



ELSPETH NEIMAN BELL, PH.D.

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Education

Fordham University <u>Doctor of Philosophy</u> , Psychology Department Major: Clinical Psychology Area of Concentration: Child and Family Tract	1999 – 2006
<u>Master of Arts</u> , Psychology Department Major: Clinical Psychology	1997 – 1999
Vassar College <u>Bachelor of Arts</u> Major: Psychology	1993 – 1997

Clinical Experience

Elsbeth Bell, Ph.D., LLC, Columbia Maryland

Licensed Psychologist, Owner

September 2014 – Present

Manage and run an independent private mental health practice. Provide psychotherapy for adults, adolescents, and children presenting with Obsessive Compulsive Disorder, Compulsive Hoarding, Body Focused Repetitive Behaviors, anxiety disorders, mood disorders, and relational problems. Psychological services include individual, family, and group therapy, in addition to coordinating treatment plans with other services providers. Treatment modalities utilize cognitive-behavioral interventions and a psycho-educational model of behavior modification. Coordinate and run group therapy programs for hoarding-related issues, anxieties, and parenting. Provide training and supervision for professionals in identification and treatment of Hoarding Disorder. Consult and collaborate with local hoarding task forces, community-based agencies, and families regarding hoarding-related interventions.

Behavior Therapy Center of Greater Washington, Silver Spring, Maryland

Staff Psychologist

April 2008 – August 2014

Psychology Associate

May 2006 – April 2008

Provided therapy for adults, adolescents, and children presenting with Obsessive Compulsive Disorder, Compulsive Hoarding, other anxiety disorders, mood disorders, and relational problems. Responsibilities included providing individual, family, and group therapy, and working within a collaborative team to develop and coordinate treatment plans. Treatment modalities utilized cognitive-behavioral interventions incorporated with a psycho-educational model of behavior modification.

Director, Compulsive Hoarding Program

September 2006 – August 2014

Supervised staff clinicians providing therapy for Compulsive Hoarding. Coordinated and ran group therapy programs. Provided training for professionals in identification and treatment of Compulsive Hoarding. Consulted and collaborated with local hoarding task forces, community-based agencies, and families regarding treatment interventions.

Continuing Education Program Chairperson

September 2006 – November 2011

Coordinated the APA-approved Continuing Education Program, including scheduling of events, communication with mental health professionals, and implementation of APA guidelines. Professional training workshops addressed the use of Cognitive Behavioral Therapy as applied to working with anxiety disorders. In-House Lecture Series provided specialized education for staff members.

John L. Gildner Regional Institute for Children and Adolescents, Rockville, Maryland

Psychology Intern

August 2003 – August 2004

Provided therapy and assessment in residential and day treatment settings for adolescent males and females. Treatment issues included psychosis, mood disorders, anxiety disorders, relational problems, and personality disorders. Responsibilities included providing individual, group, and family therapy, case management, and working with a multidisciplinary team to develop and coordinate treatment plans. Treatment modalities utilized cognitive-behavioral and dynamic interventions incorporated with a psycho-educational model of behavior

modification. Assessments performed for educational purposes and for behavioral and mood disorders using objective and projective measures.

Rockland Children's Psychiatric Center, Orangeburg, New York
Psychology Extern

September 2000 – June 2001
October 2001 – March 2003
July 2001 – September 2001

Psychology Assistant III

Provided therapy and assessment in an acute secure care inpatient setting for adolescent males with severe behavioral and psychiatric disorders. Responsibilities included providing individual, group, and family therapy, case management, and working with a multidisciplinary team to develop and coordinate treatment plans. Treatment modalities utilized cognitive-behavioral and dynamic interventions incorporated with a psycho-educational model of behavior modification. Assessments performed for behavioral and mood disorders using objective and projective measures.

Woodhull Medical and Mental Health Center, Brooklyn, New York
Psychology Extern

September 1999 – May 2000

Provided outpatient therapy and assessment for children and adolescents with a wide variety of presenting problems including behavioral difficulties, anxiety, depression, low self-esteem, and medical diagnoses. Responsibilities included providing individual and group therapy services for clients and participating in treatment planning meetings. Therapy modalities utilized cognitive-behavioral and dynamic interventions. Assessments performed for behavioral and mood disorders using objective and projective measures.

Center for Cognitive Behavioral Psychotherapy, New York, NY
Psychology Extern

July 1998 – August 1999

Provided outpatient therapy in a private practice setting for adults with anxiety, mood and personality disorders. Responsibilities included providing individual and group therapy services and reviewing contemporary research on Obsessive Compulsive Disorder. Therapy emphasized cognitive-behavioral interventions and psycho-education.

Presentations and Trainings

Working Through the Clutter: Understanding, Assessing, and Treating Hoarding Disorder

March 11, 2016

Maryland CEU Institute – College Park, MD

Hoarding Disorder: Clinical Issues and Effective Interventions

January 29, 2016

Anne Arundel County Mental Health Agency – Edgewater, MD

Increasing the Hoarding Client's Readiness for Change

November 19, 2015

Institute for Challenging Disorganization – Teleclass

Treatment Planning for Hoarding

November 18, 2015

Anxiety and Depression Association of America – Webinar

Hoarding Disorder: Conceptualization and Clinical Interventions

November 15, 2015

Baltimore Psychological Association – Baltimore, MD

Clutter? What Clutter?

October 24, 2015

Mid-Atlantic Regional Conference for Professional Organizers – Bethesda, MD

So Hard to Discard!

October 16, 2015

50+ Expo – Columbia, MD

Working Through the Clutter

October 15, 2015

Gaithersburg Hoarding Task Force – Gaithersburg, MD

Breaking Free from OCD: Evening of Break-Out Sessions Towards Freedom

October 13, 2015

IOCDF Mid-Atlantic Affiliate – Columbia, MD

Coaching the Coaches: Preparing Non-Mental Health Professionals to Work With Hoarding Situations

August 1, 2015

International OCD Foundation Annual Conference – Boston, MA

Mind Washing: Understanding Mental Rituals in OCD

July 31, 2015

International OCD Foundation Annual Conference – Boston, MA

Hoarding Disorder: Clinical Issues and Effective Interventions

July 10, 2015

Calvert County Department of Social Services – Prince Frederick, MD

Hoarding Disorder: How can you tell and how can you help? Coalitions of Geriatric Services – Columbia, MD	June 24, 2015
Clutter Blindness Institute for Challenging Disorganization – Teleclass	June 2, 2015
Hoarding Disorder: A Foundation In Identification and Treatment Salisbury University – Salisbury, MD	May 29, 2015
What is Hoarding? American Association of Daily Money Managers MD-DC Group – Bethesda, MD	May 14, 2015
The Impact of Procrastination on Academics and Anxiety Montgomery College – Takoma Park, MD	April 16, 2015
Postpartum Parenting: Managing Depression, Anxiety, and Intrusive Thoughts as a (New) Parent Anxiety and Depression Association of American Annual Conference – Miami, FL	April 11, 2015
Barriers Beyond the Clutter: Co-Morbid Issues Complicating Hoarding Disorder Interventions Anxiety and Depression Association of American Annual Conference – Miami, FL	April 10, 2015
Organizing Through The Hoarding: Guidance for Professional Organizers Columbia, MD	March 28, 2015 January 31, 2015
Hoarding: A Community Response in Howard County Howard County Mental Health Authority – Marriottsville, MD	November 3, 2014
When Your Client Feels Like Your Patient: Managing Mental Health Issues While Organizing National Association of Professional Organizers, Mid-Atlantic Conference – Bethesda, MD	October 25, 2014
An Evening with the Experts (Panel Member) International OCD Foundation Mid-Atlantic Affiliate – Annandale, VA	October 13, 2014
Hoarding Disorder: Clinical Issues and Collaborative Efforts Cornerstone Montgomery – Silver Spring, MD Gaithersburg Hoarding Task Force – Gaithersburg, MD	October 7, 2014 June 3, 2014
Adapting Treatment for Specific Hoarding Symptoms and Populations (Panel Member) International OCD Foundation Annual Conference – Los Angeles, CA	July 19, 2014
Hoarding Disorder and Comorbid Diagnoses Institute for Challenging Disorganization – Webinar	July 16, 2014
Decisions, Indecision, and Clutter in Hoarding Situations National Association of Professional Organizers Annual Conference – Phoenix	May 29, 2014 Scottsdale, AZ
Hoarding Disorder: How Can You Tell and How Can You Help? Mental Health Association of Montgomery County – Rockville, MD	April 29, 2014
Working with Hoarders: Guidance for Professional Organizers Gaithersburg Hoarding Task Force – Silver Spring, MD	April 12, 2014
Decisions, Indecision, and Clutter Anxiety and Depression Association of America Annual Conference – Chicago, IL	March 29, 2014
Hoarding Task Forces: Finding Hope for Those Lost in Clutter Anxiety and Depression Association of America Annual Conference – Chicago, IL	March 28, 2014
Hoarding 101 Montgomery County Government – Germantown, MD	November 19, 2013
The Impact of Hoarding (Panel Member) 5 th Annual DC Housing Expo – Washington, DC	June 1, 2013
When Collecting Becomes Too Much: How Can You Tell If It Is Hoarding Sibley Memorial Hospital – Washington, DC	March 7, 2013
Working Through The Clutter: A Hands-On Hoarding Workshop Anxiety Disorders Association of America – Arlington, VA	April 13, 2012
Stand Up And Be Counted: Support A Hoarding Task Force National Association of Professional Organizers – Baltimore, MD	March 22, 2012
Hoarding: A Workshop for Families Living in Clutter Jewish Social Services Agency – Rockville, MD	February 22, 2012 September 27, 2011 March 1, 2011

Compulsive Hoarding: A Foundation in Understanding Frederick County Government – Frederick, MD	February 13, 2012
Compulsive Hoarding: Entering the Environment and Encountering the Individual Code Enforcement and Zoning Officials Association – Takoma Park, MD	February 10, 2012
Collaboration in Decluttering: The Organizer and the Therapist National Association of Professional Organizers, Mid-Atlantic Conference – Bethesda, MD	October 15, 2011
Hoarding: The Clinical and Community Impact Oak Crest Village – Parkvale, MD	September 26, 2011
Compulsive Hoarding: Diagnosis and Cognitive-Behavioral Treatment Washington Psychiatric Society – Bethesda, MD	September 24, 2011
Strategies for Caring for a Compulsive Hoarder Prince George’s County Department of Family Services, Family Caregivers Conference	September 22, 2011
Compulsive Hoarding: Entering the Home and Encountering the Individual Medical Assistance Personal Care Services Program Annual Educational Conference – Columbia, MD	June 1, 2011
Clutter: When Does It Cross the Line? Cedar Lane Unitarian Universalist Church – Bethesda, MD	April 14, 2011
Clutter: How Do We Break the Cycle? Margaret Schweinhaut Senior Center – Silver Spring, MD	March 31, 2011
Lost In Translation: Helping Parents Communicate With Schools About Their Children’s Anxiety Anxiety Disorder Association of America – New Orleans, LA	March 27, 2011
Compulsive Hoarding: Engaging the Individual, Not the Clutter Anxiety Disorder Association of America – New Orleans, LA	March 26, 2011
Compulsive Hoarding: Clinical Approaches for the Individual and the Clutter Montgomery County Government – Rockville, MD	March 7-April 4, 2011
Compulsive Hoarding: A Cognitive Behavioral Approach to Working Through the Clutter Baltimore County Hoarding Taskforce – Towson, MD	January, 24, 2011
Working with Hoarders Apart from Their Clutter St. Luke’s Institute – Silver Spring, MD	January 13, 2011
Beyond Eating: Examining Obesity From a Cognitive Behavioral Perspective Behavior Therapy Center of Greater Washington – Silver Spring, MD	December 3, 2010
Obsessive Compulsive Disorder: A Cognitive Behavioral Approach to Conceptualization and Treatment Montgomery County Commission for Women – Rockville, MD	November 19, 2010
Recognizing Compulsive Hoarding Montgomery County Government – Rockville, MD	November 8, 2010
Compulsive Hoarding: A Cognitive Behavioral Approach to Working Through the Clutter Baltimore County Hoarding Taskforce – Towson, MD	October 24, 2010
Compulsive Hoarding: Understanding the Person, Working Through the Clutter Adlife Healthcare – Boston, MA	October 8, 2010
Compulsive Hoarding: Acquiring an Effective Treatment Team International Obsessive Compulsive Foundation – Washington, DC	July 18, 2010
Compulsive Hoarding: The Hoarder Within the Family Child Protective Services, Montgomery County – Rockville, MD	July 14, 2010
Compulsive Hoarding: Understanding the Person Beneath the Clutter Montgomery County Commission for Women – Rockville, MD	June 11, 2010
Compulsive Hoarding: Looking Beneath the Clutter Child Center and Adult Services – Rockville, MD	April 9, 2010
The Impact of Procrastination and Tardiness on the Therapeutic Process Anxiety Disorder Association of America – Baltimore, MD	March 7, 2010
Clinical Practice with Older Adults who Hoard Anxiety Disorder Association of America – Baltimore, MD	March 5, 2010
Hoarding: A Workshop for Families and Friends Gaithersburg Hoarding Task Force – Gaithersburg, MD	February 26, 2010
Chronic Lateness Syndrome? Behavior Therapy Center of Greater Washington – Silver Spring, MD	January 25, 2010
Chronic Lateness Syndrome? Behavior Therapy Center of Greater Washington – Silver Spring, MD	January 9, 2009

Identifying Compulsive Hoarding and Treatment Interventions Landow House – Rockville, MD	October 5, 2009
Recognizing and Treating Compulsive Hoarding City of Gaithersburg – Gaithersburg, MD Montgomery County Government – Rockville, MD	April 24, 2009 January 29, 2009
Is it Clutter or Hoarding? United States Census Bureau – Suitland, MD	September 23, 2008
Cognitive Behavioral Treatment of Compulsive Hoarding Department of Human Services, Adult Protective Services – Washington DC	May 28, 2008
Cognitive Behavior Therapy for the Anxious Child Behavior Therapy Center of Greater Washington – Silver Spring, MD	October 6, 2007

Media Appearances

Hoarding Expert Shares The Tell-Tale Signs My Fix It Up Life	February 20, 2014
OCD Informational Segments Anxiety Disorders Association of America	August 4, 2011
The Diane Rehm Show – “Hoarding” Diane Rehm, National Public Radio	July 13, 2011
The Difference Between Hoarding Disorder and OCD Lark McCarthy, Inside E Street Webcast - AARP	March 28, 2011
Interview following Montgomery County Council Meeting on Hoarding WAMU 88.5 FM	March 11, 2011
The Hoarder Among Us S. Boodman, AARP Bulletin	February 4, 2011
New Task Forces Aim to Help Hoarders N. Carrick, Gaithersburg Gazette	April 21, 2010

Publications

Elsbeth Bell, Pazit Aviv, and Alisa Levy. “The Gaithersburg Hoarding Task Force: A Model of Collaboration.” In The ICD Guide to Collaborating with Professional Organizers for Related Professionals. Edited by Phyllis Flood Knerr, St. Louis: Institute for Challenging Disorganization, February 2014.

Other Professional Experiences

Reviewer, Abstracts for Annual Conference Anxiety Disorders Association of America	2011 – Present
Member, Ph.D. Dissertation Committee, Kristin Bianchi (Clinical Psychology) American University – Washington, DC	August 9, 2011
Member, Ph.D. Dissertation Committee, Irene Miranda (Education) George Washington University – Washington, DC	May 28, 2011

Research

Doctoral Dissertation Project Title: Obsessive Compulsive Disorder in children and its relation to sub-clinical anxiety symptoms in immediate family members	February 2002 – February 2006
Master’s Thesis Research Title: Disordered Eating Behaviors, Perceived Support, and Well-Being	September 1998 – May 2000

Professional Credentials

Licensed Psychologist, State of Maryland (2008 – Present)	#04558
Licensed Clinical Psychologist, Commonwealth of Virginia (2011 – Present)	#810004379
Licensed Psychologist, District of Columbia (2011 – Present)	#PSY1000699
Health Service Provider, National Register of Health Service Psychologists	#52858

Professional Affiliations

American Psychological Association	<u>Member</u>	2006 – Present
	<u>Student Affiliate</u>	1998 – 2006
Maryland Psychological Association	<u>Member</u>	2008 – Present
Anxiety Disorder Association of America	<u>Professional Member</u>	2009 – Present
International Obsessive Compulsive Disorder Foundation		
	<u>Professional Member</u>	2009 – Present
	<u>Hoarding Special Interest Group</u>	2014 – Present
	<u>Hoarding Task Force Special Interest Group</u>	2014 – Present
OCD Mid-Atlantic (IOCDF Affiliate)	<u>Board Member</u>	2014 – Present
Trichotillomania Learning Center	<u>Professional Member</u>	2007 – Present
Howard County Hoarding Coalition	<u>Consultant</u>	2014 – Present
City of Gaithersburg Hoarding Task Force	<u>Consultant</u>	2009 – Present
Montgomery County Hoarding Task Force	<u>Consultant</u>	2009 – 2011

References Available Upon Request