained working relationships with other campus organizations (La Unidad Latina, LGBT Student Union, Women's Resource Center, Black Students United, Asian and Asian American Center)
- Provided education regarding campus resources to students, faculty, and staff
- Served as a liaison between the university campus and LGBTQ+ Resource Center staff

*Childhood Education Research Intern*

May 2017 - Jul 2017

Cornell Cooperative Extension of Suffolk County | Riverhead, NY

- Surveyed parents' knowledge of play and observed play behavior in children ages two through eight
- Performed academic literature review on the multidimensional benefits of play
- Created educational play props for children ages 2-8 years in an outdoor classroom environment (including designing and building a mud kitchen)
- Scripted and recorded sound-bytes utilized for parent-education for each area of outdoor classroom ([mud kitchen](#), [active area](#), [building area](#), etc.) based on information collected from peer-reviewed literature

**PUBLICATIONS****Published Manuscripts**

- 4 Migó, M., Peters, A., Chou, T., Peris, T., Ricketts, E., Grant, J., **Cavic, E.**, Piacentini, J., Dougherty, D., Deckersbach, T. (2021). Neural correlates of associative learning in trichotillomania and skin-picking disorder. *Biological Psychiatry*, 89(9), S267-S268, <https://doi.org/10.1016/j.biopsych.2021.02.669>
- 3 **Cavic E.**, Valle S., Redden S.A., & Grant J.E. (2020). Sleep quality and its clinical associations in trichotillomania and skin picking disorder. *Comprehensive Psychiatry*, 105, 152221. <https://doi.org/10.1016/j.comppsy.2020.152221>
- 2 Pettorruso M., Valle S., **Cavic E.**, Martinotti G., di Giannantonio M., & Grant J.E. (2020). Problematic internet use (PIU), personality profiles and emotion dysregulation in a cohort of young adults: Trajectories from risky behaviors to addiction. *Psychiatry Research*, 289, 113036. <https://doi.org/10.1016/j.psychres.2020.113036>
- 1 Grant J.E., Valle S., **Cavic E.**, Redden, S.A., & Chamberlain, S.R. (2019). A double-blind, placebo-controlled study of vortioxetine in the treatment of binge eating disorder. *International Journal of Eating Disorders*; 52(7), 786-794. <https://doi.org/10.1002/eat.23078>

**Manuscripts in Preparation**

- 3 Breslow, A. S., Fazzari, M., Franz, P. J., **Cavic, E.**, Kubiszewski, P., Fisher, M. R., & Bauman, L. (2022). *Mental health and hospitalizations: Results from a large cohort analysis of associations between psychiatric history and time to hospitalization among people living with HIV in the Bronx, New York*. Manuscript in preparation.
- 2 Breslow, A., Alpert, J., **Cavic, E.**, Golub, S., Lê Cook, B., Lewis, O., & Progovac, A. (2022). *Mental health disparities among trans- and gender non-conforming mental health patients in the Bronx, New York*. Manuscript in preparation.
- 1 Breslow, A., Bassey, O., Bauman, L., **Cavic, E.**, Levin, J., Lopez, M., Sharma, A., Watnick, D., & Warren, B. (2022). *Piloting e-SMART/EST Telehealth Intervention to Reduce Depression in Older Women with HIV*.

## POSTERS & PRESENTATIONS

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### Talks at Scientific Meetings

- 2 **Cavic, E.** (2022, February 25). *Counseling mixed-race women: Strengths and challenges*. The 39th Annual Winter Roundtable Collective Action & Liberatory Practices in Psychology and Education. New York, NY.
- 1 Baker, B. A., Vera, T., **Cavic, E.**, Endale, T., & Manosalvas, K. (2022, February 25). *Pouring from Abundance: Self and Collective Care as Liberatory Practices for BIPOC Communities*. The 39th Annual Winter Roundtable Collective Action & Liberatory Practices in Psychology and Education. New York, NY.

### Invited Talks & Presentations

- 5 **Cavic, E.** (2022, September 29). Latinx in Healthcare Symposium 2022, Mohawk Valley Community College. Utica, NY.
- 4 Breslow, A. S., Zayde, A., & **Cavic, E.** (2022, July 7). *Supporting trans and non-binary health through integrated, gender-affirming care at Montefiore/Einstein*. Montefiore Internship Program. Bronx, NY.
- 3 **Cavic, E.** (2017, May 8). *Polyamory*. Cornell Has Sex: A Symposium for a More Sexually Intelligent Campus, Cornell University. Ithaca, NY.
- 2 **Cavic, E.**, & Khuu, A. (2017, January – May). *Come in, we're open! Non-monogamy, associated stigmas, health outcomes, and more*. Contemporary Perspectives on Human Bonding, Cornell University. Ithaca, NY.
- 1 **Cavic, E.**, & Velasquez, M. (2015, November 14). *Addressing the wins and losses of being a queer athlete*. IvyQ Pan-Ivy LGBT Conference, Cornell University. Ithaca, NY.

### Poster Presentations at Scientific Meetings

- 10 Breslow, A., Lopez, M., Levin, J., **Cavic, E.**, Bassey, O., & Sharma, A. (2022, October 13-14). *e-SMART/EST Telehealth Intervention to Reduce Depression in Older Women with HIV*. International Workshop on HIV & Aging. Virtual Meeting.
- 9 Baker, B. A., **Cavic, E.**, Iloka, F., Lynch, E., & Velez, B. (2022, August 5). *Post resilience radical existence in Black womanhood: Radical hope and resistance*. American Psychological Association Convention, Minneapolis, MN.
- 8 **Cavic, E.**, Valle, S., & Grant, J.E. (2020, April 25-29, canceled due to covid-19 pandemic). *Racial differences in trichotillomania presentation: Symptom severity and associated distress*. American Psychiatric Association Annual Meeting, Philadelphia, PA.

- 7 Valle, S., **Cavic, E.**, & Grant, J.E. (2020, April 25-29, canceled due to covid-19 pandemic). *The role of specific life domains on quality of life among adults with gambling disorder*. American Psychiatric Association Annual Meeting, Philadelphia, PA.
- 6 **Cavic, E.**, Valle, S., & Grant, J.E. (2020, August 13-16, canceled due to covid-19 pandemic). *ADHD and body-focused repetitive behavior (BFRB) symptom severity*. TLC Foundation for Body Focused Repetitive Behavior Disorders 27th Annual Conference, Chicago, IL.
- 5 Valle, S., Chamberlain SR., **Cavic, E.**, & Grant, J.E. (2020, August 13-16, canceled due to covid-19 pandemic). *Cold pressor task across impulsive disorders*. TLC Foundation for Body Focused Repetitive Behavior Disorders 27th Annual Conference, Chicago, IL.
- 4 **Cavic, E.**, Valle, S., & Grant, J.E. (2019, May 2-5). *Sleep quality and stress in skin-picking disorder and trichotillomania*. TLC Foundation for Body Focused Repetitive Behavior Disorders 26th Annual Conference on body-focused repetitive behaviors (BFRBs), Chantilly, VA.
- 3 Valle, S., **Cavic, E.**, & Grant, J.E. (2019, May 2-5). *Nutrition in skin-picking disorder and trichotillomania*. TLC Foundation for Body Focused Repetitive Behavior Disorders 26th Annual Conference on body-focused repetitive behaviors (BFRBs), Chantilly, VA.
- 2 Ehsan, A.D., Valle, S., **Cavic, E.**, & Grant, J.E. (2019, May 2-5). *Nonmedical cannabis use in trichotillomania*. TLC Foundation for Body Focused Repetitive Behavior Disorders 26th Annual Conference on body-focused repetitive behaviors (BFRBs), Chantilly, VA.
- 1 **Cavic, E.** (2014, August 24). *Enhancing children's play and parent's knowledge in Suffolk county*. Cornell University's 2017 Presidential Inauguration Festival of Scholarship. Ithaca, NY.

## RESEARCH GRANT SUPPORT

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**NIMH 1K23MH128582-01**

2022-2026

**Project Title:** Mapping Interventions to Reduce Mental Health Services Disparities among Transgender and Nonbinary Adults

**Role:** Study Coordinator

**PI:** Aaron Samuel Breslow, PhD; Albert Einstein College of Medicine

**Description:** This project aims to measure and mitigate disparities in mental health services affecting transgender and nonbinary populations. In particular, the study will analyze longitudinal trends in services disparities between a large, Bronx, NY sample of transgender and nonbinary people (n=9,698) and a 1:5 match non-transgender cohort (n=48,490). The goal of the project is to map integrate quantitative and qualitative data to map interventions for system-level changes to transgender-affirming mental healthcare.

**NIAID 5P30AI124414-05**

2021-2022

**Project Title:** e-SMART/EST Telehealth Intervention to Reduce Depression in Older Women with HIV, Center for AIDS Research Sub-Award

**Role:** Study Coordinator

**PI:** Aaron Samuel Breslow, PhD; Albert Einstein College of Medicine

**Description:** The goal of this project is to adapt an evidence-based, enhanced cognitive-behavioral stress management intervention (CSBM+) to target depression among older HIV+ women in the Bronx, NY. The intervention, "Stress Management and Relaxation Training/Expressive Supportive Therapy" (SMART/EST), has proven effectiveness in numerous iterations over 15+ years, including trials with racially diverse HIV+ women. To meet changing

community needs, including enhancing behavioral interventions via telehealth, we will pilot test e-SMART/EST, a teletherapy adaptation with peer support for HIV+ older women.

## **SOCIAL AND COMMUNITY INVOLVEMENTS**

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- Transcriptionist* Feb 2021 – Present  
Joy Revolution Podcast (Host: Gabby Rivera)
- Transcribe hour-long podcasts on topics including wellness, sexuality and queerness, pop culture, and other lifestyle topics.
  - Complete podcast transcriptions within a 48-hour turnaround time.
- Volunteer “Cuddler,”* Children’s Neonatal Intensive Care Unit (NICU) Mar 2019 – Mar 2020  
Comer Children’s Hospital | Chicago IL
- Held neonatal patients in the NICU to provide developmentally appropriate interaction and soothing
  - Read to neonatal patients who were too premature to be removed from bassinets
  - Prepared educational resources in both English and Spanish for families with newborns
- Volunteer,* Children’s Playroom Sep 2018 – Mar 2020  
Comer Children’s Hospital | Chicago IL
- Selected and delivered developmentally appropriate toys to child patients in their rooms
  - Transported and played with children, ages 6-17, both in the playroom and in their hospital rooms
  - Cleaned and sanitized children’s playroom
- Founder and Chair,* Diversity and Inclusion Committee Aug 2017 - Dec 2017  
Beta Nu Chapter of Phi Sigma Pi National Honor Fraternity, Cornell University | Ithaca, NY
- Founded a Diversity and Inclusion Committee within campus chapter of National Honor Fraternity
  - Planned and executed social justice education events for chapter of 150+ members
  - Created educational content about microaggressions, coded language, code-switching, and personal, institutional, and structural discrimination
- Chair,* Service Committee Jan 2017 - May 2017  
Beta Nu Chapter of Phi Sigma Pi National Honor Fraternity, Cornell University | Ithaca, NY
- Planned, advertised for, and founded annual suicide prevention walk
  - Acted as a representative of the chapter and collaborated with both University and community organizations
  - Raised \$500 profit in the first year for donation to the American Federation of Suicide Prevention
- Volunteer,* Cornell University LGBT Resource Center Oct 2016 - May 2017  
Cornell University | Ithaca, NY
- Manage social media accounts for LGBT Resource Center
  - Set-up and clean-up of social and educational events for undergraduate and graduate students
  - Greeted guests, including current and prospective students, parents, and community members

## **MEMBERSHIPS AND AFFILIATIONS**

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- Psi Chi International Honor Society in Psychology Mar 2017 – Present  
Phi Sigma Pi National Honor Fraternity Feb 2015 – May 2020

## **HONORS, AWARDS, AND MEMBERSHIPS**

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- Trichotillomania Learning Center (TLC) Research Poster Grant Award February 2020

Cornell LGBT Resource Center Community Activism Award  
 Phi Sigma Pi National Honor Fraternity Chapter Service Key Award

May 2018  
 May 2017

## **CERTIFICATIONS**

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Advanced Certificate for Sexuality, Women, and Gender in Psychology and Education	Expected May 2022
Good Clinical Practice (GCP) Certified	Jan 2015 – Present
Health Insurance Portability and Accountability Act (HIPAA) Certified	Jun 2018 – June 2020
Responsible for Conduct of Research (RCR) Certified	Aug 2015 – Present

## **SKILLS**

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<b>Clinical and Cognitive Assessments</b>	Cambridge Cognition Computerized Cognitive Assessments, Hamilton Depression Scale, Hamilton Anxiety Scale, Columbia Suicidality Severity Rating Scale, MINI International Neuropsychiatric Interview, Montreal Cognitive Assessment (MoCA)
<b>Computer Skills</b>	Microsoft Office Suite, RedCap (Research Electronic Data Capture), SPSS Statistical Software, SurveyMonkey and Qualtrics Survey Software, SONA Research Software, R Programming Software. Mac and PC Literate
<b>Languages</b>	English (native), Spanish (limited working proficiency)