

Emma J. Wood, PsyD

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Licensure

Licensed Psychologist in the State of TX, March 2012
36127

Education

Midwestern University, Downers Grove, IL
Doctor of Clinical Psychology, September 2006- August 2010
Graduation: August 2010

Midwestern University, Downers Grove, IL
Master of Arts in Clinical Psychology, 2008

Wheaton College, Wheaton, IL
Bachelor of Arts in Interdisciplinary Studies: Psychology, Music, and Art, 2006

Clinical Experience

Baylor University, Waco, TX

Staff Psychologist and Coordinator of Outreach, October 2010-present

- Provides individual, couples, and group therapy to students in graduate and undergraduate programs.
- Group therapy programs include: Women's Issues Group, Eating Disorder Recovery Group, Family Exploration Group and Sexual Assault Survivors Group
- Supervises doctoral practicum students, doctoral interns, and master's level Higher Education Student Affairs students
- Administrator for the Baylor University Counseling Center Outreach Program that provides mental health prevention and education to the campus as a whole
- Trainings provided to practicum and intern students include:
 - Women's Issues
 - Sexual Identity Development
 - LGBT Issues and Spirituality
 - Culture and Mental Health
 - Power and Privilege
 - Difficult Dialogues on Diversity
 - Body Image and Size Stigma
 - Racial Identity Development
 - Brief Therapy Modalities
 - Integrative Therapy
 - Feminist Therapy
- Serves as the Faculty Advisor for the Active Minds student group

State University of New York at Oneonta, Counseling Center, Oneonta, NY

Doctoral Intern, August 2009-2010

Supervisors: Mark Rice, PhD., Mellissa Fallon, PhD.

Central DuPage Pastoral Counseling Center, Carol Stream, IL

Therapy Intern, July 2008-July 2009

Supervisor: Patricia Francis, PsyD.

Trinity Services Inc., Lockport, IL

Diagnostic Extern, July 2007-July 2008

Supervisor: Carl Indovina, PsyD.

Winfield Woods Healthcare, Winfield IL

Group and Individual Therapist, Spring-Winter 2007

Supervisor: Diana Semmelhack, PsyD.

New Beginnings Lodge, NAMI, Winfield, IL

Group-as-a-Whole management group, Spring-Summer 2007

Supervisor: Diana Semmelhack, PsyD.

Hesed House Shelter, Aurora, IL

After school Therapeutic Group Facilitator, Fall 2006

Supervisor: Diana Semmelhack, PsyD.

NAMI of Dupage Transitional Services Center, Wheaton, IL

Volunteer, Spring-Summer 2006

Teaching Experience

Baylor University, Waco, TX

Adjunct Professor for the School of Education

Undergraduate, Fall Semester 2014/2015

Dean: Jon Engelhardt, Ph.D.

- Course Instructed: LDS 3V01-01 Mental Health Peer Leadership
- Course Instructed: LDS 3V01 Peer Leadership for New Student Experience

Baylor University, Waco, TX

Adjunct Professor for the Department of Neuroscience and Psychology

Doctor of Psychology Program (PSYD), Summer Term 2013

Department Chair: Gary Elkins, Ph.D.

- Course Instructed: PSY 5335 Multicultural Issues

Baylor University, Waco, TX

Adjunct Professor for the Department of Neuroscience and Psychology-Undergraduate, Spring Semester 2012

Department Chair: Jim Diaz-Granados, Ph.D.

- Course Instructed: NSC/MH/PSY 4312 Behavioral Medicine

Tarleton State University, Waco, TX

Adjunct Professor for MS in Counseling Psychology, Spring Semester 2012

Department Head: David Weissenburger, Ph.D.

- Course Instructed: CPSY 553 Personality & Counseling Theories & Applications
- Course Instructed: CPSY 554 Group Therapy

State University of New York at Oneonta, Oneonta, NY

Adjunct Professor for the department of Psychology-Undergraduate, Spring Semester 2010

Department Chair: Steven Gilbert, PhD.

- Course Instructed: PSYC 100 Introduction to Psychology

Professional Presentations

Wood, E. (2016, April) *Care for the Caregiver: understanding and combatting burn out and compassion fatigue*. Invited trainer for Methodist Children's Home, Waco, TX.

Wood, E. (2016, March) *Women Thriving in the Workplace*. Presenter at the Association for Women in Psychology Conference, Pittsburg, PA.

Wood, E. (2016, February). *Why did I do this in the first place? The ethics of therapist burnout and self-care*. Workshop presenter for the Heart of Texas Counseling Association, Waco, TX.

Wood, E. (2015, October). *Psychosocial Implications for Patients with Inherited Colon-Cancer Syndromes*. Keynote Speaker for Cleveland Clinic Hereditary Colon Cancer Day, Cleveland, OH.

Wood, E. (2015, October). *Caring for the Caregiver*. Presenter for Cleveland Clinic Hereditary Colon Cancer Day, Cleveland, OH.

Wood, E. (2015, April). *Motivational Interviewing and the Change Process*. Invited speaker/trainer for Community in Schools, Waco, TX.

Wood, E. (2015, April). *Can Women in the Workplace Have it all? Exploring challenges, benefits and solutions that can enlighten and empower*. Presenter at 12th Annual Institute for Emotional Intelligence Pursuing Excellence In Education and Beyond, Waco, TX.

Wood, E. & Abott, K. (2015, March) *Thriving in assessment: Strategies for measuring the “unmeasurable”*. Presentation author at The 25th annual assessment in higher education conference, College Station, TX
Primary Author, March 2015

Wood, E. (2013, February). *Freedom from Fear of the “Freshman Fifteen”*: Addressing the Development and Prevention of Eating Disorders on College Campuses. Keynote speaker for CollegeResponse® Professional Webinar

Wood, E. (2012, October). *Feminist Therapy Perspectives on Women’s Health in the Prevention of Disordered Eating*. Featured lecturer at The Rosewood Institute Professional Lecture Series, Wickenburg, AZ

Wood, E. (2012, October). *Freedom from Fear of the “Freshman Fifteen”*: Addressing the Development and Maintenance of Eating Disorders on College Campuses. Educator/ Outreach panel speaker at the 12th National Eating Disorder Association Conference, St. Petersburg, FL

Wood, E. (2012, March). *Size Stigma and Eating Disorders in College Settings: fighting the fear of the freshman fifteen*. Plenary panel speaker at the 2012 Binge Eating Disorder Association Conference, Philadelphia, PA

Wood, E. (2012, February). *Pay it forward: primary prevention outreach using a feminist approach*. Presenter at Texas University and College Counseling Centers Conference, Waco, TX

Wood, E. & Semmelhack, D. (2011, March) *The Fine Arts in the Treatment of Severely Mentally Ill Consumers: an innovation utilizing group-as-a-whole work*. First author, presentation at the Annual American Group Psychology Association Conference, New York, New York

Wood, E. & Semmelhack, D. (2010, November). *Transformation: The Rite of Spring-Utilizing the Fine Arts in Treating Severe Mental Illness*. First author, presentation at the International Society for the Psychological Treatments of the Schizophrenia and Other Psychoses Conference, Stockbridge, Massachusetts

Workshops and Outreach

Community in Schools, Waco, TX

Invited Speaker, April 2015

- Presentation: *Motivational Interviewing and the Change Process*

2014 NEDA Walk, Waco, Texas

Speaker

Heart Lions: finding true value and self-worth, Commerce, TX

Texas A&M Commerce invited speaker, March 2014

Dyer Ethics Workshop: “The Ethical Implications of Living into the DSM-5”, Waco, TX

Panelist, October, 2013

2013 NEDA Walk, Waco, Texas
Speaker

Baylor University Justice Week, Waco, Texas
Panelist and Guest Speaker, Spring 2012

- Presented: *Rape Culture as a Precursor to Sexual Violence Against Women*
- Presented: *Fighting Back: media literacy in addressing women's mental health issues*

Baylor Spiritual Life Staff Development, Waco, TX
Guest Speaker, Fall 2011

YogaLife Eating Disorder Seminar, Waco, TX
Guest Speaker, Fall 2011

- Presented: *Eating Disorder Education and Prevention: Reclaiming Your Power to Choose Health Over Size and Shape*

Baylor University Sexual Assault Forum, Waco, TX
Panel Facilitator, Fall 2011

Line Camp Orientation, Waco, TX
Presenter/Panel Member, 2011-present

"I Heart Me" Body IQ/Counseling Center Outreach, Waco, TX
Program Developer/ Presenter, Spring 2011, Spring 2012

State University of New York at Oneonta Counseling Center Outreach, Oneonta, NY
Program Developer/ Presenter, Spring 2010

- *Mental Health Stigma on Campus: Special issues facing students impacted by mental illness*

Student Development Liaison, Oneonta, NY
Presenter, Fall 2009- Present

Residents Life Programming, Oneonta, NY
Co-presenter, November 2009, February 2010

Freshman Success Series, Oneonta, NY
Presenter, September 2009, October 2009

Pre-marriage Workshop, Carol Stream, IL
Presenter, September 2008, February 2009, April 2009

- Presented workshops on couples conflict and communication for engaged and newly married couples.

Board and Committee Work

Baylor University, Waco, TX
Recovery Support Steering Committee
Summer 2015- present

Baylor University, Waco, TX
Body IQ Advisory Board Chair/Member
Fall 2010- 2015

Mental Fitness Inc., create and deliver public health initiatives that build mental fitness in every child in America.
Executive Board Member
Summer 2013-2014

The NORMAL non-profit, body image and eating disorder education
Executive Board Member
2012- 2013

National Diversity Council, DiversityFIRST™
Board of Directors
Spring 2012-2014

Texas University and College Counseling Centers
Conference Committee
2011/2012 and 2012/2013

NAMI Waco Board Member, Waco, TX
Advocacy Chair, December 2011- December 2012

State University of New York College at Oneonta, Oneonta, NY
Counseling Centers of New York Conference Committee
Summer 2010

State University of New York College at Oneonta, Oneonta, NY
Alcohol and Other Drug Committee
Fall 2009-Spring2010

State University of New York College at Oneonta, Oneonta, NY
Gender and Sexuality Resource Center Advisory Committee
Fall 2009-Spring2010

Research

Church, J & Wood, E. (2016) *Psychosocial Implications of Familial adenomatous polyposis.*

Currently collecting data

Doctoral Dissertation: *The Creative Development Group Manual: A Treatment Model Using Group-as-a-Whole Psychodynamic Principles with Creative Art Therapy for the Chronically Mentally Ill*

Doctoral

Master's Thesis: *An Exploration of Creative Arts in Group-as-a-Whole Work with Severely Mentally Ill Institutionalized Individuals: Discovering the self through creativity.*

Faculty Advisor: Diana Semmelhack, PsyD.

Professional Accomplishments, Awards, Publications and Acknowledgments

FemPop, APA Division 35: Society for the Psychology of Women

Contributing Psychologist, 2012-present

- Providing blog posts as a framework for understanding and responding to the messages about gender and relationships that are pervasive in popular culture

We Are the Real Deal, Body Image Blog program of Mental Fitness Inc. (formerly the NORMAL non-profit)

Contributing Psychologist, 2012-present

- Providing blog posts educating professionals and lay people about eating disorders, body image and self-esteem

The Baylor Lariat, Waco, TX

Quoted in:

- *Anonymous sticky notes, sidewalk chalk lift self-confidence*, November 4, 2011
- *New students feeling increased pressure to stay thin in college*, August 31, 2011
- *Makeup-free day celebrates true beauty*, April 21, 2011
- *Reaching for the Stars ... falling into the void: Desire for stardom warps self-perception*, April 20, 2011
- *I Heart Me promotes self-love in students*, March 22, 2011
- *"I Heart Me" to promote self-worth*, March 16, 2011
- *Campaign facilitators call for yearlong attention: Eating disorder awareness should not be confined to one week, advocates say*, February 25, 2011

“I Heart Me & U” student outreach programming, Waco, TX
Program Developer, 2011-present

Documentary Review in the Jung Journal: Culture & Psyche

- Review of: *Transformation: The Rite of Spring*, directed by Diana Semmelhack, Psy.D. and **Emma Wood**, MA, produced by Winqwest Fine Arts Company, 2009, DVD.
- James, K. (2011). Celebrating Renewal. *Jung Journal: Culture & Psyche*, Vol. 5, No. 2, 125-128.

Regional NAMI Conference, Itasca, IL

October 17 2009

- Documentary premier
 - *Transformation: The Rite of Spring*

Documentary Film, *Transformations: The Rite of Spring*
Creative Director

Group Psychology and Group Psychotherapy

A Newsletter of Division 49 of the American Psychological Association

- Wood, E., Semmelhack, D., Ende, L., Hazell, C., & Carpenter, W. (2008) Discovering the self through creativity: creative arts in group-as-a-whole work with severely mentally ill, institutionalized individuals. *The Group Psychologist*, 18, 21-22.

Behavioral Medicine Program Humanitarian Award

Midwestern University, Downers Grove, IL

Presented May, 2008

Professional Affiliations

Binge Eating Disorder Association (BEDA)

Member, 2011- present

American Psychological Association (APA)

Member, 2008-present

APA Division 35: Society for the Psychology of Women

Member, 2011-present

Texas Psychological Association (TPA)

Member, 2010-present

National Alliance on Mental Illness (NAMI)

Member, 2007-Present