

**KRISTEN ELIZABETH ANDERSON, A.M., LCSW**

Chicago Center for Evidence Based Treatment  
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**Education:**

University of Chicago, Chicago, IL  
School of Social Service Administration, Clinical Concentration  
Masters Degree (LCSW State of Illinois)  
Degree Awarded: June, 2008

University of Michigan, Ann Arbor, MI  
Bachelor of Arts, Psychology (Honors)/Applied Statistics Minor  
Overall GPA: 3.55/4.0 Major GPA: 3.9/4.0  
Degree Awarded: April, 2004

**Honors:**

2002-2004: University of Michigan Honors Psychology Program  
2002-2004: Psi Chi, National Psychological Honor Society  
2002-2004: Undergraduate Psychological Society  
2001-2004: Phi Sigma Theta National Collegiate Honor Society  
2003-2004: Max H. Cutcheon Honors Research Grant Recipient  
2006-2007: SSA Academic Scholarship Recipient  
2009-2013: SSA Alumni Board of Directors Member  
2012-2013: SSA Alumni Board of Directors Networking & Professional Development Committee  
Chair  
2013: Excellence in Patient Care Award, University of Chicago Eating Disorders Program  
2019: Certified Eating Disorders Specialist Supervisor, International Association of Eating Disorder  
Professionals

**Clinical Experience:**

**Co-Founder & Therapist, The Chicago Center for Evidence Based Treatment**, January 2015-  
present  
*Chicago, Illinois*  
Duties: Oversee clinical and administrative duties of a 10 person specialized eating disorders practice.

**Clinical Director, University of Chicago Eating Disorders Program**, September 2014-May 2016  
*University of Chicago Medical Center, Chicago, Illinois*  
Duties: Oversaw outpatient clinical program for adolescent eating disorders, including the assessment  
process and therapy assignment for families seeking care. Supervised predoctoral externs and interns,  
and conducted educational outreach for program.

**Managing Director, The Training Institute for Child and Adolescent Eating Disorders**  
September, 2012-Present

Duties: Provide consultation to therapists in Family Based Treatment model. Conducted domestic and international training workshops in Family Based Treatment. Oversee operations for organization.

**Therapist, Clinical Manager, University of Chicago Eating Disorders Program, September 2011-May 2016**

*University of Chicago Medical Center, Chicago, Illinois*

Supervisor: Daniel le Grange, Ph.D.

Duties: Conduct individual and family outpatient therapies in the following modalities: Family-Based Treatment (FBT) for Anorexia Nervosa and Bulimia Nervosa, Cognitive Behavioral Therapy for Eating Disorders for Anorexia Nervosa, and Supportive Psychotherapy for Anorexia Nervosa, Provided supervision to staff therapists, psychology externs in practicum placements, and research assistants. Study therapist on NIMH funded studies utilizing FBT-AN, FBT-PO, NEC and FBT-Y therapies. Co-principal investigator and therapist for NEDA Feeding Hope Grant entitled "Family Based Treatment Without Borders". Attending in the bariatric surgery clinic, providing pre and post surgical evaluations for adult weight loss surgery population and supervising psychology interns and externs. Facilitator of Preoperative Readiness Education Program (educational group for pre-surgical bariatric surgery candidates. Supervisor for Bariatric Surgery Support Groups. Implemented data collection protocols to assess pre-surgical readiness as well as tracking clinic outcomes. Co-attending for Median Arcuate Ligament Syndrome program. Co-developed research protocol and clinical assessment with psychology team to collect data regarding psychological factors related to MALS surgery. Provide supervision to trainees in MALS program.

**Manager, University of Chicago Eating Disorders Program, July, 2008-September, 2011**

*University of Chicago Medical Center, Chicago, Illinois*

Supervisor: Daniel le Grange, Ph.D.

Duties: Developed social work role in eating disorders and weight loss surgery program involving a multi-disciplinary team of physicians, psychologists, nurses and dietitians. Center for the Surgical Treatment of Obesity: Conducted support and educational groups for adult candidates for weight loss surgery. Completed psychosocial assessments for adolescent and adult patients with eating disorders. Eating Disorders Program: Recruited and retained participants in a NIMH funded research study for adolescents with bulimia nervosa. Provided referrals, resources and short term counseling to weight loss surgery candidates and eating disorders patients and their families. Supervised team of five research professionals, including management of over 15 research protocols. Conducted training for staff regarding structured clinical interviews and psychological assessments.

**Social Work Intern, September, 2007-May, 2008**

*Children's Memorial Hospital, Neonatal Intensive Care Unit Chicago, Illinois*

Supervisor: Sandy Rubovitz, LCSW

Duties: Provided support to families concerning adjustment to illness, bereavement, discharge planning, and parenting issues in both an inpatient and outpatient setting. Assessed psychosocial needs in an intensive care setting and audiology clinic. Completed PST/Emergency Room rotation in a pediatric Emergency Room. Conducted short term therapeutic interventions for patients and families around cochlear implant surgery. Developed effective interventions to meet the needs of patients and their families. Utilized supervision and peer consultation to process and improve my interventions with families

**Social Work Intern, May, 2007-September 2007**

*Living Well Cancer Resource Center Geneva, Illinois*

Supervisor: Nancy Vance

Duties: Co-facilitated support groups for adults affected by cancer. Organized activities for families to network with other families facing the cancer experience. Created a comprehensive database to organize and analyze participant satisfaction survey data

**Social Work Intern**, September 2006-June, 2007

*Alternatives Incorporated, Agency serving adolescents and their families.* Chicago, Illinois

Supervisor: Antonio Pryor, LCSW

Duties: Facilitated weekly group sessions at Simpson Academy for pregnant and parenting teens. Carried caseload of eight individual therapy clients. Assisted students in refining leadership and communication skills. Developed and implemented career related curriculum.

**Clinic Coordinator**, July 2005-September 2006

*University of Chicago Eating Disorders Program*, Chicago, Illinois

Supervisor: Daniel le Grange, Ph.D. and Eunice Chen, Ph.D.

Duties: Coordinated multi-disciplinary team in an outpatient eating disorders program; trained team members (including psychology externs, psychology interns and other research staff) to conduct the EDE, KSADS and SCFI; managed scheduling for all psychiatry, psychology and medical visits for adolescent and adult patients. Conducted phone triage for adolescent eating disorder patients. Developed and presented eating disorders lectures to community mental health centers and middle and high school students and staff.

**Volunteer**, August 2004-January, 2008

*Between Friends*, Chicago, Illinois

Supervisor: Chez Rumpf

Duties: Completed 40 hour crisis line training, learning how to respond to the needs of the caller by offering immediate support, referrals and legal assistance. Managed a variety of agency sponsored events

**Intern**, May 2003-August 2003

*Alexian Brothers Behavioral Health Hospital*, Hoffman Estates, Illinois

Supervisor: John Levitt, Ph.D.

Duties: Observed treatment of patients in outpatient Eating Disorder Program, conducted data collection; participated in educational sessions pertaining to electroconvulsive shock therapy, treatment of post-traumatic stress disorder, as well as other relevant topics in the field; developed greater understanding of the etiology of eating disorders as well as effective treatment modalities.

**Research Experience:**

**Project Coordinator**, July 2005 – September 2006

*Eating Disorders Program, University of Chicago*, Chicago, Illinois

Treatment for Adolescent Anorexia Nervosa Study

Supervisor: Daniel le Grange, Ph.D.

Duties: Coordinated an NIMH-funded treatment study for adolescents with anorexia nervosa; conducted standardized clinical interviews, including the Eating Disorders Examination (EDE), Yale-Brown Obsessive Compulsive Scale (YBOCS), Schedule for Affective Disorder and Schizophrenia for School-Age Children (K-SADS) and Standardized Clinical Family Interview (SCFI); coordinated logistical and operational elements of the study with a collaborative site (Stanford University); recruited study participants through radio, newspaper and school recruitment methods; supervised team of four research assistants; presented information on eating disorders to Chicago-area high school students, faculty and community members; coordinated all human

subjects review board approval; facilitated communication between multidisciplinary staff/team of psychologists, psychiatrists and physicians.

**Data Manager**, May 2005-January, 2009

*Peer Advocates for Health*

*Office of Family Planning, Department of Health and Human Services, Chicago, Illinois*

Supervisor: Pat Mosena, Ph.D. and Joyce Ho, Ph.D.

Duties: Data management and analyses for Peer Advocates for Health Program (PAH), a program designed to provide increased access to reproductive health information and family planning services for African American adolescent males; organized and analyzed longitudinal evaluation data collected from program participants.

**Project Coordinator**, July 2004 – July 2005

*Eating Disorders Program, University of Chicago, Chicago, Illinois*

*Treatment for Adolescent Bulimia Nervosa Study*

Supervisor: Daniel le Grange, Ph.D.

Duties: Coordinated an NIMH-funded treatment study for adolescents with bulimia nervosa; conducted large number of standardized clinical interviews, including the Eating Disorders Examination (EDE), Schedule for Affective Disorder and Schizophrenia for School-Age Children (K-SADS) and Standardized Clinical Family Interview (SCFI); coordinated logistical and operational elements of the study, recruited study participants; conducted data entry and analysis using SPSS; presented information on eating disorders to Chicago-area high school students; presented poster at the annual meeting of the Academy of Eating Disorders.

**Research Assistant**, September 2004-July 2005

*Family Talk Study, University of Chicago, Chicago, Illinois*

Supervisor: Lauren Wakschlag, Ph.D.

Duties: Developed and refined research protocol including recruitment of pilot families for NIH funded study; conducted data collection investigating how family processes influence trajectories of youth smoking using videotaped observations of adolescent-parent interactions in their homes; managed research data in the form of video files and paper-and-pencil questionnaires; engaged in career development activities including colloquia, seminars and journal club.

**Honors Student**, March 2001-May 2004

*Honors Thesis, University of Michigan Department of Psychology, Ann Arbor, Michigan*

Supervisor: Jacquelynne Eccles, Ph. D.

Duties: Generated proposal to determine the effects of puberty on adolescent girls' mental health, body image, eating behaviors and opinions on menstruation; recruited over 100 adolescent subjects to participate in web-based longitudinal study; administered two surveys to students over one year; completed comprehensive Honors' thesis summarizing findings including full data analysis using SPSS.

**Scientific Conference Presentations:**

**Hewell, K.**, Kruge, L., Van Orman, S., le Grange, D. (May, 2005). *Eating disorders not otherwise specified (ED-NOS) in an adolescent clinic sample*. Poster presented at the annual conference of the Academy of Eating Disorders, Montreal, Canada.

Kruge, L., **Hewell, K.**, Binford, R., le Grange, D. (May, 2005). *Hispanic and Caucasian adolescents in family-based treatment: A tentative exploration in response to treatment*. Poster presented at the annual conference of the Academy of Eating Disorders, Montreal, Canada.

Ersfeld, M., **Hewell, K.**, Ho, J., Wakschlag, L., Hans, S. (February, 2006).

*Gender Differences in the Association of Observed Family Processes and Adolescent Cigarette Smoking Experimentation.* Poster presented to the annual meeting of the Society for Research on Nicotine and Tobacco, Orlando, Florida.

**Hewell, K.,** Hoste, R., le Grange, D. (June, 2006). *Recruitment for Adolescent Bulimia Study.* Poster presented at the annual conference of the Academy of Eating Disorders, Barcelona, Spain.

Forsberg, S., **Hewell, K.,** Lock, J., le Grange, D. (June, 2006). *Family Therapy for Pre Adolescent Anorexia Nervosa.* Poster presented at the annual meeting of the Academy of Eating Disorders, Barcelona, Spain.

Zaitsoff, S. L., **Hewell, K.** Hoste, R. & Le Grange, D. (May, 2007) *What can drop outs teach us about treatment retention in adolescents with bulimia?* Poster presented at the annual meeting of the Academy of Eating Disorders, Baltimore, Maryland.

Faust, J. P., Goldschmidt, A. B., **Anderson, K. E.,** Nelson, B. D., & Le Grange, D. (April, 2011). *Resumption of menses in relation to ideal body weight and other psychosocial factors.* Paper presented at the 2011 International Conference on Eating Disorders. Miami, FL, USA.

Brownstone, L., **Anderson, K.,** Beenhakker, J., Lock, J., & le Grange, D. (April 2011). *Recruitment and retention in an adolescent anorexia nervosa treatment trial.* Poster presented at the International Conference on Eating Disorders, Miami, FL, USA.

Jacola, L.M., Drossos, T., **Anderson, K.,** Goldwin, M., Hinkle, C., Hwang, M.D., Liu, D., & Skelly, C. *The Relationship Among Health-Related Quality of Life in Children and Young Adults with Median Arcuate Ligament Syndrome.* (April 2012). Presentation at the Society of Pediatric Psychology Midwest Regional Conference, Milwaukee, Wisconsin

Hwang, M.D., Hinkle, C., Jacola, L.M., Drossos, T., **Anderson, K.,** Liu, D., & Skelly, C. *The Relationship Between Anxiety and Pain in Patients with MALS.* (April 2012). Presentation at the Society of Pediatric Psychology Midwest Regional Conference, Milwaukee, Wisconsin

Loeb, K., Le Grange, D., Doyle, A., **Anderson, K.,** Hildebrandt, T. (May, 2012). *Family Based Treatment of Pediatric Overweight and Obesity : An Innovative Application of the Maudsley Method.* Workshop presented at the International Conference of Eating Disorders, Austin, TX, USA.

Ciao, A., Accurso, E., **Anderson, K.,** Lock, J., Le Grange, D. (May, 2013). *Family functioning in two treatments for adolescent anorexia nervosa.* Poster presented at the International Conference on Eating Disorders, Montreal, Quebec, Canada.

Bath, C., Byrne, C., **Anderson, K.,** Le Grange, D. (May, 2013) *Comparison of high versus low pre-treatment Shape Concerns on binge/purge reduction throughout treatment in bulimia nervosa adolescents.* Poster presented at the International Conference on Eating Disorders, Montreal, Quebec, Canada.

**Anderson, K.,** Glunz, C., Accurso, E., Le Grange, D. (September, 2013). *Residents' Knowledge and Attitudes Towards Patients with Eating Disorders.* Poster presented at the Eating Disorders Research Society Conference, Bethesda, Maryland.

Lucchetti, A. R., Arola, N., Accurso, E., **Anderson, K.,** Mak, G., Skelly, C., Speaker, C., Stiles-Shields, C., Sztainer, M., & Drossos, T. (March, 2014). *Pre-surgical psychological functioning as*

*predictors of post-surgical experiences of pain in pediatric patients with Median Arcuate Ligament Syndrome.* Poster presented at the Society of Pediatric Psychology Annual Conference, Philadelphia, Pennsylvania.

Lucchetti, A. R., Drossos, T., Fitzsimmons-Craft, E., **Anderson, K.**, Accurso, E., Stiles-Shields, C., Sztainer, M., & Skelly, C. (2015, February). *Psychosocial profiles in pediatric patients with Median Arcuate Ligament Syndrome.* Poster presented at the 43rd annual meeting of the International Neuropsychological Society, Denver, Colorado.

Goodyear, A., **Anderson, K.**, Byrne, C., O'Brien, S., & Le Grange, D. (April 2015). Family-Based Treatment Without Borders: Assessing the Feasibility of Using Telemedicine as a Platform for Anorexia Nervosa Treatment Delivery. Poster presented at the International Conference on Eating Disorders, Boston, Massachusetts.

**Anderson, K.**, Le Grange, D. (May 2016) Closing the Eating Disorder Treatment Gap with Technology and Innovations: Family Based Treatment Without Borders. Panel presented at the International Conference on Eating Disorders, San Francisco, California.

Kinasz, K., **Anderson, K.**, Kass, A., Le Grange, D. (May 2016) Medical Students' Knowledge and Attitudes about Eating Disorders. Poster presented at the International Conference on Eating Disorders, San Francisco, California.

Bernstein, K., **Anderson, K.**, Desai, S. (March, 2017) Assessment and Treatment of Eating Disorders: Empowering Physicians to be Part of the Treatment Team  
Illinois Chapter, American Academy of Pediatrics Conference, Chicago, Illinois.

### **Selected Publications:**

**Hewell, K.**, Hoste, R. R., & le Grange, D. (2006). Recruitment for an adolescent bulimia nervosa treatment study. *International Journal of Eating Disorders, 39*, 594-597.

Lock, J., le Grange, D., Forsberg, S., **Hewell, K.** (2006) Is Family Therapy Effective for Children with Anorexia Nervosa. *JAACAP, 45*, 1323-1328.

Hoste, R. R., **Hewell, K.**, & le Grange, D. (2007). Family interaction among white and ethnic minority adolescents with bulimia nervosa and their parents. *European Eating Disorders Review, 15*, 152-158.

Hoste, R. R., Zaitsoff, S., **Hewell, K.**, & le Grange, D. (2007). What can dropouts teach us about retention in eating disorder treatment studies? *International Journal of Eating Disorders, 40*, 668-671.

Brownstone, L., **Anderson, K.**, Beenhakker, J., Lock, J., Le Grange, D. (2012) Recruitment and retention in an adolescent anorexia nervosa treatment trial. *Journal of Eating Disorders*, 45 (6), 812-815.

Faust, J. P., Goldschmidt, A. B., **Anderson, K. E.**, Glunz, C., Brown, M., Loeb, K. L., Katzman, D. K., et al. (2013). Resumption of menses in anorexia nervosa during a course of family-based treatment. *Journal of Eating Disorders*, 1(12).

Mak, G., Speaker, C., **Anderson, K.E.**, Stiles-Shields, C.S., Lorenz, J., Drossos, T., Liu, D., Skelly, C. (2013) Median Arcuate Ligament Syndrome in the Pediatric Population. *Journal of Pediatric Surgery*, 48 (11), 2261-2270.

**Anderson, K.**, Byrne, C., Goodyear, A., Reichel, R., Le Grange, D. (2015) *Telemedicine of family-based treatment for adolescent anorexia nervosa: A protocol of a treatment development study*, 3 (25),

Lock, J., Le Grange, D., Agras, S., Fitzpatrick, K., Booil, J., Accurso, E., Forsberg, S., **Anderson, K.**, Sztainer, M. (2015) Can Adaptive Treatment Improve Outcomes in Family-Based Therapy for Adolescents with Anorexia Nervosa? Feasibility and Treatment Effects of a Multi-Site Treatment Study. *Behaviour Research and Therapy*.

Culbert, K., **Anderson, K.**, Bowers, W., & Le Grange, D. Treatment of Adolescents with Eating Disorders. In M. Reinecke, F. Dattilio, & A. Freeman (Eds.), *Cognitive Therapy for Children and Adolescents: A Casebook for Clinical Practice (3rd Ed.)*. New York: Guilford Press, (2017).

Ciao, A., **Anderson, K.**, & Le Grange, D. Family Approaches to Treatment. In M. Levine & L. Smolak (Eds.), *The Wiley-Blackwell Handbook of Eating Disorders (2nd Ed.)*. New York: John Wiley & Sons, Ltd, (2017).

**Anderson, K.**, Byrne, C., Crosby, R., Le Grange, D. (2017). Utilizing Telehealth to deliver family-based treatment for adolescent anorexia nervosa. *IJED*, 50 (10), 1235-1238.

**Anderson, K.**, Accurso, E., Kinasz, K., Le Grange, D. (2017) Residents' and Fellows' Knowledge and Attitudes About Eating Disorders at an Academic Medical Center. *Acad Psychiatry*, 41(3):381-384.

Trainor, C., Gorrell, S., **Anderson, K.**, Le Grange, D., Using Remote Methods to Deliver Evidence-Based Treatment for Eating Disorders. *Adapting Evidence-Based Treatments for Eating Disorders*. (in press).

### **Invited Talks**

**Anderson, K.** & Loeb, K. “Family Based Treatment for Adolescents with Anorexia Nervosa”. Montreal, Canada.

**Anderson, K.** Adolescent Eating Disorders: Assessment and Treatment. University of Chicago School of Social Service Administration. Chicago, Illinois.

**Anderson, K. (February, 2016)** Lurie Children’s Hospital Department of Genetics “Eating Disorders for Adolescents” Chicago, Illinois

**Anderson, K.** & Desai, S. (April, 2016) Eating Disorders Treatment and Assessment. Lurie Children's Hospital Family Services Program. Chicago, Illinois.

**Anderson, K.** Adolescent Eating Disorders: Assessment and Treatment. (April, 2016). Buffalo, New York.

**Anderson, K.,** Loeb, K. (September, 2016) "Family Based Treatment for Adolescents with Anorexia Nervosa" University of Pittsburgh Medical Center, Pittsburgh, PA.

Dimitropoulos, G., **Anderson, K.,** Fitzpatrick, K. (February, 2017) "Family Based Treatment for Transition Age Youth". University of California San Francisco. San Francisco, CA.

**Anderson, K.** (July, 2017) Family Based Treatment for Eating Disorders. University of Chicago, Chicago, Illinois

Le Grange, D., **Anderson, K.** (September, 2017) Family Based Treatment for Eating Disorders, Training Institute for Child and Adolescent Eating Disorders, Chicago, Illinois

Le Grange, D., **Anderson, K.** (September, 2018) Family Based Treatment for Eating Disorders, Training Institute for Child and Adolescent Eating Disorders, Chicago, Illinois

**Anderson, K.,** (April, 2019) Family Based Treatment for Eating Disorders. Children's Health Queensland Hospital and Health Service. Brisbane, Australia.

Le Grange, D., **Anderson, K.** (October, 2019) Family Based Treatment for Eating Disorders, Training Institute for Child and Adolescent Eating Disorders, Chicago, Illinois

**Anderson, K.** (December, 2019) Using Telemedicine to Deliver FBT. Presentation to the Eating Disorders Association of Canada. Chicago, Illinois.

**Anderson, K.,** Desai, S. (January, 2019). Eating Disorders in Adolescents. Presentation to the North Shore Athletic Trainer Consortium. Glenview, Illinois.

**Anderson, K.** (April, 2020) Eating Disorders: Assessment and Treatment. Presentation to Fordham Social Work Program.

**Anderson, K.** (June, 2020) Telemedicine and Eating Disorders Treatment. Presentation to Children's Hospital of Eastern Ontario.

**Anderson, K.,** Desai, S. (October, 2020) Family Based Treatment. Presentation to Lurie Hospital Division of Adolescent Medicine. Chicago, Illinois.

**Anderson, K.,** Loeb, K. (October, 2020). Family Based Treatment for Eating Disorders, Training Institute for Child and Adolescent Eating Disorders, Chicago, Illinois

### **Grant Involvement**

"Family therapy for adolescent bulimia nervosa: A controlled comparison"  
NIMH (K23 MH01923). USD 730,000; 04/01/2001 - 03/31/2006.  
Role: Research Assistant/Assessor



“Family treatment for adolescent anorexia nervosa”  
NIMH (R01 MH070620). USD 1,250,000; 03/01/2004 - 02/28/2009.  
Role: Research Assistant/Assessor

“Parent-Based Treatment of Pediatric Overweight”  
NICHD (R21-HD057394). USD 375,000; 07/01/2008 – 06/30/2011.  
Role: Study Therapist

“Family-based treatment for young adults with anorexia nervosa”  
NIMH (R34 MH083914). USD 350,000; 07/01/2010-06/30/2012.  
Role: Study Therapist

“Treatment of adolescent bulimics”  
NIMH (R01 MH079979). USD1,500,000; 07/01/2008 – 06/30/2014.  
Role: Study Therapist

“Adaptive Family Treatment for Adolescent Anorexia”  
NIMH (R34-MH093768). USD 718,747.00; 09/01/2011 - 08/31/2014.  
Role: Study Therapist

“Family-Based Treatment Without Borders: Utilizing Telemedicine to Deliver Family-Based Therapy (FBT)”  
National Eating Disorders Association. USD 200,000; 01/01/14-12/31/2015.  
Role: Co-PI, Therapist

“Multi Family Therapy for Anorexia Nervosa”  
Health Care Services Corporation  
Affordability Cures Grant. USD 1, 000,000. 01/19-01/22  
Role: Co-PI, Group Facilitator

“Adapting and adopting highly specialized pediatric eating disorder treatment to virtual care: Implementation research for the COVID-19 context and beyond”  
COVID-19 MH/SU - Developing Innovative Adaptations of Services/Delivery. CAD \$199,930  
09/20-2021  
Role: Collaborator