

EDWARD E. ABRAMSON, Ph.D.

I. PERSONAL DATA:

Address: 2225 Braemar Rd.
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Citizenship: U.S.A.

II. EDUCATION AND LICENSE:

Fellow, The Obesity Society

Licensed Psychologist, (PSY 4018), 1973, California Board of Psychology

Ph. D., 1971, Catholic University of America, Washington, D.C.
Major: Clinical Psychology; Minor: Developmental Psychology

B.A., 1965, State University of N.Y. at Stony Brook
Major: Psychology

III. EMPLOYMENT:

Professor Emeritus	2000-present
Professor (tenured)	1979-2000
Associate Professor (tenured)	1974-1979
Assistant Professor	1970-1974
Department of Psychology California State University, Chico Chico, California 95929	

Private Practice of Clinical Psychology	1978-present
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Instructor U.C. Berkeley Extension	2008-present
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IV. PREVIOUS EMPLOYMENT:

Visiting Professor of Psychiatry and Psychology United Medical and Dental Schools (Guy's Hospital)	August-December 1997
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University of London
London, SE1 9RT, England
(Sabbatical leave from CSU Chico)

I participated in rounds and other activities on a psychiatric ward, treated inpatients with obsessive-compulsive, mood, eating, and impulse control disorders and gave guest lectures to medical students.

Clinical Psychologist (part-time) 1985-1988
Cypress Center
Paradise, California

My primary responsibility at this residential treatment center for adult autistic and developmentally disabled individuals was writing behavioral treatment plans.

Director (part-time) 1983-1985
Eating Disorders Center
Chico Community Hospital
Chico, California 95926

This was an outpatient treatment facility that I developed and directed.

With

help from a multi-disciplinary staff, I conducted weight loss groups, and treated bulimics and anorexics.

Clinical Psychologist (part-time) 1981-1983
Alcohol and Drug Abuse Unit
Glenn General Hospital
Willows, California 95988

I did psychological evaluations, and conducted inpatient and outpatient aftercare groups.

Clinical Psychologist August-December 1978
York Clinic
Guy's Hospital Medical School
London SE1 9RT, ENGLAND
(Sabbatical leave from CSU, Chico)

I worked with several inpatients and was a co-therapist in the outpatient sex therapy clinic.

Clinical Psychologist Summer 1973, 1975
Child and Adolescent Unit
Sutter-Yuba Mental Health Services
Yuba City, California 95991

I worked with children and their parents in the child and adolescent service.

Clinical Psychology Intern 1969-1970

Veterans Administration Center

Martinsburg, West Virginia 25401

My primary responsibility was performing psychological evaluations of older veterans.

Clinical Psychology Trainee 1967-1969

Veterans Administration Hospitals

Washington, D.C. & Perry Point, MD.

I participated in training and performed psychological evaluations of veterans.

V. MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS:

American Psychological Association

The Obesity Society (Fellow)

California Psychological Association

Contra Costa Psychological Association

British Psychological Society (Foreign Affiliate)

VI. TEACHING INTERESTS:

I enjoy presenting practical workshops dealing with eating and weight issues to groups of therapists, dietitians, nurses, and other professionals. As a University professor my favorite classes dealt with psychopathology. I like the challenge of making seemingly inexplicable behavior more comprehensible to students.

At Chico State I also taught Psychology of Personality and a variety of graduate courses including Individual Counseling Practicum, Group Counseling Practicum, Personality Measurement and Evaluation, and a Behavior Modification class which included supervised experience in schools and other applied settings.

VII. RESEARCH INTERESTS

Emotional and interpersonal variables affecting eating in obese and eating disordered individuals.

Cognitive-behavioral treatment of obesity

VIII. ADMINISTRATIVE RESPONSIBILITIES

During 1994-1995 I was Chair of the Psychology Department Personnel and Recruitment Committee. I organized and supervised two national searches for

new faculty, one tenure and promotion evaluation, one retention evaluation, eight reviews of tenured faculty, and fifteen reviews of part-time faculty.

I have also been Coordinator of the Department's 100-student graduate program and a member of the Department's Executive Committee, The College's Curriculum Committee, Personnel Committee, and Commencement Committee. I served on the President's Advisory Committee on Student Affairs.

At Chico Community Hospital I developed and administered the Eating Disorders Center. In addition to my clinical duties, I was responsible for establishing policies and procedures, preparing budgets, advertising and community relations, and supervising a small interdisciplinary staff.

IX. MEDIA PSYCHOLOGY

I was extensively interviewed for a 20/20 feature, "The Shape of Your Marriage" that was broadcast on October 9, 1998. I have also been a guest on television news or interview programs on *Hard Copy* (syndicated nationally), KTTV (Fox, Los Angeles), KTVU (Fox, San Francisco), KPIX (CBS, San Francisco), KATU (ABC, Portland), KHSL (CBS, Chico), KCPM (NBC, Chico) and the Food Television Network (cable). I have been interviewed on more than 30 radio stations including: WOR-AM, WEVD (both New York), KABC, KIEV (both Los Angeles), KGO (San Francisco), KYNG (Dallas), KBKC (Cleveland), KPCC (Pasadena), WYLD (New Orleans), and Talk America on the U.S.A. Radio Network.

I was producer and host for *A Closer Look* on KRCR-TV (Redding-Chico) and *Psychology and You with Dr. Ed Abramson* on KHSL-TV (Chico).

I have been interviewed for articles in newspapers including *New York Times*, *Washington Post*, *Los Angeles Times*, *San Francisco Chronicle*, and *Newsday*. I have been quoted in articles in *Good Housekeeping*, *Reader's Digest*, *Womens Day*, *Redbook*, *Family Circle*, *Self*, *Shape*, *Fitness*, *First for Women*, *Psychology Today*, and *Men's Health* (they referred to me as "the go to authority on the 'why' of weight gain").

X. OTHER PROFESSIONAL ACTIVITIES

Awarded Professional Achievement Honor, C.S.U. Chico, 1983.

Editorial referee for: *American Psychologist*, *Journal of Consulting and Clinical Psychology*, *Journal of Personality and Social Psychology*, *Behavior Therapy*, *Journal of Applied Behavior Analysis*, *Journal of Behavior Therapy and Experimental Psychiatry*, *Behavioral Assessment*, *Psychological Reports*, and *Journal of Community Psychology*.

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Contributing Section Editor, *the Behavior Therapist*, 1981.

Psychology Today Magazine Blog: "It's NOT Just Baby Fat" 2011-present.

Monthly on-line column, *eDiets*, 1999-2001.

Reviewer for: Houghton-Mifflin, *Understanding Abnormal Behavior* (1st and 2nd editions); Harcourt Brace, *Introduction to Personality* (6th edition); West Educational Publishing, *Abnormal Psychology*.

Developed and taught "Overcoming Emotional Eating" a continuing education workshop presented at University of California, Santa Cruz, University of California, Davis, University of California, Irvine, California School of Professional Psychology, 1993-1995.

Developed and taught continuing education workshops including: "The Psychology of Weight Reduction" at U.C. Berkeley and U.C. Merced 2008-present, "Overcoming Emotional Eating" for PESI throughout the U.S. 2007-present, "The Psychology of Weight Regulation" for Professional Psych Seminars, 2011-present.

Listed in: *National Register of Health Service Providers in Psychology*, *American Men and Women of Science*, and *Who's Who in the West*.

Oral Examiner, California Board of Psychology, 1979-2001.

Colloquia presented to: Department of Psychology, University of Leeds, 1978; Department of Applied Social Sciences, North East London Polytechnic, 1978; Psychiatry Staff, Guy's and St. Olave's Hospitals, 1978; Psychology Diploma Programme, Guy's Hospital Medical School, 1978; Dietary Rehabilitation Clinic, Duke University Medical School, 1983; Medical Staff, Enloe Hospital and Chico Community Hospital, 1984; Medical Staff, Gridley Memorial Hospital, 1984; Medical Staff, V.A. Hospital, Perry Point, MD, 1989; and Psychiatry Grand Rounds, Crossroads-Chico Community Hospital, 1990, 1992, 1993.

Consultant to: West Virginia Department of Vocational Rehabilitation, Butte County Project Headstart, Far Northern Regional Center, Butte County Health Department-Family Health Services, Modoc County School District, and Enloe Hospital Cardiac Rehabilitation Program, AOL Coach

Other clinical activities: one-quarter time exchange with C.S.U. Chico Counseling Center, 1972-1973, 1980-1981, weekly inpatient Assertiveness Training Group, Crossroads-Chico Community Hospital, 1988-1991.

XI. PAPERS PRESENTED AT PROFESSIONAL MEETINGS

- Abramson, E. E. & Wunderlich, R. A. (1970, April). A behavioral dental hygiene program for retardates. Eastern Psychological Association, Atlantic City, NJ.
- Abramson, E. E. (1971, April). A comparison of the level of aspiration of Negro 9th grade males in integrated and segregated schools. Western Psychological Association, San Francisco, CA.
- Abramson, E. E. (1972, April). The effects of interpersonal anxiety and objective fear on the eating behavior of obese and normal weight individuals. Western Psychological Association, Portland, OR.
- Sobel, D. A. & Abramson, E. E. (1972, April). Attitude change as a function of social reinforcement: The case study of a professor. Western Psychological Association, Portland, OR.
- Abramson, E. E. (1973, April). Behavioral treatments of obesity: A review. Western Psychological Association, Anaheim, CA.
- Sequest, R. & Abramson, E. E. (1973, April). Predicting success in a smoking control program. Western Psychological Association, Anaheim, CA.
- Abramson, E. E. (1974, November). Increasing student participation in a traditional college classroom. Second National Conference on Research and Technology in College and University Teaching, Atlanta, GA.
- Gaffney, K. & Abramson, E. E. (1975, April). The role of conditioning in covert sensitization. Western Psychological Association, Sacramento, CA.
- Sue, D. & Abramson, E. E. (1975, December). An introduction to systematic desensitization therapy (Workshop). Association for Advancement of Behavior Therapy, San Francisco, CA.
- Abramson, E. E. & Stinson, S. G. (1976, April). The effects of boredom on eating. Western Psychological Association, Los Angeles, CA.
- Abramson, E. E. (1976, July). Evaluation of behavior modification treatments for obesity. XXIst International Congress of Psychology, Paris, FRANCE.
- Abramson, E. E. (1978, April). A comparison of three methods of presentation of a behavioral self-control treatment program for obesity. Western Psychological Association, San Francisco, CA.
- Abramson, E. E. (1978, October). Recent developments in the behavioral treatment of obesity. British Association of Behavioural Psychotherapists, London, ENGLAND.

- Abramson, E. E. & Jones, D. (1979, April). Reducing the palatability of junk foods: A study of rubber bands and spit. Western Psychological Association, San Diego, CA.
- Abramson, E. E., Jones, D., & Dukes, S. (1980, July). Studies of aversive conditioning of eating behaviors. World Congress of Behavior Therapy, Jerusalem, ISRAEL.
- Abramson, E. E. & Clapham, W. (1981, April). Rubber bands and spit: A multiple baseline study of aversive conditioning of junk food consumption. Western Psychological Association, Los Angeles, CA.
- Abramson, E. E. & Catalano, S. (1981, August). Weight loss and sexual behavior. American Psychological Association, Los Angeles, CA.
- Abramson, E. E. (1982, July). Modification of specific eating behavior. International Congress of Applied Psychology, Edinburgh, SCOTLAND.
- Abramson, E. E. (1982, November). Therapist contact and group participation in the behavioral treatment of obesity. Association for Advancement of Behavior Therapy, Los Angeles, CA.
- Jardine, H. R., Abramson, E. E. & Conger, V. (1983, February). Assessment and treatment of eating disorders (Workshop). California State Psychological Association, San Francisco, CA.
- Abramson, E. E. & Fletcher, R. (1984, April). A test of Boskind-Lodahl's theory of bulimia. First International Conference on Eating Disorders, New York, NY.
- Lizdas, P. & Abramson, E. E. (1984, April). Prevalence of bulimia in a California State University. Western Psychological Association, Los Angeles, CA.
- Abramson, E. E. (1984, August). Hospital-based outpatient treatment of bulimia (Roundtable Discussion). American Psychological Association, Toronto, CANADA.
- Abramson, E. E. & Fletcher, R. (1984, August). Sex role, restraint, control, perfectionism, and dating attitudes in bulimics. American Psychological Association, Toronto, CANADA.
- Abramson, E. E. & Lizdas, P. (1985, August). Bulimia or bulimarexia: A factor analytic study of binge-purge behaviors. American Psychological Association, Los Angeles, CA.

- Valene, P. & Abramson, E. E. (1986, April). Media consumption and bulimic behavior. Second International Conference on Eating Disorders, New York, NY.
- Abramson, E. E. & Clark, M. L. (1986, April). Anxiety, depression, obsessive-compulsiveness and dietary restraint in bulimia. Western Psychological Association, Seattle, WA.
- Daly, D. C. & Abramson, E. E. (1987, April). I-E control, sex and age differences in drinking. Western Psychological Association, Long Beach, CA.
- Lucido, G. M. & Abramson, E. E. (1988, April). Adverse childhood sexual experience and bulimia. Third International Conference on Eating Disorders, New York, NY.
- Abramson, E. E. & Lucido, G. M. (1988, November). Bulimia and child sex abuse. Association for Advancement of Behavior Therapy, New York, NY.
- Abramson, E. E. (1989, June). Personality and situational determinants of eating disorders. American Association for Advancement of Science-Pacific Section, Chico, CA.
- Hollyoak, T. & Abramson, E. E. (1990, April). Restraint, anxiety, depression and childhood sexual experience as predictors of bulimia. Fourth International Conference on Eating Disorders, New York, NY.
- Abramson, E. E. (1994, March). Cognitive-behavioral treatment of emotional eating. California Psychological Association, San Francisco, CA.
- Abramson, E. E. (1994, April). The role of emotional eating in bulimia, binge eating and dieting failure. Western Psychological Association, Kona, HI.
- Abramson, E. E. & Houghtby, A. (1995, August). Family functioning and binge eating. American Psychological Association, New York, NY.
- Powers, D. & Abramson, E. E. (1997, July). Relationship of weight loss to marital adjustment. Fifth European Congress of Psychology, Dublin, Ireland.
- Abramson, E. E. (1999, June). Marital dynamics and weight regulation. Academy of Eating Disorders, San Diego, CA.
- Abramson, E. E. (2001, July). Weight, dieting, and the marital equilibrium. VII European Congress of Psychology, London, UK.

Abramson, E. E. (2007, October) The psychology of weight regulation. Canadian Psychological Association, Ottawa, Canada.

Abramson, E. E. (2009, April). The psychologist's role in preventing childhood obesity. California Psychological Association, Oakland, CA.

Abramson, E. E. (2007, 2009, 2010, 2011, 2012, 2013, 2014) The psychology of weight regulation: Eating, Exercise and Body Image. American Psychological Association, San Francisco, Toronto, San Diego, Washington, Orlando, Honolulu.

Abramson, E. E. (2015, April). Food addiction: Fact or fiction. California Psychological Association, San Diego, CA.

Abramson, E. E. (2017, May). Trauma, eating and weight. The British Psychological Society, London, England, UK

XII. BOOKS

Abramson, E. E. (1977). *Behavioral approaches to weight control*. New York: Springer. (Alternate Selection, Behavioral Science Book Service; Italian edition published by Celuc Libri).

Abramson, E. E. (1993). *Emotional eating: A practical guide to taking control*. New York: Lexington/Macmillan. (Featured Alternate Selection, Book-of-the-Month Club; Alternate Selection, Quality Paperback Book Club; German edition published by Dromer Knauer; Japanese edition published by Prentice-Hall Japan, Spanish edition published by Desclee de Brouwer).

Abramson, E. E. (1998). *Emotional eating: What you need to know before starting another diet*. San Francisco: Jossey-Bass (Revised, paperback edition of *Emotional eating*).

Abramson, E. E. (1999). *To have and to hold: How to take off the weight when marriage puts on the pounds*. New York: Kensington.

Abramson, E. E. (2005). *Body intelligence: Lose weight, keep it off, and feel great about your body without dieting*. New York: McGraw-Hill. (Wellness Finalist, 2005 Books-For-A-Better-Life competition, translated into Portuguese, French, Indonesian, and Arabic)

Abramson, E. E. (2011). *It's NOT just baby fat: 10 Steps to help your child to a healthy weight*. Lafayette, CA: Bodega Books.

Abramson, E. E. (2016). *Weight, diet and body image: What every therapist needs to know*, Eau Claire, WI: PESI Publishing & Media.

XIII. CHAPTERS

Abramson, E. E. & Wunderlich, R. A. (1970). A behavioral dental hygiene program for retardates. In R. A. Wunderlich (Ed.), *Experimental techniques promoting proficient discrimination learning in retardates*. Final Report, Research Grant No. RD-2286-P-69, Social and Rehabilitation Service, HEW, Catholic University.

Abramson, E. E. (1975). Token reinforcement used to increase student participation in a lecture-discussion class. In J. B. Mass & D. A. Kleiber (Eds.), *Directory of teaching innovations in psychology*. Washington, DC: Division of Teaching of Psychology-American Psychological Association.

Abramson, E. E. & Wunderlich, R. A. (1976). Dental hygiene training for retardates: An application of behavioral techniques. In M. D. LeBow (Ed.), *Approaches to modifying patient behavior*. New York: Appleton-Century-Crofts.

Abramson, E. E. (1977). A review of behavioral approaches to weight control. In J. P. Foreyt (Ed.), *Behavioral treatments of obesity*. Oxford: Pergamon.

Abramson, E. E. (1978). Behavioral treatments for obesity. In E. Sanavio (Ed.), *Nervosi e terapie del comportamento*. Milan: Franco Angel Editore.

Abramson, E. E. (1982). Behavioral approaches to the treatment of obesity. In B. B. Wolman (Ed.), *Psychological aspects of obesity: A handbook*. New York: Van Nostrand Reinhold.

XIV. ARTICLES

Abramson, E. E. & Cooper, G. D. (1970). The interpersonal role as a reinforcer in verbal conditioning: A pilot study. *Newsletter for Research in Psychology*, 63, 30-31.

Abramson, E. E. (1971). Levels of aspiration of Negro 9th grade males in integrated and segregated schools. *Psychological Reports*, 29, 258.

Abramson, E. E. (1972). Social stress and eating behavior. *American Psychologist*, 27, 340.

Abramson, E. E. & Wunderlich, R. A. (1972). Dental hygiene training for retardates: An application of behavioral techniques. *Mental Retardation*, 10, 6-8.

- Abramson, E. E. & Wunderlich, R. A. (1972). Anxiety, fear, and eating: A test of the psychosomatic concept of obesity. *Journal of Abnormal Psychology, 79*, 317-321.
- Abramson, E. E. (1973). The counselor as a Machiavellian. *Journal of Clinical Psychology, 29*, 348-349.
- Abramson, E. E. (1973). A review of behavioral approaches to weight control. *Behaviour Research and Therapy, 11*, 547-55.
- Abramson, E. E. (1977). Review of Williams, B. J., Martin, S., & Foreyt, J. P. (Eds.), Obesity: Behavioral approaches to dietary management. *Behavior Therapy, 8*, 1020-1022.
- Abramson, E. E. (1977). Behavioral approaches to weight control: An updated review. *Behaviour Research and Therapy, 15*, 355-363.
- Abramson, E. E. & Stinson, S. G. (1977). Boredom and eating in obese and non-obese individuals. *Addictive Behaviors, 2*, 181-185.
- Abramson, E. E. & Sequest, R. (1978). Predicting success in a smoking control program. *International Journal of the Addictions, 13*, 1009-1012.
- Abramson, E. E. & Crocker, R. (1978). Rapid elimination of out-of-seat behavior by the use of response cost and reinforcement. *Behavioral Engineering, 4*, 103-105.
- Abramson, E. E. & Jones, D. (1981). Reducing junk food palatability and consumption by aversive conditioning. *Addictive Behaviors, 6*, 145-148.
- Abramson, E. E. (1982). Review of LeBow, M. Weight control: The behavioral strategies. *the Behavior Therapist, 5*, 144.
- Abramson, E. E. (1983). Behavioral treatment of obesity: Some good news, some bad news and a few suggestions. *the Behavior Therapist, 6*, 103-106.
- Abramson, E. E. (1985). Dismantling the behavioral treatment of obesity. *International Journal of Eating Disorders, 4*, 107-111.
- Clapham, W. & Abramson, E. E. (1985). Aversive conditioning of junk food consumption: A multiple baseline study. *Addictive Behaviors, 10*, 437-440
- Catalano, S. & Abramson, E. E. (1985). Weight loss and sexual behavior. *Journal of Obesity and Weight Regulation, 4*, 268-273.

Abramson, E. E. & Valene, P. (1991). Media use, dietary restraint, bulimia and attitudes towards obesity: A preliminary study. *British Review of Bulimia & Anorexia Nervosa*, 5, 73-76.

Abramson, E. E. & Lucido, G. M. (1991). Childhood sexual experience and bulimia. *Addictive Behaviors*, 16, 529-532.

Abramson, E. E. (1994, February). We've come to your emotional eating rescue. *Shape Magazine*, pp. 104-109.

Abramson, E. E. (1995, October 30). For girls, smoking to lose weight is a hoax. [Letter to the editor]. *The New York Times*, p. A14.

Abramson, E. E. (1996). How I practice: Analogies and comparisons in the cognitive-behavioral treatment of eating disorders. *Eating Disorders: The Journal of Treatment and Prevention*, 4, 77-81.

Abramson, E. E. (2002, October). Marital dynamics and weight regulation. *The California Psychologist*, 24.

Abramson, E. E. (2005, November). On the futility of dieting. *Medscape General Medicine* 7(4), 31.

Abramson, E. E. (2009). Overcoming stress-related emotional eating. *StressStop.com* (compact disk)