

# Liz Coleman Chichester, PhD

Licensed Clinical Psychologist

License: SC1518

1 Carriage Lane, Suite B102  
Charleston, SC 29407

843-310-3539  
drlizchichester@gmail.com

---

## **EDUCATION**

### **Postdoctoral Fellowship in Couples and Family Psychology**

*Ralph H. Johnson Veterans Affairs Medical Center*  
Charleston, South Carolina

From: 08/2017 To: 07/2018

### **PhD, Clinical Psychology**

*University of Virginia*  
Charlottesville, Virginia

From: 06/2013 To: 08/2017

### **Clinical Psychology Predoctoral Internship**

*Lexington Veterans Affairs Medical Center*  
Lexington, Kentucky

From: 07/2016 To: 07/2017

### **MEd, School Psychology**

*University of Virginia*  
Charlottesville, Virginia

From: 08/2012 To: 05/2013

### **BA, Psychology, Summa Cum Laude**

*Bryn Mawr College*  
Bryn Mawr, Pennsylvania

From: 09/2007 To: 05/2010

## **CLINICAL EXPERIENCE**

### **Licensed Clinical Psychologist**

*Liz Chichester Couples & Relationship-Focused Therapy*  
Charleston, South Carolina

From: 07/2018 To: Present

- Conduct evidence-based couple and relationship-focused individual therapy in private practice setting with a focus on Emotionally Focused Therapy (EFT) and Acceptance and Commitment Therapy (ACT).

### **Postdoctoral Fellow, Couples and Family Clinic**

*Ralph H. Johnson Veterans Affairs Medical Center*  
Charleston, South Carolina

From: 08/2017 To: 07/2018

Training Director: Julian Libet, PhD

Supervisor: Jenna Baddeley, PhD

- Conducted couple and family therapy in person and via telehealth using Integrative Behavioral Couple Therapy (IBCT), Emotionally Focused Couple Therapy (EFT), and Behavioral Family Therapy (BFT) with veterans and their families
- Supervised psychology interns in couple and family therapy
- Coordinated veterans' care with medical teams as needed
- Collaborated on research and program development with Couples and Family Research Group

## **Clinical Psychology Intern**

From: 07/2016 To: 07/2017

*Lexington Veterans Affairs Medical Center*

Lexington, Kentucky

Training Director: Joshua Phillips, PhD

Supervisors: Steven Hansel, PsyD, Bradley Benedict, PsyD, Margaret Coles, PhD, Keli Blankenship, PsyD

- Couples and Family Clinic Therapist (07/16-12/16)
  - Conducted couple and family therapy in person and via telehealth using IBCT and BFT to address a wide range of issues including interpersonal violence, infidelity, sexual dysfunction, serious mental illness, blended families, and parenting
  - Served as immediate supervisor for practicum student learning IBCT
- Psychodiagnostic Evaluator (07/16-07/17)
  - Conducted comprehensive psychological evaluations with veterans using a range of cognitive, personality, and clinical measures
- Primary Care Behavioral Therapist (07/16-12/16)
  - Developed and facilitated Family Support Group for Chronic Illness - weekly group to improve communication and connection between patients and caregivers using principles of IBCT and BFT
  - Conducted behavioral therapy for weight loss
- Mental Health Clinic Therapist, Lexington VAMC and Berea Outpatient Clinic (01/17-07/17)
  - Conducted individual therapy addressing a range of concerns including mood and anxiety disorders, substance abuse, and trauma using primarily Acceptance and Commitment Therapy (ACT)
  - Conducted the following groups: Dialectical Behavioral Therapy for substance abuse, Caregiver Support Group, and Family Support Group for Chronic Illness in rural outpatient clinic.

## **Resident Therapist**

From: 07/2015 To: 06/2016

*Family Stress Clinic, Department of Family Medicine, University of Virginia Medical Center*

Charlottesville, Virginia

Supervisors: Claudia W. Allen, PhD and Theodore Siedlecki, Jr., PhD

- Provided brief psychotherapy, behavioral health interventions, and developmental assessments to Family Medicine patients (children, adolescents, and adults) in outpatient clinic and on inpatient units using a variety of methods including motivational interviewing, relaxation training, brief cognitive-behavioral therapy, and brief behavioral family therapy
- Conducted brief developmental assessments for refugee children
- Conducted outpatient individual, family, and couple therapy for a diverse, at-risk population using ACT, BFT, Structural Family Therapy, and attachment-based approaches

## **Assessment Supervisor**

From: 07/2014 To: 06/2015

*Sheila C. Johnson Center for Psychological Services, University of Virginia*

Charlottesville, Virginia

Supervisor: Julia Blodgett, PhD

- Conducted advanced psychological evaluations of children, adolescents, and adults including evaluations of serious mental illness and cognitive disabilities
- Supervised 2<sup>nd</sup> year doctoral students during planning, testing, case conceptualization, and report writing for comprehensive psychological and educational assessments for children, adolescents, and adults

## **Advanced Therapist, Specialization in Family and Couples Therapy**

From: 07/2014 To: 06/2015

*Sheila C. Johnson Center for Psychological Services, University of Virginia*

Charlottesville, Virginia

Supervisors: John Schroll, PhD and Peter Sheras, PhD

- Conducted individual therapy with children, adolescents, and adults using a variety of approaches including ACT, attachment-based therapy, and interpersonal therapy

- Conducted family and couple therapy using primarily BFT and Structural Family Therapy
- Led psychotherapy process group for graduate students

**Instructor, Parent Training for ADHD**

From: 07/2013 To: 06/2015

*Children's Learning Center, Curry School of Education, University of Virginia*

Charlottesville, Virginia

Supervisor: Hillary Schaeffer, PhD

- Led educational group for parents of children with ADHD focusing on behavior management using Barkley's Parent Training Manual

**Therapy Intake Coordinator**

From: 07/2014 To: 06/2015

*Sheila C. Johnson Center for Psychological Services, University of Virginia*

Charlottesville, Virginia

Supervisor: Joyce Matthews-Rurak, PhD

- Coordinated intake process for graduate student and faculty therapists including completion of initial intake and determination of appropriateness for clinic and therapist fit
- Coordinated outreach in the university and larger community

**Group Facilitator/Instructor, Parenting from the Inside**

From: 06/2013 To: 04/2016

*Albemarle-Charlottesville Regional Jail*

*Fluvanna Correctional Center for Women*

Charlottesville, Virginia

Supervisor: Ann B. Loper, PhD

- Facilitated parenting classes/support groups for incarcerated mothers focusing on maintaining healthy relationships with children and their caregivers using manualized CBT- and attachment-based course

**Psychodiagnostic Assessment Staff**

From: 07/2013 To: 06/2014

*Sheila C. Johnson Center for Psychological Services, University of Virginia*

Charlottesville, Virginia

Supervisor: Julia Blodgett, PhD

- Conducted comprehensive psychological and educational evaluations with children and adolescents using a variety of cognitive, educational and personality instruments

**Associate Therapist**

From: 07/2013 To: 06/2014

*Sheila C. Johnson Center for Psychological Services, University of Virginia*

Charlottesville, Virginia

Supervisor: L. Wrenn Carlson, PhD

- Conducted individual therapy with children, adolescents, and families using a variety of clinical approaches including ACT, Structural Family Therapy, and attachment-based therapy

**Mental Health Coordinator**

From: 06/2015 To: 08/2015

*University of Virginia Summer Enrichment Program*

From: 06/2014 To: 08/2014

Charlottesville, Virginia

Supervisor: Peter Sheras, PhD and Julie Baird

- Consulted with administrators, counselors, and teachers of overnight camp for gifted children ages 10-17 regarding children's mental health needs over the course of two summers
- Provided milieu therapy to children with a variety of psychological and medical diagnoses including PTSD, MDD, GAD and ASD
- Communicated with parents before and during camp sessions to understand and prepare for camper's mental health needs

- Conducted trainings on empathic listening, bullying, and behavior management for staff

**School Psychology Intern**

From: 01/2013 To: 05/2013

*Henley Middle School, Crozet, Virginia*

Crozet, Virginia

Supervisor: Amanda Sovik-Johnston, PhD

- Conducted individual therapy with middle school students
- Co-facilitated groups for boys with Autism Spectrum Disorder and girls with social adjustment difficulties
- Conducted cognitive and educational assessment batteries using a variety of instruments
- Consulted with parents and school staff during IEP and other planning meetings

**Group Facilitator**

From: 04/2013 To: 05/2015

*ROSMY LGBTQ Youth Group, Charlottesville Chapter*

Charlottesville, Virginia

Supervisors: Peter Sheras, PhD and Linda McNeil

- Facilitated support group for youth ages 14-20 related to issues of gender and sexual orientation

**Clinical Interviewer**

From: 06/2010 To: 06/2012

*Boundaries of Anxiety and Depression Laboratory, Department of Psychology, University of Pennsylvania*

Philadelphia, Pennsylvania

Supervisor: Ayelet M. Ruscio, PhD

- Diagnostician for multiple research protocols
- Conducted more than 120 interviews using the Anxiety Disorder Interview Schedule IV, Hamilton Anxiety Rating Scale, and Hamilton Depression Rating Scale

**In-home Family Therapy Assistant**

From: 01/2009 To: 06/2009

*Central Montgomery Mental Health and Mental Retardation Center*

Norristown, Pennsylvania

Supervisor: James A. Martin, PhD

- Assisted therapists with the development and implementation of in-home family therapy for families managing a variety of difficulties including physical abuse

**After-school Therapeutic Assistant**

From: 01/2009 To: 06/2009

*Central Montgomery Mental Health and Mental Retardation Center*

Norristown, Pennsylvania

Supervisor: James A. Martin, PhD

- Helped organize and supervise behavior modification programs for 8-year-old boys in after-school program

**Program Intern**

From: 06/2009 To: 08/2009

*Cordobesan Association of Aid for Persons with Schizophrenia and Their Families*

José M. Chávez 48 - B° San Salvador, Córdoba - Argentina

- Assisted with therapeutic and vocational interventions for patients with schizophrenia and bipolar disorder in outpatient day center during summer internship in Argentina

**RESEARCH AND OTHER MANAGERIAL EXPERIENCE**

**Graduate Research Assistant**

From: 08/2012 To: 06/2016

*Prisoners and Their Families Project, University of Virginia*

Charlottesville, Virginia

Supervisor: Ann B. Loper, PhD

- Dissertation: *Mothers Inside Loving Kids: An Evaluation of a Parenting Support Program for Inmate Mothers*
  - Collaborated with prison administrators to conduct mixed-methods evaluation of specialty visitation program for incarcerated mothers and their children designed to facilitate healthy attachment
  - Supervised cohort of undergraduate research assistants in data collection and management
- Master's Thesis: *Paternal Incarceration and Psychological Well-being in Young Children*
  - Conducted independent research on the impact of paternal incarceration on children's mental health using complex longitudinal data
- Conducted training and outreach in community on children of incarcerated parents

### **Graduate Research Advisor**

From: 04/2015 To: 08/2015

*Jefferson Public Citizens, University of Virginia*  
Charlottesville, Virginia

- Supervised undergraduates in designing, implementing, and evaluating new parent manual for the Young Women Leaders Program, a mentoring program for middle school girls and female college students

### **Lab Manager / Research Assistant**

From: 06/2010 To: 07/2012

*Boundaries of Anxiety and Depression Laboratory, Department of Psychology, University of Pennsylvania*  
Philadelphia, Pennsylvania

Supervisor: Ayelet M. Ruscio, PhD

- Managed multiple studies of mood and anxiety disorders in a community sample
- Coordinated data collection with clinical populations including event-sampling methodology and the lab's first fMRI study
- Supervised cohort of undergraduate research assistants in recruitment and data collection and management
- Co-authored manuscripts and assisted with grant writing; helped acquire an NIMH R01 grant

### **PUBLICATIONS**

Coleman, E. S., Loper, A. B., Deutsch, N., & Nowak, E. (In preparation). Mothers Inside Loving Kids (MILK): An evaluation of a parenting support program for inmate mothers.

Loper, A. B., & Coleman, E. S. (2014). Video visitation for inmates: Thinking outside of the tiny box. *Corrections Today*.

Ruscio, A. M., Gentes, E. L., Jones, J. D., Hallion, L. S., Coleman, E. S., & Swendsen, J. (2015). Rumination predicts heightened responding to stressful life events in major depressive disorder and generalized anxiety disorder. *Journal of Abnormal Psychology, 124*, 17-26.

### **CONFERENCE PRESENTATIONS**

Loper, A. B., & Coleman, E. S. (2013, August). Caregivers' perceptions of video visitation contact for children of incarcerated parents. In J. Poehlmann (Chair), Children's contact with incarcerated parents: Implications for policy and intervention. Symposium presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii.

Coleman, E. S., Reich, G. M., & Schulz, M. S. (2012, November). The role of emotional embodiment expression recognition among adults with insecure attachment styles. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.

Ruscio, A. M., Jones, J. D., Swendsen, J., Gentes, E. L., Hallion, L. S., & Coleman, E. S. (2012, November). Everyday experience of perseverative thought in generalized anxiety disorder and major depressive disorder:

An ecological momentary assessment study. In A. M. Ruscio (Chair), Repetitive negative thought: Innovative approaches for moving the science forward. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Mulvihill, K., Louie, H., Coleman, E. S., & Ruscio, A. M. (2012, November). Is persistence a common or specific feature of anxiety and depression? Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.

Coleman, E. S., Winslow, C., & Ruscio, A. M. (2011, November). The ironic effect of cognitive avoidance in GAD and major depressive disorder. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

## **TEACHING EXPERIENCE**

**Instructor**, Principles of Cognitive and Behavioral Change (graduate) From: 05/2019 To: 06/2019  
*Department of Psychology, The Citadel*  
Charleston, South Carolina

**Instructor**, Workshop: Primer for Emotionally Focused Therapy for Couples (graduate) 04/2019, 03/2020  
*Department of Psychology, The Citadel*  
Charleston, South Carolina

**Instructor**, Fundamentals of Patient Care (graduate) From: 08/2017 To: 06/2019  
*College of Medicine, Medical University of South Carolina*  
Charleston, South Carolina

**Co-instructor**, Abnormal Psychology (undergraduate) From: 01/2015 To: 05/2015  
*University of Virginia*  
Charlottesville, Virginia

**Teaching Assistant**, Advanced Psychotherapy (graduate) From: 08/2015 To: 12/2015  
*University of Virginia*  
Charlottesville, Virginia

**Teaching Assistant/Guest Lecturer**, Advanced Psychopathology (graduate) From: 08/2014 To: 12/2014  
*University of Virginia* From: 08/2013 To: 12/2013  
Charlottesville, Virginia

**Teaching Assistant**, Minding the Mind: Cognitive Psychology (undergraduate) From: 08/2015 To: 12/2015  
*University of Virginia* From: 01/2014 To: 05/2014  
Charlottesville, Virginia

**Teaching Assistant**, Introduction to Social Psychology (undergraduate) From: 01/2012 To: 05/2012  
*University of Pennsylvania*  
Philadelphia, Pennsylvania

## **ACADEMIC HONORS AND AWARDS**

**Recipient of the Abidin Award for Clinical Excellence, University of Virginia** 03/2016  
Awarded in recognition of outstanding clinical skills demonstrated during doctoral training in Clinical Psychology

**Recipient of Honors in Psychology, Bryn Mawr College** 05/2010  
Awarded by department faculty in recognition of outstanding research for undergraduate thesis, "Adult Attachment and Expression Recognition: Exploring the Effects of Attachment Insecurity on the Efficacy of Emotional Embodiment"

**Recipient of Ariadne Solter Summer Internship Grant, Bryn Mawr College** 05/2009  
Awarded annually to support an unpaid internship in a development project in the global South. Awarded for internship at the Cordobesan Association of Aid for Persons with Schizophrenia and Their Families, Córdoba, Argentina

## **RELATED PROFESSIONAL ACTIVITIES & AFFILIATIONS**

**Completed Full Training Sequence in Emotionally Focused Couple Therapy** From: 01/2018 To: 11/2019  
*Atlanta Center for Emotionally Focused Therapy*  
Atlanta, Georgia

**Invited Reviewer, Criminal Justice and Behavior** 12/2016

**Member, LGBTQQI Committee** From: 07/2016 To: 07/2017  
*Lexington Veterans Affairs Medical Center*  
Lexington, Kentucky

- Served as member of committee to ensure high standard of care for LGBTQQI veterans

**Student Representative** From: 08/2012 To: 06/2016  
*Programs in Clinical and School Psychology, Curry School of Education, University of Virginia*  
Charlottesville, Virginia

- Served as liaison between faculty and psychology graduate students
- Attended faculty meetings and consulted with faculty on program direction and development

**Member, American Psychological Association** From: 09/2012 To: present  
*Member, Division 43, Society for Couple and Family Psychology*  
*Member, Division 37, Society for Child and Family Policy and Practice*