

Elizabeth McIngvale, LMSW

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EDUCATION

PhD	May 2013	Social Work University of Houston
Master's Degree	2010	Social Work Loyola University Chicago
Bachelor's Degree	2009	Social Work Loyola University Chicago

PROFESSIONAL/RESEARCH EXPERIENCE

2011- Present	Founder; The OCD Challenge (ocdchallenge.org); An interactive self-help website for those living with Obsessive Compulsive Disorder, Houston, TX
2011-Present	Doctoral Research Internship; Dr. Patrick Bordnick; University of Houston Graduate College of Social Work, Houston, TX
2011	Doctoral Teaching Internship; Dr. Monit Cheung; University of Houston Graduate College of Social Work, Houston, TX
2010	Doctoral Research Internship; Dr. Danielle Parrish; University of Houston Graduate College of Social Work, Houston, TX

TEACHING EXPERIENCE

Guest Lectures-

DSM Clinical Concentration Clinical Crossover 7324/22320 (Spring, 2012). Obsessive Compulsive Disorder.
Fiscal Mgmt and Budget 7330/15538 (Spring, 2012). Non-Profit Organization, budgeting, media and public relations (Christine Bakos-Block and Elizabeth McIngvale)
Assessment 7325/22412 (Spring, 2012). Assessing anxiety disorders, specifically Obsessive Compulsive Disorder.
DSM Clinical Concentration Clinical Crossover 7324/22319 (Spring, 2012). Obsessive Compulsive Disorder.
Professional Self-Care 7397/21182 (Spring, 2011). Managing self-care.
Grief/Bereavement 7366/15896 (Spring, 2011). Grief and severe mental illness.
Administrative Practice 7397/21189 (Spring, 2011). Media and Public Relations for Non-profit foundations.
Transtheoretical Practice 7397/21190 (Spring, 2011). Cognitive Behavioral Therapy.

REFEREED PUBLICATIONS

Elizabeth McIngvale LMSW, PhD Student, Christine Bakos-Block, John Hart & Patrick S. Bordnick (2012): Technology and Obsessive Compulsive Disorder: An Interactive Self-Help Website for OCD, *Journal of Technology in Human Services*, 30:2, 128-136

McIngvale, E., Bakos-Block, C., Hart, J., & Bordnick, P. (2012). The OCD Challenge: An online self-help program for obsessive compulsive disorder. *Psicoterapia Cognitiva e Comportamentale*. (In Press).

CONFERENCE PRESENTATIONS

McIngvale, E. (2012, June 15) My journey: From tragedy to triumph, University of Texas School of Dentistry Workshop, Houston, TX.

McIngvale, E. (2012, April 14). Life with obsessive compulsive disorder: from patient to therapist, Anxiety and Depression Association of America, 32 annual conference, Arlington, VA.

McIngvale, E. (2012, March 7). In-service on Obsessive Compulsive Disorder, Spring Branch ISD, Houston, TX.

McIngvale, E. (2012, January 27). In-service on Obsessive Compulsive Disorder, KIPP Schools, Houston, TX.

McIngvale, E. (2011, December 2). A web-based intervention for Obsessive Compulsive Disorder, Social Work Research Conference, Houston, TX.

McIngvale, E. (2011, November 17). OCD in the classroom, counselor in-service; Spring Branch ISD, Houston, TX.

McIngvale, E., McIngvale-Brown, L., McIngvale, L. (July 30, 2011). A family's story with OCD, OCF National Conference, San Diego, CA.

Van Kirk, N., **McIngvale, E.,** Putman, K. (2011, July 29). Working with OCD following your own battle: rewards, challenges, and directions, OCF National Conference, San Diego, CA.

McIngvale, E., McIngvale-Brown, L. (2011, July 28). Support groups: From formation to Implementation, OCF National Conference, San Diego, CA.

McIngvale, E. (2011, June 11). Support Groups; How to build and maintain them. OCD Texas quarterly meeting, Houston, TX.

McIngvale, E. (2011, March 3). Evidence based practice. 7th Doctoral social work student research symposium, Houston, TX.

McIngvale, E. (2010, December 3). Living with OCD: My personal & professional experiences. 13th fall psychiatric symposium, Knoxville, TN.

McIngvale, E. (2010, October 16). Keynote Address. Life with OCD: From sufferer to Advocate. Presented at the kickoff meeting for the OCD Texas Organization, Austin, TX.

McIngvale, E. (2010, August 5). Overcoming OCD through Creativity. Presented at the TAVAC (Texas Association of Vocational Adjustment Coordinators), The Woodlands Waterway Marriott Hotel, The Woodlands, TX.

McIngvale, E., McIngvale-Brown, L., McIngvale, L. (2010, July 17). Life with OCD: Elizabeth McIngvale's family perspective, OCF National Conference, Washington, D.C.

Bell, J., Doronn, S., **McIngvale, E.,** Zasio, R., Szymanski, J. (2010, July 17). OCD in the media, OCF National Conference, Washington, D.C.

McIngvale, E. (2010). In-service for professionals in the Clear Creek ISD district on the topic of Obsessive Compulsive Disorder. Held in Clear Creek, TX.

McIngvale, E. (2004-2009). Keynote Address in 2006 and 2007. Speaker and presenter at the annual conference for the International Obsessive Compulsive Foundation. Washington, D.C., Minneapolis, MN, Boston, MA, Houston, TX, Atlanta, GA, San Diego, CA, Chicago, IL.

McIngvale, E. (2007). Keynote Address. McLean Hospital Annual Dinner, Boston, MA.

McIngvale, E. (2007). Presented in front of the Texas State Senate for Mental Health Parity. Austin, TX

McIngvale, E. (2006). Keynote Address. Opening of the University of Texas Harris County Psychiatric Center, Houston, TX.

SERVICE

2011-Present	Board Member; Mental Health America of Greater Houston
2011-Present	Board Member; The Peace of Mind Foundation
2012	Young Leaders in Mental Health; The Menninger Clinic

PROFESSIONAL WORK

2005-Present	Founder/President; The Peace of Mind Foundation, Houston, TX
2005-Present	National Spokesperson; International OCD Foundation, Boston, MA
2011	Co-facilitator; Therapy groups, The Harris School, Houston, TX
2009-2010	Internship; Children's Research Triangle, Chicago, IL
2008-2009	Internship; Rogers Memorial Hospital, Oconomowoc, WI