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EDUCATION/TRAINING

- Rutgers**, The State University of New Jersey, Graduate School of Applied and Professional Psychology, New Brunswick, NJ
Doctor of Psychology in Clinical Psychology 1995
- Dissertation topic: Mechanisms of Underreporting of Caloric Intake
 - Chair: G. Terence Wilson, Ph.D.; received Cyril M. Franks Award for Excellence in Research
- Princeton University**, Princeton, NJ
Bachelor of Arts in Psychology, Cum laude 1990
- The Training Institute for Child and Adolescent Eating Disorders**, Stanford University School of Medicine, Stanford, CA
Certified in Family-Based Treatment by the Training Institute for Child and Adolescent Eating Disorders 2010
- Family-based treatment in anorexia nervosa course led by Jim Lock, M.D., Ph.D. and Kara Fitzpatrick, Ph.D.
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PROFESSIONAL EXPERIENCE

- Eating Disorder Therapy LA**, Los Angeles, California
Psychologist and Owner of Specialty Group Practice 2010-present
- Evidence-based psychotherapy practice for eating disorders, anxiety, and depression in teens and adults.
 - Specialist in Cognitive Behavioral Therapy (CBT) and provider of Family-Based Treatment (FBT).
 - Practitioner of Health at Every Size ®.
 - Supervise and train other mental health professionals specializing in eating disorders.
- Monte Nido and Affiliates**, Los Angeles, CA
Adjunct Supervisor 2021
- Supervise Pre-licensed psychologists at residential treatment center
- Pepperdine University, Graduate School of Education and Psychology**, Los Angeles, CA
Adjunct Professor 2019-2020
- Teach Ethics and Law for Mental Health Professionals
- International Association of Eating Disorder Professionals**, US
Lead Instructor, Core Course for Certification 2020-2022
- Teach Overview of Eating Disorders to professionals pursuing certification as eating disorder specialists
- University of Southern California Psychology Program**, Los Angeles, CA
Clinical Associate 2012-present
- Supervise doctoral students in Clinical Science.
- Verywell.Com (formerly About.Com)**
Eating Disorders Expert 2015-2021
- Write articles and update content on eating disorders.
- Mirror-Mirror.org**
Clinical Director 2014-2020
- Provide content and editorial oversight of eating disorder information website.
- Parkway Health Medical Centers** (www.parkwayhealth.cn), International Primary Care Medical Clinic, Shanghai, China
Part-time Behavioral Health Provider 2008-2010
- Provided individual, marital, and family therapy with expatriate adolescents and adults with a variety of psychological and stress-related issues.
 - Developed and gave presentations to various expatriate groups including new arrivals, parent groups, high school students, and other mental health providers.
- Community Center Counseling Center** (www.communitycenter.cn), Pudong, Shanghai, China

- Part-time Psychological Counselor* 2008-2010
- Provided individual psychotherapy to expatriate adolescents and adults with psychological and stress-related issues.
- Jail Mental Health Services, Department of Mental Health, Los Angeles, CA**
- Staff Psychologist for Women's Forensic Program* 1998-2007
- Working with incarcerated women, conducted psychiatric diagnostic evaluation and individual psychotherapy for a range of problems including substance abuse, psychosis, mood disorders, personality disorders, anxiety disorders, and sleep disorders.
 - Other responsibilities included: crisis intervention, discharge planning, supervision of predoctoral psychology interns, training of custody staff and other mental health professionals, and program development and implementation.
- Private Psychotherapy Practice, Beverly Hills, CA**
- Psychologist* 2006-2007
- Part-time private practice with individual adult clients.
- Project Six, the H.E.L.P. Group, Sherman Oaks, CA**
- Staff Psychologist, Young Adult Program* 1997-1998
- Ran two group homes for severely emotionally disturbed young adults.
 - Responsibilities included: individual, family, and group therapy; crisis intervention; clinical supervision of residential staff; staff training; development and implementation of programming; treatment planning; running interdisciplinary case conferences and team meetings; screening of new residents; and coordination of services with DMH, DCFS, and LAUSD.
- Department of Psychiatry, Kaiser Permanente, Fremont, CA**
- Post-doctoral Fellow in Psychology* 1995-1996
- Conducted brief targeted individual, family, and group therapy with adults, adolescents, and children.
 - Conducted intake evaluations, phone screenings, crisis intervention, and psychodiagnostic assessments.
 - Developed and implemented brief CBT and bulimia groups.
 - Received specialized training in anxiety disorders and ran groups for panic disorder, social phobia, and OCD.
 - Member of Kaiser Northern California Best Practices Committee's Bulimia Work Group.
- VA Northern California Health Care System**
- Full-time Intern (APA-approved Pre-doctoral Internship)* 1994-1995
- Three major rotations: Oakland VA Mental Health Clinic; Neuropsychology Service, Martinez VA; and Substance Abuse Treatment Program, Martinez VA
- Obesity Research Center's Weight Control Unit of St. Luke's/Roosevelt Hospital Center, New York, NY**
- Research Assistant* 1993-1995
- Developed and coordinated original study on obesity leading to doctoral dissertation at this NIH-funded center under the direction of Steven B. Heymsfield, M.D. and David B. Allison, Ph.D.
- Rutgers Eating Disorder Clinic, New Brunswick, NJ**
- Psychological Trainee* 1991-1994
- Conducted clinical assessments and individual cognitive-behavioral therapy for clients with bulimia and binge eating in research clinic under the direction of G.T. Wilson, Ph.D.

HONORS AND AWARDS

- Peterson Prize, Graduate School of Applied and Professional Psychology, Rutgers University 2019
- Academy for Eating Disorders Award in Clinical, Administrative, or Education Service 2020

SELECTED PUBLICATIONS

- Muhlheim, L.S.** (2018). *When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating*. San Francisco, California: New Harbinger. (September 2018).
- Levinson, C. A., Fitterman-Harris, H. F., Patterson, S., Harrop, E., Turner, C., May, M., Steinberg, D., **Muhlheim, L.**, Millner, R., Trujillo-ChiVacuan, E., Averyt, J., Peebles, R., Rosenbluth, S., & Becker, C. B. (2023). The Unintentional Harms of Weight Management Treatment: Time for a Change. *The Behavior Therapist*.
- Millner, R. & **Muhlheim, L.** (2021) Anti-fat bias in evidence-based psychotherapies for eating disorders: Can they be adapted to address the harm? Chapter in *Weight Bias in Health Education*, edited by Heather A. Brown and Nancy Ellis-Ordway.

- Accurso, E.C., Sim, L. **Muhlheim, L.**, & Lebow, J. (2019) Parents Know Best: Caregivers' Perspectives on Recovery, *International Journal of Eating Disorders* 1-9.
- Spotts-De Lazzer, A., & **Muhlheim, L.** (2019). Could your higher weight patient have atypical anorexia? *Journal of Health Service Psychology, 45*, 3–10.
- Spotts-De Lazzer, A., & **Muhlheim, L.** (2016). Eating disorders and scope of competence for outpatient psychotherapists. *Practice Innovations, 1*(2), 89-104.
- Muhlheim, L. S.**, Allison, D. B., Heshka, S., & Heymsfield, S. B. (1998). Do unsuccessful dieters intentionally underreport food intake? *International Journal of Eating Disorders, 24*(3), 259-266.
- Heymsfield, S. B., Darby, P. C., **Muhlheim, L. S.**, Gallagher, D., Wolper, C., & Allison, D. B. (1995). The calorie: Myth, measurement, and reality. *The American Journal of Clinical Nutrition, 62*(5), 1034S-1041S.

ACADEMIC PRESENTATIONS

Year	Presentation title	Given to
2023	Treatment for Emetophobia (Specific Fear of Vomiting)	UC San Diego Health Eating Disorders Center
2023	The Great Weight Debate: If And When to Weigh Patients in Evidence-Based Treatments	International Conference on Eating Disorders, Wash, DC
	Adults With ARFID: What Are We Missing	International Conference on Eating Disorders, Wash, DC
	EATING DISORDERS: Working with Children and their Families (6 hours X 2)	LA County DMH
	Family-Based Treatment for Eating Disorders (8 hours)	Stanislaus County Dept of MH
	Overview of Diagnosis and Treatment for ARFID (3 hours)	Alvord-Baker and Associates
2022	Family-Based Treatment for Eating Disorders, CBT-AR (9 hours)	Tri-City Mental Health
	Working with Adolescents and Families: FBT-Informed Treatment (20 hours)	EDRD Pro (online on demand)
	Family-Based Treatment for Teen Eating Disorders	Cedars-Sinai Pediatric Grand Rounds
	ARFID: Overview of Treatment	Cedars-Sinai Pediatric Grand Rounds
	Overview of Eating Disorders Through a HAES®- lens	CHLA Clinical Nutrition Department
2021	ARFID: Overview of Treatment	Iranian Psychological Association of America (IPAA)
	ARFID : Overview of Treatment	St. John's Eating Disorder Conference
	College readiness: Essential topics for patients, parents, and providers navigating eating disorder recovery in higher education	International Conference on Eating Disorders (online)
	Integrating Health at Every Size (R) into Evidence-Based Treatment for Adolescents	International Conference on Eating Disorders (online)
	FBT Phase 2—Less Talked About: What Really Happens	International Association of Eating Disorder Professionals (IAEDP) Symposium (online)
	Online Ethics	Los Angeles County Psychological Association Early Career Psychologists
2020		
	Applying Health at Every Size® to Eating Disorder Treatment for Adolescents and their Families (Keynote)	Central Texas Eating Disorder Specialists bi-annual conference, Austin (May 2020)
	Health at Every Size® and Adolescent Eating Disorder Treatment: Can They Co-Exist?	Society of Adolescent Health and Medicine (online)
2019	Ethical and Successful Insurance-based Practices	Los Angeles County Psychological Association Convention, Los Angeles
	Overview of Family-Based Treatment for Eating Disorders	South Bay Eating Disorder Coalition
	Safe and Ethical Social Media Use	Los Angeles County Psychological Association Brown Bag Lunch Presentation
	Safe and Ethical Social Media Use	Los Angeles County Psychological Association Early Career Psychologists
	How Do You “Do” FBT if You’re Not an FBT Therapist? Or if You’re Not a Therapist?	IAEDP Symposium, Palm Desert,
	When Health at Every Size® meets Evidence Based Psychotherapies: Adopt, Adapt, or Abandon?	International Conference on Eating Disorders, New York

2018	Overview of Evidence-Based Treatment of Eating Disorders (6 hr)	USC Department of Psychology faculty and students
	Interdisciplinary Treatment for Eating Disorders	Presentation to The Leadership Education in Adolescent Health Program (LEAH) at Children's Hospital Los Angeles
	Eating Disorder Therapy – What You Need to Know	Helping Hands Online Summit for Caregivers
	Treating Eating Disorders in Private Practice	California Association of Marriage & Family Therapists, Orange County
	Family-Based Treatment for Eating Disorders	Grand Rounds at Children's Hospital, LA
	Family-Based Treatment for Eating Disorders	Rosewood Santa Monica Lunch and Learn
2017	Maudsley Myths and Collaborating With Families	Renfrew Center Foundation Conference, Pennsylvania
	Size Diversity or Weight Stigma: A Heavy Problem in Therapy	Los Angeles County Psychological Association Convention, Los Angeles
	Exploring Competence for Outpatient Psychotherapists Treating Eating Disorders	California Psychological Association Conference, San Francisco
	Think Like An Advocate: Harnessing Your Strengths to Create Change in the Eating Disorder Field	IAEDP Symposium, Las Vegas, NV
2016	An Eating Disorder Clinician's Toolbox	IAEDP LA
	Eating Disorders and Scope of Competence for Outpatient Psychotherapists	St. John's Eating Disorder Conference
	From "Worst Attendants" to Partners in Recovery: Empowering Parents as Agents of Change for Children and Adolescents with Eating Disorders	IAEDP Symposium, Amelia Island, FL
2015	Eating Disorders	Staff at Jewish Family Services, Los Angeles
	Family Based Nutrition Therapy: Creating a Supportive Environment	NEDA Conference, San Diego, California
	CBT in the Real World	St. John's Eating Disorder Conference
2014	The Ins and Outs, Ups and Downs of Social Media in Clinical Practice and Recovery	NEDA Conference, San Antonio, TX
	Safe and Ethical Social Media for Psychologists	Colloquium at Rutgers Graduate School of Applied and Professional Psychology
	Facebook, LinkedIn, and Twitter, Oh My! Safe and Ethical Social Media Use in Eating Disorder Clinical Practice	St. John's Eating Disorder Conference
2013	Key Evidence-Based Interventions for Eating Disorders	Los Angeles County Psychological Association Brown Bag Lunch Presentation
	Facebook, Twitter, and LinkedIn, Oh My! Safe and Ethical Social Media Use in Eating Disorder Clinical Practice and Research (Clinical Workshop)	International Conference on Eating Disorders, Montreal, Canada
2012	Overview of Family-Based Treatment for Eating Disorders	Los Angeles County Psychological Association Eating Disorder Special Interest Group
	Overview of Family-Based Treatment for Eating Disorders	Grand Rounds at Children's Hospital, LA
1995	Mechanisms of Underreporting of Dietary Intake (Paper)	North American Association for the Study of Obesity, Baton Rouge, Louisiana.
1994	Mechanisms of Underreporting of Caloric Intake (Poster)	International Conference on Eating Disorders, NY, NY

MEDIA PRESENTATIONS

Radio interview on Radio MD: 9 Truths About Eating Disorders (6/11/2015) <http://radiomd.com/show/health-radio/item/28051-9-truths-about-eating-disorders>

Appeared on an episode of PBS's "Scientific American Frontiers" (Alan Alda, host) featuring my dissertation research (11/2/1994)

PROFESSIONAL AFFILIATIONS

Member of: the American Psychological Association and the California Psychological Association

Academy for Eating Disorders

- AED Nominations Committee, Member (2023-present)
- AED Private Practice SIG, Co-Chair (2023-present)
- AED Research-Practice Committee, Member (2018-2023)
 - Co-Chair (2020-2023)
- AED SIG Oversight Committee, Member (2018-2022)
 - Co-Chair (2019-2022)
- AED 2022 Annual Program Conference Committee (2021-2022)
 - Chaired plenary on Atypical Anorexia
- AED Board Director for Outreach Portfolio (2014-2018); in this role spearheaded the *Nine Truths About Eating Disorders*

- AED Membership Recruitment and Retention Committee
 - Member (2010-2014)
 - Co-chair (2013-2014)
- AED Social Media Committee
 - Member (2012-2014)
 - Co-chair (2013-2014)
- AED Family Based Treatment SIG founding co-chair (2012 – 2014)

Los Angeles County Psychological Association

- President-Elect, President, Past-President (2021-2023)
- Board Director for Ethics Committee (2020-2021, 2024)
- Board Director for Special Interest Groups (2018-2019)
- Chair, Eating Disorder Special Interest Group (2013-2019)
- Ethics Committee
 - Member (2014-present)
 - Chair (2020-2021)
- Member, Editorial Board, *The Los Angeles Psychologist* (2017-2021)
- Member, CE Committee (2016, 2021-2023)

International Association of Eating Disorder Professionals, Los Angeles Chapter

- Certification Chair and Board Member (2019-2021)

International Association of Eating Disorder Professionals – Member

- Member, Advisory Committee for Certification Core Course Revisions (2016-2017)

Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.) – Professional Advisor (2016-present)

Binge Eating Disorder Association – Member

- Member, 2017 Conference Planning Committee

Shanghai International Mental Health Association (www.s-imha.org) – Past President and founding member (2008-2010)

Recognized by the National Register of Health Service Providers in Psychology (Effective 12/2010)

Recognized by the International Association of Eating Disorders Professionals as a Certified Eating Disorder Specialist (Effective 7/2011)

Recognized by the International Association of Eating Disorder Professionals as an Approved Supervisor (Effective 4/2016)

Fellow of the Academy for Eating Disorders (Effective 6/2017)