

**Elissa H. Patterson
Clinical Instructor**

Consultation Liaison Service and Psychosomatic Medicine Program University of Michigan Health System
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Education and Training

Education

08/1985-06/1989 BA, English Literature, Colgate University, Hamilton, NY
08/1990-06/1991 Certificate, K-12 Teaching certificate, Sierra Nevada College, Incline Village, NV
09/1993-03/1997 MA, ALM, Liberal Arts in Extension Studies. Concentration: Biology, Harvard Division of Continuing Education, Cambridge, MA
09/2003-08/2008 PhD, Psychology, University of Chicago, Chicago, IL
08/2008-08/2010 Certificate, Clinical Psychology, Massachusetts School of Professional Psychology, Newton, MA

PostDoctoral Training

09/2009-09/2010 Internship, Clinical Psychology/Behavioral Medicine, Joseph M Smith Community Health Center, Allston, MA
09/2009-05/2013 Certification Training, Stanford Chronic Disease Self-Management Program Group Leader Training, 2009 (In Massachusetts, known as: My Life, My Health: Living with Chronic Conditions); recertification training, 2013, Massachusetts Department of Public Health, Boston, MA
09/2009-10/2010 Internship, Psychology, The Psychological Center, Lawrence, MA
09/2011-09/2013 Postdoctoral Fellow, Clinical Psychology, Boston University School of Medicine, Boston, MA

Additional Education

06/2003 Certificate, Functional MRI Visiting Fellowship Program, Martinos Center for Biomedical Imaging, Charlestown, MA
12/2007 Certificate, Practicing Positive Psychotherapy: Applying the New Science of Happiness, Harvard Medical School Department of Continuing Education, Boston, MA
09/2008 Certificate, Intensive Introductory Hypnosis Training, Boston Behavioral Medicine and Massachusetts School of Professional Psychology, Boston, MA
09/2009 Certificate, Biofeedback training, Boston Behavioral Medicine and Massachusetts School of Professional Psychology, Boston, MA

Certification And Licensure

Licensure

08/2013-07/2018 State of Massachusetts, Psychologist License
06/2014-08/2017 State of Michigan, Psychologist License

Academic, Administrative, Clinical and Military Appointments

Academic Appointments

09/2014-present Clinical Instructor in Psychiatry, University of Michigan - Ann Arbor, Ann Arbor, Michigan
09/2017-08/2018 Clinical Assistant Professor in Psychiatry, University of Michigan - Ann Arbor, Ann Arbor, Michigan

Administrative Appointments

09/1997-09/2003 Research Assistant for Subimal Datta, PhD, Boston University School of Medicine, Boston, MA
06/2007-10/2007 Research Assistant for Dr. Luigi Zingales, PhD, University of Chicago, Chicago, IL

01/2009-06/2014 Research Associate for Subimal Datta, PhD, Boston University School of Medicine, Boston, MA

Clinical Appointments

06/2014 Health Psychologist, Boston University School of Medicine, Boston, MA

Industry

05/1987-08/1988 Executive Assistant, Fidelity Investments, Boston, MA
11/1990-04/1991 Downhill Ski Instructor, Alpine Meadows, Alpine Village, CA
06/1991-present Mental Health Software Representative, Mental Health Connections, Lexington, MA
10/1991-12/1991 Private English Teacher, Free Agent, Sao Paulo, Brazil
08/1992-06/1993 Head Start Co-teacher, Mattapan Head Start, Mattapan, MA
08/1993-11/1994 Restaurant Co-Owner/Manager, Parretti's Park Place Restaurant, Waltham, MA
07/1998-06/2000 Realtor, Coldwell Banker Real Estate, Lexington, MA
07/2000-08/2003 Real Estate Broker, Carlson GMAC Real Estate, Lexington, MA

Gaps

10/2010-09/2011 Time off for home renovation and overseas travel
06/2014-08/2014 Ended appointment in Boston. In process of relocating to Michigan and obtaining privileges

Clinical Interests

- Psychological aspects of medical illness
- Behavioral medicine
- Short-term psychotherapeutic interventions for medical patients
- Stress management
- Functional Disorders
- Psychogenic Nonepileptic Seizures

Research Interests

- Inflammation and behavior
- Sleep, depression, inflammatory disease

Grants

Current Grants

The Beryl Institute Patient Experience Grant Program The Beryl Institute
Co-I (Principal Investigator: Molly White)
01/2017-01/2018. \$2,000 (\$2,000)

Honors and Awards

Institutional

2003-2007 Century Fellowship, University of Chicago
2007 Dewey Lectureship teaching fellowship at University of Chicago
2007 Institute for Mind and Biology, University of Chicago, summer grant; Fellow
2015 Making a Difference Award, University Hospital, Ann Arbor

Memberships in Professional Societies

2001-2013 Member, Sleep Research Society
2003-2012 Member, Organization for Human Brain Mapping

2006-2012	Member, American Psychosomatic Society
2006-2012	Member, Psychoneuroimmunology Research Society
2010-2012	Member, Massachusetts Psychological Association
2010-present	Member, Society of Behavioral Medicine
2013-2014	Member, National Sleep Foundation
2013-present	Member, APA Division 38: Health Psychology
2013-present	Member, American Psychological Association (APA)
2015-present	Member, Michigan Psychological Association
2015-present	Member, Washtenaw Psychology Society

Editorial Positions, Boards, and Peer-Review Service

Journal Reviewer

2005	Journal of Neuroscience (Ad Hoc)
2005	Organization for Human Brain Mapping, Abstracts (Ad Hoc)
2007	American Psychosomatic Society, Abstracts (Ad Hoc)

Teaching

Graduate Student

09/2016-04/2017	Tyler Grove, PhD candidate, University of Michigan Department of Psychology
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Postdoctoral Fellow

10/2015-01/2016	Ketlyne Sol, PhD, Physical Medicine and Rehabilitation. University of Michigan Health System Postdoctoral Training Program in Rehabilitation Psychology, Ann Arbor, MI
10/2015-02/2016	Jessica Hinshaw Schneider, PsyD, Physical Medicine and Rehabilitation. University of Michigan Health System Postdoctoral Training Program in Rehabilitation Psychology, Ann Arbor, MI

Teaching Activity

Regional

03/2007-06/2007	Social Contact and Health: Psychoneuroendocrine Aspects (PSYC21305). Department of Psychology University of Chicago, Chicago, IL
09/2011-12/2012	Behavioral and Biological Aspects of Stress and Trauma (GMS BN 780). Behavioral Neuroscience Program Boston University School of Medicine, Boston, MA

Institutional

05/2015-present	Assisting David Belmonte (Director of Medical Student Education) with development of multi-media (video) materials for implementation of new communication curriculum in Doctoring Course at University of Michigan Medical School
08/2015	Interviewing Beyond the DSM. CORE lecture for Postgraduate Year 2 Psychiatry Residents Department of Psychiatry University of Michigan, Ann Arbor, MI
08/2015-present	Created a hospital-based practicum experience currently offered to Clinical Psychology practicum students in the Department of Psychology at the University of Michigan for 2016-2017 training cycle
09/2015	Psychological Aspects of Illness. CORE lecture for Postgraduate Year 4 Psychiatry Residents Department of Psychiatry University of Michigan, Ann Arbor, MI

Committee and Administrative Services

Committee Services

National

2016	American Psychological Association Council of Representatives, Substitute delegate representing Michigan Psychological Association
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Regional

2015-2016	Washtenaw Psychology Society. Ann Arbor, MI, Recording Secretary
2015-present	Michigan Psychological Association (MPA) Insurance Committee Lansing, MI, Member
2015-present	Washtenaw Psychology Society. Ann Arbor, MI, Chair of Peer Consultation Committee and Member of Education Committee
2016-present	Michigan Psychological Association (MPA) Insurance Committee. Lansing, MI, Chair
2016-present	Michigan Psychological Association Board of Directors, Member

Institutional

2005-2007	Travel and Research Committee. University of Chicago: Psychology Graduate Student Organization, Member
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Administrative Services

Volunteer

1996	Volunteer Research Assistant, Massachusetts General Hospital Department of Neurology, Boston, MA and Bedford MA VA Hospital, Aided Dr. Jeremy Schmammann, MD with neuroanatomical tract tracing using slides of Rhesus Monkey brain slices
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Visiting Professorships and Extramural Invited Presentations

Extramural Invited Presentations

1. ***Diagnosis and Management of Psychogenic Nonepileptic Seizures (Invited to represent psychological perspective on treatment of psychogenic non-epileptic seizures as part of upcoming conference call to educate the public and members of the Epilepsy Foundation of Michigan)**, Epilepsy Foundation of Michigan, November 2016, Learn & Share Conference Call

Other

1. Gender Differences in Sexual Motivation, Guest Speaker for Animal Behavior Brown Bag, University of Chicago, October 2008, Chicago, IL
2. Cytokines and Health, Guest Speaker for National Social Life, Health, and Aging Project, Health and Biomeasures Working Group, University of Chicago, December 2008, Chicago, IL
3. Depression, Sleep, Growth Hormone, Chronic Inflammation, and Disease, Guest Lecturer for Boston University School of Medicine Behavioral Neuroscience course, March 2009, Boston, MA
4. Behavioral Medicine at Boston Medical Center, Guest Speaker in Clinical Psychology internship training program Joseph M. Smith Community Health Center, November 2013, Allston, MA
5. Is it the Brain, the Mind, or the Body? Conceptualization and Treatment of A Severe Case of Psychological Distress Expressed as Somatic Symptoms, University of Michigan Psychosomatic Case Conference Series, September 2015, Ann Arbor, MI
6. Challenging Issues in Mental Health: A Case Presentation, Panel Discussant for Schwartz Rounds at University of Michigan Hospital System, September 2015, Ann Arbor, MI
7. ***Re-integrating brain, mind, and body to treat patients with symptoms that are clinically not consistent with medical diagnosis (Chair and organizer of panel discussion/symposium at national meeting of professional organization)**, Society of Behavioral Medicine Annual Meeting & Scientific Sessions, April 2016, Washington, DC
8. ***Collaborative Multi-Disciplinary Approaches to Comprehensive Treatment of Chronic Pain (Co-chair and organizer of a general session/symposium at a national meeting accepted for presentation)**, Academy of Psychosomatic Medicine Annual Meeting, November 2016, Austin, Texas
9. ***Using Psychology to Improve Health Outcomes and Well-being (part of educational series for a regional organization of psychologists)**, Washtenaw Psychology Society, February 2017, Ann Arbor, MI

Seminars

1. An fMRI Study of Cognition During Exposure to the Putative Pheromone Androstadienone, Brain Research Imaging Center Roundtable, University of Chicago, May 2005, Chicago, IL

2. Inflammation and Behavior, Institute for Mind and Biology, Biopsychology Proseminar, October 2006, Chicago, IL
3. C-Reactive Protein, Depression, Sleep, Sex, Chronic Inflammation, and Disease, Boston Behavioral Medicine, August 2009, Boston, MA

Bibliography

Peer-Reviewed Journals and Publications

1. Datta S, Patterson EH, Siwek DF: Endogenous and exogenous nitric oxide in the pedunculo-pontine tegmentum induces sleep. *Synapse* 27(1): 69-78, 1997. PM9268066
2. Datta S, Siwek DF, Patterson EH, Cipolloni PB: Localization of pontine PGO wave generation sites and their anatomical projections in the rat. *Synapse* 30(4): 409-23, 1998. PM9826233
3. Datta S, Patterson EH, Siwek DF: Brainstem afferents of the cholinceptive pontine wave generation sites in the rat. *Sleep Res Online* 2(3): 79-82, 1999. PM11382887
4. Datta S, Patterson EH, Spoley EE: Excitation of the pedunculo-pontine tegmental NMDA receptors induces wakefulness and cortical activation in the rat. *J Neurosci Res* 66(1): 109-16, 2001. PM11599007
5. Datta S, Spoley EE, Patterson EH: Microinjection of glutamate into the pedunculo-pontine tegmentum induces REM sleep and wakefulness in the rat. *Am J Physiol Regul Integr Comp Physiol* 280(3): R752-9, 2001. PM11171654
6. Datta S, Spoley EE, Mavanji VK, Patterson EH: A novel role of pedunculo-pontine tegmental kainate receptors: a mechanism of rapid eye movement sleep generation in the rat. *Neuroscience* 114(1): 157-64, 2002. PM12207962
7. Mavanji V, Siwek DF, Patterson EH, Spoley EE, Datta S: Effects of passive-avoidance training on sleep-wake state-specific activity in the basolateral and central nuclei of the amygdala. *Behav Neurosci* 117(4): 751-9, 2003. PM12931960
8. Datta S, Mavanji V, Patterson EH, Ulloor J: Regulation of rapid eye movement sleep in the freely moving rat: local microinjection of serotonin, norepinephrine, and adenosine into the brainstem. *Sleep* 26(5): 513-20, 2003. PM12938803
9. Datta S, Mavanji V, Ulloor J, Patterson EH: Activation of phasic pontine-wave generator prevents rapid eye movement sleep deprivation-induced learning impairment in the rat: a mechanism for sleep-dependent plasticity. *J Neurosci* 24(6): 1416-27, 2004. PM14960614
10. Lewis-Fernández R, Hinton DE, Laria AJ, Patterson EH, Hofmann SG, Craske MG, Stein DJ, Asnaani A, Liao B: Culture and the anxiety disorders: recommendations for DSM-V. *Depress Anxiety* 27(2): 212-29, 2010. PM20037918/PMC4337390
11. Datta S, O'Malley MW, Patterson EH: Calcium/calmodulin kinase II in the pedunculo-pontine tegmental nucleus modulates the initiation and maintenance of wakefulness. *J Neurosci* 31(47): 17007-16, 2011. PM22114270/PMC3229030
12. Devine EG, Waters ME, Putnam M, Surprise C, O'Malley K, Richambault C, Fishman RL, Knapp CM, Patterson EH, Sarid-Segal O, Streeter C, Colanari L, Ciraulo DA: Concealment and fabrication by experienced research subjects. *Clin Trials* 10(6): 935-48, 2013. PM23867223

Book Chapters

1. S. Datta E.H. Patterson: Phasic pontine wave and sleep-dependent memory processing. *Sleep and Brain Plasticity*, Editors: J. Maquet R. Stickgold C. Smith Oxford University Press, 2002.

Other Media

Book review

1. ***Patterson, E.H.: Book Review of: The Confidence Game: Why We Fall for It...Every Time by Maria Konnikova**, Online publication for Michigan Psychological Association (MPA) blog. First posted, June 12, 2016. Book is about psychological and social principles that underlie vulnerability to swindler schemes. http://www.michiganpsychologicalassociation.org/mpa_blog.php, Viking, 2016.

Other

1. E.H. Patterson: Associations among psychosocial behaviors and low-grade chronic inflammation, Dissertation, Proquest, 2008.

2. ***G. Corfas & E.H. Patterson: How can early environmental experiences influence the brain? , Monograph for "The Brain", an online graduate course for educators, offered multiple times per year, since January 2015. www.amnh.org/learn/brain, American Museum of Natural History, Present.**

Abstracts

1. E.H. Patterson M.K. McClintock: Chronic Inflammation is Associated with Lower Proactive Sexual Motivation in U.S. Residents, Age 57-85, American Psychosomatic Society 69th Annual Scientific Meeting, San Antonio, TX, 2011.
2. E.H. Patterson M.K. McClintock: Sleep and Markers of Low Growth Hormone as Mediators between Depressive Symptoms and Inflammatory Diseases, American Psychosomatic Society 69th Annual Scientific Meeting, San Antonio, TX, 2011.
3. Patterson, Elissa, Beimer, Nicholas, Winder, Gerald Scott, Robinson-Mayer, Najda: ***Psychogenic Non-Epileptic Seizures: A Medical Disorder Without a Home**, 50th Winter Conference on Brain Research, Big Sky, Montana, 2017.