

EDA GORBIS, PhD, LMFT

***Westwood Institute for Anxiety Disorders, Inc.
921 Westwood Boulevard, Suite 224
Los Angeles, CA 90024
Phone: (310) 443-0031
Mobile: (310) 666-8242***

TEACHING EXPERIENCE & SCIENTIFIC PRESENTATIONS

- 2017 International OCD Foundation (IOCDF) 24th Annual Conference, San Francisco, CA (Jul. 9, 2017).
"Comorbidity of OCD and Eating Disorders and its Implication to Treatment"
- 2017 International OCD Foundation (IOCDF) 24th Annual Conference, San Francisco, CA (Jul. 8, 2017).
"Families Unite: Learn Skills to Join Together to Fight OCD"
- 2017 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (May 2, 2017)
"Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity Part 2"
- 2017 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 12, 2017)
"Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Part 2"
- 2017 Anxiety and Depression Association of America (ADAA) 37th Annual Conference, San Francisco, CA
(Apr. 7, 2017)
"Infomania: Technology and Social Media Consumption"
- 2017 OCD Southern California 2nd Annual Conference, Irvine, CA (Mar. 25, 2017)
"OCD and Related Disorders - Session 2"
- 2017 OCD Southern California 2nd Annual Conference, Irvine, CA (Mar. 25, 2017)
"OCD and Related Disorders - Session 1"
- 2017 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Feb. 22, 2017)
"Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Part 1"
- 2017 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (Feb. 6, 2017)
"Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity Part 1"
- 2016 National Alliance on Mental Illness, NAMI Westside LA, Los Angeles, CA (November 2, 2016)
"Treating Obsessive-Compulsive Disorder"
- 2016 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (May 16, 2016)
"Comorbidity of OCD & Eating Disorders"
- 2016 USC Genetic Study & Speaker Series Part II, Renewed Freedom Center, Los Angeles, CA (Apr. 30,
2016)
"Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- 2016 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 27, 2016)
"Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders Part 2 "
- 2016 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 20, 2012)
"Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders Part 1"
- 2016 LAC/USC Adult Psychiatric Hospital, Los Angeles, CA (Mar. 30, 2016)
"Obsessive-Compulsive Disorder (OCD): the doubting disease"
- 2016 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Feb. 10,
2016)

"Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder"

- 2016 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 27, 2016)
"Treating Obsessive-Compulsive Disorder"
- 2015 International OCD Foundation (ICODF) 22nd Annual Conference, Los Angeles, CA (Aug. 2, 2015).
"The Interplay Between PTSD and OCD: Treatment Considerations and Tactics"
- 2015 International OCD Foundation (ICODF) 22st Annual Conference, Los Angeles, CA (Jul. 31, 2015).
Facilitated in workshop
"Families Unite! Using Behavioral Contracting to Overcome OCD"
- 2015 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (May 18, 2014)
"Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (May 13, 2015)
"Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 22, 2015)
"Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders (Part 2)"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 15, 2015)
"Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders (Part 1)"
- 2015 Anxiety and Depression Association of America (ADAA) 35th Annual Conference, Miami, FL (Apr. 9, 2015)
"Comorbidity of OCD & Eating Disorders"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 1, 2015)
"Comorbidity of OCD & Eating Disorders"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Feb. 11, 2015)
"Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder"
- 2015 Psychological First Aid International Cooperation Conference, Xi'an, Shannxi, China (Jan. 16, 2015)
"Treating Obsessive-Compulsive Disorder"
- 2015 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 7, 2015)
"Social Phobia"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Nov. 5, 2014)
"Treating Obsessive-Compulsive Disorder: Part 2"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Oct. 29, 2014)
"Treating Obsessive-Compulsive Disorder: Part 1"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Aug. 6, 2014)
"Pitfalls of Behavior Treatment"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (July 30, 2014)
"Creating an In Vivo Hierarchy"
- 2014 International OCD Foundation (ICODF) 21st Annual Conference, Los Angeles, CA (July 19, 2014).
Facilitated in workshop
"Families Unite! How to Work Together to Manage the Challenges of OCD"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (May 7, 2014)
"Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder (Part 2)"

- 2014 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (May 5, 2014)
"Comorbidity of OCD & Eating Disorders (Part 2)"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 30, 2014)
"Crooked Mirror Externalization Therapy for Body Dysmorphic Disorder (Part 1)"
- 2014 Iris Cantor UCLA Women's Health Education & Resource Center, Los Angeles, CA (Apr. 21, 2014)
"Comorbidity of OCD & Eating Disorders (Part 1)"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 9, 2014)
"Comorbidity of OCD & Eating Disorders"
- 2014 Anxiety And Depression Association of America (ADAA) 34th Annual Conference, Chicago, IL (Mar. 29, 2014)
"Comorbidity of OCD & Eating Disorders"
- 2014 Monte Nido Treatment Center, Agoura Hills, CA (Mar. 25, 2014)
"Comorbidity of OCD & Eating Disorders"
- 2014 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 15, 2014)
"Social Phobia"
- 2013 US Department Of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Oct. 23, 2013)
"Treating Obsessive-Compulsive Disorder: Part 2"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Oct. 16, 2013)
"Treating Obsessive-Compulsive Disorder: Part 1"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Aug. 28, 2013)
"Operant and Classical Conditioning of Fear Acquisition and Fear Maintenance throughout All Anxiety Disorders"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Aug. 21, 2013)
"Pitfalls of Behavior Treatment" '
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (July 31, 2013)
"Creating an In Vivo Hierarchy"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Apr. 17, 2013)
"Interplay Between PTSD and OCD: Treatment Considerations and Tactics"
- 2013 Anxiety Disorders Association of America (ADAA) 33rd Annual Conference, La Jolla, CA. (Apr. 7, 2013)
"Turning the Tables on Body Dysmorphic Disorder: Incorporating the Latest Smartphone Applications"
- 2013 Anxiety Disorders Association of America (ADAA) 33rd Annual Conference, La Jolla, CA. (Apr. 6, 2013)
"Treating OCD and Substance in a Collaborative Team Approach"
- 2013 Los Angeles County Psychological Association Lecture, Renewed Freedom Center, Los Angeles, CA (Feb. 7, 2013)
"Social Phobia"
- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 23, 2012)
"Hoarding: Diagnosis and Treatment"

- 2013 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Jan. 30, 2012)
"Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders"
- 2012 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Dec. 12, 2012)
"Social Phobia"
- 2012 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Nov. 14, 2012)
"Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders, Part 2"
- 2012 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Nov. 7, 2012)
"Impulsivity versus Compulsivity: Obsessive Compulsive Spectrum Disorders, Part 1"
- 2012 US Department of Veterans Affairs, VA Greater Health Care System, Los Angeles, CA (Aug. 8, 2012)
"Creating an In Vivo Hierarchy"
- 2012 LACPA CBT- SIG Presentation, Los Angeles, CA (June 7, 2012)
"OC Spectrum Disorders as a Separate Chapter for DSM-V: Evaluation, Diagnosis, and Treatment"
- 2012 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA (June 6, 2012)
"OC Spectrum Disorders as a Separate Chapter for DSM-V: Evaluation, Diagnosis, and Treatment"
- 2012 LACPA CBT- SIG Presentation, Los Angeles, CA (Apr. 19, 2012)
"Mirror Mirror on the Wall: Correcting Distorted Body Image with Distorted Mirrors"
- 2012 Anxiety Disorders Association of America (ADAA) 32nd Annual Conference, Washington, DC. (Apr. 13, 2012)
"Intensive Treatment for Intractable OCD: What, When, Where, Who, How"
- 2012 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA (Mar. 28, 2012)
"Intensive Treatment for Intractable OCD: What, When, Where, Who, How"
- 2012 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA (Mar. 21, 2012)
"Intensive Treatment for Intractable OCD: What, When, Where, Who, How"
- 2012 LACPA Brown Bag Lecture Series, Los Angeles, CA (Jan 9, 2012)
"Comorbidity of OCD and Eating Disorders and its Implication on Treatment"
- 2012 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA (Jan. 4, 2012)
"Comorbidity of OCD and Eating Disorders and its Implication on Treatment"
- 2011 LACPA CBT- SIG Presentation, Los Angeles, CA
"Comorbidity of PTSD and OCD: Appropriate CBT Interventions"
- 2011 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA
"Treating Obsessive Compulsive Disorder"
- 2011 18th Annual International OCD Foundation Conference, San Diego, CA
"The Interplay Between PTSD and OCD: Treatment Considerations and Tactics"
- 2011 Sierra Tucson and Matrix Institute on Addiction, The Sports Club, Los Angeles, CA
"Identifying, Diagnosing, and Treating Body Dysmorphic Disorder and Complex Comorbid Conditions "
- 2011 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA
"Social Phobia "
- 2011 UCLA David Geffen School of Medicine Presentation at the Women's Health Center, Los Angeles, CA

- “Using Interoceptive Exposure to Treat Panic Attacks Comorbid with other Anxiety Disorders ” for CE credit
- 2011 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA
“Obsessive-Compulsive Disorder”
- 2011 Anxiety Disorders Association of America (ADAA) 31st Annual Conference, New Orleans, LA
“Impulsivity vs. Compulsivity: Obsessive Compulsive Spectrum Disorders”
- 2011 Anxiety Disorders Association of America (ADAA) 31st Annual Conference, New Orleans, LA
“MTV True Life : ‘I Hate My Face,’ Diagnosing and Treating BDD” as Moderator
- 2011 Obsessive Compulsive Foundation of Western Pennsylvania, Cannonsburg, PA
“Understanding, Recognizing and Treating Body Dysmorphic Disorder”
- 2011 Los Angeles County Psychological Association Lecture, Renewed Freedom Center, Los Angeles, CA
“Using the Crooked Mirror Externalization Therapy in the Treatment of BDD”
- 2011 UCLA David Geffen School of Medicine Presentation at the Women’s Health Center, Los Angeles, CA
“Panic Disorders”
- 2011 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA
“Hoarding: Diagnosis and Treatment”
- 2010 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA
“Hoarding: Diagnosis and Treatment”
- 2010 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA
“Impulsivity vs. Compulsivity: Obsessive Compulsive Spectrum Disorders”
- 2010 UCLA David Geffen School of Medicine Presentation at the Women’s Health Center, Los Angeles, CA
“Impulsivity vs. Compulsivity: Obsessive Compulsive Spectrum Disorders” Part 1 and Part 2
- 2010 Los Angeles County Psychological Association (LACPA) 22nd Annual Conference, Los Angeles, CA
“Using the Crooked Mirror Externalization Therapy in the Treatment of BDD”
- 2010 Obsessive Compulsive Foundation (OCF) 17th Annual Conference, Crystal City, District of Columbia
“Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity, Recognizing and Treating OCD, BDD, Eating Disorders and Hoarding”
- 2010 National Alliance for Mental Illness (NAMI) Westwide Los Angeles 3rd Annual Conference
“Obsessive-Compulsive Spectrum Disorders: Impulsivity vs. Compulsivity, Recognizing and Treating OCD, BDD, Eating Disorders and Hoarding”
- 2010 WCBCT Poster Presentation, Boston, MA
“Learn Effective Strategies to Control Your Panic Attacks Rather than Letting It Control You”
- 2010 WCBCT Poster Presentation, Boston, MA
“The Mindful Way to OCD Recovery – Mindfulness-Based Behavioral Therapy”
- 2010 ADAA Annual Conference Presentation
“Intensive Treatment for Severe OCD: How Far Do You Go?”
- 2010 ADAA Annual Conference Presentation
“The Fatal Addiction to Plastic Surgery: Diagnosing and Treating BDD Successfully for a Lifetime”
- 2010 US Department of Veterans Affairs, VA Greater LA Health Care System, Los Angeles, CA
“Body Dysmorphic Disorder”
- 2009 Obsessive Compulsive Foundation (OCF) 16th Annual Conference, Minneapolis, MN
“The Mindful Way to OCD Recovery - Mindfulness-Based Behavioral Therapy”
- 2009 Obsessive Compulsive Foundation (OCF) 16th Annual Conference, Minneapolis, MN

"Differential Diagnosis and Treatment of Co-Morbid Conditions"

- 2009 Obsessive Compulsive Foundation (OCF) 16th Annual Conference, Minneapolis, MN
"The Ethics of Exposure: When and Why to Do ERP, and is There Such a Thing as Too Far?"
- 2009 Obsessive Compulsive Foundation (OCF) 16th Annual Conference, Minneapolis, MN
"What Level of Treatment is Right for You?"
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System
"Mindfulness based behavioral treatment for OCD"
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System
"BDD Part II"
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System
"BDD Part I"
- 2009 Anxiety Disorders Association of America (ADAA) 29th Annual Conference, Albuquerque, NM
"The Effects of Hormonal Imbalances on OCD"
- 2009 Anxiety Disorders Association of America (ADAA) 29th Annual Conference, Albuquerque, NM
"Treating OCD with Mindfulness-Based Behavioral Therapy (MBBT)"
- 2009 Anxiety Disorders Association of America (ADAA) 29th Annual Conference, Albuquerque, NM
"OCD and Eating Disorders: Treating the Underlying Cycle of Anxiety"
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System
"OCD Part II"
- 2009 US Department of Veterans Affairs, VA Greater LA Health Care System
"OCD Part I"
- 2008 Obsessive Compulsive Foundation (OCF) 15th Annual Conference, Boston, MA
"Involving Family Members in the Treatment of OCD in Children and Adolescents"
- 2008 Obsessive Compulsive Foundation (OCF) 15th Annual Conference, Boston, MA
"Hormonal Imbalances and OCD"
- 2008 Pasadena, CA
"BDD"
- 2008 Anxiety Disorders Association of America (ADAA) 28th Annual Conference, Savannah, GA
"Diagnosing and Treating BDD: The Use of the Crooked Mirror"
- 2008 Anxiety Disorders Association of America (ADAA) 28th Annual Conference, Savannah, GA
"Comorbidity of OCD and Anorexia: Treating Related Rituals" —
- 2008 UCLA Extension Course (Winter)
"Diagnosing and Treating BDD: The Use of the Crooked Mirror Externalization Therapy."
- 2008 US Department of Veterans Affairs, VA Greater LA Health Care System
"OCD Part III"
- 2008 US Department of Veterans Affairs, VA Greater LA Health Care System
"OCD Part II"
- 2008 US Department of Veterans Affairs, VA Greater LA Health Care System
"OCD Part I"
- 2008 Arnett Multidisciplinary Foundation Meeting, Santa Barbara, CA
"Diagnosing and Treating BDD: The Use of the Crooked Mirror Externalization Therapy."
- 2007 Obsessive Compulsive Foundation (OCF) 14th Annual Conference, The Woodlands, TX

"Mindfulness-Based Behavioral Therapy (MBBT) for OCD"

- 2007 Obsessive Compulsive Foundation (OCF) 14th Annual Conference, The Woodlands, TX
"Eating Disorders Panel"
- 2007 UCLA Neuropsychiatric Institute & Hospital, Nursing Department
"OC Spectrum Disorders: Impulsivity vs. Compulsivity (Part 2)"
- 2007 Center for Mindfulness in Medicine, Healthcare, & Society 5th Annual Conf, Worcester, MA
"Mindfulness-Based Behavioral Therapy (MBBT) for Severe Obsessive-Compulsive Disorder Improves Therapy Outcome for People who were Previously Unresponsive to Traditional Interventions"
- 2007 UCLA Extension Course (Winter)
"Treating Patients with Body Dysmorphic Disorder"
- 2007 UCLA Neuropsychiatric Institute & Hospital, Nursing Department
"OC Spectrum Disorders: Impulsivity vs. Compulsivity (Part 1)"
- 2007 UCLA Neuropsychiatric Institute & Hospital, Nursing Department
"OCD and Related Disorders"
- 2006 Mental Health Center of Russian Academy of Sciences, Grand Rounds, Moscow, Russia
"Behavior Therapy in Anxiety Disorders"
- 2006 OCD Centre Teaching Seminar, Westminster, London
"Treating Obsessive-Compulsive Disorders"
- 2006 Obsessive-Compulsive Foundation (OCF) 13th Annual Conference, Atlanta, GA
"Integrating Family Members in the Treatment of OCD in Children and Adolescents"
- 2006 Obsessive-Compulsive Foundation (OCF) 13th Annual Conference, Atlanta, GA
"OC Spectrum Disorders: Impulsivity vs. Compulsivity"
- 2006 UCLA Neuropsychiatric Institute & Hospital, Eating Disorders Program, Los Angeles, CA
"Comorbidity of OCD and Eating Disorders: Case Vignettes"
- 2006 UCLA Extension Course, Los Angeles, CA
"New Approaches in the Diagnosis and Treatment of Obsessive-Compulsive Disorder: A Four-Step Method Using Tools of Mindful Awareness"
- 2006 Iris Cantor – UCLA Women's Health Center, Los Angeles, CA
"Comorbidity of OCD and Eating Disorders and its Implication to Treatment"
- 2006 UCLA Neuropsychiatric Institute & Hospital, Los Angeles, CA
"New Approaches in the Diagnosis and Treatment of Obsessive-Compulsive Disorder: A Four-Step Method Using Tools of Mindful Awareness"
- 2006 Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL
"Using Interoceptive Exposure to Treat Panic Attacks Comorbid with Other Anxiety Disorders"
- 2006 Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL
"Comorbidity of OCD and Eating Disorders and its Implication to Treatment"
- 2006 Anxiety Disorders Association of America (ADAA) 26th Annual Conference, Miami, FL
"Using the Crooked Mirror Externalization Therapy in the Treatment of BDD"
- 2006 OC Foundation: Behavior Therapy Institute. 3-day Teaching Seminar
"OCD Treatments: Applications to Related Disorders"
- 2005 UCLA Neuropsychiatric Institute and Hospital, Children's Department. Core Seminar: lecture to first year medical residents, Los Angeles, CA

"Body Dysmorphic Disorder"

- 2005 UCLA's Tenth Annual Review of Psychiatry and Psychopharmacology Update, Los Angeles, CA
"Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder"
- 2005 Harvard Club of San Diego at the Scripps Memorial Hospital La Jolla, Schaetzel Center
"Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder"
- 2005 3rd Annual International Conference on Psychophysiology of Panic Attacks. Philadelphia, PA
"Using Interoceptive Exposures to Treat Panic Attacks Comorbid with Other Anxiety Disorders"
- 2005 Presentation at Iris Cantor-UCLA Women's Health Center, Los Angeles, CA
"Using Interoceptive Exposures to Treat Panic Attacks Comorbid with Other Anxiety Disorders"
- 2005 Obsessive-Compulsive Foundation (OCF) 12th Annual Conference, San Diego, CA
"Family Involvement in Children and Adolescents with OCD and Its Treatment"
- 2005 Obsessive-Compulsive Foundation (OCF) 12th Annual Conference, San Diego, CA
"PTSD/OCD Interplay"
- 2005 UCLA Medical School. Brown Bag lecture for medical students, Los Angeles, CA
"Introduction to Anxiety Disorders and OCD"
- 2005 UCLA Eating Disorders Program, Los Angeles, CA
"Similarities and Differences between OCD and Eating Disorders" (Guest Lecturer)
- 2005 UCLA Eating Disorders Program (Guest Lecturer), Los Angeles, CA
"Body Dysmorphic Disorder and Treatment with Internalized Crooked Mirrors Technique"
- 2004 Presentation at Iris Cantor-UCLA Women's Health Center, Los Angeles, CA
"Evidence Based Algorithm for Diagnosis of Anxiety Disorders in Primary Care"
- 2004 UCLA Eating Disorders Program (Guest Lecturer), Los Angeles, CA
"OCD Overview, Diagnosis and Treatment"
- 2004 Iris Cantor- UCLA Women's Health Center, Internal Medicine Division, Los Angeles, CA
"Body Dysmorphic Disorder"
- 2004 UCLA Seminar (Lecturer), Los Angeles, CA
"Obsessive Compulsive Disorder"
- 2004 UCLA Psychology 194 Research Course, Teaching Member, Spring Quarter, Los Angeles, CA
"Obsessive Compulsive Disorder and Co-morbid conditions, including assessment and diagnosis techniques"
- 2004 U.S. Psychiatric & Mental Health Congress, Presenter with honorarium, San Diego, CA
"Body Dysmorphic Disorder: An Obsessive Compulsive Disorder Subtype"
- 2004 U.S. Psychiatric & Mental Health Congress, Presenter with honorarium, San Diego, CA
"CBT for PTSD"
- 2004 Obsessive-Compulsive Foundation (OCF) 11th Annual Conference, Chicago, IL
"Body Dysmorphic Disorder and Relapse Prevention for OCD"
- 2004 UCLA Extension, Fall quarter, Los Angeles, CA
Lecturer, "Body Dysmorphic Disorder"
- 2004 UCLA Extension, Summer quarter, Los Angeles, CA
"New Approaches in The Diagnosis and Treatment of Obsessive-Compulsive Disorder (OCD)"
- 2003 Iris Cantor-UCLA Women's Health Center at UCLA, CME Accredited, Los Angeles, CA
"Obsessive Compulsive Disorder and Women's Health"

- 2003 10th Annual OC Foundation (US) Conference
"Age is No Obstacle: Cognitive-Behavioral Treatment for Obsessive-Compulsive Disorder in Children and Adolescents"
- 2003 UCLA Extension, Summer quarter, Los Angeles, CA
"New Approaches and Methods in the Diagnostics and Treatment of OCD"
- 2003 UCLA Extension, One Day Seminar, Los Angeles, CA
"Cognitive-Behavioral Treatment in Handling OCD"
- 2003 American Psychiatric Association Annual Meeting, Presenter, San Francisco, CA
"Treatment of Body Dysmorphic Disorder (BDD)",
- 2003 Panel presentation at the American Psychiatric Association Annual Meeting, Panel Member, San Francisco, CA
"Treatment for BDD and Addiction to Plastic Surgeries"
- 2003 Department of Internal Medicine, UCLA Medical Center, Los Angeles, CA
"OCD and Intensive Protocol Treatment Mode"
- 2002 Eli Lilly Lecture Series
"Behavioral Control of Weight Gain As Medications Side Effect"
- 2002 UCLA Extension, Instructor, Fall quarter, Los Angeles, CA
"Obsessive-Compulsive Disorder",
- 2002 9th annual OC Foundation (US) Conference, Philadelphia, PA (August 9-11, 2002)
"Pure 'Obsessions: The Treatment of OCD Without Behavioral Compulsions"
- 2002 9th annual OC Foundation (US) Conference, Philadelphia, PA(August 9-11, 2002)
Panel presentation, "Treatment of Body Dysmorphic Disorder (BDD)"
- 2002 Society for the Exploration of Psychotherapy Integration, 18th Annual Conference, (May 3, 2002)
"Cognitive-Behavioral Treatment for Post-Traumatic Stress Disorder (PTSD): Clinical and Empirical Considerations"
- 2001 National Institute of Mental Health (NIMH): New Clinical Drug Evaluation Unit (NCDEU). Poster presentation, Panelists included Alexander Bystritsky, Deborah Ackerman, Richard Rosen, Tanya Vapnik, Karron Maidment, and Sanjaya Saxena
"Augmentation of SSRI Response in Refractory OCD Using Adjunct Olanzapine: A Placebo-Controlled Trial."
- 2001 VA Hospital Continuing Education Program, seminar for mental health professionals, CME accredited, Los Angeles, CA
"Treatment of OCD"
- 2001 UCLA Extension Course, Lecturer, Fall quarter
"Obsessive-Compulsive Disorder"
- 2001 8th Annual OCD National Conference, Co-presenter with Dr. Jeffrey Schwartz, Denver, CO
"Progressive Mindfulness: How to identify and Enhance Improvements in Your Self"
- 2000 Workshop leader at the OC Foundation (US) 7th National Conference, Chicago, IL
"Treating Intractable OCD Cases"
- 1999 Professional track for continuing education credit in a day-long institute, CME Accredited, Los Angeles, CA
"Many Faces of OCD",
- 1999 Panelist at Q & A session at the OC Foundation's 7th National Conference, Washington, DC
"Ask the Expert"

- 1998 A specialized day-long Institute on treating OCD integrating Dr. Edna Foa's protocol and the Four Step Method, Ohio
"An Integrated Approach"
- 1997 County Psychological Association, Continuing Education Program at UCLA's Neuropsychiatric Institute, Los Angeles, CA
"Assessment, Treatment and Relapse Prevention"
- 1994 American Psychological Association Seminar (Presenter)
"Interplay between Obsessive-Compulsive Disorder (OCD) and Post-Traumatic Stress Disorder (PTSD)"

SPECIALIZED CLINICAL TRAINING OF OTHERS

- 2011 Clinical training of a visiting scholar from Arizona, USA for 4 weeks in Anxiety Disorders and Cognitive Behavioral Therapy techniques.
- 2005 Clinical training of a visiting scholar from Paris, France for 4 weeks in Anxiety Disorders and Cognitive Behavioral Therapy techniques.
- 2005 Clinical training of a visiting scholar from Germany for 6 weeks in Anxiety Disorders and Cognitive Behavioral Therapy techniques.
- 2003 Clinical training of a visiting scholar from St. Petersburg's Pavlov University, Russia for 6 months in Anxiety Disorders and Cognitive Behavioral Therapy techniques.
- 2001 Specialized clinical training of Sergey Andreyevich, director of the Anxiety Disorders program of the Krolinka Institute in Sweden, in areas of Obsessive-Compulsive Disorder (OCD), Social Phobia, Post Traumatic Stress Disorder (PTSD), and the other spectrum of anxiety disorders.
- 1999 Workshop leader, trained 40 people in OCD-PTSD overlap, diagnosis and treatment at the Florence Crittenton Center, Los Angeles.
- 1998 Three-week intensive training course for psychologists from Wayne State University on the Assessment and Treatment of Obsessive-Compulsive Disorder. Remain an ongoing consultant.
- 1998 Personalized two-week intensive training course in the intensive methodology treatment of OCD for a licensed, out-of-state psychologist, Services provided pro bono.
- 1997 Staff training at Florence Crittenton Center in Obsessive-Compulsive Disorder, Los Angeles, CA.
- 1994 -1997 Teaching and supervision of interns at UCLA on "Administration, Application, and Interpretation of Yale-Brown Obsessive-Compulsive Scale (Y-BOCS)," providing on-going training on OCD Assessment.
- 1995 Teaching and case management in Spain by special invitation from C. R. E. D. E. Y. T. A. Neuro-pediatric Institute. Instructed Spanish mental health professionals on methodology and protocols for treatment of an intractable case of OCD – PTSD.
- 1994 Lecturer for nursing students at UCLA School of Nursing on diagnosis and treatment of OCD.

RESEARCH ACTIVITIES

- 2003 – 2017 Principal Investigator, "Empirical analysis of Externalization Therapy Methodology," research study at the Westwood Institute for Anxiety Disorders. (Application for full-scale study pending before the UCLA Human Subjects Committee.)
- 2003 – 2017 Principal Investigator, "Long term gains maintenance: A Pilot Study of Three-Week Intensive Program Model for Intractable Cases." Westwood Institute for Anxiety Disorders.

- 2003 Co-investigator in charge of clinical specialized intensive treatment, UCLA/NPI Research study on PET scan analysis of research subjects' brain changes following intensive treatment of OCD by means of cognitive behavioral therapy.
- 2002 – Present Co-investigator with Dr. Edna Foa at University of Pennsylvania, NIMH funded study, "Treatment Sensitivity of the OCI-R."
- 1996 – 2016 Longitudinal study approved by the UCLA Human Subjects Committee on self-treatment mechanisms and techniques in a group setting.

PUBLIC EDUCATION & MEDIA APPEARANCES

- 2017 1 Million Steps 4 OCD Walk in Southern California, Beverly Hills, CA (June 3, 2017). Guest speaker on panel about "Exposures".
- 2017 SAG AFTRA, Los Angeles, CA (Apr. 13, 2017). Presented on "Performance Paralysis"
- 2016 Not Broken Radio, Saskatoon, Canada (Nov. 14, 2016). Phone interview on "Obsessive-Compulsive Disorder"
- 2016 Barcroft Media, Los Angeles, CA (Oct. 21, 2016). Interview on "Body Dysmorphic Disorder"
- 2016 "Cosmetic Procedures and Self-Image Documentary," Los Angeles, CA (Jan. 16, 2016). Interview on "Body Dysmorphic Disorder"
- 2014 Optomen TV "The 10 Faces of Michael Jackson," Los Angeles, CA (Oct. 22, 2014). Interview on "Body Dysmorphic Disorder"
- 2014 Women's Radio Network, Los Angeles, CA (Aug. 22, 2014). Interviewed on "Performance Paralysis"
- 2014 TBC Latina, Los Angeles, CA (Aug. 21, 2014). Interview on "Body Dysmorphic Disorder"
- 2014 SAG AFTRA, Los Angeles, CA (Aug. 19, 2014). Presented on "Performance Paralysis"
- 2011 Psychotherapy.net, Interview "Eda Gorbis on Body Dysmorphic Disorder" (Oct. 10, 2011)
<http://www.psychotherapy.net/interview/eda-gorbis-body-dysmorphic>
- 2011 Fox News, Interview on Skin-Picking Behavior
- 2010 Elle Magazine, Interview "Body Dysmorphic Disorder" (May 14, 2010)
- 2010 Discovery Health "My Strange Phobia: Sounds"
- 2010 Pie Town Productions "Body Dysmorphic Disorder"
- 2009 OCD Radio shows in Spring and Fall with Louis Fryer "Do you have OCD?"
- 2009 MTV "True Life: I Hate My Face" (Body Dysmorphic Disorder)
- 2007 NBC Today Show with Matt Lauer, Guest Speaker "Compulsive Hoarding"
- 2007 MTV *True Life* Documentary Series, Principal Clinician, "I Hurt Myself" (Filmed Fall 2006; Winter 2007)
- 2007 People Magazine, Featured Clinician "Obsessed with Plastic Surgery" (January 15, 2007; Vol. 67)
- 2006 Connecting with Kids Network (Discovery TV), Clinical Consultant "Treatment of Anxiety Disorders" (Filmed July 2006; Winter 2006)
- 2006 Tulsa World News, Tulsa, OK (Radio), Clinical Consultant "Obsessive Compulsive Disorder"
- 2006 Discovery Health *Strictly Dr. Drew*, Guest Speaker "Germaphobia" (Filmed January, 2006; Fall 2006)

- 2005 MTV *True Life* Documentary Series, Principal Clinician, "I Have OCD." (Filmed 2005; Winter 2006).
- 2005 Global Television in Canada Documentary, "Transformations." (Filmed 2005; Spring 2006).
- 2004 Europe Radio Show "Radio Svoboda" about PTSD and Anxiety related to 9/11.
- 2004 Dr. Laura Berman Radio Show about BDD and addiction to plastic surgery.
- 2004 Discovery Channel, Principal in a documentary on "Intensive Behavioral Therapy for Body Dysmorphic Disorder."
- 2003 The Learning Channel (TLC), Principal in a documentary program on Obsessive-Compulsive Disorder.
- 2003 Channel 11 FOX, featured in a News segment on Body Dysmorphic Disorder.
- 2002 Rob Nelson Show, Guest, topic "Obsessive-Compulsive Disorder."
- 2002 National Geographic Special, Principal, on OCD.
- 2002 KNBC-Channel 4, Los Angeles, featured in News segment, topic "Addicted To Plastic Surgery."
- 2001 BBC, Principal in a documentary on "Intractable OCD Cases."
- 2001 Discovery Channel, featured in one of three segments, topic "When Things Go Bump."
- 2001 Discovery Channel, Principal in a documentary, topic "OCD: An Enemy Within."
- 2000 Discovery Channel, Mental Health Documentary Division, featured as a consultant, treating doctor, and interview subject. Also provided patients for filming in three separate productions.
- 1999 ABC 20/20, Featured in two segments, topic "Hoarding Compulsions and Aggressive Obsessions." Credited as guest expert and technical consultant.
- 1999 The Roseanne Show, featured guest role in show on OCD.
- 1998 "Trapped Within" Public Documentary. Technical Advisor, production assistant and featured clinician. Film produced in cooperation with the OCD Foundation and the California Alliance of the Mentally Ill (CAMI), funded by a grant from the State of California.

PUBLICATIONS

- 2016 Gorbis, E. and Lee, J. (2016). Early Detection of Body Dysmorphic Disorder (BDD) and Legal Action Prevention. *Aesthetic Society News*.
- 2014 Vartanian, V. (2014). Body Dysmorphic Disorder: What You Don't Know About the Damaging Disease. *Realself*. Interviewed and quoted for Body Dysmorphic Disorder
- 2013 O'Neill J, Gorbis E, Feusner JD, Yip JC, Chang S, Maidment KM, Levitt JG, Salamon N, Ringman JM, Saxena S. Effects of intensive cognitive-behavioral therapy on cingulate neurochemistry in obsessive-compulsive disorder. *Journal of Psychiatric Research* (in press).
- 2009 Saxena, S., Gorbis, E., O'Neill, J. Baker, S.K., Mandelkern, M.A., Maidment, K.M., Chang, S., Salamon, N., Brody, A.L., Schwartz, J.M., London, E.D. (2009). Rapid effects of brief intensive cognitive-behavioral therapy on brain glucose metabolism in obsessive-compulsive disorder. *Molecular Psychiatry*, 14(2), 197-205.
- 2009 Gorbis E. "Emphasizing the need for post-treatment maintenance in the treatment of obsessive compulsive disorder." *OCD Newsletter*, 23, 4.
- 2007 Gorbis E, Molner C, Sterner J. "Informal mindfulness training improves treatment response for people with OCD comorbid with PTSD." *OCD Newsletter*, Spring 07.

- 2007 Gorbis E. "Intensive treatment for BDD." *OCD Newsletter*, 21, 4-5.
- 2006 Gorbis E, Yip JC. "Training Parents to Become Therapists." *OCD Newsletter*, 20, 10-11.
- 2006 Gorbis E, Yip JC. "Anorexia and OCD." *OCD Newsletter*, 20, 4-5.
- 2006 Gorbis E. "Substance Abuse and OCD." *OCD Newsletter*, Winter 06.
- 2005 Gorbis, E. "Obsessive-Compulsive Disorder" entry in the International Encyclopedia of the Social Sciences, 2nd edition. (Contributed 2005; to be published 2007)
- 2005 Gorbis, E., Conway, B. "Treatment of Children and Adolescents with Obsessive Compulsive Disorder." *OCD Newsletter* published by The OC Foundation, Inc., In press, published spring 2006.
- 2005 Gorbis, E., and Kholodenko, Y. (2005). Plastic Surgery Addiction in Patients with Body Dysmorphic Disorder. *Psychiatric Times*, 10, 79-81.
- 2004 Gorbis, E., O'Neill, J. Presently working on unpublished manuscript, "Treatment Outcomes for Short-term Intensive Cognitive-Behavioral Therapy in Obsessive Compulsive Disorder"
- 2004 Gorbis, E. "Externalization as a Therapeutic Tool in Treating BDD and OCD." *OCD Newsletter* published by The OC Foundation, Inc., Summer 2004.
- 2004 Gorbis, E. "Crooked Mirrors: The Externalization of Self-Image in BDD." *Behavioral Therapist. Journal*. Summer 2004.
- 2004 Bystritsky, A., Ackerman, D.L., Rosen, R., Vapnik, T., Gorbis, E., Maidment, K.M., and Saxena, S. "Augmentation of SSRI Response in Refractory Obsessive-Compulsive Disorder Using Adjunctive Olanzapine: A Placebo-Controlled Trial." *Journal of Clinical Psychiatry*, 65(4), April 2004.
- 2004 Gorbis, E. and Anan'yev, D. "Dr. Gorbis' Intensive OCD Method Uses Self-Analytical Writing." *OCD Newsletter* published by The OC Foundation, Inc., volume 18(1) Winter 2004.
- 2003 Gorbis, E. "Does This Medication Make Me Look Fat?" *OCD Newsletter* published by The OC Foundation, Inc., volume 17(5) Fall 2003.
- 2003 Gorbis, E. "Mirror, Mirror on The Wall." *OCD Newsletter* published by The OC Foundation, Inc., volume 17(3) Spring 2003.
- 1996 Bystritsky, A., Munford, P., Rosen, R., Martin, K., Vapnik, T., Gorbis, E., and Wolson, R. "A Preliminary Study of Partial Hospital Management of Severe Obsessive-Compulsive Disorder", *Psychiatric Services*, American Psychiatric Association, February 1996.

PROFESSIONAL ACTIVITIES

- 2015 – Present Adjunct Clinical Assistant Professor of Psychiatry & Behavioral Sciences at the USC Keck School of Medicine.
- 2006 – Present Faculty and Member, Behavior Therapy Training Institute
- 2006 – 2016 Clinical Supervisor, United States Department of Veterans Affairs, VA Greater LA Health Care System
- 2005 – Present Member, Anxiety Disorders Association of America (ADAA)
- 2002 – 2010 Member, Scientific Board, United States OC Foundation.
- 1999 – 2014 Assistant Clinical Professor (voluntary) UCLA School of Medicine, Dept of Psychiatry & Biobehavioral Sciences
- 1997 – Present Founder and Executive Director, Westwood Institute for Anxiety Disorders, Inc., Los Angeles

- 1996 In the past Dr. Gorbis acted as a consultant in OCD cases for child, adolescent, and adult inpatient units at the Neuropsychiatric Hospital and UCLA Medical Center.
- 1997 – 1999 Co-Director, Obsessive-Compulsive Intensive Outpatient Program for the Center for Cognitive Therapy, Beverly Hills, (private practice).
- 1996 – 1999 Private practice, psychotherapy specializing in anxiety disorders, such as Post Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorder (OCD), and Body Dysmorphic Disorder.
- 1996 – 2014 Principal Investigator, Obsessive Compulsive Disorder Outpatient Group, Neuropsychiatric Hospital (NPH), UCLA. Approved by Human Subjects Committee (25-35 Registered Subjects).
- 1996 – 2014 Provide clinical treatment for OCD and anxiety disorder, specializing in intractable cases. Responsible for treating up to 15 inpatients per year on child & adolescent, and adult units in the Neuropsychiatric Hospital at UCLA. Utilize the intensive integrated three-week therapy method developed by E. Gorbis. Patients are referred from all over the United States and numerous other countries throughout the world.
- 2002 Member (compensated), Eli Lilly Speakers Bureau.
- 1998 Received specialized training in Social Phobia and related disorders, under the personal direction of Dr. Edna Foa at University of Pennsylvania, Philadelphia.
- 1997 - 2000 Vice-President, Clinical Advisor, Director, Professional Training, OC Spectrum Disorder Association
- 1994 Received specialized training in Obsessive-Compulsive Disorder (OCD), Social Phobia, Post Traumatic Stress Disorder (PTSD), and other spectrum anxiety disorders, under the personal direction of Dr. Edna Foa at University of Pennsylvania, Philadelphia.
- 1992 Research Assistant, charged with participation in various research protocols in OCD, Anxiety Disorder Program, UCLA.
- 1990 - 1996 Mental Health Practitioner, responsible for assistance with patient care and administrative duties; conducted testing for all program patients, Neuropsychiatric Hospital at UCLA.
- 1990 - 1992 Volunteer, OCD day-treatment program, Neuropsychiatric Hospital at UCLA.

EDUCATION, LICENSES, ACACEMIC APPOINTMENTS

- 1999 – 2014 Assistant Clinical Professor, Department of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine. Specializing in the research and intensive treatment of clinically intractable Obsessive Compulsive Disorder (OCD) cases: children, adolescents, and adults.
- 1996 – 2014 Clinical Privileges, Neuropsychiatric Hospital & UCLA Medical Center.
- 1996 – 1997 Clinical Instructor, Department of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine.
- 1996 Ph.D. awarded; Dr. Russell Hunter, committee chair; Dr. Joseph Wolpe, external reader. Nominated for Dissertation of the Year, California Graduate Institute, Los Angeles.
- 1995 – Present LMFT, License No. 32501, State of California, Board of Behavioral Sciences.

AWARDS & SPECIAL RECOGNITION

- 2002 Patient Recognition Award, Neuropsychiatric Hospital at UCLA.
- 2000 Special Recognition Award from the OC Foundation for dedication and commitment to OCD patients in the United States and the World.
- 1996 National Healthcare Quality Week, Neuropsychiatric Institute at UCLA: Certificate of Continued Commitment of Healthcare Excellence.

- 1995 Certificate of Appreciation as Outstanding Person in the Department of Psychiatry and Biobehavioral Sciences for 1994-1995: UCLA, OCD Day Treatment Program.
- 1995 Recipient of the Bertha Unger Scholarship from the Neuropsychiatric Institute and Hospital, UCLA

PROFESSIONAL ORGANIZATIONS MEMBERSHIP

- 2009 - Current Los Angeles County Psychological Association (LACPA), Member
- 2005 - Current Anxiety Disorders Association of America: Member
- 2002 - Current International OC Foundation: Member
- 1997 OC and Spectrum Disorders Association: Vice President; Member, Scientific Advisory Board.
- 1996 OC Foundation of California: Member, Scientific Advisory Board.
- 1993 Association for the Advancement of Behavioral Therapy: Member.
- 1993 - Current Red Cross: Certified Volunteer.

GRANTS

- 2008 Private Donations Totaled \$38,000 for ongoing UCLA Research and Projects
- 2007 Private Donations Totaled \$65,935 for ongoing UCLA Research and Projects
- 2006 National Philanthropic Trust: Donor Advised Fund of \$15,000 for ongoing UCLA Research and Project
- 2006 Private Donations Totaled \$98,500 for ongoing UCLA Research and Projects.
- 2005 Recipient of private donations of \$500 for ongoing UCLA Research and Projects.
- 2005 Recipient of private donations of \$25,000 for ongoing UCLA Research and Projects.
- 2005 Recipient of private donations of \$2,000 for ongoing UCLA Research and Projects.
- 2005 Recipient of private donations of \$3,050 for ongoing UCLA Research and Projects.
- 2003 -2004 Recipient of private donations of \$6,177 for ongoing UCLA Research and Projects.
- 2002 Recipient of private donations of \$10,000 for ongoing UCLA Research and Projects.
- 2000 Recipient of private donations of \$5,000 for ongoing UCLA Research and Projects.
- 1999 Recipient of private donations of \$10,000 for ongoing UCLA Research and Projects.