

**Elizabeth Penela, PhD**  
15800 Pines Blvd., Suite 340  
Pembroke Pines, FL 33027  
drpenela@wellnessinbroward.com  
(954) 577-2727

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## EMPLOYMENT

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**Wellness in Broward** (October 2020 – Present)  
Licensed Psychologist  
Owner

**Pediatric Psychology Associates** (2015 –2020)  
Licensed Psychologist  
Intake Coordinator for Anxiety and OCD Intensive Outpatient (IOP) Program

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## LICENSURE

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Florida State Psychology License PY 9177

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## EDUCATION

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<b>Postdoctoral Fellow</b> 2013 – 2015	<b>University of Miami</b> , Coral Gables, FL Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program Peers, Emotions, and Relationships (PEERS) Project Supervisors: Jill Ehrenreich-May, PhD; Annette La Greca, PhD
<b>PhD, Clinical Psychology</b> 2013	<b>University of Miami</b> , Coral Gables, FL APA Accredited Program in Clinical Psychology Concentration in Children and Families Mentor: Heather A. Henderson, PhD
<b>Pre-doctoral Internship</b> 2012 – 2013	<b>University of North Carolina School of Medicine</b> , Chapel Hill, NC APA Accredited Pre-doctoral Internship Program Clinical Child Focused
<b>MS, Clinical Psychology</b> 2009	<b>University of Miami</b> , Coral Gables, FL APA Accredited Program in Clinical Psychology Concentration in Children and Families Mentor: Heather A. Henderson, PhD
2006 – 2007	<b>Pennsylvania State University</b> , State College, PA APA Accredited Program in Clinical Psychology Concentration in Children and Families Mentor: Pamela M. Cole, PhD
<b>BA, Psychology</b> December 2005	<b>University of Miami</b> , Coral Gables, FL Major: Psychology; Minor: Spanish; <i>summa cum laude</i>

## **SELECT AWARDS AND HONORS**

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- 2014            **Scholarship for Advanced CBT for Children and Adolescents specialty workshop**, Beck Institute for Cognitive Behavior Therapy
- 2014            **Career Development Leadership Award**, Anxiety and Depression Association of America (ADAA)
- 2013            **Outstanding Research Presentation**, Young Researchers in Developmental Psychology Presentation, *APA Division 7: Developmental Psychology*
- 2011 – 2012    **Dean’s Academic Year Dissertation Award**, College of Arts and Sciences, *University of Miami*
- 2011            **Mental Health and Substance Abuse Services Predoctoral Fellowship**, Honorable Mention, *American Psychological Association*
- 2011            **Student Travel Award**, Society for Research and Child Development (SRCD) Biennial Meeting, *SRCD*

## **SELECT CLINICAL EXPERIENCE**

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### Post-doctoral Fellow at the University of Miami, Coral Gables, FL

August 2013 – February 2015

#### **Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program**

*Supervisor: Jill Ehrenreich-May, PhD*

- Conducted evidence-based treatment with youth who have anxiety and/or depression disorders
- Performed psycho-diagnostic evaluations using the Anxiety Disorders Interview Schedule (ADIS) – Parent and Child versions
- Implemented intensive outpatient therapy for children with severe anxiety disorders

#### **Coping with Adolescent Peer Victimization and Reducing Anxious/Depressed Symptoms (UTalk/PEERS Program)**

*Supervisors: Annette La Greca, PhD; Jill Ehrenreich-May, PhD*

- NIMH-funded school-based preventative intervention targeting adolescents experiencing peer victimization, as well as depression and/or anxiety difficulties
- Trained graduate student clinicians on the implementation of a manualized Education Support protocol used in Randomized Control Trial

### Predoctoral Intern at the University of North Carolina School of Medicine, Chapel Hill, NC

2012 –2013

#### **Project Enlightenment**

*Supervisor: George Robinson, PhD*

- Conducted therapy in English and Spanish with preschool children in Title 1 classroom
- Provided consultation to teacher and parents of preschool children regarding strategies that support the child’s academic and socio-emotional development

#### **Wake Medical Center Developmental Team and Pediatric Psychology Service**

*Supervisor: Melissa Johnson, PhD*

- Performed developmental assessments of former preterm and other high-risk infants birth to three as part of interdisciplinary team
- Implemented brief therapy and consultation to children and parents regarding behavior and developmental issues in inpatient and outpatient pediatric clinics

### **Women's Mood Disorders**

*Supervisor: Anna Brandon, PhD*

- Conducted outpatient therapy for women with mood disorders in pre- and post-natal period
- Applied Interpersonal Therapy (IPT) and Acceptance and Commitment Therapy (ACT) with women in the Perinatal Inpatient Psychiatry Unit

### **The Center for Child and Family Health**

*Supervisors: George Ake, PhD; Kate Murray, PhD*

- Provided intervention services directed at identification of and prevention of child maltreatment
- Received training in and conducted Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

### **Pediatric Psychology/Psychiatry Consultation Liaison Service**

*Supervisors: J. Kenneth Whitt, PhD; Echo Meyer, PhD; Joni McKeeman, PhD*

- Consulted to general pediatric inpatient units and subspecialty outpatient clinics
- Conducted psychological assessments on child and adolescent inpatient units

Doctoral Candidate at the University of Miami, Coral Gables, FL  
2007 – 2012

### ***Psychological Services Center, Department of Psychology, University of Miami, Coral Gables, FL***

#### **Trauma Treatment Program, Clinical Research Program**

*Supervisors: Gail Ironson, M.D., PhD; Blanche Freund, PhD*

- Provided treatment to adults with Post-Traumatic Stress Disorder (Foa et al., 2002)
- Utilized cognitive-behavioral techniques (e.g., cognitive restructuring, imaginal and in-vivo prolonged exposures) and conducted comprehensive assessments at baseline and follow-up

#### **Child and Adolescent Mood and Anxiety Treatment Program, Clinical Research Program**

*Supervisors: Jill Ehrenreich-May, PhD; Kristen Marciel, PhD*

- Conducted therapy using the Unified Protocol for Adolescents for youth with anxiety and/or depression disorders (ages 12 – 17)
- Co-led groups for children (ages 7 – 11) with anxiety and/or depression disorders

#### **Program for Emotional Problems in Children (PEP-C), Clinical Service Program**

*Supervisor: Saneya Tawfik, PhD*

- Graduate Assistant for the PEP-C program, established by the Department of Psychology and Psychological Services Center (PSC) to assist Miami-Dade County Public Schools in identifying and treating children with emotional problems at a low cost
- Provided evidence-based intervention to elementary school-aged children and their caregivers

#### **Behavioral Pediatrics Clinic**

*Supervisor: Jason Jent, PhD*

- Conducted Parent-Child Interaction Therapy (PCIT) to treat behavior management problems
- Conducted intake interviews and outpatient therapy with children and adolescents experiencing behavioral problems, trauma, adjustment problems, and clinical disorders

#### **Early Steps Clinic**

*Supervisor: Michelle Berkovits, PhD*

- Conducted Battelle Developmental Inventory – Second Edition with infants and toddlers (birth to 36-months) who were at-risk for developmental delays

- Composed Individualized Family Service Plans (IFSPs) to provide specific recommendations and connect families with early intervention services

### **Interdisciplinary Developmental Evaluation Services**

*Supervisor: Monica Dowling, PhD*

- Conducted psychological assessments for children with developmentally and medically complex difficulties (e.g., cerebral palsy, autism)
- Interdisciplinary evaluation team included clinical psychologist, audiologist, pediatrician, speech pathologist, nutritionist, social worker, physical therapist, and education specialist

## **SELECT CLINICAL TRAINING WORKSHOPS**

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### **Pediatric Behavior Therapy Training Institute Training, *International OCD Foundation***

February 2020

*Eric Storch, PhD; Martin Franklin, PhD; John Piacentini, PhD*

### **Supportive Parenting for Anxious Childhood Emotions (SPACE)**

February 2020

*Eli Lebowitz, PhD*

### **Miami International Child & Adolescent Mental Health (MICAMH) Conference, *Center for Children and Families at the Florida International University***

February 2020

### **Advanced Cognitive Behavior Therapy for Children and Adolescents, *Beck Institute for Cognitive Behavior Therapy***

October 2014 (18 hours)

*Torrey Creed, PhD; Judith S. Beck, PhD; Aaron T. Beck, PhD.*

### **Career Development Leadership Program, *Anxiety and Depression Association of America***

March 2014 (8 hours)

*Mark Pollack, MD; Charles Nemeroff, MD, PhD; Karen Cassiday, PhD*

## **COMMUNITY OUTREACH**

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### **SELECT PRESENTATIONS**

#### **Parenting Hacks: Helping your Child or Teen Cope with Anxiety**

April 2020: Parenting Series Webinar at Pediatric Psychology Associates

#### **Supporting Caregivers First: The Key to Empowering Youth to Face their Fears**

February 2020: Montessori Florida Coalition Teacher-Parent Education Conference

#### **Building Social Competence Through Play**

October 2016: KLA Pembroke Pines

#### **Raising Confident and Courageous Children: Helping our Children Cope with Anxiety**

January 2016: The Sagemont School (Parent Teacher Organization)

## **Cognitive Behavioral Treatment for Youth with Obsessive Compulsive Disorder**

November 2014: Institute for Child and Family Health, Inc.

## **Identifying Anxiety in the Classroom and How to Help**

September 2014: Gulliver Academy

## **Identification and Treatment of Anxiety in Young Children**

September 2014: Segment on CNN en Español show: *Dra. Azaret*

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## **RESEARCH EXPERIENCE**

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### ***PUBLICATIONS***

- Suarez, G. L., Morales, S., Miller, N., **Penela, E.C.**, Chronis-Tuscano, A., Henderson, H., & Fox, N. A. (2021). Examining a Developmental Pathway from Early Behavioral Inhibition to Emotion Regulation and Social Anxiety: The Moderating Role of Parenting. *Developmental Psychology*. <https://doi.org/10.1037/dev0001225>
- Penela, E. C.**, Walker, O. L., Degnan, K. A., Fox, N. A. & Henderson, H. A. (2015). Early behavioral inhibition and emotion regulation: Pathways toward social competence in middle childhood. *Child Development*.
- Walker, O. L., Henderson, H. A. Degnan, K. A., **Penela, E. C.**, & Fox, N. A. (2014). Associations between behavioral inhibition and children's social problem-solving behavior during social exclusion. *Social Development*, 23, 487-501.
- Penela, E. C.**, Henderson, H. A., Hane, A. A., Ghera, M. N., & Fox, N. A. (2012). Maternal caregiving moderates the relationship between temperamental fear and social behavior with peers. *Infancy*, 17(6), 715-730.
- Suarez, G. L., Morales, S., Miller, N., **Penela, E.**, Henderson, H., & Fox, N. A. (under review). *Examining a Developmental Pathway from Early Behavioral Inhibition to Emotion Regulation and Social Anxiety: The Moderating Role of Parenting*

### ***SELECT PRESENTATIONS***

- Penela, E. C.**, Bilek, E., Cassidy, K., Ehrenreich-May, J., Lebowitz, E., Micco, J. (2016, April). *Exposures uncut: Challenges faced when conducting exposures with children and adolescents*. Roundtable discussion presented at the Anxiety and Depression Association of America (ADAA), Philadelphia, PA.
- Penela, E. C.**, Bilek, E., Furr, J., Ehrenreich-May, J., Albano, A. & Piacentini, J. (2015, April). *Massed exposure and intensive treatment modalities for anxious youth: Expert Panel of clinical researchers discusses merits and barriers to best practice*. Roundtable discussion presented at the Anxiety and Depression Association of America (ADAA), Miami, FL.
- Kennedy, S. M., Seager, I., **Penela, E. C.**, & Ehrenreich-May, J. (2014, March). *Suppression and its relationship to internalizing symptoms in adolescents: A structural equation model*. Presented at the Anxiety and Depression Association of America (ADAA), Chicago, IL.

**Penela, E. C.,** Henderson, H. A. & Walker, O. L. (2013, August). *Early temperament and emotion regulation: Pathways to social competence*. Invited talk at the Young Researchers in Developmental Psychology Symposium at the American Psychological Association Annual Convention in Honolulu, HI.

**Penela, E. C. &** Henderson, H. A. (2011, March). *The influence of the affective context on the relation between maternal relation and children's social behavior*. Presented at the Society for Research and Child Development (SRCD), Montreal, Canada.

**Penela, E. C.,** Henderson, H. A., Hane, A. A., & Degnan, K. A. (2010, March). *Maternal socialization of emotion regulation: Promoting social engagement among inhibited toddlers*. Presented at the International Conference for Infant Studies, Baltimore, MD.

## **RESEARCH PROJECTS**

**Dissertation: The Influences of Early Temperament and Emotion Regulation on Social Competence in Middle Childhood**, Department of Psychology, University of Miami, Coral Gables, FL

*Defense Date: May 2012*

*Chairperson: Heather Henderson, PhD*

- Longitudinally examined the independent and joint contributions of behavioral inhibition and emotion regulation skills on social competence
- Structural equation modeling analyses showed that effects of behavior inhibition on social competence differed depending on a child's emotion regulation competency
- Findings elucidate developmental trajectories of risk and resilience

**Master's Thesis: Maternal Socialization of Emotion Regulation: Promoting Social Engagement among Inhibited Toddlers**, Department of Psychology, University of Miami, Coral Gables, FL

*Defense Date: August 2009*

*Chairperson: Heather Henderson, PhD*

- Examined the influence of behavioral inhibition (age 2) and socialization of emotion regulation (age 3) on social engagement (age 4)
- Behavioral inhibition predicted poor social outcomes, but only among children who received high levels of verbally and physically directive parenting
- Consistent with goodness-of-fit models, behaviorally inhibited toddlers were differentially sensitive to certain maternal behaviors

## **TEACHING AND SUPERVISORY EXPERIENCE**

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### **Clinical Supervision of Doctoral Students**

*Department of Psychology, University of Miami*

*Position: Postdoctoral Fellow*

*2013 - 2015*

- Provided weekly supervision and training to CAMAT graduate students conducting individual therapy with youth experiencing anxiety and mood disorders
- Supervised doctoral student clinicians on the implementation of a manualized Education Support protocol used in a school-based randomized control trial (RCT)

### **Supervision of Undergraduate Senior Honors Theses**

*Department of Psychology, University of Miami*

*Position: Doctoral Student*

- Early Temperament as a Predictor of Social Interactions in Toddlerhood, Margarita Leira; thesis approved Spring 2011
- The Mediating Role of Parenting on the Relation Between Gender and Children's Social Problem-Solving Skills, Christine Romero; thesis approved Spring 2009

### **Guest Lecturer, Various undergraduate and graduate courses**

*Department of Psychology, University of Miami*

- **Evidence-based Treatment of Childhood Anxiety Disorders**, October 2014  
PSY 240: Abnormal Psychology
- **Working with Diverse Clients**, April 2010  
PSY 657: Introduction to Clinical Methods, Ethics, and Professional Issues
- **Parenting and Peer Relations**, October 2009  
PSY 203: Child and Adolescent Development
- **Cultural Understandings of Emotion**, January 2008  
PSY 311: Psychology of Emotion

### **Course Instructor, PSY 203 in Fall 2009: Child and Adolescent Development**

*Department of Psychology, University of Miami*

Responsible for all aspects of undergraduate course: course planning, lecturing, test construction, and grading. Course focused on the domains of cognitive, social, and physical development.

### **PROFESSIONAL AFFILIATIONS**

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2016 – Present	International OCD Foundation
2013 – Present	Anxiety and Depression Association of America
2011 – Present	APA Division 53: Society of Child Clinical and Adolescent Psychology
2010 – 2016	Florida Psychological Association
2007 – 2013	Society for Research in Child Development
2005 – Present	Phi Beta Kappa