

VITA

Steven E. Tobias, Psy. D.

Education:

- 1977 B.A., Hobart College, Geneva, NY (History, Education)
Phi Beta Kappa Honor Society
- 1982 M.A., Kean College, Union, NJ (Psychology)
- 1982 School Psychology Certification, Montclair College
Montclair, NJ (School Psychology) Phi Kappa Phi Honor
Society
- 1987 Psy. D., Rutgers University, Piscataway, NJ (School Psychology)
Merit Scholarship Recipient

Professional Employment:

- 2001- School Psychologist Consultant, Red Oaks School,
Morristown, NJ
- 1998- Director, Center for Child & Family Development
Morristown, NJ
- 1993- School Psychologist Consultant, Banyan School,
Fairfield, NJ
- 1989- School Psychologist Consultant, Far Hills Country Day School
Far Hills, NJ
- 1987- Psychologist, Private Practice, Morristown, NJ
- 1985-98 Psychologist, Child Development Center, Morristown
Memorial Hospital, Morristown, NJ
- 1982-91 School Psychologist Consultant:
Cerebral Palsy Association of Middlesex County,
Verona, Livingston, and Caldwell, NJ Public Schools

Publications:

- Elias, M.J., Friedlander, B.S., & Tobias, S. E. Computers in child
therapy New York: The Guilford Press, 2003
- Elias, M. J., & Tobias, S.E. Problem solving/decision making for social
and academic success. Washington, D.C.: National Education
Association, 1990
- Elias, M. J., & Tobias, S.E. Social problem solving: interventions in the
schools. New York: The Guilford Press, 1996

Elias, M. J., Tobias, S. E., & Friedlander, B. S. Emotionally intelligent parenting: How to raise a self-disciplined, responsible, socially skilled child. New York: Harmony Books, 1999

Elias, M. J., Tobias, S. E., & Friedlander, B. S. Raising Emotionally Teenagers. New York: Harmony Books, 2000

Sudler, N. C. & Tobias, S. E. "Gifted Adolescents." In Textbook of Adolescent Health Care, edited by W. Rosenfeld. Elk Grove Village, IL.: American Academy of Pediatrics, in press.

Tobias, S. E. "FIG TESPN Goes to Middle School." In Social Decision Making and Life Skills in the Middle School, edited by M. J. Elias. Gaithersburg, MD.: Aspen, 1993.

Tobias, S. E. & Sudler, N. C. "Underachievement and Overachievement in Adolescence." In Textbook of Adolescent Health Care, edited by W. W. Rosenfeld, Elk Grove Village, IL.: American Academy of Pediatrics, in press.

Certifications and Licenses:

Psychologist – New Jersey
School Psychologist – New Jersey
Director of Student Personnel Services - New Jersey
Teacher of Social Studies – New Jersey

Professional Affiliations:

American Psychological Association
New Jersey Psychological Association

VITA
Sarah Z. Itzhaki, PhD

Education

- 1987 B.Sc., Tel-Aviv University, Tel-Aviv, Israel. (Life Science)

- 1993 B.Sc., University of Jerusalem, faculty of agriculture, Rehovot, Israel. (Biochemistry & Clinical Human Nutrition). **With honors.**

- 1991 M.Sc., Technion – Israel Institute of Technology, Haifa, Israel. (Physiology). **Gutwirth excellence scholarship**

- 2007 Ph.D. Technion - Israel Institute of Technology, Haifa, Israel. Medical Research. Title of Thesis: “Endothelial dysfunction in Obstructive Sleep Apnea patients and the effect of treatment and nutritional aspects”. **With honors.**

- 2008 – Nord psychologic Institute, counseling using therapeutic cards.
- 2012 HMO – Providing Group Therapy for Patients Emotional Eating for Dietitians. Dr. Beck’s CBT for Weight Management.

Professional Employment

- 2012- Bar Ilan Univ. Medical Faculty – Freelance guest-lecturer “Nutritional Interviewing”.

- 2011 - HMO – Devising a nutritional treatment protocol and providing group therapy sessions for families with overweight children.

- 2007- Toys'NTales Ltd. Co-founder with Steven Tobias, PSyD. Developing and manufacturing research based books, toys and games for social-emotional development.

- 2000 - Clinical Dietitian – private practice.

- 2003-2007 Research & Development. Technion – Medicine Faculty & sleep laboratory.

- 1997-2000 Clinical Research Associate (CRA) and Safety Partner. GlaxoWellcome United-Kingdom (GWUK) pharmaceuticals.

1993-1997 Clinical Dietitian. Rabin Medical Center, Campus Beilinson, Petach-Tikva, Israel. Departments- pediatrics, internal, oncology, orthopedics, diabetes, and lipid.

Publications:

Books:

1. Itzhaki Sarah (author), Hill Dave (illustrator). “Wizarday – When Our Stuff Went Away!” Toys’NTayls Ltd. 2010. ISBN: 978-965-7435-01-4.
2. Itzhaki Sarah (author), Hill Dave (illustrator). “The Two Tuba Switch”. Toys’NTayls Ltd. 2007. ISBN:978-965-7435-00-7.

Articles:

3. Itzhaki S, Lavie L, Pillar G, Tal G, Lavie P. Endothelial Dysfunction in Obstructive Sleep Apnea measured by peripheral arterial tone response in the finger to reactive hyperemia. Sleep,2005;28(5):594-600.
4. Itzhaki S, Dorchin H, Clark GT, Lavie L, Lavie P, Pillar G. The effects of one- year treatment with a Herbst mandibular advancement splint on Obstructive Sleep Apnea, oxidative stress and endothelial function. Chest, 2007; 131(3): 740-749

Additional publications can be provided upon request.

Professional Affiliations and memberships:

Atid – Israeli Clinical Nutrition Society.
NSSEA – The National School Supply and Equipment Association
ASTRA – The American Specialty Toy Retailing Association
SCBWI – Society of Children's Book Writers and Illustrators
IBPA – Independent Book Publishers Associations.