

Elizabeth E. Slonena, PsyD, CMIP, HSP-P, MSCP

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Licensed Psychologist in North Carolina #5988

EDUCATION

Baylor University , Waco, TX	
Master of Science in Clinical Psychology	2017
Doctor of Psychology – Clinical Psychology; APA Accredited	2020
Dissertation: Effects of a Brief Mindful Hypnosis Intervention on Stress Reactivity	
Charles George VA Medical Center , Asheville, NC	2019-2020
Clinical Psychology Internship; APA Accredited	
PTSD and LGBT Veterans Area of Emphasis	
National Institute of Mental Health (NIMH) , Bethesda, MD	2013-2015
Post-Baccalaureate Intramural Research Training Fellow	
University of Florida , Gainesville, FL	2013
Bachelor of Science in Psychology, Summa Cum Laude	
Honors Thesis: The Role of Levodopa, Pulse Pressure, and Motor Asymmetry in Parkinson's Disease	

HONORS & AWARDS

Best Holistic Mind-Body Therapy Practice in North Carolina , GHP Holistic Health	2026
Best Hypnotherapy Practice , Global Health & Pharmacy	2024
Most Impactful Therapy Practice , GHP Mental Health	2023
Presidential Award , Society of Clinical and Experimental Hypnosis	2023
Presidential Award , Society of Clinical and Experimental Hypnosis	2022
Stanley Krippner Award , Society of Clinical and Experimental Hypnosis	2021
Teaching Capstone in Higher Education Award , Baylor University	2017
Eugene C. Walker Research Award , Baylor University	2016
NIH Post Baccalaureate Intramural Research Training Award (IRTA) , NIMH	2013-2015

CLINICAL EXPERIENCE

Mindful Hypnosis Counseling & Consulting PLLC , Asheville, NC	12/2021 – Present
Owner & Founder	
<u>Clinical Duties</u>	
<ul style="list-style-type: none">- Conduct weekly psychotherapy sessions with adults using evidence-based therapy.- Clinical consultant for therapists learning Mindful Hypnosis and clinical hypnotherapy.- Teach CE workshop trainings on evidence-based therapies.- Lead monthly peer-consultation groups for mindfulness-based therapists at Urban Dharma.	
Behavioral Sleep Solutions Program – Refresh Company , Asheville, NC	6/2021-12/2021
Program Director	
<u>Clinical Duties</u>	
<ul style="list-style-type: none">- Conduct weekly psychotherapy sessions with adults using CBT-Insomnia.- Lead weekly Behavioral Sleep Solutions psychoeducation classes.- Collaborate care with referring physicians.- Supervise and mentor graduate level clinician in CBT-I.	

CBT Counseling Center East, Asheville, NC

9/2020-5/2021

Post-Doctoral Clinical Psychologist

Supervisor: John Ludgate, Ph.D.

Clinical Duties

- Conduct weekly psychotherapy sessions with adults using evidenced-based therapies.
- Involvement in Behavioral Sleep Solutions psychoeducation classes.
- Attend weekly clinical team meetings for case consultations.

PTSD Clinical Team (PCT), Charles George VAMC, Asheville, NC

7/2019-7/2020

Psychology Intern

Supervisor: Ben Haffey, Psy.D.

Individual Therapy

- Conducted weekly psychotherapy sessions with Veterans diagnosed with combat-related and military sexual trauma (MST) PTSD using evidenced based psychotherapies.
- Implemented Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE).
- Utilized VA Video Connect Telehealth to deliver psychotherapy treatment.

Group Therapy

- Co-facilitated group Cognitive Processing Therapy (CPT) for Veterans with combat trauma.
- Co-facilitated Skill Training in Affective Regulation (STAIR) group for Veterans with post-traumatic stress disorder with co-occurring mood, anxiety, and substance use disorders.
- Co-facilitated Moral Injury process group with VA Chaplain.

Psychological Assessment

- Conducted comprehensive psychological consults and neuropsychological assessments for Veterans presenting with post-traumatic stress disorder, borderline personality disorder, substance use, mood and anxiety disorders.
- Completed CAPS-5 training certificate for assessing PTSD.

Psycho-Oncology, Palliative Care, and Hospice

12/2019-7/2020

Charles George VAMC, Asheville, NC

Psychology Intern

Supervisor: Carrie Torrey, Ph.D.

Individual, Family, and Couples Therapy

- Utilized clinical hypnosis to assist in pain reduction, ego strengthening, and stress reduction.
- Provided Integrative Behavioral Couples Therapy (IBCT) with couples facing health concerns.
- Implemented individual and family therapy utilizing brief health interventions in outpatient and inpatient settings to help Veterans and their families cope with terminal illness, chronic illness, and end of life concerns.
- Provided consultation in an interdisciplinary setting with physicians, nursing, physician assistants, nurse practitioners, social work, nutrition, and recreational therapists.
- Conducted cognitive functioning and capacity assessments to aid end of life care decisions.

Group Therapy

- Co-facilitated Veterans Bereavement group with VA Chaplain.
- Co-facilitated Chronic Illness Support group.

Supervision

- Supervised and mentored practicum students in psychotherapy and assessment cases.

Veterans Hope and Recovery Center

7/2019-7/2020

Charles George VAMC, Asheville, NC

Psychology Intern, LGBTQ Veterans Area of Emphasis

Supervisor: Lynn Marlow, Ph.D.

Group Therapy

- Co-facilitated the LGB Veterans and Trans Veterans processing groups.
- Co-facilitated the Acceptance and Commitment Therapy for Military Sexual Trauma group.

Psychological Assessment

- Knowledge of assessing for gender dysphoria and cross-sex hormone therapy readiness.

Education and Outreach

- Assisted in VA outreach activities to promote awareness and education regarding the mental and physical health care of LGBTQ+ Veterans.

Veterans Integrative Pain Management (VIPM)

7/2019-12/2019

Charles George VAMC, Asheville, NC

Psychology Intern

Supervisor: Lori Johnston, Psy.D.

Individual Therapy

- Implemented empirically supported pain-focused psychotherapy treatments including Cognitive Behavioral Therapy for Chronic Pain (CBT-CP), Cognitive Behavioral Therapy for Insomnia (CBT-I), and Biofeedback.
- Conducted weekly psychotherapy sessions with Veterans with chronic pain and co-occurring PTSD, TBI, personality, substance use, and affective disorders.

Group Therapy

- Co-facilitated the Pain Education group with clinical nurse specialist.
- Co-facilitated group CBT for Chronic Pain.
- Supervised Tai Chi and Mindful Yoga groups facilitated by community-based practitioners.
- Collaborated with clinical nurse specialist, chiropractors, and physicians to coordinate care.

Psychological Assessment

- Conducted pain-focused consults and comprehensive electronic medical reviews to assess Veterans' readiness for pain management psychological treatment.

Psychosocial Rehabilitation and Recovery Center (PRRC) & Inpatient Unit

4/2020-7/2020

Charles George VAMC, Asheville, NC

Psychology Intern

Supervisor: Robert Moseley, Ph.D. & Rosalba Pardo, Ph.D.

Clinical Duties

- Provide individual and group therapy for Veterans with serious mental illnesses including schizophrenia, schizoaffective disorder, bipolar disorder, and substance-induced psychosis.
- Co-facilitate psychoeducation groups to bolster social, recreation, and occupation skills.
- Provide consultation in an interdisciplinary team consisting of psychiatrists, social workers, nurses, a recreation therapist, an occupational therapist, and peer support specialists.
- Develop individualized treatment plans (inpatient unit) and recovery plans (PRRC).
- Conduct mental status, cognitive functioning, capacity, and safety risk assessments.
- Involvement in program development for designing novel treatments for Veterans.

Mind-Body Medicine Research Laboratory, Waco, TX

2018-2019

Assistant Clinical Research Coordinator and Research Therapist

Supervisor: Gary Elkins, Ph.D.

Clinical Research Therapy

- Provided mindful hypnosis to highly stressed adults for stress reactivity research.
- Provided hypnotherapy for stress, insomnia, and hot flash reduction research.

Psychological Assessment

- Administered the Stanford Hypnotic Susceptibility Scale and Elkins Hypnotizability Scale for test-retest reliability.

Supervision

- Provided supervision, training, and management of 15 junior research therapists in hypnosis scale administration and clinical research interventions.

Research Development

- Involvement in protocol development, implementation, and management of staff on protocols:
 - o *Self-Administered Hypnosis Treatment for the Management of Hot Flashes: A Randomized Clinical Trial*
 - A multi-site NIH/NCCIH R01 grant (NCT03572153)
 - o *Effects of a Brief Mindful Hypnosis Intervention on Stress Reactivity: A Randomized Clinical Trial*
 - o *Test-Retest Reliability of the Stanford Hypnotic Susceptibility Scale and the Elkins Hypnotizability Scale*

PTSD and ADHD Emphasis - Baylor Psychology Clinic, Waco, TX 2015-2018
 Clinical Psychology Advanced Practicum Therapist
 Supervisors: Keith Warren, Ph.D., Gary Elkins, Ph.D., Sara Dolan, Ph.D., and Alisha Wray, Ph.D.

Individual Therapy

- Conducted weekly psychotherapy sessions with adults, adolescent, and children presenting with ADHD, sexual trauma, post-traumatic stress disorder, bipolar disorder, schizoaffective, polysubstance abuse, anxiety disorders, depressive disorders, chronic health conditions, and adjustment disorders.
- Collaborated with caseworkers, psychiatrists, and Indigent Health Program to coordinate care.
- Used cognitive behavioral therapy, acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, hypnotherapy, and relational approaches.

Psychological Assessment

- Conducted comprehensive psychological and neuropsychological assessments for adults and children presenting with ADHD, intermittent explosive disorder, binge-eating, traumatic brain injury, post-traumatic stress disorder, major depressive disorder, and social anxiety disorder.

Baylor University Counseling Center, Waco, TX 2016-2017

Graduate Assistant Counselor

Supervisors: Ed Rogers, Psy.D. and Yoshiko Hall, Psy.D.

On-Call 24-hour Crisis Management

- Provided 24-hour crisis management via phone for students with suicidal ideation or psychosis.

Individual Therapy

- Conducted weekly psychotherapy sessions for sexual assault, depressive disorders, anxiety disorders, and adjustment disorders.
- Used acceptance and commitment therapy and relational therapy.

Group Therapy

- Co-facilitated two, 7-week mindfulness-based stress reduction (MBSR) groups for students with a range of clinical presentations, such as major depressive disorder and generalized anxiety disorder.

SELECTED CLINICAL RESEARCH EXPERIENCE

NIH Post Baccalaureate Intramural Research Training Award Fellow 2013-2015

Experimental Therapeutics and Pathophysiology Branch

National Institutes of Health (NIH), National Institute of Mental Health (NIMH)

Principal Investigator/Faculty Mentor: Carlos A. Zarate, Jr., M.D.

Investigation of the Rapid Antidepressant Effects of Ketamine in Depression (Protocol 04-M-0222)

- Examined the rapid antidepressant effects of a single intravenous dose of ketamine, an NDMA receptor antagonist, in treatment-resistant depression and bipolar disorder participants compared to healthy controls in a randomized double blind placebo control study.

Antidepressant Effects of a Glutamate Transporter Enhancer (Protocol 14-M-0041)

- Examined the antidepressant effects of diazoxide, a potassium channel activator, as a novel treatment for treatment-resistant depression in a randomized double blind placebo control study.

Research Experience

- Administered weekly MEG and fMRI scans and processed data using Freesurfer and AFNI.
- Processed and refined ActiWatch actigraphy data.
- Created an actigraphy database with over 200 patients for statistical analysis used by the lab and NIH collaborative partners.
- Administered novel computer tasks in neuroimaging scans (Suicide Implicit Association Test, BAMP, N-Back, Emotional Evaluation, Dot probe, Morris Water Navigation).

Clinical Experience

- Co-facilitated a weekly mindfulness group therapy course for treatment-resistant major depression and bipolar inpatients.
- Conducted clinical interviews for protocol eligibility.
- Liaison between clinicians and patients in a 32-bed multidisciplinary, locked inpatient unit.

White Matter and Cognition in Parkinson's Disease

2011-2013

Research Assistant

University of Florida, Department of Clinical and Health Psychology

Principal Investigator: Catherine Price, Ph.D.

Senior honors thesis: "The Role of Levodopa, Pulse Pressure, and Motor Asymmetry in Parkinson's Disease"

Research Experience

- Created and refined over 150 individual inter-cranial volume MRI scans, parietal lobe, hippocampal, substantia nigra, and red nucleus MRI lesions using the program ITK-SNAP.

SELECTED CONTINUING EDUCATION CERTIFICATES

Advance Workshops in Clinical Hypnosis, SCEH Certification	10/12/2025
Certified Mindfulness Informed Professional, Evergreen Certification	4/14/2025
Advance Workshops in Clinical Hypnosis, SCEH Certification	10/27/2024
Ego State Therapy Interventions, SCSCSW Certification	2/26/2022
Treatment Strategies for Adult ADHD, Certification	10/10/2020
S.A.F.E. EMDR, 6-day Intensive Workshop, EMDRIA Certification	9/24/2020
Advance Workshop in Clinical Hypnosis, ASCH Certification	8/23/2020
Motivation Interviewing, 2-Day Intensive Workshop	10/22/2019
Intermediate Workshop in Clinical Hypnosis, Certification	10/20/2019
Chronic Pain Management in Veterans Health Care, Certification	9/17/2019
Clinician-Administered PTSD Scale of DSM-5 (CAPS-5), Certification	8/15/2019
Introductory Workshop in Clinical Hypnosis, Certification	10/27/2017
ACTing in Practice: An Acceptance and Commitment Therapy Workshop, Certification	1/22/2016
A Mindful Approach to Ethics for Mental Health Professionals, Certification	5/08/2015
Introduction to ACT (Acceptance and Commitment Therapy), Certification	9/06/2014

PEER-REVIEWED PUBLICATIONS

1. **Slonena, E. E.** "Hypnotic Induction and Suggestion for Ego Strengthening." *Introduction to Clinical Hypnosis: The Basics and Beyond.*, Mountain Pine Publishing, Waco, TX, 2023.
2. **Slonena, E. E., & Olendzki, N.** "Integration of Mindfulness and Clinical Hypnosis." *Introduction to Clinical Hypnosis: The Basics and Beyond.*, Mountain Pine Publishing, Waco, TX, 2023.
3. **Slonena, E.E., & Olendzki, N.** (2022). Effects of a brief mindful hypnosis intervention on stress reactivity: A randomized active-controlled pilot study. *International Journal of Clinical and Experimental Hypnosis*, 69(4), 453-467.
4. Kekecs, Z., Roberts, L., Na, H., Yek, M. H., **Slonena, E. E.**, Racelis, E., ... & Elkins, G. (2021). Test-retest reliability of the Stanford Hypnotic Susceptibility Scale, Form C and the Elkins Hypnotizability Scale. *International Journal of Clinical and Experimental Hypnosis*, 69(1), 142-161.
5. **Slonena, E.E., & Elkins, G.** (2021). Effects of a brief mindful hypnosis intervention on stress reactivity: A randomized active-controlled pilot study. *International Journal of Clinical and Experimental Hypnosis*, 69(4), 453-467.
6. Olendzki, N., Elkins, G., **Slonena, E.E.**, Rhodes, J. (2020). Mindful hypnotherapy to reduce stress and increase mindfulness: A randomized controlled pilot study. *International Journal of Clinical and Experimental Hypnosis*, 68(2), 151-166.

7. Kececs, Z., Roberts, R. L., Na, H., **Slonena, E.E.**, Elkins, G. (2019). Test-retest reliability of the Stanford Hypnotic Susceptibility Scale, Form C and the Elkins Hypnotizability Scale. *International Journal of Clinical and Experimental Hypnosis*, 68, 99–105.
8. **Slonena, E.E.**, Kececs, Z., Elkins, G. (2018). Confirmatory factor analysis of a measure of normative dissociation: Optimization of the dissociative ability scale. *Contemporary Hypnosis and Integrative Therapy*, 33(1), 26-36.
9. Duncan, W. C., **Slonena, E.E.**, Hejazi, N. S., Brutsche, N., Kevin, C. Y., Park, L., Ballard, E.D., & Zarate, C. A. (2018). Are 24-hour motor activity patterns associated with continued rapid response to ketamine? *Neuropsychiatric Disease and Treatment*, 14(1), 2739-2748.
10. Duncan, W. C., **Slonena, E.E.**, Hejazi, N. S., Brutsche, N., Kevin, C. Y., Park, L., Ballard, E.D., & Zarate, C. A. (2017). Motor-activity markers of circadian timekeeping are related to ketamine's rapid antidepressant properties. *Biological Psychiatry*, 82(5), 361-369.
11. Sisco S., **Slonena E.E.**, Okun M., Bowers D., & Price, C.C. (2016). Parkinson's disease and the stroop color word test: Processing speed and interference algorithms. *The Clinical Neuropsychologist*, 30(7), 1104-1117.
12. Saligan, L. N., Luckenbaugh, D. A., **Slonena, E. E.**, Machado-Vieira, R., & Zarate, C. A., Jr. (2016). An assessment of the anti-fatigue effects of ketamine from a double-blind, placebo-controlled, crossover study in bipolar disorder. *Journal of Affective Disorders*, 194, 115–119.
13. Price, C. C., Tanner, J., Nguyen, P. T., Schwab, N. A., Mitchell, S., **Slonena, E.E.**, Brumback B., Okun M., Mareci T., Bowers, D. (2016). Gray and white matter contributions to cognitive frontostriatal deficits in non-demented parkinson's disease. *PloS One*, 11(1), e0147332.
14. Saligan, L. N., Luckenbaugh, D. A., **Slonena, E. E.**, Machado-Vieira, R., & Zarate, C. A., Jr. (2015). Development of a clinician-administered National Institutes of Health-Brief Fatigue Inventory: A measure of fatigue in the context of depressive disorders. *Journal of Psychiatric Research*, 68, 99–105.
15. Ballard, E.D., Ionescu, D.F., Vande Voort, J.L., **Slonena, E.E.**, Franco-Chaves, J.A., Zarate, C.A., Jr, Grillon, C. (2014). Increased fear-potentiated startle in MDD patients with lifetime history of suicide attempt. *Journal of Affective Disorders*. 162, 34-38.
16. Ionescu, D.F., Luckenbaugh, D.A., Niciu, M.J., Richards, E.M., **Slonena, E.E.**, Vande Voort, J.L., Brutsche, N.E., Zarate, C.A., Jr. (2014). Effect of baseline anxious depression on initial and sustained antidepressant response to ketamine. *Journal of Clinical Psychiatry*. 75(9), e932–e938.

WORKSHOPS AND CONTINUING EDUCATION PRESENTATIONS

1. **Slonena, E.E.**, (2025, November). *Mindful Hypnosis for ADHD*. Workshop presented at the 2nd Annual Make ADHD Your Genius Conference, Virtual, Asheville, NC.
2. **Slonena, E.E.**, & Olendzki, N., (2025, October). *Fundamentals of Mindful Hypnotherapy: Principles and Experiential Practice*. CE workshop presented at the 76th Annual Society of Clinical and Experimental Hypnosis Conference, Virtual, Asheville, NC.
3. **Slonena, E.E.**, (2025, September). *2-Day Mindful Hypnosis Certification Training*. CE virtual 2-day workshop presented at PESI Webinar Series, Asheville, NC.
4. **Slonena, E.E.**, (2025, May). *Mindful Hypnosis: Experiential Learning and Practical Protocols*. CE 2-day workshop presented at the Florida Society of Clinical Hypnosis, Melbourne, FL.
5. **Slonena, E.E.**, (2025, April). *Mindful Hypnosis Certification Training: Revolutionize Your Approach to ADHD, Anxiety, Trauma, and More*. CE virtual 2-day workshop presented at PESI Webinar Series, Asheville, NC.
6. **Slonena, E.E.**, & Olendzki, N., (2024, October). *Mindful Hypnosis: Principles and Practice*. CE workshop presented at the 75th Annual Society of Clinical and Experimental Hypnosis Conference, Anaheim, Ca.
7. **Slonena, E.E.**, (2024, March). *Mindful Hypnosis for Focus and Flow*. Workshop presented at the Get Things Done Retreat, Asheville, NC.

8. **Slonena, E.E., & Olendzki, N.,** (2023, October). *Mindful Hypnotherapy: Principles and Practice*. CE virtual workshop presented at the Annual Society of Clinical and Experimental Hypnosis Conference, Asheville, NC.
9. **Slonena, E.E.,** (2023, September). *Using Mindful Hypnosis to Get Stuff Done with ADHD*. Workshop presented at the Neuroabundant Retreat, Manitou Springs, CO.
10. **Slonena, E.E.,** (2023, August). *Clinical Hypnosis: Debunking Myths and Misconceptions*. CE workshop presented at the Asheville-Area Counseling Professionals Association (AACPA) Lenoir-Rhyne University, Asheville, NC.
11. **Slonena, E.E.,** (2023, June). *Mindful Hypnosis: How to Stress Less and Live More Mindfully*. CE virtual workshop presented at the Society of Clinical and Experimental Hypnosis Webinar Series, Asheville, NC.
12. **Slonena, E.E.,** (2023, March). *Mindful Hypnotherapy: Experiential Principals and Practice*. CE workshop presented at the Annual American Society of Clinical Hypnosis Conference, Jacksonville, FL.
13. **Slonena, E.E.,** (2023, April). *Ego Strengthening Foundations of Clinical and Applied Hypnosis*. CE virtual workshop presented at the Midyear Society of Clinical and Experimental Hypnosis Conference, Asheville, NC.
14. **Slonena, E.E., & Olendzki, N.,** (2022, October). *Mindful Hypnotherapy: Principals and Practice*. CE workshop presented at the Annual Society of Clinical and Experimental Hypnosis Conference, Asheville, NC.
15. **Slonena, E.E.,** (2022, April). *Ego Strengthening Foundations: Level 1 Clinical Hypnosis Training*. CE virtual workshop presented at the Midyear Society of Clinical and Experimental Hypnosis Conference, Asheville, NC.
16. **Slonena, E.E.,** (2021, May). *Applying the Science of Positive Psychology to Hypnotic Relaxation Therapy*. CE workshop presented at the Society of Clinical and Experimental Hypnosis Conference, Asheville, NC.
17. **Olendzki, N., & Slonena, E.E.,** (2020, October). *Mindful Hypnotherapy: Principals and Practice*. CE workshop presented at the Society of Clinical and Experimental Hypnosis Conference, Asheville, NC.
18. **Slonena, E.E., & Elkins, G.,** (2019, October). *Effects of a brief mindful hypnosis intervention on stress reactivity: A randomized active-controlled pilot study*. Paper presented at the Society of Clinical and Experimental Hypnosis Conference, New Orleans, LA.
19. **Slonena, E.E.,** (2018, August). *Effects of a brief mindful hypnosis intervention on stress reactivity*. Dissertation presented at Baylor University, Waco, TX.
20. **Slonena, E.E.,** (2018, July). *ACTing with self-care*. Presented at Baylor University, Waco, TX.
21. **Slonena, E.E.,** (2017, December). *Introduction to hypnosis and mindfulness*. Presented at Robinson High School, Waco, TX.
22. **Elkins, G., Patterson, V., Hickman, K., Na, H., Roberts, L., Slonena E.E.** (2017, October). *Hypnosis for anxiety: A survey of low-income primary care patients*. Presented at the Society for Clinical & Experimental Hypnosis, 68th Annual Scientific Session, Chicago, IL.
23. **Slonena, E.E.,** (2016, February). *Not your traditional Baylor student: a clinical case conference*. Presented at the Baylor Psychology Clinic, Waco, TX.
24. **Slonena, E.E.,** (2015, June). *Ketamine-induced mood improvement correlates with increased late-day psychomotor activity in depressed patients*. Presented at the Sleep & Circadian Research Day, Johns Hopkins University, Baltimore, MD.
25. **Slonena, E.E.,** (2014, February). *Improvements in fatigue following a single-infusion of ketamine in bipolar depression*. Presented at the biannual Post-Baccalaureate Seminar, The National Institutes of Health, Bethesda, MD.
26. **Slonena, E.E.,** (2013, May). *The role of levodopa, pulse pressure, and motor asymmetry in parkinson's disease*. Defended senior honors thesis at the University of Florida, Gainesville, FL.

RESEARCH PRESENTATIONS

1. **Slonena, E.E.**, Kekecs, Z., Elkins, G. (2017, November). Revised factor structure of the dissociative ability scale: A measure of nonpathological dissociation. Presented at the Association of Cognitive and Behavioral Therapies (ABCT) 51st Annual Convention, San Diego, CA.
2. Elkins, G., Patterson, V., Hickman, K., Na, H., Roberts, L., **Slonena E.E.** (2017, October). *Hypnosis for anxiety: A survey of low-income primary care patients*. Research Presentation presented at the Society for Clinical & Experimental Hypnosis, 68th Annual Scientific Session, Chicago, IL.
3. **Slonena, E.E.**, Kekecs, Z., Elkins, G. (2016, October). *The dissociative ability scale: Internal consistency and validity of a measure of normative dissociation*. Presented at the Society for Clinical & Experimental Hypnosis, 67th Annual Scientific Session, Boston, MA.
4. Hejazi, N., Duncan, W.C., Jr., Ballard, E.D., **Slonena, E.E.**, Zarate C.A., Jr. (2016, February). *Ketamine mood effects are associated with altered circadian amplitude and phase*. Presented at the Society of Biological Society 71st Annual Scientific Meeting, Atlanta, GA.
5. **Slonena, E.E.**, Duncan, W.C., Jr., Luckenbaugh, D.A., Brutsche, N.E., Ballard, E.D, Zarate, C.A., Jr. (2015, May). *Ketamine-induced mood improvement correlates with increased late-day psychomotor activity in depressed patients*. Presented at the Post-Bac Poster Day, The National Institutes of Health, Bethesda, MD.
6. **Slonena, E.E.**, Luckenbaugh, D.A., Saligan, L.N., Ionescu, D.F., Lukkahatai, N., Machado-Vieira, R., Zarate, C.A., Jr. (2014, May). *A single-infusion of the N-methyl-D-aspartate receptor antagonist ketamine improves fatigue scores in patients with bipolar disorder compared to placebo*. Presented at the Post-Bac Poster Day, The National Institutes of Health, Bethesda, MD.
7. **Slonena, E.E.**, Luckenbaugh D.A., Saligan L.N., Ionescu D.F., Lukkahatai N., Machado-Vieira R., Zarate, C.A., Jr. (2014, May). *A single-infusion of the N-methyl-D-aspartate receptor antagonist ketamine improves fatigue scores in patients with bipolar disorder compared to placebo*. Presented at the Society of Biological Society 69th Annual Scientific Meeting, New York, NY.
8. Ionescu, D.F., Luckenbaugh D.A., **Slonena, E.E.**, Niciu, M.J., Richards, E.M., Zarate, C.A., Jr. (2014, May). *A comparison of mood improvements following a single infusion of an N-methyl-D-aspartate (NMDA) antagonist in treatment-resistant patients with anxious and non-anxious depression*. Presented at the Society of Biological Society 69th Annual Scientific Meeting, New York, NY.
9. **Slonena, E.E.**, Schwab N., Coronado, N., Tanner, J., Nguyen, P., Price, C. (2014, February). *The role of levodopa, pulse pressure, and motor asymmetry in parkinson's disease*. Presented at the International Neuropsychological Society 42ND Annual Meeting Sheraton Seattle Hotel, Seattle, WA.
10. **Slonena, E.E.**, Schwab N., Coronado, N., Tanner, J., Nguyen, P., Price, C. (2013, May). *Asymmetry of motor onset and associations with pulse pressure in parkinson's disease*. Presented at the Third Annual ILR Student Research on Aging Exposition and Awards, Gainesville, FL.
11. **Slonena, E.E.**, Schwab N., Coronado, N., Tanner, J., Nguyen, P., Price, C. (2013, March). *The role of levodopa, pulse pressure, and motor asymmetry in parkinson's disease*. Presented at the Annual Undergraduate Psychology Research Symposium, Gainesville, FL.

PROFESSIONAL MEMBERSHIPS

President, Institute of Mindful Hypnosis	2023-Present
Co-President, Western North Carolina Dharma Therapists	2022-Present
Advance Workshop Co-Chair, Society of Clinical and Experimental Hypnosis	2022-2023
Mentorship Co-Chair, Society of Clinical and Experimental Hypnosis	2021-2023
Outreach and Marketing, Society of Clinical and Experimental Hypnosis	2019-2021
Member, Society for Clinical and Experimental Hypnosis	2015-Present

REFERENCES

Gary Elkins, Ph.D., ABPP, ABPH

Director, Mind-Body Medicine Research Laboratory
Medical Associate, Baylor Scott and White Hillcrest Medical Center
Editor-in-Chief, International Journal of Clinical and Experimental Hypnosis
Associate Professor, Baylor University
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Benjamin Haffey, Psy.D.

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Lori Johnston, Psy.D.

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Keith C. Warren, Ph.D.

Adjunct Professor, Baylor University
Department of Psychology and Neuroscience
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