



## Dr. Stacey Rosenfeld, PhD, Biography

[Dr. Rosenfeld](#) is a clinical psychologist committed to helping people develop healthier relationships with food and their bodies. She also works with patients who have substance abuse issues, anxiety and mood disorders, and relationship difficulties. She lectures around the country on her “Lose the Diet. Love Your Body. Eat in Peace” philosophy, and is a frequent resource for the media. She has been interviewed by *Today*, *ABC News*, *Dr. Oz*, *The New York Times*, *Associated Press*, *Self*, *O Magazine*, *Woman’s Day*, *Fitness Magazine*, and dozens of other outlets.

A certified group psychotherapist, Dr. Rosenfeld has worked at treatment centers and universities around the U.S., including at Columbia University Medical Center in New York City. She is active in the Los Angeles County Psychological Association, where she founded and chairs the Eating Disorder Special Interest Group. She is also certified as a personal trainer and indoor cycling instructor and previously served as the chief psychologist of the New York City Triathlon. Dr. Rosenfeld is a member of the Academy for Eating Disorders; International Association of Eating Disorders Professionals; and National Eating Disorders Association. She lives and practices in southern CA, and is also licensed to practice in NY.

Her book [Does Every Woman Have An Eating Disorder? Challenging Our Nation’s Fixation with Food and Weight](#) (June 2014) was inspired by her [acclaimed blog Does Every Woman Have an Eating Disorder?](#), named on Healthline’s list of Best Eating Disorder Blogs, and on Eating Disorder Hope’s list of Top 25 Eating Disorder Blogs. More at: [www.staceyrosenfeld.com](http://www.staceyrosenfeld.com), [www.facebook.com/drstaceyrosenfeld](https://www.facebook.com/drstaceyrosenfeld), [www.twitter.com/drstaceyla](https://www.twitter.com/drstaceyla)

### **Education and Training**

- Bachelor of Arts, Psychology, Cornell University
- Master of Arts, Exercise Science/Sport Psychology, The University of North Carolina at Chapel Hill
- Doctorate of Philosophy, Clinical Psychology, The George Washington University
- Postdoctoral Fellowship, College Counseling/Mental Health, Pace University
- Certified Group Psychotherapist, The Center for Group Studies Weekend Training Program
- Eating Disorders, Compulsions, and Addictions Program, William Alanson White Institute of Psychiatry, Psychoanalysis, & Psychology
- Fundamentals of DBT Skills Training, Behavioral Tech

- Family Based Treatment in Anorexia Nervosa, The Training Institute for Child and Adolescent Eating Disorders

### **Clinical Psychology Affiliations**

- Academy of Eating Disorders; Social Media Committee Member
- International Association of Eating Disorder Professionals
- National Eating Disorders Association
- American Psychological Association
- New York State Psychological Association
- Los Angeles County Psychological Association; Founding Chair of the Eating Disorder Special Interest Group; Foundation Board Member at Large
- American Group Psychotherapy Association
- Center for Group Studies
- Association for Size Diversity and Health
- Women's Mental Health Consortium

### **Sport/Exercise Affiliations**

- Chief Psychologist, New York City Triathlon
- Psyching Team, New York City Marathon
- American Council on Exercise, Certified Personal Trainer
- Madd Dogg Athletics, Certified Spinning Instructor
- Lululemon, Team Research and Development
- Zumba Fitness, Certified Zumba Instructor

### **Publications**

- Rosenfeld, S. (2010). [Radical body acceptance](#). New York State Psychological Association's Public Resource Center.
- Rosenfeld, S. & Schulman, S. (2008, Holiday Issue). [What menu labeling laws really mean](#). *Queens Courier, Healthwise*.
- Rosenfeld, S. (2006), Entries on behavioral psychology. In G. R. VandenBos (Ed.), *The APA dictionary of psychology*. Washington, DC: American Psychological Association.
- Rosenfeld, S.M. (2004), [Psychosocial correlates of sexual communication](#). Washington, DC: The George Washington University.
- Rosenfeld, S.M., & Blick, E.S. (2003, May). *Psychosocial correlates of sexual communication*. Poster session presented at GWU's Psychology Graduate Student Forum conference, Washington, DC.
- Rosenfeld, S.M. (2002). Psychology of personality. In J.M. Silva & D.E. Stevens (Eds.), [Psychological foundations of sport \(2nd ed.\)](#) pp. 27-47. Boston: Allyn & Bacon.
- Rosenfeld, S.M. (2001, March). *The acute effects of aerobic versus resistance exercise on mood enhancement*. Poster session presented at GWU's Psychology Graduate Student Forum conference, Washington, DC.
- Rosenfeld, S.M. (1998). [The acute effects of aerobic versus resistance exercise on mood enhancement](#). Chapel Hill, University of North Carolina.

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