

# CURRICULUM VITAE

CHARLES SWENCIONIS

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BORN: January 14, 1947, Elizabeth, NJ  
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Ferkau Graduate School of Psychology (work)  
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## EDUCATION

Rutgers University, New Brunswick, New Jersey, 1968, B.A., Psychology.  
Stanford University, Stanford, California, 1978, Ph.D., Personality and Experimental  
Psychopathology, with concentration in Psychiatry. Research in the Hilgard's Hypnosis  
Laboratory.  
Langley-Porter Institute, University of California, San Francisco, Postdoctoral Fellow,  
1978-1979.  
Albert Einstein College of Medicine, Department of Psychiatry, Postdoctoral Fellow in  
Health Psychology, June, 1979 to May, 1981.

## APPOINTMENTS:

1989-present, Associate Professor of Psychology, Ferkau Graduate School of  
Psychology of Yeshiva University.

1994-present, Associate Professor of Epidemiology and Population Health, and  
Psychiatry, Albert Einstein College of Medicine of Yeshiva University.

1996-2004, Director, Clinical Health Psychology Program, Ferkau Graduate School and  
Albert Einstein College of Medicine.

1999-2001, Head, Division of Health and Behavior, Department of Epidemiology and  
Population Health, Albert Einstein College of Medicine.

1981-1989, Assistant Professor of Psychology, Ferkau

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1978-1979 Lecturer, Hutchins School, Sonoma State University, Rohnert Park, California.

1974-1978 Teaching Assistant, Department of Psychology, Stanford University.

1966-1968 Research Assistant, Center for Alcohol Studies, Rutgers University.

#### CLINICAL APPOINTMENTS:

2004-present Supervising Psychologist, Obesity Treatment Service, Behavioral Medicine, Parnes Clinic, Ferkauf Graduate School

1990-1991 Supervising Psychologist, Behavioral Medicine Clinic, Department of Medicine, with Matthew Berger, M.D., Albert Einstein College of Medicine

1982-1985, Director, Smoking Cessation Clinic, Division of Ambulatory Care, Department of Medicine, with Carl Nacht, M.D., Bronx Municipal Hospital Center

1980-1985, Chief Psychologist, Cardiac Rehabilitation Program, Division of Ambulatory Care, with Carl Nacht, M.D., Department of Medicine, Bronx, Municipal Hospital Center

#### PROFESSIONAL MEMBERSHIPS

American Psychological Association, The Obesity Society

#### LICENSING STATUS

Licensed Psychologist, New York State 1989-present, #7446

#### RESEARCH

Treatment of obesity, non-pharmacologic treatments of hypertension, quality of life, hypnosis in childbirth, cognitive function related to cerebral asymmetry, cardiac rehabilitation, and prevention.

#### PROFESSIONAL ACTIVITIES

2006-2013 Member, Center for Public Health Sciences Advisory Committee and Search Committee, Albert Einstein College of Medicine.

1999 Conference Organizer, Spirituality, Health, and Healing Conference, Ferkauf Graduate School and Wurzweiler School of Social Work, Yeshiva University, October 28, 1999.

1984-1988 Chair, 1980

1983-1989, Member, Council on Community Programs, American Heart Association, New York Heart Affiliate.

1983 Participant and member of organizing committee, National Working Conference on Education and Training in Health Psychology, Harriman, New York, Division of Health Psychology, American Psychological Association.

1983-Chair, 1981-1983 Subcommittee on Continuing Education Sponsor Approval, American Psychological Association.

1979-1987, Board of Directors, American Institute of Stress

1993-present, Director, Continuing Education at Home, Institute for the Study of Human Knowledge, Los Altos, California.

1999-present and 1971-1982 Board of Directors, Institute for the Study of Human Knowledge, Los Altos, California.

#### EDITORIAL

1994-2003- Book Review Editor, The Health Psychologist, the newsletter of APA Division 38.

1999-2004- Section Editor, Heart Disease

1981-1985- Editorial Board, Health Psychology,

Guest Reviewer, Journal of Consulting and Clinical Psychology, Psychophysiology, Journal of Social and Clinical Psychology, Addiction Research

#### GRANTS

NIH #1R01HL30163-01A1

Chief psychologist for multicenter clinical trial

Principal Investigator, M. Donald Blaufox, "Effect of Dietary

Principal Investigator, Judith Wylie-Rosett, "Models of Demonstration & Evaluation of Weight Loss Study," 9/1/98/31/98, NIH/NHLBI, \$374,359 direct costs in 1997-98.

#### GRANT REVIEW

Regular member, 1992-2001  
Ad Hoc: National Heart, Lung, & Blood Institute, NIH  
National Cancer Institute, NIH

#### AWARDS

American Medical Writers Association, Medical Book Award, 1998 for The Complete Weight Loss Workbook

Master Teaching Paper of the Decade, Cardiovascular Reviews & Reports (with William Frishman, Andrew Razin, & Edmund Sonnenblick), awarded 1992.

Undergraduate: Graduated with high honors, Henry Rutgers Scholar,  
Phi Beta Kappa

Graduate: Held NIMH Fellowship

Postdoctoral: Milton Rosenbaum Award for Basic Research in Psychiatry

#### BOOKS

Wylie-Rosett, J., Swencionis, C., Caban, A., Friedler, A.J., & Schaffer, N., (2007), Complete Weight Loss Workbook, 2<sup>nd</sup> Edition. Alexandria, VA: American Diabetes Assn.

Wylie-Rosett, J., Swencionis, C., Caban, A., Friedler, A.J., & Schaffer, N., (1997), Complete Weight Loss Workbook. Alexandria, VA: American Diabetes Assn.

Swencionis, C., & Ryan, E.D., (1994) The Lazy Person's Guide to Fitness. New York:

Ostrovsky NW., Swencionis C, Wylie-Rosett J, & Isasi C

Lightstone SN, Swencionis C, Cohen HW. (2006) The Effect of Bioterrorism Messages on Anxiety Levels. International Quarterly of Community Health Education 24(2): 111-122.

Wisotsky, W. & Swencionis, C. (2003). Cognitive Behavioral Approaches In The Management Of Obesity. In M. Fisher, M. Jacobson & N. Golden (Eds.), Adolescent Medicine State of the Art Reviews titled: The Spectrum of Disordered Eating: Anorexia Nervosa, Bulimia Nervosa and Obesity 14 (1): 37-48.

Wisotsky, W., Dancyger, I., Fornari, V., Katz, J., Wisotsky, W.L., & Swencionis, C. (2003) The relationship between eating pathology and perceived family functioning in eating disorder patients in a day treatment program. Eating Disorders. 11, 189-99.

Caban, A., Cimino, C., Swencionis, C., Ginsberg, M., Wylie-Rosett, J., (2001) Estimating software development costs for a patient multimedia education program. Journal of the American Medical Informatics Association 6(2):185-188.

Wylie-Rosett, J., Swencionis, C., Ginsberg, M., Cimino, C., (2001) Wassenaar, S., Caban, A., Segal, S., Isaacson, C.J., Martin, M., Lewis, J., Computerized weight loss intervention optimizes staff time: The clinical and cost results of a controlled clinical trial conducted in a managed care setting. The Journal of the American Dietetic Association 101(10), 1155-1162.

Dornelas, E. A., Wylie-Rosett, J., & Swencionis, C., (1998) The DIET study: Long term outcomes of a cognitive behavioral weight control intervention in independently living elders. Journal of the American Dietetic Association 98(11):1276-1281.

Glazer, H.I., Jantos, M., Hartmann, E.H. & Swencionis, C. (1998) Electromyographic comparisons of the pelvic floor in women with dysesthetic vulvodynia and asymptomatic women. Journal of Reproductive Medicine, 43, 959-962.

Glazer, H.I., Rodke, G., Swencionis, C., Hertz, R., & Young, A. (1995) The treatment of vulvar vestibulitis syndrome by electromyographic biofeedback of pelvic floor musculature. Journal of Reproductive Medicine 40:4, 283-290.

Dornelas, E.A., Swencionis, C., & Wylie-Rosett, J., (1994) Predictors of walking by sedentary older women. Journal of Women's Health 3:4, 283-290.

Swencionis, C., Wylie-Rosett, J., Peters, M., & Cimino, C. (1994) Psychological

Goldman, A., WylieRosett, J., & Swencionis, C. (1992) The effect of dietary changes and intentional weight loss on high density cholesterol levels in older ~~adults~~  
Nutrition in the Elderly 12:1, 1-14.

Wassertheil-Smoller, S., Blafox, M.D., Oberman, A., Davis, B.R., Swencionis, C.,

Swencionis, C. (2000) Review of Eimer, B.N., and Freeman, A., (1998) Management Psychotherapy John Wiley & Sons, New York, The Health Psychologist 22:2, Fall, 12.

Swencionis, C. (2000) Review of Suinn, R.M., and Vandenberg, B.S. (1999) Cancer Patients and their Families American Psychological Association, Washington, DC, The Health Psychologist 22:1, Summer, 13.

Swencionis, C. (2000) Review of Burns, Linda Hammer, and Covington, Sharon N., (1999) Infertility Counseling: A Comprehensive Handbook for Clinicians Parthenon, New York, The Health Psychologist 21:3, Winter, 23.

Swencionis, C. (1999) Review of Friedberg, F. & Jason, L.A. (1998) Understanding Chronic Fatigue Syndrome: An Empirical Guide to Assessment and Treatment American Psychological Association, Washington, DC, The Health Psychologist 21:2, Fall, 23..

Swencionis, C. (1999) Review of Petrie, Keith J. & Weinman, John A. (1997) Perceptions of Health and Illness: Current Research and Applications Amsterdam, Harwood Academic Publishers, The Health Psychologist 21:1, Spring, 23.

Swencionis, C. & Caban, A. (1999) Emotions and roadblocks. In W. Rose, J. & Segal Isaacson, C. Leaders Guide to The Complete Weight Loss Workbook Alexandria, Virginia, American Diabetes Association.

Swencionis, C. (1999) Review of King, Phyllis M.(Ed.), (1998) Sourcebook of Occupational Rehabilitation, New York, Plenum, The Health Psychologist 21:2, Fall, 23.

Swencionis, C. (1999) Four Short Reviews Cambridge Handbook of Psychology, Health and Medicine Ethics in Psychology: Professional Standards and Cases Spring Sport and Exercise Psychology and Mind Matters: Seven Steps To Smarter Sport Performance The Health Psychologist 20:3, Winter, 23.

Swencionis, C. (1998) Preface to Sargent, V. Battle for the Mind Cambridge, MA, Malor Books.

Swencionis, C. (1998) Review of Allan, Robert, and Scheidt, Stephen (eds.) Heart & Mind: The Practice of Cardiac Psychology Washington, DC: American Psychological Association, The Health Psychologist



Swencionis, C. (1996) A review of



Swencionis, C. Health Psychology, Clare Maxwell Hudson Institute, London, July 4, 2000.

Swencionis, C. Science, Spirituality, and Healing. Workshop presented at Spirituality, Health, and Healing Conference, Ferkauf Graduate School and Wurzweiler School of Social Work, Yeshiva University, October 28, 1999.

Swencionis, C., Theodore, J., Cimino, C., Peters, M., & Wylie-Rosett, J.W. Types of Relapse in Diet and Exercise in Weight Control, American Psychological Association, Boston, August, 1999.

Swencionis, C., Caban, A., Cimino, C., Ginsberg, M., & Wylie-Rosett, J., Individualizing a Computer-Based Weight Control Intervention, Society for Behavioral Medicine, New Orleans, LA, March, 1998.

Schaffer, N., Wylie-Rosett, J., Swencionis, C. Psychosocial and demographic factors associated with binge eating disorder. Society for Behavioral Medicine, New Orleans, LA, March, 1998.

Hartmann, D., Glazer, H., & Swencionis, C., Endurance and Stability in Biofeedback Treatment of Vulvar Vestibulitis, International Society for the Study of Vulvar Disease, Baveno, Italy, September, 1997.

Wylie-Rosett, J., Swencionis, C., Seligson, CJ, & Cimino, C., Need to Optimize Dietitian Time in Providing Health-Related Weight Control Services. Presented at Nutrition Services and Quality of Care Sponsored by The Food and Nutrition Board,

Swencionis, C., WylieRosett, J., Peters, M.H., Dornelas, E.A., Edner, L., & Kelly, L.D. Self-efficacy predicting intentional weight loss in elderly. Presented at the 1991 American Psychological Association Convention, San Francisco, August, 1991.

Dornelas, E.A., Swencionis, C., & WylieRosett, J., Psychosocial factors influencing physical activity in older women. Presented at the Conference on Women, Behavior and Cardiovascular Disease sponsored by the National Heart, Lung & Blood Institute, Bethesda, MD, September, 1991.

Dornelas, E.A., Swencionis, C., & WylieRosett, J., Self-efficacy predicting intentional

Swencionis, C., Personality and Stress. Workshop, Iowa State Psychological Association, Des Moines, April 16, 1982.

with Razin, A., Stress and Type A Behavior. Human Resources Institute. Dayton Ohio, December 1982.

Swencionis, C., Psychological Factors in Stress. Grand Rounds in Psychiatry, Brookdale Hospital, Brooklyn, New York, January 12, 1982.

with Razin, A., Stress and Type A Behavior: Principles and Treatment, Albert Einstein College of Medicine Cape Cod Summer Institute in Psychiatry, Eastham, MA, August-September 4, 1981.

### TEACHING

At undergraduate level as Teaching Assistant at Stanford University, Introductory Psychology, Psychological Statistics, Abnormal Psychology, Psychology of Consciousness (1976-1974)

At undergraduate level as Instructor at Stanford, Psychophysiological Self-Regulation (1976-77).

At undergraduate level as lecturer at Sonoma State University, Psychophysiological Self-Regulation, and Biopsychology of Consciousness (1978-79).

At graduate level in Ferkauf Einstein Health Psychology concentration, Clinical Health Psychology Research Methods; Health Psychology Research: Health Psychology II; Personality; Research Seminar in Obesity; Epidemiology, Computer Analysis of Behavioral Data.

At resident medical school level, behavior modification and consultation-liaison psychiatry to psychiatric residents, and ambulatory care to medical residents.