

Dr Stephanie Zerwas, PhD

Clinical Psychologist, Owner & Founder, Flourish Chapel Hill, NORTH CAROLINA

Dr Stephanie Zerwas is owner and founder of Flourish Chapel Hill – a psychotherapy practice dedicated to teenagers and young adults facing anxiety and eating disorders.

Dr Zerwas has held various positions at the University of North Carolina Center of Excellence for Eating Disorders, including Clinical Director, Associate Professor, and Associate Research Director.

Graduating from Yale University, Dr Zerwas completed a BA degree majoring in Psychology in 1998. She then undertook a MA and a PhD in 2007, studying clinical and developmental psychology. She completed her clinical internship at the University of California, San Diego.

Dr Zerwas is a prolific researcher in the field of eating disorders. Her first line of research focuses on dysregulated eating in childhood, psychiatric genetics, longitudinal data analysis, and defining the early signs and symptoms that emerge prior to the onset of eating disorders, that could assist in early screening and detection.

Her second line of research focuses on leveraging technology to improve eating disorders treatment. She coordinated 'CBT4BN: Cognitive Behavioral Therapy for Bulimia Nervosa', which compared chat groups and face-to-face group therapy for bulimia nervosa and has previously worked on an iPhone application to improve self-monitoring for patients with eating disorders.

As a therapist and researcher, Dr Zerwas uses science-backed principles to help those with anxiety and eating disorders ride out the emotional discomfort associated with living hyperconnected lives. She is also active on Twitter and believes social media use can assist eating disorders education, research and advocacy.

Dr Zerwas is an advocate for the Eating Disorders Genetics Initiative (EDGI) – the world's largest genetic research study of eating disorders ever performed, that aims to identify the hundreds of genes that influence a person's risk of developing anorexia nervosa, bulimia nervosa and binge-eating disorder, to improve treatment, and ultimately, save lives.

"In eating disorders, early identification and treatment is key. Understanding which genes increase risk for eating disorders will help families and physicians detect eating disorders and intervene early," said Dr Zerwas.



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MEDIA ENQUIRIES: Phil Bridges
University of North Carolina (UNC), US
phil.bridges@unchealth.unc.edu
(919) 457-6347

Casey Adams Jones
C. Adams Agency, US
info@cadamsagency.com
(336) 906-5246

Kirsten Bruce & Mel Kheradi
VIVA! Communications, AUS
kirstenbruce@vivacomcommunications.com.au / mel@vivacomcommunications.com.au
+61 401 717 566 | +61 421 551 257 | +61 2 9968 3741