

**ELIZABETH A. MARKLE, PH.D.**  
*Curriculum Vitae*

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**EDUCATION**

- 9/2009 – 5/2014 *Northeastern University* – Bouvé College of Health Sciences Graduate School  
Ph.D., Counseling Psychology  
Dissertation Titles:
  - *Social support in cohousing communities: A mixed-method analysis.*
  - *Social sustainability, social capital, and social support: An interdisciplinary review and conceptualization in light of the cohousing model of community.*
- 9/2007 – 5/2008 *Pacifica Graduate Institute*  
Master of Arts, Counseling Psychology
- 9/2002 – 6/2004 *Cornell University* – College of Human Ecology  
Bachelor of Science, Human Development
- 9/2000 – 6/2002 *University of Richmond*  
Psychology, Music
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**CURRENT**

- 5/2016 – present ***Executive Director, Co-Founder*** – Open Source Wellness – Oakland, CA.
  - Provide strategic direction, leadership, and vision for the organization.
  - Design, test, and disseminate “Community As Medicine” in various clinic-community models.
  - Oversee business development, funding, research, communications.
- 7/2016 – present ***Associate Professor (2020-present), Assistant Professor and Chair (2016-2020)***  
– Community Mental Health Program - California Institute of Integral Studies
  - Oversee vision, mission, strategic planning, core faculty, adjunct faculty, staff, and students of the MA Counseling Psychology program, concentration in Community Mental Health.
  - Teach graduate courses leading to licensure as MFT/LPCC.
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**EXPERIENCE**

- 8/2017 – 9/2018 ***Senior Advisor, Project Director*** – Well Being Trust – Oakland, CA.
  - Provide strategic direction, leadership, and vision for Youth-Peer Support Lines Initiative.
  - Convene national leaders in youth peer support organizations; guide development of best practices, quality standards; lay groundwork for a national umbrella organization.
- 8/2015 – 7/2016 ***Postdoctoral Fellow*** – San Francisco Veterans Affairs Medical Center

- Completed APA-approved postdoctoral fellowship.
  - *Duties include:* Providing clinical care, quality improvement research, psychological evaluations, and consultations.
  - Concentrations in Primary Care medicine, Health Promotion and Disease Prevention, MOVE Strength and Wellness, and Women's Clinic.
- 6/2013 – 6/2014 **Psychology Intern** –Cambridge Health Alliance/Harvard Medical School
- Completed APA-approved clinical internship.
  - *Duties included:* Providing outpatient therapy, assessing patients in the Psychiatric Emergency Service, completing psychological testing/assessments.
  - Concentration in Primary Care Mental Health; providing psychological evaluation, brief treatment, and consultation to primary care physicians.
- 8/2011 – 7/2012 **Practicum Trainee** – Center for Anxiety and Related Disorders – Boston University  
*Supervisors:* Wendy Lippe, Ph.D. and Lisa Smith, Ph.D.
- Provided individual cognitive-behavioral therapy to community members.
  - *Additional Duties included:* Intake evaluations, diagnostic interviews, case presentations.
- 8/2011 – 7/2012 **Practicum Trainee** – Eating Disorders Program – Boston University  
*Supervisor:* Liz Pratt, Ph.D.
- Provided individual cognitive-behavioral therapy for patients with eating disorders.
- 8/2010 – 5/2011 **Doctoral Graduate Intern** – Counseling Center – Emerson College  
*Supervisor:* Cheryl Rosenthal, Psy.D.
- Providing individual therapy to undergraduate and graduate Emerson students presenting with a variety of disorders.
  - *Additional Duties included:* Intake evaluations, crisis intervention coverage, case presentations, treatment planning, receiving group and individual supervision.
- 6/2008 – 8/2009 **Hotline Supervisor/Case Management Specialist** – Family Paths, Oakland, CA  
*Supervisor:* Elizabeth Bremer, MFT
- Provided hotline counseling
  - *Additional Duties included:* Providing supervision to volunteers and MA-level interns, facilitating 40-hour training in hotline counseling.
- 5/2007 – 6/2008 **Therapist** – Community Counseling and Education Center, Santa Barbara, CA
- Provided adult, adolescent, child, and family therapy to a diverse clientele in community mental health setting.
  - *Additional Duties included:* Intake evaluations.
- 1/2008 – 6/2008 **Counselor-Educator** – Alcohol and Other Drug Program – University of California, Santa Barbara  
*Supervisor:* Ian Kaminsky, Ph.D.
- Facilitated psychoeducational groups for college students around alcohol and other drug use based in a motivational interviewing treatment model.

- Provided individual counseling to undergraduate and graduate students.
  - *Additional Duties included:* Group curriculum design, outreach to students via campus events, consultation to university faculty and staff regarding substance use concerns.
- 8/2006 – 6/2007     **Counselor/Faculty/Residence Director** – Besant Hill School – Ojai, CA
- Provided individual counseling and mentoring to high-school students.
  - Taught Introduction to Psychology.
  - Designed and facilitated Human Development curriculum for students in grades 9-12. Topics included health, sexuality, career, relationships, and life skills.
- 6/2004 – 7/2005     **Counselor/Advocate** – Advocacy Center – Ithaca, NY
- Provided counseling and advocacy to victims of sexual assault, domestic violence, and child sexual abuse.
  - Designed and facilitated outreach sessions for local agencies, schools, and universities around issues of relationship violence and sexual assault.
  - Answered 24-hour crisis hotline, providing crisis intervention and support via phone and in person.
- 5/2003 – 8/2003     **Field Instructor** – Aspen Achievement Academy – Loa, UT
- Provided 24-hour field leadership in wilderness therapy program for adolescents.
  - Provided individual and group counseling.
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## TEACHING EXPERIENCE

St. Mary's College, Moraga, CA

**Adjunct Faculty**

- Human Sexuality (January 2015)

Holy Names University, Oakland, CA

**Adjunct Faculty**

- Human Development (Fall 2014)
- Senior Capstone Thesis (Spring 2015)

Northeastern University, Boston, MA

**Adjunct Faculty**

- Senior Capstone Course in Human Services (Fall 2012)
- Counseling in the Human Services (Fall 2011, Spring, Summer, & Fall 2012)
- Counseling Theories and Practice (Summer 2010)

Lesley University, Cambridge, MA

**Adjunct Faculty**

- Psychopathology (MA-level) Spring & Summer 2012
- Developmental Psychology (MA-level) Fall 2012

South University Online

**Faculty**

- Human Development (Spring, Summer 2010)
  - General Psychology (Summer & Fall 2010, Spring 2011)
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## PROFESSIONAL MEMBERSHIPS

- 2010 – present     American Psychological Association (APA)  
2010 – present     Society for Community Research and Action (SCRA)

2016 – present      California Association of Marriage and Family Therapists (CAMFT)  
2017 - present      American Public Health Association (APHA)

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## PUBLICATIONS & PRESENTATIONS

- Rosas, L. G., Chen, S., Xiao, L., Emmert-Aronson, B. O., Chen, W., Ng, E., Martinez, E., Baiocchi, M., Thompson-Lastad, A., **Markle, E. A.**, Tester, J. (2023). Addressing food insecurity and chronic conditions in community health centres: Protocol of a quasi-experimental evaluation of Recipe4Health. *BMJ Open*, 13(4), e068585. <https://doi.org/10.1136/bmjopen-2022-068585>
- Emmert-Aronson, B. O., Alvarez, J. Ellis, T. R., & **Markle, E. A.** (2022, September). *Group Medical Visits or Stone Soup: Community is the Secret Sauce*. Presentation given at Annual conference for ICGMV Group Medical Visit Conference, Virtual.
- Thompson-Lastad, A., Ruvalcaba, D., Chen, S., Tester, J., Emmert-Aronson, B. O., Chinchilla, M., Chen, W., Xiao, L., Sherman, S., Ben-Moshe, K., Chen, X., Rodriguez Espinosa, P., Martinez, E., **Markle, E. A.**, Goldman Rosas, L. (2022, May). *Recipe4Health: Preliminary Analysis of an Integrative Approach to Address Social Isolation and Food Insecurity during COVID-19*. Presentation given at the International Congress for Integrative Medicine and Health. Phoenix, AZ.
- Rosas, L. G., Chen, S., Xiao, L., Emmert-Aronson, B. O., Chen, W., Ng, E., Martinez, E., Baiocchi, M., Thompson-Lastad, A., **Markle, E. A.**, Tester, J. (2023). Addressing food insecurity and chronic conditions in community health centres: Protocol of a quasi-experimental evaluation of Recipe4Health. *BMJ Open*, 13(4), e068585. <https://doi.org/10.1136/bmjopen-2022-068585>
- **Markle, E. A.** & Emmert-Aronson, B. O. (2021, September). *Fun, full, and easy: Leveraging clinic-community integration to create thriving GMV's*. Presentation given at Annual conference for ICGMV Group Medical Visit Conference, Virtual.
- Lou, V. Emmert-Aronson, B. O., Moroney, M., Alvarez, J., **Markle, E. A.**, Chern, L., & Rosas, L. G. (2021, March). *Community as Medicine: Qualitative Evaluation of the Open Source Wellness Model at Stanford Health Care Family Medicine Associates of San Jose*. Presentation given at Stanford School of Medicine Community Health Symposium.
- Emmert-Aronson, B. O., Grill, K. B., Trivedi, Z., **Markle, E. A.**, Chen, S. (2019). Group Medical Visits 2.0: The Open Source Wellness “Behavioral Pharmacy” model. *Journal of Complementary and Alternative Medicine*, 25(10), 1026-1034. 2021 October <http://doi.org/10.1089/acm.2019.0079>
- Blacker, A., Dion, S., Grossmeier, J., Haugen, K., Hecht, R., **Markle, E.**, et al. (2019). Social Determinants of Health – An Employer Priority. *Health Enhancement Research Organization, Healthy Workplaces Healthy Communities*. <https://hero-health.org/membership/committees/>
- **Markle, E.** (2019, August). *Community as Medicine: Animating Clinic and Community as Platforms for Human Health and Wellbeing*. Presentation given at Integrative Medicine for the Underserved (IM4US), Santa Clara, CA.
- Emmert-Aronson, B. O., Chen, S., **Markle, E.** (2019, May). *Behavioral medicine 2.0: The “Behavioral Pharmacy” model for health behavior change*. Presentation given at Annual conference for the American Psychiatric Association, San Francisco, CA.

- **Markle, E.** (2019, April). *Truth, Desire, and Habit: Animating Community as Medicine*. Presentation given at Mad\*Pow Healthcare Experience Design, Boston, MA.
- **Markle, E., & Emmert-Aronson, B.** (2019, March). *Innovation in Behavioral Health: Meet the 2019 Scattergood Innovation Award Finalists*. Presentation given at the National Council for Behavioral Health, Nashville, TN.
- **Markle, E., & Emmert-Aronson, B.** (2019, January). *Truth, Desire, and Habit: Leverage Three Human Technologies to Transform your Work and Life*. Presentation given at Genentech National Field Meeting, Las Vegas, NV.
- **Markle, E.** (2019, December). *Clinic-Community integration 2.0: Social and behavioral care from prescription to delivery system*. Presentation given at YMCA Community Integrated Health Conference, Washington, DC.
- **Markle, E.** (2018, November). *For Youth, By Youth: Innovative national approaches to reaching, engaging, supporting, and safeguarding youth from stigma and suicide*. Presentation given at American Public Health Association Annual Meeting, San Diego, CA.
- Chen, S., Jiminez, E., Pagilagan, H., Manchanda, R., Emmert-Aronson, B., **Markle, E.** (2018, November). *Population Health, Social Determinants of Health, and FQHC Clinic Transformation: Hayward Wellness Center's Journey Upstream*. Presentation given at American Public Health Association Annual Meeting, San Diego, CA.
- **Markle, E., & Emmert-Aronson, B.** (2018, November). *Open Source Wellness: Democratized delivery system for integrative health behavior change*. Presentation given at American Public Health Association Annual Meeting, San Diego, CA.
- **Markle, E., & Bonzell, D.** (2018, October). *Truth, Desire, and Habit: Leverage Three Human Technologies to Transform Your Work and Life*. Presentation given at Genentech GBO Offsite Retreat, San Francisco, CA.
- **Markle, E., Norris, T., & Charroux, A.** (2018). Harnessing youth peer lines will improve well-being, mental health crisis. *Youth Today*.
- **Markle, E.** (2018, September). *Featured Innovator Highlight: Open Source Wellness*. Presentation given at College of Behavioral Health Leaders Summit, Richmond, VA.
- **Markle, E., Emmert-Aronson, B., Chen, S., & Trivedi, Z.** (2018, June). *Population Health, Behavioral Pharmacy, Food Insecurity, and Clinic Transformation: An FQHC's Journey Upstream*. Presentation given at Integrative Medicine for the Underserved Conference, Washington DC.
- **Markle, E.**, (2018, May). *Truth, Desire, and Habit: Hacking your (work)LIFE*. Presentation given at Genentech AgileFest, San Francisco, CA.

- Emmert-Aronson, B. O. & **Markle, E. A.** (2018, May). *How do I get my patients to listen to me?! Novel approaches to behavior change*. Poster session presented at the annual meeting of the Association for a Psychological Science, San Francisco, California.
- **Markle, E.**, (2018, April). *On Bridges: Youth Mental Health and Emotional Wellbeing*. Presentation given at National Council for Behavioral Health Conference, Washington DC.
- Raffel, K., Beach L., Lin J., Berchuck, J., **Markle, E.**, & Patel, S. (2018). Naloxone distribution and training for patients with high-risk opioid use in a Veterans Affairs community-based primary care clinic. *The Permanente Journal*, 22:17-179. DOI: <https://doi.org/10.7812/TPP/17-179>
- **Markle, E.**, & Norris, T. (2017, November). “*Innovation in the clinical-community continuum: The “Behavioral Pharmacy” model*.” Paper presented at the meeting of the American Public Health Association, Atlanta, GA.
- Beach, L., Lin, J., Raffel, K., Berchuck, J., Abram, S., **Markle E.**, Patel, S. (2016, December) “Naloxone Distribution and Training for Outpatients with High Risk Opiate Use.” *Institute of Healthcare Improvement National Forum*, Orlando, FL.
- **Markle, E.**, Rodgers, R., Sanchez, W., & Ballou, M. (2015). Social support in the Cohousing model of community: A mixed-method analysis. *Community Development*, 46(5), 616-631.
- Chung, Y., Szymanski, D. M., & **Markle, E.** (2012). Sexual orientation and sexual identity: Theory, research, and practice. In N. A. Fouad, J. A. Carter, L. M. Subich (Eds.), *APA handbook of counseling psychology, vol. 1: Theories, research, and methods* (pp. 423-451). Washington, DC American Psychological Association.
- **Markle, E.** (2014, June). *Motivational Interviewing and Behavioral Activation for Primary Care Providers*. Presentation given at Cambridge Health Alliance, Cambridge, MA.
- **Markle, E.** (2012, June). *Social support in cohousing communities: A mixed-method analysis*. Presentation given at the National Cohousing Conference, Oakland, CA.
- **Markle, E.** (2011, June). *Social sustainability, social capital, and social support: An interdisciplinary review and conceptualization in light of the cohousing model of community*. Presentation given at the National Cohousing Conference, Washington, DC.
- Ballou, M. & **Markle, E.** (2010). Feminist therapy: A review from two perspectives. *PsychCRITIQUES*, 55(24).

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## AWARDS AND FUNDING

- **2022: California Wellness Foundation:** \$225,000 in support of Open Source Wellness and “Community As Medicine.”
- **2021: Prime Health Innovation Challenge:** First Place Winner, Open Source Wellness. \$75,000.

- **2019 Rising Foundation:** \$25,000 in support of Manualizing and Spreading the Open Source Wellness Behavioral Pharmacy Model.
  - **2019 Scattergood Health Innovation Award:** \$25,000 grant for innovation in behavioral health.
  - **2018 Rising Foundation:** \$25,000 in support of Evaluation of Open Source Wellness at Alameda Health System
  - **2018 American Council on Exercise (ACE):** \$20,000 in support of Evaluation of Open Source Wellness at Alameda Health System
  - **2018 Goggio Family Foundation:** \$10,000 in support of Open Source Wellness at Alameda Point Collaborative
  - **UCSF Catch Grant:** \$5,300 in support of resident training at Open Source Wellness
  - **2013 Dissertation Completion Fellowship, Northeastern University:** \$10,000
  - **2013 Outstanding Graduate Student Award for Teaching, Northeastern University**
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