

ZOE P. ROSS-NASH, PSYD, CEDS

CA: 34683, FL: 12313, VA: 0810009353, Authority to Practice Interjurisdictional Telepsychology (APIT) under PSYPACT: #22389

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she/her

EDUCATION

1/2/25- present: Certified Eating Disorder Specialist, International Association of Eating Disorder Professionals

08/17-08/22: PsyD, Clinical Psychology. Nova Southeastern University, Fort Lauderdale, FL, American Psychological Association, Accredited Clinical Psychology Program.

Directed Study: Exploring Eating Disorders and Trauma: Understanding the Function of Disordered Eating After a Traumatic Experience.

Supervisors: Paula Brochu, PhD and Jeffrey Kibler, PhD

08/17-10/19: MS, Clinical Psychology. Nova Southeastern University, Fort Lauderdale, FL, American Psychological Association, Accredited Clinical Psychology Program.

08/13-05/17: BA, Psychology. Elon University, Elon, NC. Major: Psychology.

Minors: Human Service Studies; Dance Performance and Choreography.

Thesis Title: The Correlation between Anorexia and Perfectionism in College-Age Women.

HONORS AND AWARDS

Through Women's Eyes International Film Festival 2026

Detours International Film Festival 2026

Awareness Film Festival 2025

NEDA Love your Body Week 2023 Featured Student Psychologist

Division 29 2022 Student Clinical Excellence in Practice Award

PanSGA Grant Recipient 2018, Nova Southeastern University

Presidential Scholar 2013-2017, Elon University

Elon Engagement Scholar 2013-2017, Elon University

CLINICAL INTERESTS

Eating disorders, body image, body dysmorphia, trauma, women's issues, substance use, motivational interviewing, mentorship, supervision, advocacy, LGBT+, personality pathology

CLINICAL EXPERIENCE

05/24-present: Equilibrium Health Advantage, LLC

Owner and Founder of Equilibrium Health Advantage, LLC

Description: Offers mental health services to individuals with eating disorder and trauma history. Provide specialized care for high-achieving professionals experiencing workplace burn out or trauma.

08/23- 10/25: Licensed Clinical Staff Psychologist

Vantage Point Center for Psychotherapy, Group Practice, Virtual

Description: Conducts initial intakes, crisis consultations, and individual, couples, family, and group therapy sessions to ages from children to older adults providing weekly therapy. Averages a varied and complex case load of 25 clinical hours a week with 50% of the presentation eating disorders or trauma. Connects patients to higher level of care services if needed. Addresses insurance concerns to assist client in affordable care. Consults with dietitians, primary care providers, and psychiatrists weekly. Presents a 2-hour didactic once a quarter. Aids in internship selection and interviews.

08/23-10/25: Group facilitator

Vantage Point Center for Psychotherapy, Group Practice, Virtual

Description: Facilitates and creates weekly group therapy sessions for women with current or history eating disorder pathology. Group topics range from eating disorders and exercise, holidays, family, trigger foods, body image, and trauma. Groups contain 5-9 participants with various demographics on google meet Platform.

08/23-10/25: DBT Group facilitator

Vantage Point Center for Psychotherapy, Group Practice, Sacramento, CA

Description: Facilitates and creates a yearlong, weekly, hour and a half DBT group, spending 8 to 12 weeks per module, while training a pre-doctoral intern student on DBT treatment skills. Screened each participant prior to group admission. Groups contain 8-12 participants with various presenting concerns on Google meet.

SUPERVISION EXPERIENCE

08/23-8/25: Licensed Clinical Primary and Secondary Supervisor

Vantage Point Center for Psychotherapy, Group Practice, Virtual

Description: Provides weekly hourly individual supervision to two practicum students or pre-doctoral interns yearly. Utilizes a three-pillar approach to supervision, addressing administrative tasks, clinical skills areas of growth, and professional development. Offers consultation to other trainees on eating disorder cases. Meets with other primary and secondary supervisors to facilitate growth across the training program. Facilitates two weekly groups with a trainee, one eating disorder process group and one DBT psychoeducation group. Approves and monitors supervised professional experience logs.

CLINICAL TRAINING EXPERIENCE

08/22-07/23: Post-doctoral Fellow

Vantage Point Center for Psychotherapy, Group Practice, Sacramento, CA

Description: Conducts initial intakes, crisis consultations, and individual, couples, family, and group therapy sessions to ages from children to older adults providing weekly therapy. Averages a varied and complex case load of 25-30 clinical hours a week. Attends weekly two-hour didactics and presented on eating disorders and trauma and abuse in academia using trauma-informed supervision. Receives two hours of weekly individual supervision and two hours of weekly group supervision with other advanced trainees. Connects patients to higher level of care services if needed. Addresses insurance concerns to assist client in affordable care. Consults with dietitians, primary care providers, and psychiatrists weekly. Aids in internship selection and interviews. Uses both in-person and Webex platform. Awarded certificate of completion on the Mandated Child Abuse Reporter Training (MCART).

Supervisors: Katie Polsky, PhD, and Ashli Ellis, PsyD

08/21-08/22: Pre-doctoral Intern, Eating Disorder Emphasis

University of California Davis, Pre-Doctoral Intern, College Counseling, Davis, CA.

Description: Conducts initial intakes, one-time visits, crisis consultations, and both individual and group therapy sessions to undergraduate and graduate students. Provides short-term and long-term individual and group therapy. Treated students from various demographics and presenting problems using affirmative and trauma-informed care. Managed a case load of 20 clients with half having history of disordered eating pathology. Presented to different sections of the community (i.e., sports teams, Greek life, rec centers, nutrition classes, mental health awareness weeks, medical teams) on campus about eating disorder pathology. Consulted with a multidisciplinary team on students with eating disorder pathology. Collaborated with residential treatment centers regarding higher levels of care and provided needed aftercare after stepdown. Provided a 2-hour training on trauma-informed supervision. Intern representative on the QAC committee. Member of the SVPA mentorship program. Had 1.5 hours of individual supervision on general case load and 1.5 hours of individual supervision of emphasis area case load. Had 2 hours of group supervision a week and an additional 1 hour of group supervision dedicated to clients with eating disorders. Completed 6 months of weekly 2-hour crisis and triage shifts. Attended weekly 2-hour didactics on topics within college counseling (e.g., substance use, somatic, motivational interviewing). Used both in-person and Zoom platform.

Supervisors: Lissa Joy Geiken, PhD, Karin Nilsson, PhD, and Katie Cougevan, PhD, and Carson Ham, PhD

08/20- 05/21: Psychology Trainee.

The Renfrew Center, Clinical Practicum, Residential and Day Treatment, Coconut Creek, FL.

Description: Provided individual and group psychotherapy to adolescent and adult females with eating disorders in a residential and day-treatment setting. Utilized a variety of evidenced-based interventions to treat eating disorders and comorbid pathology, including depression and anxiety disorders, dissociative disorders, chemical dependency/abuse, trauma, personality disorders, and other women's issues. Facilitated therapy groups with adult and adolescent patients, including Unified Protocol groups, after-meal processing groups, DBT skill groups, relationship and connection groups, and "lifespan challenges" group. Provided meal-time support therapy. Provided milieu management care and crisis services. Consulted with a multidisciplinary team of physicians, nurses, psychiatrists, occupational therapists, and dietitians. Participated in case conferences, team meetings, and didactic trainings. Presented on eating disorders and trauma to staff and students.

Supervisors: Dana Friend, PsyD and Stefany Marcus, PsyD

08/19-04/21: Psychology Trainee.

Trauma Resolution Integration Program, Clinical Practicum, Nova Southeastern University Community Mental Health Center, Outpatient, Fort Lauderdale, FL.

Description: Utilized the Contextual Model for case conceptualization and Contextual Trauma Therapy (CTT) treatment, which highlights skill building, therapeutic relationship, and client-guided conceptualization. Provided a variety of other treatment approaches (e.g., behavioral, cognitive-behavioral, narrative exposure therapy, humanistic, relational, attachment-theory) to adolescents and older adults (ages 17-65 years). Conducted three-hour biopsychosocial evaluations, administers psychological evaluations that consisted of nine hours of testing, provides assessment feedback sessions, and prepares integrated reports. Maintained a caseload of

10 to 13 clients for weekly one-hour individual sessions. Treated clinical populations diagnosed with posttraumatic disorders, psychotic disorders, mood and anxiety disorders, substance use, eating disorders, all clusters of personality disorders, and affectional gender and sexual identity issues. Due to COVID-19, treated clients and receives supervision weekly via Zoom platform. Completed treatment plan reviews with clients. Three-hour weekly group supervision, one-hour weekly individual supervision, and half-hour weekly peer supervision was received throughout the training year. Received a three-hour training on trauma within OCD and LGBT+ and provided training on trauma within disordered eating. Collaborated with undergraduate university's socio-drama club to provide a safe environment when depicting incidences of trauma.

Supervisors: Amy Ellis, PhD and Steve Gold, PhD

08/18-01/20: Psychology Trainee.

Guided Self-Change Clinic, Clinical Practicum, Nova Southeastern University Community Mental Health Center, Outpatient, Fort Lauderdale, FL.

Description: Conducted intake interviews consisting of a comprehensive clinical interview, mental status exam, and population-specific measures. Provided individual therapy using an empirically validated cognitive-behavioral approach with a motivational interviewing style for the treatment of clients with substance use (alcohol, smoking and illicit drug use), lifestyle (eating, exercise, sleep, gambling, and procrastination), and college-age athlete concerns. Completed treatment plan reviews with patients. Received training in motivational interviewing and substance use treatment. Maintained a caseload of six to eight clients for weekly one-hour individual sessions. Seven-hour weekly group supervision was received during the first semester of training. Four-hour weekly group and half-hour individual supervision was received during the second semester.

Supervisor: Linda C. Sobell, PhD, ABPP, Mark Sobell, PhD, ABPP, and Jessica Ruiz, PsyD

CLINICAL GROUP THERAPY TRAINING EXPERIENCE

01/23-08/23: Group facilitator

Vantage Point Center for Psychotherapy, Group Practice, Virtual

Description: Facilitates and creates weekly group therapy sessions for women with current or history eating disorder pathology. Group topics range from eating disorders and exercise, holidays, family, trigger foods, body image, and trauma. Groups contain 5-9 participants with various demographics on Webex Platform.

Supervisor: Katie Polsky, PhD

08/22-present: Group facilitator

Vantage Point Center for Psychotherapy, Group Practice, Sacramento, CA

Description: Facilitates and creates a yearlong weekly hour and a half DBT group, spending 8 to 12 weeks per module, while training a practicum student on DBT treatment skills. Screened each participant prior to group admission. Groups contain 5-9 participants with various presenting concerns on Webex Platform.

Supervisor: Katie Polsky, PhD

08/21-08/22: Pre-doctoral Intern, Eating Disorder Emphasis

University of California Davis, Pre-Doctoral Intern, College Counseling, Davis, CA.

Description: Orchestrated two 80-minute eating disorder focused groups for college and graduate students. Group therapy content consists of a manualized 7-week program of ACT and DBT for those currently engaging in eating disorder symptomatology, and a process group for those in recovery from disordered eating. Trained on a career exploration group with six students in each group.

Supervisors: Katie Couegvan, PhD

08/20- 05/21: Psychology Trainee.

The Renfrew Center, Clinical Practicum, Residential and Day Treatment, Coconut Creek, FL.

Description: Facilitated therapy groups with adult and adolescent patients, including Unified Protocol groups, body image, exposure, after-meal processing groups, DBT skill groups, relationship, and connection groups, and “lifespan challenges” group. Provided meal-time support therapy.

Supervisors: Dana Friend, PsyD and Stefany Marcus, PsyD

08/19-08/20: Psychology Trainee.

Trauma Resolution Integration Program, Clinical Practicum, Nova Southeastern University Community Mental Health Center, Outpatient, Fort Lauderdale, FL.

Description: Co-facilitated weekly DBT groups of 10 members that met for two hours. Group completed the four modules of DBT (mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance). Collaborated care with individual therapists.

Supervisors: Amy Ellis, PhD and Steve Gold, PhD

08/18-01/20: Psychology Trainee.

Guided Self-Change Clinic, Clinical Practicum, Nova Southeastern University Community Mental Health Center, Outpatient, Fort Lauderdale, FL.

Description: Facilitated monthly smoking cessation groups throughout the Nova Southeastern University’s Area Health Education Centers (AHEC) upon completing a Florida Time to Quit (TTQ) training program. Co-facilitated processing groups of five to nine members that met weekly for two hours at Broward Outreach Center, a homeless shelter. Focus of group sessions were primarily on relapse prevention using motivational interviewing. Group members presented with various physical, psychological, and intellectual disabilities, low SES, cultural diversity, various sexual and affectional orientations, and educational and religious backgrounds. Conducted assessments to determine if residents were an appropriate fit for group.

Supervisor: Linda C. Sobell, PhD, ABPP, Mark Sobell, PhD, ABPP, and Jessica Ruiz, PsyD

08/18- 1/20: Tobacco Treatment Specialist (TTS).

Area Health Education Center (AHEC), Nova Southeastern University, Fort Lauderdale, FL.

Description: Provided treatment for individuals who want to stop using tobacco. Developed individualized treatment plans using evidence-based assessments and cognitive behavioral strategies. Prepared educational resources for organizations, healthcare providers, and the general population regarding tobacco use treatment issues.

Supervisors: Mark Sobell, PhD, ABPP

CLINICAL SUPERVISION TRAINING EXPERIENCE

08/22-08/23: Secondary Supervisor

Vantage Point Center for Psychotherapy, Group Practice, Sacramento, CA

Description: Provides weekly individual supervision to practicum students on eating disorder cases and participates in bi-weekly supervision of supervision. Utilizes a three-pillar approach to supervision, addressing administrative tasks, clinical skills areas of growth, and professional development. Facilitates two-hour group supervision of eight practicum students as needed.

Supervisor: Katie Polsky, PhD and Ashli Ellis, PsyD

01/19- 01/20: Program Coordinator.

Guided Self-Change Clinic, Nova Southeastern University, Fort Lauderdale, FL.

Description: Coordinated the daily functioning of the Guided Self-Change Clinic. Conducted screenings with potential clinic clients and scheduled intake interviews. Provided training to first year-practicum students on treatment protocols, documentation, and motivational interviewing techniques. Trained, observed, and co-facilitated substance use groups with first year practicum students conducted at the Broward Outreach Center. Provided peer-supervision to first year practicum students in group and individual therapy, specifically using a cognitive-behavioral approach with motivational interviewing for clients with substance use (alcohol, smoking, and illicit drug use) and lifestyle (eating, exercise, gambling, sleep, and procrastination), and college-age athlete concerns. Observed first year practicum students conduct smoking cessation groups and provided feedback for potential improvement and skill building. Created advertisement materials (e.g. brochures and flyers) and arranged clinic advertising through social media.

03/19- 01/20: Program Founder. “On Pointe Health” through Guided Self-Change Clinic, Nova Southeastern University Community Mental Health Center, Fort Lauderdale, FL.

Description: Founded a program through Guided Self-Change Clinic called “On Pointe Health” that provided free supportive psychotherapy to the Nova Southeastern University’s college students in the Dance Performance and Choreography Company. Supervised clinicians engaging in care for students.

Supervisor: Linda C. Sobell, PhD, ABPP and Mark Sobell, PhD, ABPP.

07/16: Body Project Facilitator.

National Eating Disorders Association. New York, NY.

Description: Completed Body Project training through NEDA. Conducted group interventions that encouraged adolescents to confront unrealistic beauty ideals and engaged them in the development of healthy body image through verbal, written, and behavioral exercises.

Supervisor: Chelsea Kronengold, MS

TEACHING EXPERIENCE

08/24-12/24: Assistant Professor PSY 5820.

Fundamentals of Clinical Interventions and Emergency Psychology, Ponce Health Sciences University, College of Psychology, Saint Louis, MO

Description: Created a 16-week course on the diagnosis, conceptualization, and treatment of course focuses on a detailed discussion of all major psychiatric/psychological emergencies that are usually presented to the emergency room or outpatient settings. Grades assignments and provides feedback on conceptualization and treatment. Edits term papers and presentations. Taught APA 7 style guidelines to write academic papers.

Supervisor: Lisa Elwood, PhD, ABPP

08/24-12/24: Assistant Professor PSY 766.

Group Processes and Group Therapy, Ponce Health Sciences University, College of Psychology, Saint Louis, MO

Description: Created a 16-week course on the diagnosis, conceptualization, and treatment toward basic psychological processes of small groups and taught a foundation of the main theoretical approaches to group therapy. Grades assignments and provides feedback on conceptualization and treatment. Edits term papers and presentations. Taught APA 7 style guidelines to write academic papers.

Supervisor: Lisa Elwood, PhD, ABPP

08/24-12/24: Assistant Professor PSY 6870.

Psychotherapy Seminar, Ponce Health Sciences University, College of Psychology, Saint Louis, MO

Description: Created a 16-week course on basic understanding of the most common clinical interventions. Students will have an opportunity to observe and practice interview and listening skills; rapport building strategies; mental status exam and suicide assessment skills. Grades assignments and provides feedback on conceptualization and treatment. Edits term papers and presentations. Taught APA 7 style guidelines to write academic papers.

Supervisor: Lisa Elwood, PhD, ABPP

01/24-05/24: Assistant Professor PSY 8800.

Eating Disorders Diagnosis, Conceptualization & Treatment, Ponce Health Sciences University, College of Psychology, Saint Louis, MO

Description: Created a 16-week course on the diagnosis, conceptualization, and treatment of eating disorders. Offered education on topics like eating disorders within special/marginalized populations, collaborative care, and weight stigma. Grades assignments and provides feedback on conceptualization and treatment. Edits term papers and presentations. Taught APA 7 style guidelines to write academic papers.

Supervisor: Lisa Elwood, PhD, ABPP

01/24-05/24: Assistant Professor PSY 7670.

Conceptualization & Intervention Planning, Ponce Health Sciences University, College of Psychology, Saint Louis, MO

Description: Created a 16-week course on the diagnosis, conceptualization, and treatment as an adjunct to practicum course. Offered education on topics like cognitive behavioral therapy and thematic mapping. Grades assignments and provides feedback on conceptualization and treatment. Edits term papers and presentations. Taught APA 7 style guidelines to write academic papers.

Supervisor: Lisa Elwood, PhD, ABPP

01/24-05/24: Assistant Professor PSY 6850.

Family Systems & Systemic Therapy, Ponce Health Sciences University, College of Psychology, Saint Louis, MO

Description: Created a 16-week course on family systems and systemic therapy, ranging from Bowen's family therapy, structural family therapy, ethics in family therapy, and others. Offered education on topics like cognitive behavioral therapy and thematic mapping. Grades assignments and provides feedback on conceptualization and treatment. Edits term papers and presentations. Taught APA 7 style guidelines to write academic papers.

Supervisor: Lisa Elwood, PhD, ABPP

05/20-12/20: Teaching Assistant PSY 4679.

Abuse, Trauma, and Dissociation, Nova Southeastern University College of Psychology, Fort Lauderdale FL.

Description: Assists two semesters in organization and structure of class for doctoral level graduate students. Aids students on a conceptualization paper using Contextual Trauma Therapy, Cognitive Processing Therapy, and Prolonged Exposure. Grades assignments and provides feedback on conceptualization and treatment. Edits term papers on topics related to trauma. Taught APA 6 and 7 style guidelines to write academic papers.

Supervisor: Amy Ellis, PhD

05/20-08/20: Teaching Assistant PSY 0607.

Social Psychology, Nova Southeastern University College of Psychology, Fort Lauderdale FL.

Description: Assisted in organization and structure of class through on online platform for master's level psychology students. Provided feedback on weekly discussion posts and papers.

Supervisor: Paula Brochu, PhD

1/20-5/20: Teaching Assistant CDM 3080.

Behavioral Science, Nova Southeastern University, College of Dentistry, Fort Lauderdale, FL.

Description: Taught doctoral level dentistry students on using psychological skills (e.g., motivational interviewing, rapport building, mindfulness, empathy, reflective listening) to facilitate more effective interactions with their patients and improve their bedside manner. Conducted live observations of students in the dental clinic and assessed their skill level. Discussed the importance of interdisciplinary consultation to promote integrative care.

Supervisor: Keith Lit, PhD

01/19- 8/19: Senior Graduate Assistant.

Guided Self-Change Clinic, Nova Southeastern University, Fort Lauderdale, FL.

Description: Assisted program coordinators and supervisors in the daily operation of the Guided Self-Change Clinic. Organized presentations from specialized psychologists for training. Role played student for ABPP exams.

Supervisor: Linda C. Sobell, PhD, ABPP and Mark Sobell, PhD., ABPP

08/18- 12/18: Teaching Assistant PSY 1403.

Adult Psychopathology, Nova Southeastern University College of Psychology, Fort Lauderdale FL.

Description: Guest lectured on diagnosis of depression and helped organize class structure of 25 students. Provided exam review sessions and individualized tutoring on DSM-5 criteria. Gave feedback on presentation skills and diagnostic criteria knowledge. Proctored and graded midterm and final exams.

Supervisor: Robert E Seifer, PhD, PA

EDITORIAL EXPERIENCE

01/24-present: Editor of Electronic Communications and Bulletin Editor.

Society for the Advancement of Psychotherapy.

Description: Manages all publications on the Bulletin and Website, listserv, and mailchimp for

American Psychological Association's Division 29 Society for the Advancement of Psychotherapy. Oversees four staff members to produce electronic content. Organizes and disseminates Psychotherapy Bulletin. Liaison between division leadership, publication team, and division. Creates incentives for publications. Helps manage social media presence. Facilitated a website update for more functional interface.

Supervisor: Amy Ellis, PhD

01/23-1/24: Website Editor.

Society for the Advancement of Psychotherapy.

Description: Manages website, listserv, and mailchimp for Division 29 Society for the Advancement of Psychotherapy. Oversees two staff members to produce website content. Organizes and disseminates psychotherapy bulletin.

Supervisor: Amy Ellis, PhD

07/20-12/22: Associate Editor.

Society for the Advancement of Psychotherapy.

Description: Edits content submissions to APA Division 29 Society for the Advancement of Psychotherapy Website. Contacts researchers and clinicians across the country to create more involvement within Division 29. Advertises publication opportunities through community outreach.

Supervisor: Kourtney Schroeder, PsyD

07/17- 12/17: Content Writer.

Eating Recovery Center. Denver, CO.

Description: Published articles representing Eating Recovery Center. Awarded highest liked/clicked/shared article in recent history of Eating Recovery Center and The Mighty.

Supervisor: Eleanor Herman, MA, LPC, NCC

PEER REVIEWED PUBLICATIONS

Ghandour, B. M., Donner, M., **Ross-Nash, Z.**, Hayward, M., Pinto, M., DeAngelis, T., (2018). Perfectionism in Past and Present Anorexia Nervosa. *North American Journal of Psychology*, 20(3) 671-690.

SELECTED CONFERENCE PRESENTATIONS

Ross-Nash, Z. & Ross-Nash, K. (2025, August). "The Bond That Broke" Documentary. NetworkED. Saint Louis, Missouri

Ross-Nash, Z., Tarin, C., Odders-White, E., Roach, V., & Attardi, S. (2025, March). Power dynamics in the Ivory Tower: Unveiling abuse in academic relationships. Anatomy Connected, Portland, Oregon.

Felepto, A., **Ross-Nash, Z.**, & Brochu, P. (2022, May). Quarantine during COVID-19: The role of anxiety on disordered eating and exercise behaviors; CHP Blitz.

Reuther, B. T., Darnell, L., **Ross-Nash, Z.**, Meade, N., & Ellis, A. E. (2021, August). Existential and intersectional themes in trauma-informed affirmative care: Three case studies. Symposium presented at the American Psychological Association, virtual event.

SCHOLARLY WORK PUBLISHED IN OTHER MEDIA

Hollings, F., Ortiz, M., & **Ross-Nash, Z.** (2025, November). Influence of autism diagnosis on anorexia nervosa pathology and prognosis. *Psychotherapy Bulletin*, 61(1)

Johannesson, D., & **Ross-Nash, Z.** (2025, May). Anorexia nervosa in Chinese women and adolescents. *Psychotherapy Bulletin*, 60 (3).

Ellis, A. E. & **Ross-Nash, Z.** (2025, April). Women leaders on unsolicited advice and competence-questioning communication. *Psychotherapy Bulletin*, 60 (2).

Ross-Nash, Z., & Ortiz, M. (2025, March). Pregnancy and eating disorders among cisgender women. *Psychotherapy Bulletin*, 60(2).

Ross-Nash, Z., & Velji, A. (2025, February). Abuse and burnout in health profession workplace environments. *Psychotherapy Bulletin*, 60(2).

Ortiz, M., & **Ross-Nash, Z.** (2024, December). Eating disorder symptom presentation across different athletes. *Psychotherapy Bulletin*, 60(1).

Ross-Nash, Z. (2024, April). Trauma-informed supervision and disclosure from supervisees. *Psychotherapy Bulletin*, 59(2). 4-7.

Williams, K. & **Ross-Nash, Z.** (2023, October). Examining goop by Gwyneth Paltrow through a Disordered Wellness Lens [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/examining-goop-by-gwyneth-paltrow-through-a-disordered-wellness-lens>

Ross-Nash, Z. (2022, July). What does clinical excellence mean to me?. Society for the Advancement of Psychotherapy Bulletin.

Simmons, A., & **Ross-Nash, Z.** (2022, May). Athletes, perfectionism, and suicide. [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/athletes-perfectionism-and-suicide>

Ross-Nash, Z. (2022, March) Abuse in academia: What supervisors can do. [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/abuse-in-academia>

Ross-Nash, Z., & Ghandour, B. (2022, January). Anorexia and Perfectionism. [Web article]. Retrieved from <https://societyforpsychotherapy.org/anorexia-nervosa-and-perfectionism/>

Deitte, J. & **Ross-Nash, Z.** (2021, August) Exploring suicide and violent videogames. [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/exploring-suicide-and-violent-videogames>

Cross, H., & **Ross-Nash, Z.** (2021, July). Instagram and disordered eating: The impact creating social comparison. [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/instagram-and-disordered-eating-the-impact-creating-social-comparison>

Ross-Nash, Z., & Meade, N. (2021, February). Eating disorders in underrepresented male populations. [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/eating-disorders-in-underrepresented-male-populations>

Ross-Nash, Z., & Brochu, P. (2020, October). The importance of trauma-informed care in eating disorder treatment. [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/the-importance-of-trauma-informed-care-in-eating-disorder-treatment>

Editor Columns

Ross-Nash, Z. (2025, September). Electronic communications editor's fall column 60(3). *Psychotherapy Bulletin*, 60(3).

Ross-Nash, Z. (2025, July). Electronic communications editor's summer column 60(3). *Psychotherapy Bulletin*, 60(3).

Ross-Nash, Z. (2025, April). Electronic communications editor's spring column 60(2). *Psychotherapy Bulletin*, 60(2).

Ross-Nash, Z. (2025, January). Electronic communications editor winter column. *Psychotherapy Bulletin*, 60(1).

Ross-Nash, Z. (2024, October). Electronic communications editor fall column. *Psychotherapy Bulletin*, 59 (4), 6.

Ross-Nash, Z. (2024, July). Electronic communications editor summer column. *Psychotherapy Bulletin*, 59 (3), 3.

Ross-Nash, Z. (2024, April). Electronic communications editor spring column. *Psychotherapy Bulletin*, 59 (2), 3.

Ross-Nash, Z. (2024, Jan) Electronic communications editor winter column. *Psychotherapy Bulletin*. (59)1, 3-4.

ADVOCACY/LEADERSHIP EXPERIENCE**10/25: Producer**

Producer and expert consultant of eating disorder documentary, *The Bond That Broke*

Description: A psychologist must face her mother's history with eating disorders, exposing a generational struggle shaped by love, shame, and the fight to break the cycle.

1/25- present: Professional Development Chair

Society for Clinical Psychology, American Psychological Association Division 12 Section 10

Description: Created, hosted, and recruited bi-monthly continuing education opportunities for young professionals in the field of psychotherapy.

10/24-present: The Weight of It All, LLC

Co-Owner of The Weight of It All, LLC

Description: Co-host of podcast called, "On the Mic with ED". Aids in psychoeducational training for eating disorder care for professionals. Engages in advocacy efforts for prevention, education, and treatment for eating disorders.

05/24-present: Equilibrium Health Advantage, LLC

Owner and Founder of Equilibrium Health Advantage, LLC;

Description: Created a 3-hour training to fitness professionals to become eating disorder informed. Trainings will discuss ways for fitness studios to become a safe and inclusive space for all bodies.

03/22: Eating Disorder Awareness Week

University of California Davis, Davis, CA

Description: Organized and led a five-day informational series on eating disorder informed care both in and out the therapy room. Skills provided include how to compliment someone without focusing on their appearance, historical education on oppressed bodies and racist roots of normalized "health", information on how a weight stigma and fatphobia impacts a clinician, and ways to collaborate and find freedom in bodies. Informational flyers were distributed among UC Davis and Nova Southeastern University staff, students, and faculty.

Supervisor: Katie Cougevan, PhD

09/19- 04/21: Social Psychology Lab.

Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

Description: Participates in monthly peer-led meetings discussing various aspects of Social Psychology (physical and mental disabilities, race, gender, and ethnic minorities, underrepresented populations within clinical disorders). Creates presentations regarding such topics and disseminates psychoeducation to the community. Collaborated on making a resource guide for body acceptance and weight stigma. Website: scplab.wordpress.com

Supervisor: Paula Brochu, PhD

08/19- 08/20: Vice President/Founder.

Psych Edge Organization, Nova Southeastern University, Fort Lauderdale, FL.

Description: Founding member of an organization that promoted autonomy and independence for future psychology clinicians. Created polls asking psychology trainees what topics of psychology they would like to learn about that was not taught in the curriculum. Organized

professional presentations from experts in the community for psychology trainees to learn about alternate career paths, such as military psychology, business psychology, and industrial and organizational psychology.

Supervisor: Jennifer Davidtz, PhD

02/19-2/20: Founder.

Don't Touch Me. Fort Lauderdale, FL.

Description: Founded an online campaign that promoted healthy social media practices and discouraged posting edited and filtered images. Campaign interacted with hundreds of people through the hashtag #donttouchme and was featured on Pilates Style online magazine March edition. Estimated around 400 people interacted with the hashtag associated with online campaign. Featured: <https://www.pilatesstyle.com/donttouchme/>

Supervisor: Paula Brochu, PhD

02/18-06/20: Eating Disorder Awareness Association President.

Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

Description: Led an organization focused on the awareness and prevention of eating disorders. Created a student speaker series in which graduate students presented on various topics regarding eating disorder treatment, population, and co-occurring disorders in order to disseminate research. Recruited eating disorder specialists in the community to provide presentations to the student body. Awarded a \$500 grant from NSU PanSGA to promote eating disorder advocacy during Eating Disorder Awareness Week. Facilitated two years of Eating Disorder Awareness Week, which hosted two events a day for a week to promote eating disorder advocacy and body positivity around the NSU Fort Lauderdale campus targeting college-age students.

Supervisor: Paula Brochu, PhD

01/16- 1/18: Founder.

Shred the Shame. Elon University, Elon, NC.

Description: Created a movement to promote awareness around eating disorders using the hashtag #shredtheshame that featured on a national and local platform for Elon University. Reach over 4,000 people through the Shred the Shame Facebook page. Feature on the Eating Disorder Recovery Center website about social media efforts in the Eating Disorder community and college age preventative programs. Featured:

<https://www.eatingrecoverycenter.com/blog/education/eating-disorders-perpetuated-on-college-campuses>

Supervisor: Eleanor Herman, MA, LPC, NCC

CLINICAL TRAININGS

03/31/2022-04/02/2022: Private Practice Boot Camp

Description: Ethics and Risk Management in the Business of Private Practice: Principles and pitfalls that many clinicians overlook. Practice Management for Mental Health Professionals: Reducing your administrative burden, with built-in flexibility for growth. Practice Finances for Mental Health Professionals: Strategies to keep a vigilant eye on your hard-earned money. The Changing Landscape of Delivering Mental Health Services

Facilitators: Amy Ellis, PhD, Rod Goodyear, PhD, Jeffery Zimmerman, PhD, ABPP, Pauline Wallin, PhD, Lauren Behrman PhD, and J. Oni Dakhari, PsyD

06/21-08/21: Psychodynamic and Substance Use

Virtual Class Led by William H. Gottidener, PhD of John Jay College of Criminal Justice

Description: Participated in a weekly 2-hour training of Psychodynamic Perspectives on Addictions Course. Learned theories, histories, conceptualizations, and treatment of substance use pathology through a psychodynamic lens. Certificate of Completion provided.

Facilitator: William H. Gottdiener, PhD, ABPP, FIPA

INVITED ACADMEIC LECTURES/PRESENTATIONS

- **04/26** Co-Presented to Travis Air Force Base Medical Residency Program on Eating Disorder Informed Care in a Multidisciplinary Team
- **12/25** Presented on Contextual Trauma to Vantage Point Center for Psychotherapy Staff and Training Cohorts
- **11/25** Presented on Eating Disorder Care to Vantage Point Center for Psychotherapy Staff and Training Cohorts
- **10/25** Presented on Trauma-informed Supervision after abuse in academia for NSU Trauma Training Series
- **08/25** Presented on Intersectionality and Clinical Work through the Simpson Model Pre-Doctoral Internship and Post Doctoral Internship Training cohorts
- **05/25** Presented on Eating Disorders: The Mind, Body, and Brain for Horizon Neuropsychological Services
- **04/25** Presented on Eating Disorders and Trauma for NSU Trauma Training Series
- **04/25** Presented on Trauma-Informed Eating Disorder Care within the Military Communities to Bay Pines VA Pre Doctoral Internship and Post Doctoral Training cohorts
- **03/25** Presented on Trauma-informed Supervision after abuse in academia to Vantage Point Center for Psychotherapy Pre-Doctoral Internship and Post-Doctoral Training cohorts
- **03/25** Presented on Trauma-informed Supervision after abuse in academia to Centenary College of Louisiana Undergraduate Psychology Students
- **1/25** Presented on Contextual Trauma to Livity Treatment Center Staff and Training Cohorts
- **12/24** Presented on Contextual Trauma to Vantage Point Center for Psychotherapy Staff and Training Cohorts
- **11/24** Presented on Eating Disorder Care to Vantage Point Center for Psychotherapy Staff and Training Cohorts
- **08/24** Presented on Trauma-Informed Eating Disorder Care to Columbia/New York Presbyterian Pre-Doctoral Internship Training cohorts
- **08/24** Presented on Intersectionality and Clinical Work through the Simpson Model Pre-Doctoral Internship and Post Doctoral Internship Training cohorts
- **07/24** Presented on Trauma-Informed Eating Disorder Care to UC Berkely Pre-Doctoral Internship Training cohorts
- **04/24** Presented on Trauma-informed Supervision after abuse in academia to Vantage Point Center for Psychotherapy Pre-Doctoral Internship and Post-Doctoral Training cohorts

- **3/24** Presented on Eating Disorders within Integrative Care to Ponce Health Sciences University Medical School and Counseling Program
- **1/24** Presented on Trauma-Informed Eating Disorder Care to Nova Southeastern University Trauma Resolution Integration Program
- **12/23** Presented on Contextual Trauma to Vantage Point Center for Psychotherapy Staff and Training Cohorts
- **11/23** Presented on Eating Disorder Care to Vantage Point Center for Psychotherapy Staff and Training Cohorts
- **08/23** Presented on Conceptualization and Treatment to Vantage Point Center for Psychotherapy Staff and Training Cohorts
- **06/23** Presented on Trauma-informed Supervision after abuse in academia to Vantage Point Center for Psychotherapy Pre-Doctoral Internship and Post-Doctoral Training cohorts
- **12/22** Presented on Trauma-Informed Eating Disorder Care to Vantage Point Center for Psychotherapy Staff and UC Davis Pre-Doctoral Internship Training cohorts
- **06/22** Presented on Trauma-informed Supervision after abuse in academia to UC Davis Pre-Doctoral Internship and Post-Doctoral Training cohorts
- **05/22** HEP Mental Health Awareness Month Keynote Presenter on Eating Disorders and Trauma for HEP at UC Davis
- **04/22** Quarantine During COVID-19: The Role of Anxiety on Disordered Eating and Exercise Behaviors; CHP BLITZ, Nova Southeastern University
- **02/22** Eating Disorders Awareness Week; Guest Speaker for Nova Southeastern University; Fatphobia and Weight Stigma in Clinical Care
- **11/21** Eating Disorders and Fitness; Guest Speaker for University of California- Davis as Eating Disorder Emphasis Intern
- **11/21** Eating Disorders and Nutrition; Guest Speaker for University of California- Davis as Eating Disorder Emphasis Intern
- **10/21** Eating Disorders and Equestrian Team; Guest Speaker for University of California- Davis as Eating Disorder Emphasis Intern
- **09/21** Eating Disorders and Nutrition; Guest Speaker for University of California- Davis as Eating Disorder Emphasis Intern
- **08/21** Transitioning to College, resources for international students; Eating Disorders and Equestrian Team; Guest Speaker for University of California- Davis as Eating Disorder Emphasis Intern
- **03/21** Eating Disorders and General Mental Health; ; Guest Speaker for Candid Conversations a social media platform to remove stigma within mental health
- **10/20** Presented at rounds for the Renfrew Center on Trauma-Informed Care within Eating Disorders
- **10/20** Presented to psychology trainee practicum site, SPACI on Trauma-Informed Care within Eating Disorders, Nova Southeastern University, Fort Lauderdale, FL
- **04/20** Co-presented with Dr. Amy Ellis, PhD on Comorbidity of Eating Disorders and Trauma to doctoral level students, Nova Southeastern University, Fort Lauderdale, FL
- **03/20** Guest Speaker for Dr. Douglas Gibson's doctoral level psychology class Neurological Assessment on Eating Disorder Assessment, Nova Southeastern University, Fort Lauderdale, FL

- **02/20** Guest Speaker on Stepped Care within Eating Disorders for NeuroPsych Club of the Doctor of Osteopathic Medicine Program, Nova Southeastern University, Fort Lauderdale, FL
- **02/20** Guest Speaker for Interprofessional Education Day on Multidisciplinary Care for Eating Disorders, Health Professions Division, Nova Southeastern University, Fort Lauderdale, FL
- **02/20** Guest Speaker for Dr. Douglas Gibson's doctoral level psychology class Adult Intervention on Eating Disorder Assessment, Nova Southeastern University, Fort Lauderdale, FL
- **02/20** Guest Speaker for master's level Athletic Training Behavioral Medicine class, Assessment of Eating Disorders, Nova Southeastern University, Fort Lauderdale, FL
- **02/20** Student Speaker for Eating Disorder Awareness Association, Eating Disorders in Men, Nova Southeastern University, Fort Lauderdale, FL
- **10/19** College of Psychology Student Representative for Title IX Presentation, Sexual Assault and Trauma, Nova Southeastern University, Fort Lauderdale FL
- **09/19** Guest speaker on Supportive Psychotherapy and Athletic Performance for Women's Soccer, Guided Self Change Clinic, Nova Southeastern University, Fort Lauderdale, FL
- **09/19** Guest speaker on Supportive Psychotherapy and Athletic Performance for Women's Softball, Guided Self Change Clinic, Nova Southeastern University, Fort Lauderdale, FL
- **03/19** Guest speaker on Mental Health and Yoga, Mental Health Awareness Festival at Nova Southeastern University, Fort Lauderdale, FL
- **08/18** Student Speaker on Mindfulness Based Treatments and Eating Disorder Pathology, Eating Disorder Awareness Association, Nova Southeastern University, Fort Lauderdale, FL
- **05/17** Student Speaker on The Correlational between Anorexia and Perfectionism in College-Age Women at Student Undergraduate Research Forum, Elon University, Elon, NC
- **01/17** Guest Speaker on Why I am an eating disorder advocate and why you should be too, Southern Smash, Elon University, Elon, NC.

INVITED COMMUNITY PRESENTATIONS

- **07/25** Unpacking the Unspoken, Healing from Eating Disorders, The Joy of the Hang Podcast
- **07/25** Should I say this In Therapy? Understanding Confidentiality, Mental Note Podcast
- **04/23** Eating Disorders and Pilates Instructors, Guest Speaker for the Humming Bird Pilates
- **02/23** Is there a link between trauma and eating disorders?, High Heels and Heartbreak Podcast Invited Guest
- **10/22** Eating Disorders and Pilates Instructors, Virtual Guest Speaker for the Pilates Link
- **02/22** Eating Disorders and Fitness; Virtual Guest Speaker for Red Thread Ranch Pilates Training Program
- **11/21** Dealing with Eating Disorders and the Holidays; Virtual Guest Speaker for Candid Conversations a social media platform to remove stigma within mental health

- **09/21** Cyber bullying and its impact; Virtual Guest Speaker for Candid Conversations a social media platform to remove stigma within mental health
- **08/21** Understanding Transitions; Virtual Guest Speaker for Candid Conversations a social media platform to remove stigma within mental health

RESEARCH EXPERIENCE

05/20-04/21: Research Coordinator.

Trauma Resolution Integration Program, Nova Southeastern University, Fort Lauderdale, FL.

Description: Formulates a battery of assessments based off of current literature to improve diagnostic accuracy and research within the trauma population. Assessments include an extensive psychological evaluation utilizing well-validated, psychometrically sound instruments to better inform treatment and track progress. Uploads assessments to Qualtrics. Reviews potential journal submissions. Aided practicum students in understanding the clinical utility of assessment outcomes.

08/20-04/21: Journal Club Co-Founder.

Trauma Resolution Integration Program, Nova Southeastern University, Fort Lauderdale, FL.

Description: Created and leads a monthly journal club for research team with 10-15 people that met to discuss current literature of trauma. Facilitates conversation and discussion regarding topics such as trauma within social identity, race, sexual and affectional orientation, and comorbid disorders. Oversaw potential research and presentation opportunities for members.

Supervisor: Amy Ellis, PhD and Bryan Reuther, PsyD

08/16 – 06/17: Undergraduate Research Assistant.

Elon University, Elon, NC.

Description: Researched the correlation between college-age women with anorexia and co-occurring personality traits such as perfectionism, obsessive compulsion, and rigid mindset through qualitative research. Identified common themes among eating disorder pathology and culture (Thinspo, Proana, Promia, Meanspo, Fitspo) to create statements that reflect eating disorder pathology and perfectionism that was given to participants. Collected qualitative data through interviews with participants.

Supervisor: Bilal Ghandour, PhD (Principal Investigator)

OTHER CLINICAL EXPERIENCE

05/18-6/19: Residential Counselor.

Neurobehavioral Institute. Weston, FL.

Description: Assisted residents diagnosed with obsessive-compulsive disorder and other comorbidities in an inpatient treatment center with daily functioning tasks. Provided help when experiencing symptomatology and coordinated therapeutic activities that accompanied treatment. Facilitated exposures and provided support.

05/18-08/19: CBT Yoga Treatment Facilitator.

Neurobehavioral Institute. Weston, FL.

Description: Collaborated with a licensed psychologist to create a yoga class with elements of cognitive behavioral therapy. Created a class for typically five to 10 residents in an inpatient treatment facility.

Supervisor: Jason Spielman, PsyD

04/18-4/19: Assistant Coordinator.

Institute for Life Renovation. Fort Lauderdale, FL.

Description: Assessed progress of patients involved in an intensive outpatient program designed to help individuals feel relief from symptoms in a variety of ways, including career, nutrition, health, finance, time management, and psychiatry. Developed progress graphs on Microsoft Excel, used Carepaths to document patient interaction, and assisted in billing insurances. Created informational brochures for private practice.

Supervisor: Lori Eickleberry, PhD, ABPP

08/17- 7/18: Psychologist Assistant.

Fort Lauderdale Psychology. Fort Lauderdale, FL.

Description: Aided psychologist in daily tasks in her private practice and attended conferences. Completed billing information for insurance purposes, connected with clients through Simple Practice, and orchestrated marketing events through social media.

Supervisor: Nicolle DeLeo PsyD, ABPP, DPA

VOLUNTEER WORK

06/22-06/23: Big Brothers Big Sisters of Sacramento

Sacramento, California

Description: Served as a mentor to a child where we participated in outings twice a month in the Greater Sacramento Area. Formed a relationship with the little sister and discussed similarities and differences.

Supervisor: Olivia Peterson

05/16-01/17: Crisis Line Volunteer.

National Eating Disorders Association. New York, NY.

Description: Completed over 200 hours of crisis management and interacted with affected individuals and loved ones with disordered eating through different modalities of communication such as email, chat and phone service on the national helpline.

Supervisor: Gabe Gavito, MS

05/15- 8/15: Volunteer.

West Bergen Mental Health. Ridgewood, NJ.

Description: Observed and aided outpatient group therapy sessions for those diagnosed with Asperger's and other related disorders (nonverbal learning disabilities and developmental disorders). Assisted in a neurotypical peer socialization program, community outreach, recreational programs, and family support groups.

Supervisor: Courtney Loder, MS

01/15- 02/15: Volunteer.

Santa Hermano Pedro. Antigua, Guatemala.

Description: Assisted young children (ages 2 through 9) with Cerebral Palsy, tumors, and cancers through different modalities of treatment. Created activities and structured a class for older adults (ages 65+) who were wheelchair bound. Helped process interpersonal and

intrapersonal conflict between patients. Traveled to remote parts of Guatemala to build basic infrastructure (stoves and appliances) depending on individual community needs to promote effective living.

Supervisor: Dr. Carmen Monico, PhD, MSW

PROFESSIONAL AFFILIATIONS

- American Psychological Association, Society for Clinical Psychology, Division 12, Section 10, member (2024-present)
- International Association of Eating Disorders Professionals, member (2023-present)
- American Psychological Association, member, (2017-present)
- American Psychological Association, Society for the Advancement of Psychotherapy, Division 29, student member (2020-present)
- American Psychological Association, Society for the Advancement of Psychotherapy, Division 29, Website Content Editor (2020-present)
- American Psychological Association, Society for the Psychology of Women, Division 35, student member (2017-present)
- American Psychological Association, Society of Addiction Psychology, Division 50, student member (2017-present)
- American Psychological Association, Society of Trauma Psychology, Division 56, student member (2017-present)

OFFICES AND SERVICE IN PROFESSIONAL ORGANIZATIONS

- College of Psychology, Nova Southeastern University, Eating Disorder Awareness Association, **President** (2018-2020)
- College of Psychology, Nova Southeastern University, Psych Edge, **Founding Member and Vice President** (2019-2020)
- College of Psychology, Nova Southeastern University, Eating Disorder Awareness Association, **Public Relations** (2017-2018)

VOLUNTEER ACTIVITIES/COMMUNITY SERVICE

- 2020, Member, Meditation and Mindfulness, Fort Lauderdale, FL
Participated in 40-minute meditation and 40-minute dialogue regarding dharma in clinical practice
- 2020, Facilitator, Interdisciplinary Advocacy Workshop, NSU Health Professions Department, Davie, FL
Lead four one-hour discussions regarding eating disorders in interdisciplinary care
- 2020, Volunteer, The Alliance for Eating Disorders Walks, Boca Raton, FL
Raised \$400 through EDAA for the walk
- 2020, Volunteer/Orchestrator, Undergraduate Community Fest, Fort Lauderdale, FL
- 2019, Facilitator, Interdisciplinary Advocacy Workshop, NSU Health Professions Department, Davie, FL
- 2019, Volunteer, National Eating Disorder Awareness Walk, Miami, FL
Raised \$200 through EDAA for the walk
- 2019, Volunteer, Nova Southeastern Mental Health Awareness Fair, Fort Lauderdale, FL
- 2019, Volunteer, The Alliance for Eating Disorders Walks, Boca Raton, FL

- 2018, Facilitator, Interdisciplinary Advocacy Workshop, NSU Health Professions Department, Davie, FL
- 2018, Volunteer, Nova Southeastern Health and Wellness Fair, Fort Lauderdale, FL
- 2018, Volunteer, National Eating Disorder Awareness Walk, Miami, FL
Raised \$150 on behalf of EDAA
- 2018, Ambassador, Eating Recovery Center, Denver, CO
Contacted treatment providers in the tri-state area and donated eating disorder awareness psychoeducation brochures
- 2017, Volunteer, National Eating Disorder Awareness Walk, Miami, FL
- 2017, Volunteer, Out of Darkness Walk, Fort Lauderdale, FL

REFERENCES

Available upon request