

Natalia C. Orloff, MS

CURRICULUM VITAE

norloff@albany.edu

484-321-1124

Department of Psychology

University at Albany, State University of New York

Social Sciences 399

1400 Washington Avenue

Albany, NY 12222

EDUCATION

University at Albany, State University of New York, Albany, NY
Doctorate in Clinical Psychology, expected completion May 2018

University of the Sciences, Philadelphia, PA
Masters of Science in Health Psychology, May 2013

Temple University, Philadelphia, PA
Bachelor of Arts, Psychology, May 2008

Temple University, Rome, Italy
Fall, 2006

Additional Certification

Boston University, Boston, MA
Certificate for Post-Baccalaureate in Pre-Medical Studies, May 2010

PEER-REVIEWED PUBLICATIONS

Benau, E.M., **Orloff, N.C.**, Janke, E.A, Serpell, L., & Timko, C.A., (2014) A systematic review of the effects of experimental fasting on cognition. *Appetite*, 77, 52-61.

Hormes, J.M., **Orloff, N.C.**, & Timko, C. A. (2014). Chocolate craving and disordered eating. Beyond the gender divide?. *Appetite*, 83, 185-193.

Orloff, N.C., & Hormes, J.M. (2014). Pickles and ice cream! Food cravings in pregnancy: hypotheses, preliminary evidence, and directions for future research. *Frontiers in Psychology*, 5.

Manuscripts in preparation

Orloff, N.C. & Hormes, J.M. (in preparation). The role of emotion regulation in alcohol craving and consumption in US and non-US born college students.

Orloff, N.C., Liquorman, S., Hartnett, J., & Hormes, J.M. (in preparation). Debunking pregnancy rumors: comparing a pregnant sample to college students.

Orloff, N.C. & Hormes, J.M. (in preparation). Validating eating measures in a pregnant population.

Orloff, N.C., Timko, C.A., Kurobe, A., Wilson, H., Hardy, K., Borzekowski, D., Lock, J., Litt, I. & Peebles, R. (in preparation). A closer look at pro-ED website users Differences among ethnic minorities.

Orloff, N.C., Timko, C.A., Schlessinger, M., & Franko, D. (in preparation). The role of body awareness as a moderator between emotion dysregulation and binge eating in a community sample.

PROFESSIONAL PRESENTATIONS

Posters

Orloff, N. & Hormes, J.M. *Why do we crave? The role of emotion regulation in alcohol craving and consumption in US and non-US born college students.* (November, 2014). Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Hormes, J.M., **Orloff, N.C.,** & Timko, C.A. *Chocolate craving and eating disorder symptoms in men.* (April, 2014). Poster presented at the Society of Behavioral Medicine, Philadelphia, PA.

Orloff, N.C., Kearns, B., Litwin, R., Wright, V., Peebles, R., & Timko, C.A. (March, 2014). *Set shifting in Adolescents with Anorexia Nervosa and their mothers: Data from a cohort of treatment seeking parents and adolescents.* Poster presented at the International Conference for Eating Disorders, New York City, New York.

Orloff, N.C., Schlesinger, M., Franko, D., & Timko, C.A. *The role of body awareness as a moderator between emotion dysregulation and binge eating in a community sample.* (April, 2013). Poster presented at the International Conference for Eating Disorders, Montreal, Canada.

Orloff, N.C., Duffy-Paiement, C., & Timko, C.A. (April, 2013). *Disordered eating among collegiate female athletes: The role of sport type on the relationship between pressure to perform and eating disorder symptomatology.* Poster presented at the International Conference for Eating Disorders, Montreal, Canada.

Orloff, N.C., Rodriguez, D., Zucker, N., Merwin, R.M., & Timko, C.A. *Changes in Quality of Life and Caregiver Distress in an acceptance-based separated family treatment for adolescent anorexia nervosa.* (November, 2012). Poster presented at the annual

convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Timko, C.A., Merwin, R.M., **Orloff, N.C.**, Martin, L.M., Herbert, J.D., & Zucker, N. *Acceptance-based Separated Family Treatment for Adolescents with Anorexia Nervosa*. (October, 2012). Poster presented at the annual convention of the Eating Disorder Research Society, Porto, Portugal.

Orloff, N.C., Merwin, R., Zucker, N., Martin, L., Rodriguez, D., Moskovich, A., & Timko, C.A. *Changes in adaptive functioning in adolescents enrolled in Acceptance-based Separated Family Treatment for anorexia nervosa*. (May, 2012). Poster presented at the International Conference for Eating Disorders, Austin, TX.

Moelter, S.T., Fontana, M., Gulchina, Y., **Orloff, N.C.**, & Timko, C.A. *Why 'Just Do It' Works for Some but Not for Others: Exercise Bias and Aerobic Capacity*. (April, 2011). Poster presented at University of Pennsylvania's Research Day, Philadelphia, PA.

Conference Talks and Symposia

Hormes, J.M. & **Orloff, N.C.** *Addicted to Facebook: The role of emotion regulation deficits in disordered online social networking use*. (March, 2015). Oral presentation given at the International Conference on Behavioral Addictions, Budapest, Hungary.

SELECTED MEDIA COVERAGE

“Expectant Mothers Take Note: Pregnancy Food Cravings May Be Psychological.” University at Albany: News Center. November 3, 2014. (<http://www.albany.edu/news/55801.php>).

“Why Do Pregnant Women Crave Chocolate?” New York Magazine. October 14, 2014. (<http://nymag.com/scienceofus/2014/10/why-do-pregnant-women-crave-chocolate.html>).

“UAlbany researchers: cravings in pregnancy may be psychological.” Times Union. November 8, 2014. (<http://www.timesunion.com/local/article/UAlbany-researchers-cravings-in-pregnancy-may-be-5880701.php>).

ONGOING RESEARCH

Orloff, N.C. & Hormes, J.M. *Impact of moderate chocolate consumption on susceptibility to a craving induction*.

Orloff, N.C., Samelson, R., & Hormes, J.M. *Patterns of food consumption and craving in Gestational weight gain*.

Pergola, S., **Orloff, N.C.**, & Hormes, J.M. *The effects of mood on social networking behaviors*.

Niemec, M., **Orloff, N.C.**, Reilly, E., Anderson, L., Dmochowski, S., Knauff, L., Anderson, D., & Hormes, J.M. *Instagram use and healthy behaviors.*

Orloff, N.C. & Hormes, J.M. *Online dating: Another domain of addictive behaviors?*

RESEARCH EXPERIENCE

August 2013- Present **Graduate Research Assistant, Health Behaviors Laboratory**
University at Albany, State University of New York, Albany, NY

January 2011- June 2013 **Research Coordinator, Eating Disorder Research Program**
University of the Sciences, Philadelphia, PA

May 2010- April 2011 **Graduate Research Assistant, Stephen T. Moelter, Ph.D.**
University of the Sciences, Philadelphia, PA

January 2005- December 2005 **Undergraduate Research Assistant, Adult Anxiety Clinic**
Temple University, Philadelphia, PA

CLINICAL EXPERIENCE

June 2015- Present **Clinical Psychology Intern, Health Psychology Associates**
Albany, NY

August 2014- May 2015 **Psychology Trainee, Psychological Services Center**
University at Albany, State University of New York, Albany, NY

August 2012- June 2013;
May 2014- August 2014 **Counselor, The Renfrew Center**
Spring Lane Residential Facility, Philadelphia, PA

August 2011- June 2013 **Trainee Therapist, Eating Disorder Research Program**
University of the Sciences, Philadelphia, PA

TEACHING EXPERIENCE

Seminars

August 2014- December 2014 **Teaching Practicum in Psychology: APSY 892**
University at Albany, State University of New York, Albany, NY

Instructor

- June 11, 2015 **Guest Lecturer, Abnormal Psychology: APSY 338**
University at Albany, State University of New York, Albany, NY
- February 16, 2015 **Guest Lecturer, Health Psychology: APSY 329**
University at Albany, State University of New York, Albany, NY
- August 2014- December 2014 **Discussion Instructor, Introduction to Psychology: APSY 101**
University at Albany, State University of New York, Albany, NY

Teaching Assistant

- January 2015- May 2015 **Teaching Assistant, Health Psychology: APSY 329**
University at Albany, State University of New York, Albany, NY
- August 2014- December 2014 **Teaching Assistant, Abnormal Psychology: APSY 338**
University at Albany, State University of New York, Albany, NY
- January 2014- May 2014 **Teaching Assistant, Abnormal Psychology: APSY 338**
University at Albany, State University of New York, Albany, NY
- August 2013- December 2013 **Teaching Assistant, Health Psychology: APSY 329**
University at Albany, State University of New York, Albany, NY

VOLUNTEER RELATED EXPERIENCE

- August 2007- Present **Volunteer, Health Clinic**
Camp Dreamcatcher, Kennett Square, PA
- September 2009- May 2010 **Volunteer, Outreach Division**
Hepatitis B Initiative (HBI), Boston, MA
- September 2009- January 2010 **Volunteer, Emergency Department**
Tufts University Hospital, Boston, MA
- November 2007- May 2008 **Volunteer, Metropolitan Aids Nutritional Alliance (MANNA)**
Philadelphia, PA

HONORS AND AWARDS

- Four-year academic scholarship, Temple University, 2004- 2008
Dean's List, Temple University, 2004-2008
Magna Cum-Laude, Temple University, May 2008
Psi Chi, National Honor Society in Psychology

PROFESSIONAL ASSOCIATIONS

Association for Behavior and Cognitive Therapies
Academy of Eating Disorders