

***Alyssa Chimiklis, Ph.D., RYT200, RCYT***  
**California Licensed Psychologist, PSY 32438**  
**New York Licensed Psychologist, 24083**  
**Texas Licensed Psychologist 39887**  
**APIT Number: 15525**  
1155 Camino Del Mar #224  
Del Mar, CA 92014  
[dr.alyssa@thrivehealthcc.com](mailto:dr.alyssa@thrivehealthcc.com)  
781-718-0002

## **EDUCATION**

---

**UC San Diego Health, Eating Disorder Center for Treatment and Research**  
**Postdoctoral Fellow, Psychiatry**  
Training Director, Leslie Anderson, Ph.D.  
September 19, 2019-September 18, 2021

**MercyFirst**  
**APA-Accredited Pre Doctoral Internship**  
Training Directors: Stephen Migden, Ph.D. and Kristan Baker, Psy.D.  
2018-2019

**The Graduate Center, City University of New York, New York NY**  
**Clinical Psychology at Queens College – City University of New York, APA Accredited**  
MA Received May 2015, Ph.D. September 2019  
Director of Clinical Training: Joel Sneed, Ph.D.  
Dissertation: Examining the Effects of a Multi-Component Neurocognitive Intervention for School-Aged Children with Co-Occurring ADHD and Reading Difficulties

**Boston University, Boston, Massachusetts**  
Bachelor of Science in Communication  
Minor in Women Studies

## **GRANTS, FELLOWSHIPS, AND HONORS**

---

2025-26	<b>Psychiatry Redefined Fellowship in Functional &amp; Integrative Psychiatry</b>
2018	<b>City University of New York Clinical Psychology Fellowship 2017-2018</b>
2018	<b>Provost's Office University Fellowship</b>
2018	<b>YogaWorks Restorative Yoga Teacher Training Level 1 &amp; 2 Scholarship</b>
2017	<b>Mina Rees Dissertation Fellowship</b>
2017	<b>International Association of Yoga Therapists Symposium - Student Research Abstract Award</b>
2016	<b>Little Flower Yoga Scholarship 2016</b>

2015                    **Submission of Ruth L. Kirschstein National Research Service Award - Individual Predoctoral Fellowship (F31 Grant)**

2016-2013           **University Fellowships**

## **PROFESSIONAL EXPERIENCE**

---

3/2021 – Present    **Founder & Licensed Psychologist**, Thrive Health, Del Mar, CA

- Established and maintain a private practice offering psychotherapy services and mental health coaching to adolescents and young adults, specializing in ADHD; eating disorders including Anorexia Nervosa-Restricting subtype (AN-R), Bulimia Nervosa, Binge Eating Disorder, and Other Specified Feeding or Eating Disorders (OSFED); trauma; and anxiety disorders.
- Provide evidence-based therapy modalities tailored to each client's needs, including Family-Based Treatment (FBT), DBT-informed treatment, Cognitive Behavioral Therapy (CBT), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).
- Conduct comprehensive diagnostic intakes that include detailed clinical interviews, assessment of medical and psychiatric history, symptom evaluation, and formulation of individualized treatment plans.
- Provide psychoeducation to patients and families to support understanding of diagnoses, treatment rationale, and recovery processes
- Collaborate with referring physicians and mental health professionals to coordinate care and ensure continuity of treatment.
- Provide therapeutic support, consultation, and coaching to teens and their families navigating major life transitions, including transitioning to college.
- Coordinate referrals to qualified integrative and functional medicine practitioners, including registered dietitians (RDs), physicians (MDs), and psychiatrists.
- Utilize mind-body strategies—including yoga, breathwork, and mindfulness—to support holistic healing and enhance overall well-being.

2/23- Present    **Eating Disorder Psychologist (*Per Diem*)**, Cohen Children's Medical Center, Eating Disorders Center, New Hyde Park, NY

- Supervise pre- and post-doctoral psychology trainees and clinical staff with a primary focus on Family-Based Treatment (FBT) for eating disorders, including Anorexia Nervosa, Bulimia Nervosa, Avoidant/Restrictive Food Intake Disorder (ARFID), and Other Specified Feeding or Eating Disorders (OSFED).
- Supervision includes case conceptualization, treatment planning, implementation of evidence-based interventions, and support for professional development.
- Develop and lead weekly didactic seminars on topics related to eating disorder treatment and emerging clinical research.
- Contribute to program development for the Partial Hospitalization Program (PHP), including the design and facilitation of parent support groups.
- Participate in enhancing inpatient programming through the integration of Dialectical Behavior Therapy (DBT) principles and skills groups.

7/2024 **Staff Psychologist**, Everbody Behavioral Health, San Diego, CA

- Provide individual and family psychotherapy to patients across the lifespan presenting with a range of eating disorders, including Anorexia Nervosa (AN), Bulimia Nervosa (BN), Binge Eating Disorder, and other related conditions.

- Treat common co-occurring mental health conditions frequently associated with eating disorders, such as anxiety disorders, trauma-related disorders, and ADHD.
- Utilize evidence-based treatment modalities including Family-Based Treatment (FBT), DBT-informed therapy, Cognitive Behavioral Therapy (CBT) for Adult ADHD, and STAIR Narrative Therapy (Skills Training in Affective and Interpersonal Regulation combined with Narrative Therapy).
- Conduct intake interviews and comprehensive assessments to formulate accurate diagnoses and individualized treatment recommendations.
- Monitor patient progress through ongoing assessment and adjust treatment approaches accordingly.
- Collaborate and consult regularly with interdisciplinary team members, including dietitian to ensure coordinated and care.
- Participate in team meetings, case conferences, and professional development activities to enhance treatment quality and interdisciplinary collaboration.
- Offer crisis intervention and risk assessment when clinically indicated.
- Engage in consultation with external providers to coordinate care and support patient treatment goals across settings.

7/2024 – Present **Staff Psychologist**, Everbody Behavioral Health, San Diego, CA

- Provide individual and family psychotherapy to patients across the lifespan presenting with a range of eating disorders, including Anorexia Nervosa (AN), Bulimia Nervosa (BN), Binge Eating Disorder, and other related conditions.
- Treat common co-occurring mental health conditions frequently associated with eating disorders, such as anxiety disorders, trauma-related disorders, and ADHD.
- Utilize evidence-based treatment modalities including Family-Based Treatment (FBT), DBT-informed therapy, Cognitive Behavioral Therapy (CBT) for Adult ADHD, and STAIR Narrative Therapy (Skills Training in Affective and Interpersonal Regulation combined with Narrative Therapy).
- Conduct intake interviews and comprehensive assessments to formulate accurate diagnoses and individualized treatment recommendations.
- Monitor patient progress through ongoing assessment and adjust treatment approaches accordingly.
- Collaborate and consult regularly with interdisciplinary team members, including dietitian to ensure coordinated and care.
- Participate in team meetings, case conferences, and professional development activities to enhance treatment quality and interdisciplinary collaboration.
- Offer crisis intervention and risk assessment when clinically indicated.
- Engage in consultation with external providers to coordinate care and support patient treatment goals across settings.

2/2024-7/2024 **Attending Psychologist**, Montefiore Einstein Psychiatry Associates (MEPA), Elmsford, NY

- Provide individual therapy to children, adolescents and adults with various mental health concerns, including anxiety, trauma-related disorders, and ADHD in an outpatient virtual care setting.
- Conduct comprehensive psychological intake assessments to aid in diagnostic clarification and treatment planning.
- Collaborate with multidisciplinary teams to develop and implement integrated treatment plans tailored to each patient's individualized needs.
- Facilitate psychoeducation sessions for patients and their families to enhance understanding of mental health conditions and promote recovery.
- Provided evidence-based therapy modalities, cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), – informed treatment and parent management training (PMT), skills training in affective and interpersonal regulation (STAIR) narrative therapy tailored to each client's unique needs and goals.

9/21/2021 – 1/31/24 **Eating Disorder Psychologist**, Equip Health, Carlsbad, CA

- Provided virtual care to a caseload of clients presenting with eating disorders including anorexia nervosa, bulimia nervosa, and other specified feeding or eating disorders (OSFED), as well as co-occurring conditions including anxiety and trauma-related disorders.
- Conducted comprehensive assessments to diagnose eating disorders and comorbid conditions and developed personalized treatment plans tailored to each patient's needs and goals.
- Provided evidence-based individual therapy using modalities such as FBT, CBT, DBT-informed treatment and TF-CBT.
- Collaborated closely with dietitians, physicians, psychiatrists, and other mental health professionals to ensure coordinated care and holistic treatment approaches.
- Provided psychoeducation and support groups for individuals with eating disorders and their families to enhance understanding and coping skills.

## CLINICAL POSITIONS

---

9/2019 – 9/2021

**Postdoctoral Fellow**, UC San Diego Health, Eating Disorder Center for Treatment and Research, San Diego, CA

Completed a specialized clinical rotation focused on the assessment and treatment of eating disorders within a multidisciplinary treatment team. Provided therapy to adolescents in a partial hospitalization program and intensive outpatient setting for the treatment of a range of eating disorders. Administered therapy in individual, family, group and meal settings both in-person and via telehealth. Implemented evidence-based therapeutic interventions including DBT-Informed Treatment, CBT, Acceptance and Commitment Therapy (ACT), FBT and TF-CBT to adolescents with co-occurring trauma histories. Co-led and delivered interventions such as Body Image Group, Relapse Prevention, Topics in Eating Disorders, Yoga and PMT to further support patients and families in their recovery. Worked collaboratively with psychiatrists, nurses, dieticians for treatment planning within a multidisciplinary model. Attended weekly didactic seminars on topics related to eating disorders.

**Supervisors:** Roxanne Rockwell, Ph.D., and Ana Ramirez, Ph.D.

9/2018 – 8/2019

**Psychology Intern**, MercyFirst, Syosett, NY

**Clinical Rotation:** Abuse Treatment and Prevention Program (ATPP) and Diagnostic Assessment Placement

Delivered therapeutic services to adolescents (ages 14-18) with histories of complex trauma and economic disadvantage in a residential setting. Delivered evidence-based treatment using the *Pathways*, 4<sup>th</sup> ed. manual, which utilized a cognitive behavioral framework to treat adolescents with sexual behavioral problems. Carried individual, group and family therapy utilizing treatment modalities Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) and Attachment, Regulation, Competency (ARC). Conducted comprehensive psychological evaluations utilizing a broad range of cognitive, achievement, psychological, and projective measures to assess a wide variety of clinical conditions ranging from mild-adjustment or parent-child problems to

psychosis. Responsible for performing risk-assessments for juveniles at-risk. Contributed as a member of the milieu treatment team. Additional experience providing consultation and case management services to the on-grounds school. Participated in seminars for Complex Trauma, Diagnostic, Diversity, Family Therapy, ATPP, and Peer Supervision.

**Supervisors:** Erica Ehrenzweig, Psy.D. and Samuel Landsman, Ph.D.

6/2017 – 6/2018

**Psychology Extern,** Long Island Jewish Medical Center | Northwell Health and Cohen Children’s Medical Center, New Hyde Park, NY

**Clinical Rotation:** Child and Adolescent Track, Eating Disorder Day Treatment Program

Provided therapeutic services to culturally diverse children and adolescents with a range of eating disorders within the inpatient, as well as, partial hospitalization program. Administered therapy in individual, family, group and meal settings. Delivered evidence-based treatments which included CBT, Enhanced-Cognitive Behavioral Therapy (CBT-E), DBT-Informed Treatment, and FBT. Conducted extensive diagnostic intake evaluations. Collaborated with a multidisciplinary treatment teams and community service agencies. Administered comprehensive neuropsychological evaluations with integrative neuropsychology reports to inform treatment recommendations. Led weekly mindfulness and restorative yoga to children and adolescents as a supplementary intervention. Participated in intensive weekly supervision in CBT for anxiety including didactics and case consultations.

**Supervisors:** Lauren Salvatore, Psy.D. and Peter D’Amico, Ph.D., ABPP

8/2017 – 6/2018

**City University of New York Clinical Psychology Fellow,** Queens College Counseling Center, Queens, NY

Provided short-term and long-term individual psychotherapy utilizing psychodynamic and integrative approaches to culturally diverse undergraduate and graduate students from both the United States and abroad. Conducted structured intake evaluations and completed intake reports. Participated in weekly case dispositions and treatment planning meetings. Presented case conceptualizations to a group of psychologists and other externs and incorporated feedback into treatment planning. Engaged in campus outreach activities.

**Supervisors:** Barbara Moore, Ph.D. and Simon Shagrin, Ph.D.

8/2015 – 6/2017

**Psychology Extern,** Center of Excellence in ADHD and Related Disorders Mt. Sinai Hospital, New York, NY

**Clinical Rotation:** Neuropsychology

Conducted comprehensive neuropsychological evaluations with children, adolescents, and adults in hospital outpatient setting from a variety of referral sources including pediatricians, psychiatrists, schools and community agencies. Evaluations included general (anxiety, depression, ADHD), as well as specialized evaluations in the areas of learning, language and developmental disabilities. Conducted several behavioral observations at schools to inform treatment

recommendations. Consulted with schools and healthcare professionals regarding treatment interventions and special education services. Implemented evidence-based therapeutic interventions including Parent Management Training (PMT) and Cognitive-Behavioral Therapy for Adult ADHD. Provided Organizational Skills Training (OST) in both clinical and school settings.

**Supervisors:** Ami Norris-Brilliant, Psy.D., Anil Chacko, Ph.D., Danielle Weisfeld, Psy.D. and Maria Tsepilovan-Edman, Psy.D.

8/2014 – 6/2015

**Psychology Extern,** Memorial Sloan Kettering Cancer, New York, NY  
**Clinical Rotation:** Adult Neuropsychology

Administered comprehensive neuropsychological evaluations to adults and geriatric patients with complex medical histories who were mid or post cancer treatment. A broad range of cognitive, executive functioning, and neuropsychological measures were implemented to address a range of referral questions including impairment in attention, concentration and memory. Completed integrative reports to inform treatment recommendations and/or work accommodations. Provided emotional and psychoeducational support during feedback sessions.

**Supervisor:** James Root, Ph.D.

7/2013 – 8/2014

**Psychology Extern,** Queens College Psychological Center, Queens, NY

Conducted comprehensive intake evaluations using self-report/parental-report assessments for at-risk youth and their families. Provided evidence-based treatment interventions including Cognitive Behavioral Therapy for social anxiety and ADHD, Exposure and Response Prevention (ERP) Therapy, and PMT. Developed treatment plans and coordinated care with schools (e.g., individualized classroom behavioral plans) and community agencies. Conducted comprehensive psychoeducational evaluations with integrative report to inform treatment recommendations for adolescents and young adults experiencing academic achievement difficulties. Participated in weekly case dispositions and treatment planning meetings, as well community outreach.

**Supervisors:** Yvette Caro, Ph.D and Anil Chacko, Ph.D.

## RESEARCH POSITIONS

---

9/2020-Present

University at Buffalo the State University of New York, NY

**Research Assistant**

**Leadership in Motion (LIM) – Research and Program Support**

*Formerly known as Being Me: Yoga*

LIM is an innovative, school-wide mind-body program aimed at increasing validated measures of positive embodiment and evaluating the feasibility, acceptability, and effectiveness of eating disorder prevention efforts in middle school students who identify as female. The program investigates whether participation leads to improvements in known correlates of positive embodiment—such as self-care, emotional regulation, self-compassion, joy in movement, body surveillance, and body appreciation—with the goal of identifying accessible, theory-driven, and cost-effective prevention strategies for underserved populations.

Contributed to revisions and editing of the LIM Training Leader Manual and LIM Training Research Manual.

- Attended weekly meetings to support ongoing pilot studies at multiple sites, including Buffalo, NY.

- Provided administrative support for data collection processes, including reviewing and organizing required measures.
- Assisted in content development for the Virtual LIM Training held on September 16, 2023.
- Led efforts to recruit qualified yoga instructors to facilitate pilot study groups.
- Support community outreach initiatives aimed at bringing LIM into local schools through school partnerships.

**Co-PI: Catherine Cook-Cottone Ph.D; and Anne Cox, Ph.D.**

8/2020-9/2021

**UC San Diego Health, Eating Disorder Center for Treatment and Research,  
San Diego, CA**

**Graduate Research Assistant**

**Being Me: Yoga.** Participated in the pre- piloting of Being Me: A yoga-based guide to positive embodiment created by Catherine Cook-Cottone, Ph.D., and Anne E. Cox, Ph.D. which specifically targets joyful movement, mindfulness practices, positive body image, and compassion toward oneself.

- Responsible for running multiple yoga groups for eating disorder patients in primary hospitalization program
- Participated in weekly meetings to provide feedback on the intervention and make edits to sessions in intervention for upcoming pilot study.

**PI: Catherine Cook-Cottone, Ph.D**

September 2014 – June 2017

**New York University, New York, NY**

**Graduate Research Assistant & Supervisor**

**ACTIVATE: Evaluation of a Computerized Training Program for Children with ADHD**

This two-year pilot study examined the effects of ACTIVATE, a computerized neurocognitive intervention, on ADHD symptoms, co-morbid conditions, peer relationships, and parent-child interactions. As part of my dissertation, I evaluated the intervention's potential as a treatment and cost-effective tool for improving executive functions, ADHD symptomatology, and reading difficulties in children.

- Trained and supervised a team of 14 research assistants and graduate students in administering neurocognitive assessments and delivering ACTIVATE coaching.
- Oversaw daily project operations, including participant scheduling, recruitment, and coordination.
- Certified ACTIVATE Coach; provided direct coaching to participants using the ACTIVATE platform.
- Facilitated IRB submissions, communication, and annual renewals.
- Conducted psychodiagnostic and neuropsychological assessments with school-aged children (ages 7–11).
- Completed literature reviews and prepared materials in support of grant applications.
- Authored comprehensive treatment summary reports based on assessment outcomes.
- Created and managed multiple datasets, including parent and child questionnaires, academic performance, cognitive assessments, and executive function measures.
- Led regular team meetings focused on research coordination and data analysis.
- Supervised and mentored research assistants and graduate students in data management and literature review best practices.
- Conducted statistical analyses using SPSS and Comprehensive Meta-Analysis Software (CMA).
- Submitted and presented research findings at regional and national professional conferences.

**Co-PI: Anil Chacko, Ph.D.; Alyssa Chimiklis, M.A.**

February 2016 – June 2018.

**New York University, New York, NY**

**Graduate Research Assistant & Supervisor**

**Little Flower Yoga for Kids: Evaluation of a Yoga and Mindfulness Program for Children with Increased Levels of Inattention and Emotion Dysregulation**

This two-year pilot study evaluated the effectiveness of a school-based yoga and mindfulness program (Cohen-

Harper, 2013) for children ages 4–7 who met a predetermined threshold for attentional difficulties and emotion dysregulation.

- Supervised and trained a team of 12 research assistants and 2 graduate students in neuropsychological assessment, data management, and literature review methods.
- Conducted neuropsychological assessments with young children (ages 4–7) to evaluate attentional and emotional functioning.
- Led all project operations, including scheduling, documentation, and coordination across study sites.
- Facilitated IRB submission, communication, and annual renewals.
- Maintained ongoing collaboration with the yoga and mindfulness instructor to ensure program fidelity and troubleshoot implementation challenges.
- Led weekly research team meetings to support progress and resolve barriers to implementation.
- Conducted extensive literature reviews to inform study design, intervention delivery, and manuscript preparation.
- Submitted and presented findings at professional conferences and published results in a peer-reviewed journal.

**Co-PI: Anil Chacko, Ph.D.; Alyssa Chimiklis, M.A.**

July 2015 – August 2017

**University of California – Los Angeles, Los Angeles, CA**

**Visiting Student @ Galván Laboratory for Developmental Neuroscience at UCLA**

*Received biannual training in neuroimaging techniques and adolescent brain development under the mentorship of Dr. Adriana Galván.*

- Earned MRI safety certification through the UCLA Staglin Center for Cognitive Neuroscience.
- Observed fMRI sessions for two NIH-funded studies: *A Study of Daily Sleep and Brain Development* (Project #13-000827) and *Giving to Others and Neural Development During Adolescence* (Project #16-001580).
- Gained exposure to data collection and neuroimaging data analysis procedures.
- Introduced to FSL (FMRIB Software Library) for analyzing brain imaging data.
- Attended university lectures and seminars on neuroimaging methods and adolescent brain development.

**PI: Adriana Galvan, Ph.D.**

January 2010 – June 2013

**Queens College, Queens, NY**

**Graduate Research Assistant**

**Refining Attention Memory and Parenting (RAMP) Study**

*National Institute of Mental Health, Treatment Development Grant (Project #41715-003)*

The RAMP study, funded by a three-year NIMH treatment development grant, examined whether enhancing working memory in children with ADHD through a computerized training program (Cogmed) would augment the effects of an evidence-based parenting program on children’s social, emotional, and academic outcomes.

Conducted psychodiagnostic and neuropsychological assessments with school-aged children (ages 7–11).

- Certified Cogmed Coach; provided individualized coaching for participants using the computerized working memory program.
- Implemented reward systems to support engagement and adherence across all coaching cases.
- Led six social skills training groups focused on peer interaction, emotion regulation, and communication.
- Developed individualized intervention plans for participants not responding to standard protocols.
- Co-led an evidence-based parenting program aimed at improving caregiver strategies and child behavior.
- Authored comprehensive treatment summary reports based on assessment and intervention outcomes.
- Conducted data management tasks, including variable coding and basic statistical analyses.
- Participated in weekly research team meetings and supervision sessions.
- Collaborated on manuscript development and published findings in peer-reviewed journals.

- Submitted and presented research findings at professional conferences.

**PI: Anil Chacko, Ph.D.**

August 2009 – November 2009

**Queens College, Queens, New York**

**Graduate Research Assistant**

**Training Executive Attention and Motor Skills (TEAMS) Study** This study evaluated the effectiveness of the TEAMS (Training Executive, Attention, and Motor Skills) intervention on ADHD symptoms, executive functioning, and motor skills in preschool-aged children with ADHD and their families.

- Assisted with participant recruitment and administrative coordination.
- Conducted psychodiagnostic evaluations and developmental screenings.
- Co-led weekly group sessions targeting executive functioning, attention, and motor skills in young children.

**PI: Jeffrey Halperin, Ph.D.**

June 2008 – January 2009

**Boston College, Chestnut Hill, MA**

**Research Assistant**

**Interdisciplinary Affective Science Laboratory**

- Recruited and scheduled participants across multiple research studies.
- Developed study materials, including visual stimuli using programs such as FantaMorph.
- Supported implementation of study protocols and data collection procedures.
- Participated in weekly research team meetings to coordinate tasks and discuss study progress.

**PI: Lisa Feldman Barrett, Ph.D.**

## **PEER REVIEWED-PUBLICATIONS**

---

Dahl VM, **Chimiklis AL**, Peralta S, Siddiqui Y, Chacko A. A Pilot Study of a School-Based Yoga and Mindfulness Program for Girls. *OBM Integrative and Complementary Medicine*. 2025 Mar 18;10(1):015. doi:10.21926/obm.icm.2501015. PMID: 2573-4393.

**Chimiklis, A.**, Dahl, V., Spears, Goss, K., Fogarty, K., and Chacko, A. (2018). Yoga and Mindfulness, and Meditation Interventions for Youth with ADHD: Systematic Review and Meta-analysis. *Journal of Child and Family Studies*, 27(10), 3155-3168.

Chacko, A., Bedard, A-C., Marks, D., Gopalan, G., Feirsen, N., Uderman, J., **Chimiklis, A.**, Heber, E., Cornwell, M., Anderson, L., Zwilling, A., & Ramon, M. (2017). Sequenced neurocognitive and behavioral parent training for the treatment of ADHD in school-age children, *Child Neuropsychology*, DOI: 10.1080/09297049.2017.1282450

Chacko, A., Jensen, S.A., Lowry, L.S., Cornwell, M., **Chimiklis, A.**, Chan, E., Lee, D., & Pulgarin, B. (2016). Engagement in Behavioral Parent Training: Review of the Literature and Implications for Practice. *Clinical Child and Family Psychology Review*, 19(3), 204-215.

Chacko, A., Bedard, A.C., Marks, D., Feirsen, N., Uderman, J., **Chimiklis, A.**, Rajwan, E., Cornwell, M., Anderson, L., Zwilling, A., & Ramon, M. (2014). A randomized clinical trial of Cogmed Working Memory Training in school-age children with ADHD: a replication in a diverse sample using a control condition. *Journal of Child Psychology and Psychiatry*, 55(3), 247-255.

Chacko, A., Feirsen, N., Marks, D., Bedard, A.C., Uderman, J., & **Chimiklis, A.**, (2013). Cogmed Working Memory Training or youth with ADHD: A closer examination of efficacy utilizing evidence-based criteria. *Journal of Clinical Child and Adolescent Psychology*, 42(6), 769-783.

Chacko, A., Wymbs, B.T., **Chimiklis, A.**, Wymbs, F.A., & Pelham, W.E. (2012). Evaluating a comprehensive strategy to improve engagement to group-based behavioral parent training for high-risk families of children with ADHD. *Journal of Abnormal Child Psychology*, 40(8), 1351-1362.

#### **MANUSCRIPT UNDER REVIEW**

---

Smith, A. M., Cook-Cottone, C., Cox, A., **Chimiklis, A.**, & Hadjeagari, C. (2025). *A yoga-based eating disorder program for positive embodiment: Feasibility and acceptability among middle-school females* [Manuscript submitted for publication]. *Contemporary School Psychology*

#### **BOOK CHAPTERS**

---

Chacko, A., Allan, C., Moody, S., Crawford, T., Nadler, C., & **Chimiklis, A.** (2017). Behavioral Therapies. In S. Goldstein & M. DeVries (Eds), *Handbook of DSM-5 Childhood Disorders*. Springer

Chacko, A., Alan, C., Uderman, J., Cornwell, M., Anderson, L. & **Chimiklis, A.** (2014). Training parents of children with ADHD. In R. Barkley (Ed), *Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment* (4th edition). New York, NY: Guilford Press.

#### **ENCYCLOPEDIA ENTRY**

---

Chacko, A. **Chimiklis, A.**, & Dahl, V. (2017). Mindfulness Interventions. E. Bratten, B. Willoughby (Eds). The Sage Encyclopedia of Intellectual and Developmental Disorders. New York, NY: Sage

#### **SYMPOSIA (PRESENTED)**

---

**Chimiklis, A.** (2025, November). *Empowering young minds: A pilot study of yoga and mindfulness for emotion regulation, executive function, and attentional challenges in at-risk girls* (Z. Simsek, Session Chair). In *5th World Congress on Primary and Global Healthcare*. Symposium conducted at the annual meeting of the World Congress on Primary and Global Healthcare, Paris, France.

**Chimiklis, A.** (2022, March). *Being Me Yoga: A yoga-based program for positive embodiment* (J. Rosenthal, Chair). In *Neuroscience and Yoga Online Conference*. Symposium conducted at the annual meeting of the Neuroscience and Yoga Online Conference, New York, NY.

**Chimiklis, A.** (2022, March). *Yoga and mindfulness interventions for youth with ADHD* (J. Rosenthal, Chair). In *Neuroscience and Yoga Online Conference*. Symposium conducted at the annual meeting of the Neuroscience and Yoga Online Conference, New York, NY.

**Chimiklis, A.** (2017, December). *Examining the effects of a multi-component neurocognitive intervention for school-aged children with co-occurring ADHD and reading difficulties*. Presented at the CUNY Clinical Psychology Doctoral Program Colloquium, Queens College, coordinated by J. Stewart, Ph.D.

**Chimiklis, A.** (2017, October). *Yoga and mindfulness interventions for youth with ADHD: A meta-analysis and systematic review of the literature* (S. B. Khalsa, Chair). In *Symposium on Yoga Research*. Symposium conducted at the annual meeting of the Symposium on Yoga Research, Stockbridge, MA.

- Chimiklis, A.** (2017, June). *Neurocognitive treatments for ADHD: Where to now?* (A. Saperstein, Chair). In *Cognitive Remediation in Psychiatry*. Symposium conducted at the annual meeting of the Cognitive Remediation in Psychiatry Conference, New York, NY.
- Chacko, A., Wymbs, B.T., Wymbs, F.A., Pelham, W.E., Uderman, J., **Chimiklis, A.**, & Feirsen, N. (2009, November). Next steps in effective, engaging, and efficient behavioral parent training models for high-risk families of children with ADHD. A. Chacko (Chair), *Behavioral parent training for ADHD: Next steps for difficult-to-treat and difficult-to-engage families*. Symposium conducted at the annual meeting of the Association of Behavioral and Cognitive Therapy, New York, NY.
- Chacko, A., Uderman, J., **Chimiklis, A.**, Feirsen, N., Wymbs, B.T., Wymbs, F.A., & Pelham, W.E. (2009, November). Family Profiles as predictors of treatment response to behavioral parent training for children with ADHD. S. van der Oord (Chair), *Treatments for Children with ADHD, Predictors, Moderators, and New Developments*. Symposium conducted at the annual meeting of the Association of Behavioral and Cognitive Therapy, New York, NY.

## POSTER PRESENTATIONS

---

- Smith, A., Cook-Cottone, C., Cox, A., Hadjeasgari-Hoelzle, C., **Chimiklis, A.** (2024 May 2). School-Based Strategies to Promote Positive Embodiment and Prevent Eating Disorders. [Poster Presentation]. Celebration of Student Academic Excellence. University at Buffalo, The State University of New York.
- Smith, A., Cook-Cottone, C., Cox, A., Hadjeasgari-Hoelzle, C., **Chimiklis, A.** (2024 March 12). *Empowering Adolescents: A School-Based Eating Disorder Prevention Program to Enhance Well-being*. [Virtual Poster Presentation]. STORIES 2024 Conference, University of Oxford, UK. <https://stories2024.wixsite.com/stories-conference>
- Dahl, V., **Chimiklis, A.**, Peralta, S., Love, K., Chacko, A., (2018, October). Little Flower Yoga: An Evaluation of a Yoga and Mindfulness Program for Children with Emotion Regulation and Attention Problems. Poster presented at the annual meeting of the Symposium on Yoga Research (SYR), Stockbridge, MA.
- Chimiklis, A.**, Dahl, V., Spears P. A., Goss, K., Fogarty K., & Chacko, A., (2017, October). Yoga and Mindfulness Interventions for Youth with ADHD: A meta-analysis and systematic review of the literature. Poster presented at the annual meeting of the Symposium on Yoga Research (SYR), Stockbridge, MA.
- Chimiklis, A.**, Dahl, V., Fogarty K., Goss, K., Spears P. A., & Chacko, A., (2016, October). Yoga and Mindfulness Interventions for Youth with Attention Deficit/Hyperactivity Disorder (ADHD): A systematic review of the literature. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York, NY.
- Chimiklis, A.**, Dahl, V., Lee, D., Pulgarin, B., Goss, K., Fogarty K., Rani, M., Spears P., Jorge, A., & Chacko, A., (2016, October). Examining the effects of a multi-component neurocognitive intervention for school-age children with co-occurring Attention-deficit/hyperactivity disorder (ADHD) and reading difficulties. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York, NY.
- Chimiklis, A.**, Marks, D., Bedard, A.C., Feirsen, N., Uderman, J., Rajwan, E., Anderson, L., Cornwell, M., Zwilling, A., Chan, E., Lee, D., Pulgarin, B., Fogarty, K., Goss, & Chacko, A., (2015, November). Working Memory as a Moderator of Outcomes for Cogmed Working Memory Training for Youth with

Attention-Deficit/Hyperactivity Disorder. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapy, Chicago, IL

- Chimiklis, A.,** Feirsen, N., Dahl, V., Chan, E., Lee, D., Pulgarin, B., Chacko, A., Wymbs, B. T., & Wymbs, F. (2015, November). Characteristics of parents of children with ADHD who never-attend, drop-out, and complete behavioral parent training. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Chicago, IL.
- Zwilling, A., Nikulina, V., Feirsen, N., Uderman, J., Rajwan, E., Anderson, L., Cornwell, M., **Chimiklis, A.,** & Chacko, A. (2015, March). Working memory as a predictor of response to parent training for youth with ADHD. Poster presented at the 2015 Annual Meeting of the Eastern Psychological Association, Philadelphia, PA.
- Chimiklis, A.,** Bedard, A.C., Marks, D., Feirsen, N., Uderman, J., Cornwell, M., Rajwan, E., Anderson, L., Zwilling, A., Ramon, M., & Chacko, A. Do Inattentive Symptoms and Working Memory Predict Mathematical and Reading Achievement in School Age Youth with ADHD? (2013, November). Poster presented at ADHD Special Interest Group at the annual meeting of the Association of Behavioral and Cognitive Therapy, Nashville, TN.
- Uderman, J., **Chimiklis, A.,** Feirsen, N., Anderson, L., Cornwell, M., Rajwan, E., Ramon, R., Marks, D., Bedard, A.C., & Chacko, A. Is Working Memory Related to Emotion Regulation in Attention Deficit Hyperactivity Disorder (2011, November). Poster presented at ADHD Special Interest Group at the annual meeting of the Association of Behavioral and Cognitive Therapy, Toronto, Canada.
- Feirsen, N., Uderman, J., **Chimiklis, A.,** Chacko, A., Wymbs, B.T., Wymbs, F.A., & Pelham, W.E. (2010, November). *Family Typologies as Predictors of Response to Enhanced Social Skills Treatment for Children with ADHD*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapy, San Francisco, CA
- Uderman, J., Feirsen, N., **Chimiklis, A.,** Ramon, M., Bedard, A.C., Marks, D., & Chacko, A. (2010 November) Refining Attention, Memory and Parenting (RAMP): strategically sequencing working memory training and behavioral interventions for the treatment of ADHD. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapy, San Francisco, CA.
- Chimiklis, A.,** Uderman, J., Feirsen, N., Chacko, A., Wymbs, B.T., Wymbs, F.A., & Pelham, W.E. (2009, November). The role of parental attributions on engagement to and outcomes following behavioral parent training for ADHD. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapy, New York, NY.
- Uderman, J., **Chimiklis, A.,** Feirsen, N., Chacko, A., Wymbs, B.T., Wymbs, F.A., & Pelham, W.E. (2009, November). Improving engagement to behavioral parent training: The role of pre-treatment and within treatment engagement components. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapy, New York, NY.
- Chacko, A., Fabiano G., Doctoroff, G., Feirsen, N., Uderman, J., **Chimiklis, A.,** and McRoy, C. (2009, November). Prevention of Child Maltreatment: The Development of the Fathers Supporting Success In Preschoolers Program. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapy, New York, NY.

Please update the final sentence of the third paragraph on the About page to reflect my expanded speaking experience. Kindly replace the current sentence:

“She has presented at conference symposia on the use of yoga and mindfulness-based interventions for eating disorders and ADHD, as well as on neurocognitive strategies to support children with ADHD and reading challenges.”

with the updated version:

“She is a national and international speaker who has presented at conference symposia on yoga- and mindfulness-based interventions for eating disorders and ADHD, as well as on neurocognitive strategies to support children with ADHD and reading challenges.”

Please let me know if any clarification is needed and confirm once the change has been made.

#### **OTHER RESEARCH EXPERIENCES**

---

##### **Ad Hoc Reviewer**

- British Journal of Clinical Psychology
- European Child & Adolescent Psychiatry
- Journal of Abnormal Child Psychology

#### **TEACHING EXPERIENCE**

---

6/5/2017 – 6/28/2017	<b>Instructor</b> Psychology 232, <i>Psychology of Personality</i> Department of Psychology, Queens College
8/25/16 - 6 21/2016	<b>Instructor</b> Psychology 101, <i>Introduction to Psychology</i> Department of Psychology, Queens College
6/6/2016 – 6/29/2016	<b>Instructor</b> Psychology 232, <i>Psychology of Personality</i> Department of Psychology, Queens College
1/29/2016 – 5/28/2016	<b>Instructor</b> Psychology 216, <i>Developmental Psychology: Adulthood &amp; Aging</i> Department of Psychology, Queens College
8/27/2015-12/23/2015	<b>Instructor</b> Psychology 101, <i>Introduction to Psychology</i> Department of Psychology, Queens College
6/1/2015-6/24/2015	<b>Instructor</b> Psychology 101, <i>Introduction to Psychology</i> Department of Psychology, Queens College
1/28/2015 – 5/18/2015	<b>Instructor</b> Psychology 232, <i>Psychology of Personality</i> Department of Psychology, Queens College
8/28/2014 - 12/23/2014	<b>Instructor</b> Psychology 101, <i>Introduction to Psychology</i>

Department of Psychology, Queens College

- 6/2/2014-6/25/2014      **Instructor**  
Psychology 101, *Introduction to Psychology*  
Department of Psychology, Queens College
- 1/27/2014-5/23/2014      **Instructor**  
Psychology 101, *Introduction to Psychology*  
Department of Psychology, Queens College
- 1/2/2014 -1/23/2014      **Instructor**  
Psychology 354, *Psychology of Sexual Behavior*  
Department of Psychology, Queens College
- 8/28/13-12/23/2013      **Instructor**  
Psychology 101, *Introduction to Psychology*  
Department of Psychology, Queens College
- 6/3/2013-6/26/2013      **Instructor**  
Psychology 354, *Psychology of Sexual Behavior*  
Department of Psychology, Queens College

## **PROFESSIONAL SOCIETIES**

---

International Association of Eating Disorder Professionals – New York Chapter  
Yoga Alliance

## **ADDITIONAL PROFESSIONAL EDUCATION**

---

- 6/2023-7/2023      Enhanced Cognitive Behavior Therapy (11 hours), Presented by Equip Health
- 3/2023      Trauma-Focused Cognitive Behavioral Therapy: Tailoring Treatment for Youth with Developmental Disabilities (8 hours), Presented by Peter D’Amico, PhD, ABPP and Daniel Hoover, PhD, ABPP, Sponsored by Kennedy Krieger Institute & The STRYDD Center at Northwell Health’s Long Island Jewish Medical Center
- 6/2022-1/2023      Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Training and consultation calls, Presented by Peter D’Amico Ph.D., ABPP, Sponsored by Long Island Jewish Medical Center Northwell Health & The National Child Traumatic Stress Network.
- 2021      Treatment of Obsessive-Compulsive Disorder in Patients with an Eating Disorder (6 hours), Presented by Jessie Menzel, Ph.D, and Chelsie Giambrone, LCSW, Sponsored by UC San Diego Health Eating Disorders Center for Treatment and Research, San Diego, CA
- 2021      Introduction to Radically Open Dialectical Behavior Therapy (6 hours), Presented by Julianna Gorder PsyD., Sponsored by UC San Diego Health Eating Disorders Center for Treatment and Research, San Diego, CA

- 2021 200 Hours Teacher Training Program (200 hours), Presented by Yoga Vida, Presented by Yoga Vida Instructors, Sponsored by Yoga Vida, New York, NY
- 2019 Introduction to DBT and Application to Eating Disorders (14 hours), Presented by Leslie Anderson, Ph.D., Anne Cusack, Psy.D., and Julie Melekian, MFT, Sponsored by UC San Diego Health Eating Disorders Center for Treatment and Research, San Diego, CA
- 2019 Family-Based Treatment Intensive Introductory Training Roxanne Rockwell, Ph.D., Stephanie Knatz Peck, Ph.D, and Hannah Patrick, LMFT, Sponsored by UC San Diego Health Eating Disorders Center for Treatment and Research, San Diego, CA
- 2018 Attachment, Regulation, Competency (ARC) Basic Training Curriculum (14 hours), Presented by Joseph Spinazzola, Ph.D., Sponsored by MercyFirst, Syosett, NY
- 2018 Web-centered training in enhanced cognitive behavior therapy (CBT-E) Presented by Christopher Fairburn, DM, FMedSci, FRCPsych, Sponsored by Centre for Research on Eating Disorders at Oxford (CREDO)
- 2018 Deeper States of Relaxation Teacher Training, Presented by Jillian Pransky, Sponsored by YogaWorks, New York, NY
- 2018 Restorative Yoga with Minimal Props Certification, Presented by Jillian Pransky, Sponsored by YogaWorks, New York, NY
- 2017 Little Flower Yoga Teacher Training Certification, Presented by Little Flower Yoga Instructors, Sponsored by Little Flower Yoga, New York, NY
- 2016 UC Consortium on Developmental Science of Adolescence 2016. Summer Institute, Presented by UCLA, UC Berkley and UC Davis Faculty, Sponsored by UCLA, Los Angeles, CA
- 2015 ACTIVATE Professional Training (4 hours). Presented by Greg Skinner, Director of Operations C8 Sciences, Sponsored by C8 Sciences
- 2009 Cogmed Professional Training (8 hours). Presented by Marissa O’Neal, Network Relations and Training Manager; Sponsored by Cogmed – Working Memory Training, Naperville, IL

*References: Available upon request.*