

PROFESSIONAL SUMMARY

Psychotherapeutic Social Worker with 11+ years of experience in private practice; trailblazed the sector of supporting clients who manage severe, life threatening food allergies; provide counseling to families, adults and children in one-on-one settings; educate and train groups of children, teens, parents, adults and families; practice a variety of modalities based on client need in order to offer appropriate support, guidance and counseling. **Master's degree in Social Work from New York University.**

EXPERIENCE

Psychotherapist & Specialist in Food Allergy Management – Allergic Girl Resources, Inc.
New York, NY 2006 – Present

- Author of ***Allergic Girl: Adventures in Living Well with Food Allergies* (John Wiley & Sons, 2011)** the only self-help book written for adults with food allergies by a mental health professional; in print.
- Practice a variety of modalities and interventions based on client need including cognitive-behavioral interventions, play therapy, art therapy, mindfulness, self-soothing tools, stress-reduction strategies, healthy coping strategies, psycho-education, risk management and disease management, all around food allergy management.
- Guide clients toward deeper understanding of their disease and confront anxious feelings and maladaptive avoidant behaviors. Documented progress and decrease in presented symptoms.
- Promote the ***Allergic Girl*** brand with top media outlets in consistently positive press pieces e.g. *New York Times*, *Wall Street Journal*, *CNN*, *New York Magazine*, *Washington Post*.
- Maintain professional licensure and participate in regular training as required by license.

Producer / Speaker / Spokesperson / Consumer Expert – Allergic Girl Resources, Inc.
New York, NY 2006 – Present

- **Mylan Specialty:** Served as featured conference speaker, national spokesperson and blogger event coordinator; consulted with Mylan's outside marketing and PR firms to help create messaging that strengthened ties with the medically affected communities and positioned their messaging appropriately.
- **Kaléo Pharma:** Consult directly with CEO on brand messaging; consult with Kaléo's outside marketing and PR firms to help target pre- and post- device launch messaging as well as ongoing campaigns.
- **United States Department of Defense:** Consumer Reviewer for the Department of Defense Genetic Studies of Food Allergies Research Program (GSFARP) for two years; reviewed and evaluated confidential, groundbreaking scientific research related to the immune system and food allergies; presented Keynote speech at on-site two-day DoD research review in Washington, DC; featured subject on DoD website.
- **Food Allergy Research and Education (FARE):** Content creator and Keynote speaker for national conferences (multiple locations and years) including teaching and training groups of adults, children and teens around lifestyle management and food allergies;

multiple webinars content producer and speaker on topics related to food allergy managements and lifestyle.

- **Kids With Food Allergies (KFA):** Webinar content producer and speaker on multiple topics related to food allergy lifestyle management.

Continuing Education Course Content Creator – Allergic Girl Resources, Inc.

New York, NY 2017 – Present

- Created continuing education course content for licensed mental health professionals.
- Course covers the landscape of food allergies in the United States today; provides appropriate interventions for multiple populations using a variety of tools that can be incorporated by audience immediately.
- Designed both 1.5 hour and 3-hour modules for in-person and online presentations. Webinar given in December 2017; future series dates scheduled for spring 2018.

EDUCATION

Master of Social Work – New York University

Master of Fine Arts – Bennington College

Senior Writing Fellow – Columbia University

Bachelor of Arts, English/Psychology – Sarah Lawrence College

Sarah Lawrence College Program – Wadham College, Oxford University

PROFESSIONAL AFFILIATIONS & CERTIFICATIONS

New York Office of the Professions – State Education Department – License #061939-1

National Association of Social Workers – Active Member since 2006 – #886301076

American Psychological Association – Active Associate Member

New York City Department of Health – Food Protection Certificate

National Restaurant Association – ServSafe – Food Protection Manager Certification

American Red Cross – CPR/AED Certified

Bennington College Alumni Association – Class President

Sarah Lawrence College Alumni Association – Active Member

New York University Alumni Association – Active Member

AWARDS AND NOMINATIONS

The Pushcart Prize – Nominated

New York University – President’s Service Award for Leadership

American Academy of Allergy, Asthma and Immunology – Samter Journalism Award

HealthCentral.com – First Annual Top Site Award

Healthline.com – Best Allergy Blog 2015, 2016, 2017