

ELIZABETH (COOK) THOMAS, PHD

CURRICULUM VITAE

Work Address:

Department of Rehabilitation Sciences
Temple University
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EDUCATION

- 2014 PhD – Clinical Psychology (minor: Quantitative Analysis)
University of Nebraska-Lincoln, Lincoln, Nebraska
Dissertation: *Peer Support for Consumers with Psychosis*
Mentor / Dissertation Chair: William Spaulding, PhD
- 2013 - 2014 Clinical Psychology Intern (APA Accredited)
Veterans Affairs Maryland Health Care System (VISN 5 MIRECC)/
University of Maryland School of Medicine, Baltimore, Maryland
Mentors: Melanie Bennett, PhD and Alicia Lucksted, PhD
- 2010 MA – Clinical Psychology
University of Nebraska-Lincoln, Lincoln, Nebraska
Thesis: *An Exploratory Analysis of Functioning across Biosystemic Levels of
Organization in Inpatients and Outpatients with Serious Mental Illness*
Mentor: William Spaulding, PhD
- 2006 BA – Psychology (summa cum laude)
University of North Carolina at Chapel Hill, Chapel Hill, North Carolina

PROFESSIONAL EXPERIENCE

Research and Teaching Experience

- 2018 - Research Assistant Professor, Department of Rehabilitation Sciences, Temple
University
- 2017 Adjunct Instructor, College of Public Health, Temple University
- 2016 - 2018 Research Scientist, Department of Rehabilitation Sciences, Temple University
- 2014 - 2016 Postdoctoral Research Fellow (NIMH funded 2014-2015), Aaron T. Beck
Psychopathology Research Center, Perelman School of Medicine, University of
Pennsylvania

ECT 2018

- 2010 - 2013 Research Assistant, Recovery After An Initial Schizophrenia Episode Early Treatment Program (RAISE-ETP), Community Mental Health Center of Lancaster County, Lincoln, NE
- 2009 - 2010 Project Manager, Decision Science in Rehabilitation Grant (DSR) (NIMH funded), University of Nebraska-Lincoln
- 2006 - 2008 Research Assistant, Department of Psychiatry, University of North Carolina at Chapel Hill

Clinical Experience

- 2011 - 2013 Individual Psychotherapist (certified in Individual Resiliency Training), Recovery After An Initial Schizophrenia Episode Early Treatment Program (RAISE-ETP), Community Mental Health Center of Lancaster County, Lincoln, NE
- 2010 - 2013 Group Facilitator, Midtown Day Rehabilitation Center, Community Mental Health Center of Lancaster County, Lincoln, NE
- 2009 - 2011 Psychology Extern, Psychological Consultation Center, University of Nebraska-Lincoln
- 2008 - 2009 Psychology Extern, Neurocognitive Testing Lab, Community Mental Health Center of Lancaster County, Lincoln, NE

HONORS AND AWARDS

- 2014 2013-2014 Outstanding Intern of the Year Award
- 2008 - 2013 Research Advisory Committee/Warden Travel Award
- 2011 Preparing Future Faculty Fellow
- 2008,10,13 Outstanding Student Research Award, Association for Behavioral and Cognitive Therapies, Schizophrenia and Severe Mental Illness Special Interest Group

GRANTS FUNDED AND SUBMITTED

Awarded

- 2018 – 2022 National Institute of Mental Health: K08
Facilitating Emerging Adult Engagement in Evidence-Based Treatment for Early Psychosis through Peer-Delivered Decision Support (1K08MH116101-01)
 TDC = \$688,723; Impact Score (A0) = 27
 Role: Principal Investigator

- 2016 – 2018 National Institute on Disability Independent Living and Rehabilitation Research: Rehabilitation Research and Training Center on Community Living and Participation for People with Serious Mental Illness (90RT5021-02-01)
TDC = \$4,375,000 (PI: Mark Salzer)
Role: Research Scientist
- 2014 – 2015 National Institute of Mental Health: T32
Research Training for Prevention of Suicide and Psychosis: A Public Health Model (PI: Aaron T. Beck)
Role: Postdoctoral Researcher
- 2012 – 2014 Behavioral Health Education Center of Nebraska (BHECN) Behavioral Health PIE Grant – Pilot in Interprofessional Education
Peer Provided Resiliency Psychoeducation (PPRP)
TDC: \$4,369
Role: Principal Investigator

Under Review

- 2018 – 2023 National Institute on Disability Independent Living and Rehabilitation Research: Rehabilitation Research and Training Center on Community Living and Participation for People with Serious Mental Illness (PI: Mark Salzer)
Project Title: *Enhancing the Capacity of Coordinated Specialty Care to Promote Community Living and Participation among Transition-Aged Youth with Early Psychosis*
Role: Co-Investigator

Submitted Federal Grants

- 2018 – 2023 Office of Behavioral and Social Sciences Research: R01 (PAR-16-080)
Understanding the Impact of Supported Education on Health for College Students with Mental Illness: A Randomized Controlled Trial
TDC: \$499,999 (PI: Amber O’Shea)
Role: Co-Investigator
- 2017 – 2020 National Institute of Mental Health: R34 (PAR-16-264)
Reducing the Duration of Untreated Psychosis through Peer-Facilitated Shared Decision-Making
TDC = \$450,000; Unfunded
Role: Principal Investigator
- 2012 – 2013 National Institute of Mental Health: F31
Peer Support for Consumers with Psychosis
Impact Score (A0) = 42; Impact Score (A1) = 36; Unfunded
Role: Principal Investigator

PUBLICATIONS

Refereed Journal Articles

- Thomas, E. C.,** Bilger, A., Wilson, A. B., & Draine, J. (in press). Conceptualizing restorative justice for people with mental illnesses leaving prison or jail. *American Journal of Orthopsychiatry*.
- Thomas, E. C.,** Murakami-Brundage, J., Bertolami, N., Beck, A. T., & Grant, P. M. (2018). Beck Self-Esteem Scale-Short Form: development and psychometric evaluation of a scale for the assessment of self-concept in schizophrenia. *Psychiatry Research*, *263*, 173-180.
- Thomas, E. C. & Salzer, M. S.** (2017). Associations between the peer support relationship, service satisfaction, and recovery-oriented outcomes: a correlational study. *Journal of Mental Health*. <https://doi.org/10.1080/09638237.2017.1417554>.
- Thomas, E. C.,** Despeaux, K., Drapalski, A., & Bennett, M. (2017). Person-oriented recovery of individuals with serious mental illnesses: a review and meta-analysis of longitudinal findings. *Psychiatric Services in Advance*. <https://doi.org/10.1176/appi.ps.201700058>.
- Thomas, E. C.,** Snethen, G., & Salzer, M. S. (2017). A developmental study of community participation of individuals with serious mental illnesses: implications for policy and practice. *American Journal of Orthopsychiatry*, *87*, 597-605.
- Thomas, E. C.,** Luther, L., Zullo, L., Beck, A. T., & Grant, P. M. (2017). From neurocognition to community participation in serious mental illness: the intermediary role of dysfunctional attitudes and motivation. *Psychological Medicine*, *47*, 822-836.
- Thomas, E. C.,** Muralidharan, A., Medoff, D., & Drapalski, A. L. (2016). Self-efficacy as a mediator of the relationship between social support and recovery in serious mental illness. *Psychiatric Rehabilitation Journal*, *39*, 352-360.
- Cook, E. A.,** Liu, N. H., Tarasenko, M., Davidson, C. A., & Spaulding, W. D. (2013). Longitudinal relationships between neurocognition, theory of mind, and community functioning in outpatients with serious mental illness (SMI). *Journal of Nervous and Mental Disease*, *201*, 786-794.
- Penn, D. L., Uzenoff, S. R., Perkins, D., Mueser, K. T., Hamer, R., Waldheter, E., Saade, S., & **Cook, L.** (2012). Corrigendum to “a pilot investigation of the graduated recovery intervention program (GRIP) for first episode psychosis.” *Schizophrenia Research*, *141*, 106-107.
- Penn, D. L., Uzenoff, S. R., Perkins, D., Mueser, K. T., Hamer, R., Waldheter, E., Saade, S., & **Cook, L.** (2011). A pilot investigation of the Graduated Recovery Intervention Program (GRIP) for first episode psychosis. *Schizophrenia Research*, *125*, 247-256.

Cook, E. A., Davidson, C. A., Nolting, J. R., & Spaulding, W. D. (2011). Observed ward behavior strongly associated with independent living skills. *Journal of Psychopathology and Behavioral Assessment*, *33*, 111-120.

Waldheter, E. J., Penn, D. L., Perkins, D. O., Mueser, K. T., Owens, L. W., **Cook, E. A.** (2008). The Graduated Recovery Intervention Program for first episode psychosis: Treatment development and preliminary data. *Community Mental Health Journal*, *44*, 443-455.

Book Chapters

Spaulding, W. D., **Cook, E.**, & Avila, A. (2014). Therapeutic jurisprudence and recovery from severe and disabling mental illness. In: B. Bornstein & R. Wiener (Eds.). *Justice, Conflict, and Wellbeing: Multidisciplinary Perspectives*. New York: Springer.

Other Publications

Salzer, M. S., & **Thomas, E. C.** (2016). *Peer Support Research Questions from the Perspective of iNAPS Attendees*. Available at http://tucollaborative.org/?smd_process_download=1&download_id=961.

Manuscripts in Preparation

Thomas, E. C., Snethen, G., & Salzer, M. S. Community participation factors and neurocognitive impairment among persons with schizophrenia. Manuscript under review.

Thomas, E. C., Snethen, G., McCormick, B., & Salzer, M. S. An exploration of linear and curvilinear relationships between community participation and neurocognition among those with serious mental illnesses. Manuscript in preparation.

Thomas, E. C., Zisman-Ilani, Y., & Salzer, M. S. Consumer-identified processes and outcomes of peer-delivered self-directed care: a qualitative study. Manuscript in preparation.

Davidson, C. A., Montague, E., Gallegos-Rodriguez, Y. E., Treichler, E. B. H., Finch, H., **Thomas, E. C.**, & Spaulding, W. Inventory for self-efficacy and externality: factor structure and relationships to emotion dysregulation and functioning among college students. Manuscript in preparation.

Storm, M., Husebø, A. M. L., **Thomas, E. C.**, & Zisman-Ilani, Y. Coordinating mental health services for people with serious mental illness: a scoping review of transitions between hospitals and community. Manuscript in preparation.

CONFERENCE PRESENTATIONS

Invited Presentations

Salzer, M. S. & **Thomas, E. C.** (2016, August). *Research on Peer Support Interventions: Why? How? And What Are the Key Questions?* Invited presentation at the InterNational Association of Peer Supporters. Philadelphia, PA.

Cook, E. A. (2013, July) *Peer Support and Education for Consumers with Psychosis*. Invited presentation to Nebraska Region 3 Behavioral Health Services. Kearney, NE.

Cook, E. A. & Johnson, J. R. (2012, July). *A Crash Course in Peer-Provided Service Research*. Invited presentation at the 6th Annual Peer Specialist Conference. New York, New York.

Academic Presentations

Thomas, E. C. & Hurford, I. (2017, July). *Young Adults and Community Participation: What We Know and What We Need to Know*. Paper presented at the Temple University Collaborative on Community Inclusion Summer Institute. Philadelphia, PA.

Cook, E. A. Self-Efficacy as a Mediator of the Relationship between Social Support and Recovery in Serious Mental Illness (SMI). (2014, June). Paper presented at the University of Maryland, Baltimore. Baltimore, MD.

Poster Presentations

Thomas, E. C., Zisman-Ilani, Y., Lucksted, A., Hurford, I., & Salzer, M. S. (2018, November). Understanding the treatment decision-making needs of emerging adults with early psychosis. Poster to be presented at the 11th annual International Early Psychosis Association. Boston, MA.

Wolfe, R. M., **Thomas, E. C.**, Grant, P. M., & Beck, A. T. (2015, November). Toward an empirical validation of the cognitive theory of delusions. Poster presented at the 49th Annual Association for Behavioral and Cognitive Therapies. Chicago, IL.

Thomas, E. C., Grant, P. M., Zullo, L., & Beck, A. T. (2015, April). From neurocognition to recovery in schizophrenia: the intermediary role of dysfunctional attitudes and motivation. Poster presented at the 63rd Annual Nebraska Symposium on Motivation. Lincoln, NE.

Wolfe, R. M., Grant, P. M., **Thomas, E. C.**, Tress, C. R., & Beck, A. T. (2014, November). Interrelationships between beliefs, emotional mechanisms, and delusion themes. Poster presented at the 48th Annual Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Cook, E. A., & Spaulding, W. D. (2012, November). Consumers' and peer providers'

- preferences for peer-based CBTp. Poster presented at the 46th Annual Association for Behavioral and Cognitive Therapies. National Harbor, MD.
- Davidson, C. A., Avila, A., Gallegos, Y. E., Bottoms, H. C., **Cook, E.**, Hochheiser, J., & Spaulding, W. D. (2012, November). Assessment of cognitive biases in a community mental health center compared to a large undergraduate normative sample. Poster presented at the 46th Annual Association for Behavioral and Cognitive Therapies. National Harbor, MD.
- Davidson, C. A., Hochheiser, J., Bottoms, H., **Cook, E.**, Gallegos, Y. E., Avila, A., & Spaulding, W. D. (2012, November). Social functioning and social cognition in serious mental illness compared to a large undergraduate normative sample. Poster presented at the 46th Annual Association for Behavioral and Cognitive Therapies. National Harbor, MD.
- Cook, E. A.**, Allen, A. B., & Davidson, C. A. (2011, November). Latent factor structure of the multinomah community ability scale and the service engagement scale. Poster presented at the 45th Annual Association for Behavioral and Cognitive Therapies. Toronto, ON.
- Liu, N. H., **Cook, E. A.**, Davidson, C. A., Tarasenko, M., & Spaulding, W. D. (2011, November). Longitudinal prediction of social functioning by baseline cognition and internal locus of control in persons with SMI living in the community. Poster presented at the 45th Annual Association for Behavioral and Cognitive Therapies. Toronto, ON.
- Cook, E. A.**, Liu, N. H., Tarasenko, M., Davidson, C. A., & Spaulding, W. D. (2011, June). Longitudinal relationships between neurocognition, social cognition, and community functioning in outpatients with serious mental illness (SMI). Poster presented at the 14th Annual Cognitive Remediation in Psychiatry. New York, NY.
- Cook, E. A.**, Davidson, C. A., Bottoms, H. C., Kleinlein, P., Wynne, A., Tarasenko, M., Reddy, F., Nolting, J., Choi, K. H., & Spaulding, W. (2010, November). An exploratory analysis of functioning across biosystemic levels of organization in inpatients and outpatients with serious mental illness. Poster presented at the 44th Annual Association for Behavioral and Cognitive Therapies. San Francisco, CA.
- Davidson, C. A., **Cook, E. A.**, Bottoms, H. C., Gallegos, Y., Spaulding, W. (2010, November). The inventory of self-efficacy and externality (I-SEE) in a community mental health center: reliability, factor structure, validity, and a proposed validity scale. Poster presented at the 44th Annual Association for Behavioral and Cognitive Therapies. San Francisco, CA.
- Kleinlein, P., Choi, K., **Cook, E.**, Davidson, C. A., & Spaulding, W. (2010, November). Social cognition and interaction training (SCIT) for outpatients with schizophrenia-spectrum disorders. Poster presented at the 44th Annual Association for Behavioral and Cognitive Therapies. San Francisco, CA.

- Liu, N. H., **Cook, E. A.**, & Spaulding, W. D. (2010, November). Cognitive rehabilitation: which treatment works for which outcome? Poster presented at the 44th Annual Association for Behavioral and Cognitive Therapies. San Francisco, CA.
- Cook, E. A.**, Johnson, R. W., Wynne, A., Tarasenko, M., & Spaulding, W. D. (2009, November). The Comprehensive Inventory of Mental Health and Recovery and Rehabilitation Services (CIMHRRS): A One Year Case Study. Poster presented at the 43rd Annual Association for Behavioral and Cognitive Therapies. New York City, NY.
- Johnson, R. W., **Cook, E. A.**, Choi, K., Nolting, J., & Spaulding, W. (2009, November). The Comprehensive Inventory of Mental Health and Recovery and Rehabilitation Services (CIMHRRS): Profiling Organizational Landscapes. Poster presented at the 43rd Annual Association for Behavioral and Cognitive Therapies. New York City, NY.
- Bottoms, H. C., **Cook, E. A.**, & Spaulding, W. D. (2009, November). Trends in Locus of Control Beliefs and Biosystemic Levels of Functioning in Inpatients with Serious Mental Illness. Poster presented at the 43rd Annual Association for Behavioral and Cognitive Therapies. New York City, NY.
- Tarasenko, M., Kleinlein, P., Choi, K., Davidson, C. A., **Cook, E.**, & Spaulding, W. (2009, November). Emotion Perception and Social Functioning in Serious Mental Illness: What is the Missing Link? Poster presented at the 43rd Annual Association for Behavioral and Cognitive Therapies. New York City, NY.
- Davidson, C. A., **Cook, E. A.**, Nolting, J., & Spaulding, W. (2008, November). Observed Ward Behavior Strongly Associated with Real World Living Skills: An Analysis of Concurrent Validity between NOSIE and ILSI. Poster presented at the 42nd Annual Association for Behavioral and Cognitive Therapies. Orlando, FL.
- Tarasenko, M., Kleinlein, P., Choi, K., **Cook, E.**, Davidson, C. A., & Spaulding, W. D. (2008, November). Differential Processing of Emotional Cues in Inpatients and Outpatients with Serious Mental Illness. Poster presented at the 42nd Annual Association for Behavioral and Cognitive Therapies. Orlando, FL.
- Choi, K., Reddy, L. F., Wynne, A., Tarasenko, M., Davidson, C. A., **Cook, E.** & Spaulding, W. D. (2008, November). Memory Functioning Trajectories as a Level of Severity of Child Abuse during Inpatient Psychiatric Rehabilitation: An 18-Month Longitudinal Study Using Multilevel Modeling (MLM). Poster presented at the 42nd Annual Association for Behavioral and Cognitive Therapies. Orlando, FL.

Media

K08 project featured in Temple University's College of Public Health News, posted on April 20, 2018. <https://cph.temple.edu/about/news>

Article featured in Psychiatric Services “From Pages to Practice” podcast (Episode 7), broadcast on December 15, 2017. <http://ps.psychiatryonline.org/podcast>

TEACHING EXPERIENCE

Teaching

Instructor

Health Psychology, Intensive undergraduate course, Temple University, Summer 2017 (9 students). Duties: prepared course syllabus, exams, and assignments; presented lectures; graded exams and assignments.

Abnormal Psychology, Intensive undergraduate course, University of Nebraska-Lincoln, Summer 2010 (35 students). Duties: prepared course syllabus, exams, and assignments; presented lectures; graded exams and assignments.

Teaching Assistant

Human Sexuality, Undergraduate course, University of Nebraska-Lincoln, Fall 2012 (180 students), Spring 2013 (240 students). Duties: graded assignments; proctored exams.

Guest Lecturer

“Empowerment through Statistical Models,” Undergraduate Research Assistant Professional Development Seminar, University of Pennsylvania, October 2014

“The Community Mental Health Movement: Lessons Learned,” Introduction to Clinical Psychology, University of Nebraska-Lincoln, Summer 2012

“First Episode Psychosis and the RAISE Early Treatment Program,” Abnormal Psychology, University of Nebraska-Lincoln, Summer 2011

Training, Consulting, and Supervising

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| 2018 | Training Coordinator, Temple University College of Public Health, Half-Day workshop with Alicia Lucksted to 12 participants on qualitative interviewing |
| 2016 | Consultant on Recovery-Oriented Cognitive Therapy to Philadelphia Community Treatment Teams Incorporated (CTT) (Philadelphia, PA) |
| 2015 - 2016 | Consultant on Recovery-Oriented Cognitive Therapy to Temple Episcopal Hospital Extended Acute Unit (Philadelphia, PA) |
| 2014 - 2016 | Consultant on Recovery-Oriented Cognitive Therapy to Girard Medical Center Extended Acute Unit (Philadelphia, PA) |

- 2014 - 2015 Consultant on Recovery-Oriented Cognitive Therapy to Georgia State psychiatric hospital staff, community behavioral health workers, and peer support specialists
- 2014 Co-facilitated 2 5-day trainings on Recovery-Oriented Cognitive Therapy for Georgia state psychiatric hospital staff, community behavioral health workers, and peer support specialists. Attended by 50 participants.
- 2011 Clinical Supervisor, Psychological Consultation Center, University of Nebraska-Lincoln

Mentoring

- 2014 - 2016 Undergraduate Research Mentor (Rebecca Wolfe), University of Pennsylvania (current position: clinical psychology doctoral student at the University of Nebraska-Lincoln)
- 2014 - 2015 Undergraduate Research Mentor (Lucas Zullo), University of Pennsylvania (current position: clinical psychology doctoral student at the University of Texas Southwestern Medical Center)
- 2014 Undergraduate Research Mentor (Resham Gellatly), University of Pennsylvania (current position: doctoral student at the University of California, Los Angeles)
- 2009 - 2013 Undergraduate Research Supervisor and Mentor to 10 Research Assistants within Serious Mental Illness Research Lab

PROFESSIONAL SERVICE

Ad Hoc Journal Reviewer

American Journal of Orthopsychiatry
Journal of Mental Health
PLOS One
Psychiatry Research
Psychiatric Services
Schizophrenia Research

Academic Committees

- 2011 - 2012 Elected Student Representative, Interview Weekend Committee, University of Nebraska-Lincoln

Clinical Committees

- 2009 Advisory Board Member, Partners in Empowerment and Recovery (PIER), Region V Assertive Community Treatment (ACT) Team, Lincoln, NE

PROFESSIONAL MEMBERSHIPS/AFFILIATIONS

American Psychological Association
Association for Behavioral and Cognitive Therapies
Society for Research in Psychopathology
International Early Psychosis Association
Society for Medical Decision Making