

Diana Elaine Damer

Anxiety Treatment Center of Austin
8701 Shoal Creek Blvd., Suite 404
Austin, TX 78757
(512) 922-4844
diana@anxietyaustin.com

Educational History

Ph.D. Clinical Psychology	December, 1992	West Virginia University
M.A. Clinical Psychology	December, 1989	West Virginia University
B.A. Psychology/Philosophy	May, 1987	College of William and Mary

Professional Licenses/Associations

Licensed Psychologist, Texas State Board of Examiners of Psychologists
Member of the Anxiety Disorders Association of America (ADAA)
Member of the International Obsessive-Compulsive Foundation (IOCF)

Professional Positions

Owner/ Director	2012- present	Anxiety Treatment Center of Austin
Program Director for Group Services	2007- 2013	University of Texas at Austin, CMHC
Anxiety Disorder Specialist	2004-2013	University of Texas at Austin, CMHC
Clinical Psychologist	2000-2004	Private Practice, State College, PA
Clinical Supervisor	2000-2004	Pennsylvania State University, Psychology Dept.
District Director	1997-2000	Smoky Mountain Center, Western NC
Team Leader of Adult Services	1995-1997	Smoky Mountain Center, Western NC
Staff Psychologist	1993-1995	Smoky Mountain Center, Western NC

Recent Awards

CCAPS of ACPA Mid-Level Career Achievement Award 2012
APA Division 29 Best Empirical Research Article in 2010*

Publications

Vassilopoulos, S., Brouzos, A., Damer, D., Mellou, A., & Mitropoulou, A. (2013). A psychoeducational school-based group intervention for socially anxious children. *Journal for Specialists in Group Work*, 1-23.

*Castonguay, L., Boswell, J., Zack, S., Baker, S., Boutselis, M., Chiswick, Damer, D., Hemmelstein, J., Morford, M., Ragusea, S., Roper, G., Spayd, C., Weiszer, T., Borkovec, T., & Holtforth, M. (2010). Helpful and hindering events in psychotherapy: A practice research network study. *Journal of Psychotherapy Research and Practice*, 47(3), 327-344.

Castonguay, L., Nelson, D., Boutselis, M., Chiswick, N., Damer, D., Hemmelstein, J., Jackson, J., Morford, M., Ragusea, S., Roper, G., Spayd, C., Weiszer, T., & Borkovec, T. (2010). Psychotherapists, researchers, or both? A qualitative analysis of psychotherapists' experiences in a practice research network. *Journal of Psychotherapy Research and Practice*, 47(3), 345-354.

- Damer, D., Latimer, K., & Porter, S. (2010). Build your social confidence: a social anxiety group for college students. *Journal for Specialists in Group Work*, 35(1), 7-22.
- Damer, D. & Melendres, L. (2011). Tackling test anxiety: a group for college students. *Journal for Specialists in Group Work*.
- Fremouw, W. & Damer, D. (1992). Relapse prevention in obesity. In P. Wilson (Ed.), *Principles and practice of relapse prevention*. New York: Guilford.
- Fremouw, W., Seime, R., & Damer, D. (1993). Behavioral assessment and treatment of children with anorexia nervosa and bulimia. In Van Hasselt and Hersen (Eds.), *Handbook of behavior therapy and pharmacotherapy with children: A comparative analysis* (pp. 315-331). New York: Grune and Stratton.
- Seime, R. & Damer, D. (1991). Identification and treatment of the athlete with an eating disorder. In E. Etzel, A. Ferrante, & J. Pinkney (Eds.), *Counseling college-student athletes: Issues and interventions* (pp. 175-198). Morgantown, WV: Fitness Information Technology.
- Fremouw, W., Damer, D., & Smith, M. (1990). Obesity in adulthood. In M. Hersen & C. Last (Eds.), *Handbook of child and adult psychopathology: A longitudinal perspective* (pp. 403-416). New York: Pergamon.

Selected Conference Presentations

- Damer, D. & Stout, M. (2019, March). *Cognitive behavioral therapy for groups: A more accessible treatment approach*. Workshop presented at the meeting of the Anxiety and Depression Association of America, Chicago, IL.
- Damer, D. (2012, March). Social anxiety group on steroids: Thinking outside the group room: In *Innovations in College Counseling*. Symposium conducted at the American College Personnel Association, Louisville, KY.
- Cook, C. & Damer, D. (2011, March). *Helping students and trainees "be more" through group therapy*. Workshop presented at the meeting of the American College Personnel Association, Baltimore, MD.
- Damer, D. (2011, March). Got anxiety? We have a group for that! In M. Ribeiro (Chair), *Groups in college counseling centers*. Symposium conducted at the meeting of the American Group Psychotherapy Association, New York, NY.
- Zentner, Cook, P. & Damer, D. (2011, February). *Let's get ethical: Navigating common dilemmas in UCCC training programs*. Workshop presented at the meeting of the Texas University and College Counseling Center Conference, San Marcos, TX.
- Damer, D. & Melendres, L. (2010, March). *Tacking test anxiety: a brief group intervention*. Workshop presented at the meeting of the American College Personnel Association, Boston, MA.
- Damer, D. (2009, March). *Breaking the ice: a social skills group for students*. Workshop presented at the meeting of the American College Personnel Association, Washington D.C.

- Damer, D. (2009, March). Information sessions: a ridiculously easy way to screen for group. In *Innovations in College Counseling*. Symposium conducted at the American College Personnel Association, Washington, D.C.
- Damer, D. (2009, March). *Needle phobia in pregnancy poses significant risk: case study illustrating a multidisciplinary approach to treatment*. Poster session presented at the Anxiety Disorders Association of America Conference, Tamaya, NM.
- Damer, D. (2009, February). *If you build it, they will come: creating a robust group therapy program*. Paper presented at the Texas University and College Counseling Center Conference, Houston, TX.
- Damer, D. (2008, October). *This won't hurt a bit: a case study illustrating an integrated health approach to treating needle phobia*. Paper presented at the Southwest College Health Association Conference, Austin, TX.
- Damer, D. & Porter, S. (2008, March). *Build your social confidence: a social anxiety group for students*. First of a two-part institute presented at the meeting of the American College Personnel Association, Atlanta, GA.
- Damer, D. & Porter, S. (2008, March). *Courage to be imperfect: a perfectionism group for students*. Second of a two-part institute presented at the meeting of the American College Personnel Association, Atlanta, GA.
- Damer, D., Diaz, L., & Porter, S. (2008, February). *Making anxiety disorder treatment UCCC friendly*. Paper presented at the Texas University and College Counseling Center Conference, Houston, TX.