

CONNOR I. ELBE

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EDUCATION

Master of Arts in Psychology, San Diego State University 2021-2023
Body Image, Sexuality, and Health Lab
Supervisor: Dr. Aaron Blashill

Bachelor of Science (Honours) in Psychology, Western University 2014-2020
Minor: Medical Cell Biology
Honours Thesis: Effects of Confronting Weight Stigma on Anti-Fat Attitudes, Weight Stigma Resistance, and Support for Stigma-Reduction Strategies

MANUSCRIPTS AND PRESENTATIONS

REFEREED PUBLICATIONS

Osa, M. L., Siegel, J., Meadows, A., **Elbe, C.**, & Calogero, R. M. (2021). Stigmatizing effects of weight status on lay perceptions of eating disorder-related distress. *Eating Disorders: Journal of Treatment and Prevention*, 1–11.
<https://doi.org/10.1080/10640266.2020.1855571>

Elbe, C., Meadows, A., & Calogero, R. M. (2020) Effects of confronting weight stigma on anti-fat attitudes, weight stigma resistance, and support for stigma-reduction strategies. *Western Undergraduate Psychology Journal*, 8(1), 5-17.

MANUSCRIPTS IN PREPARATION

Siegel, J., **Elbe, C.**, & Calogero, R. M. (2021). “It’s an ongoing process”: Feminist identity development in cisgender men.

CONFERENCE PRESENTATIONS

Siegel, J. A., **Elbe, C.**, & Calogero, R. M. (2021, February). *Comrades in the struggle: Exploring feminist identity in cisgender men*. Poster accepted to the annual convention for the Society for Personality and Social Psychology. Online conference.

Siegel, J. A., **Elbe, C.**, & Calogero, R. M. (2020, June). *Sex is power beliefs and acceptance of cosmetic surgery*. Poster accepted to the annual convention for the Society for the Psychological Study of Social Issues. Denver, CO. (Conference cancelled due to COVID-19 pandemic)

Elbe, C., Meadows, A., & Calogero, R. M. (2020, June). *Effects of confronting weight stigma on anti-fat attitudes, weight stigma resistance, and support for stigma-reduction strategies*. Online poster presented at the 50th Annual Ontario Psychology Undergraduate Thesis Conference.

Elbe, C., & Jarajapu, S. (2019, April). *Fostering an inclusive community: Giving Londoners the tools to 'call out' discrimination and be effective allies*. Poster presented at the Community Engaged Learning Poster Showcase at Western University in London, ON, Canada.

PUBLIC TALKS

Prejudice 101: Understanding The Basic Psychology of Prejudice; London Public Library – Advocacy Through Action Series (London, ON; February 2021)

RESEARCH EXPERIENCE

Research Assistant, Western University 2021

Psychobiology of Eating and Related Disorders Lab

Supervisor: Dr. Lindsey Bodell

Responsibilities:

- Attended weekly lab meetings to discuss the classification, diagnosis, and treatment of eating disorders and its co-morbidities
- Assisted in the recruitment of participants and helped with data collection and analysis for graduate student's projects

Research Assistant, Western University 2018-Present

Stigma, Objectification, Bodies, and Resistance Lab

Supervisor: Dr. Rachel Calogero

Responsibilities:

- Collaborated with senior members in the development of quantitative and qualitative studies which investigate eating behaviours, stigmatized identities, feminism, sexism, body (dis)satisfaction, discrimination, and power and resistance.
- Assisted in study design and preparation (i.e., literature reviews, ethics applications, consent forms), data collection, analysis, and interpretation, and manuscript write-up and editing

Research Assistant, Western University 2018-2021

Avian Research Lab

Supervisor: Dr. Scott MacDougall-Shackleton

Responsibilities:

- Worked in a program of research which examined the hippocampal function of brown-headed cowbirds in the different phases of memory (i.e., acquisition, storage, and retrieval)
- Assisted with study development and implementation, animal care, and microscope plating and imaging

Research Investigator, City of London 2018-2019

Community and Economic Innovation of London

Supervisors: Dr. Leora Swartzman & Kinga Koltun

Responsibilities:

- Devised a passive bystander prevention program that would induce allyship towards marginalized populations in the City of London
- Conducted literature reviews on passive bystander and allyship ideology, met with leaders from other cities who have successfully implemented similar programs, and interviews London residents to learn of the areas of discrimination that are pervasive within the community

Research Assistant, Western University 2018

Human Sexuality Lab

Supervisor: Dr. William Fisher

Responsibilities:

- Assisted with a research project that investigated how undergraduate students interpret, understand, and communicate the idea of consent with their peers
- Helped with study implementation, transcription of qualitative interviews, and the review of relevant study materials (i.e., Qualtrics surveys, coding software, and questionnaires)

CLINICAL EXPERIENCE

Developmental Support Worker, Beth Tikvah Foundation 2021

Hamilton, Ontario, Canada

Responsibilities:

- Provided primary support to clients with dual diagnosis developmental disabilities (including FASD, personality, mood, neurodevelopmental, psychotic, and anxiety disorders)
- Completed incident reports, progress notes, daily shift reports, administered medication, and adhered to both Behaviour Support Plans (BSPs) and behavioural PRN guidelines
- Advocated for clients in all physical and health needs including medical, social, and recreational settings to maximize their quality of life and community integration

EDITORIAL SERVICE

Co-Editor-in-Chief, Western University 2020-2021

Western Undergraduate Psychology Journal

Faculty Advisor: Dr. Rachel Calogero

Responsibilities:

- Aided in accepting or rejecting, reviewing, and editing of submitted manuscripts
- Directed the advertisement of the journal to undergraduate students and collaborated with the faculty advisor on the aesthetics of the journal

COMMUNITY SERVICE

Client Service Volunteer, Daya Counselling Centre 2019-2020
London, Ontario, Canada

Responsibilities:

- Facilitated the match between counsellors and clients who sought treatment for their mental health disorders
- Ensured the secure organization of confidential client files (i.e., subsidy documents, intake forms)

In-School Mentor, Big Brothers Big Sisters 2019-2020
London, Ontario, Canada

Responsibilities:

- Established a professional relationship with the Thames Valley District School Board and met with a family that had a child with a behavioural disorder
- Met weekly with this child to provide support and mentorship for social- and school-related activities

Supportive Listening Volunteer, Canadian Mental Health Association 2018-2020
London, Ontario, Canada

Responsibilities:

- Supported individuals in the London community who were experiencing mental health crises
- Connected these individuals to free and accessible mental health resources within the community

Fall/Spring Preview Day Volunteer, Western University 2017-2020
London, Ontario, Canada

Responsibilities:

- Met with potential undergraduate students who were interested in the Psychology program at Western University
- Provided these individuals with information on the school, the structure of the program, and the future professional opportunities available to them with a degree in Psychology

Volunteer Note Taker, Student Accessibility Services (Western University) 2017-2020
London, Ontario, Canada

Responsibilities:

- Supplied lecture notes to individuals who were unable to attend class due to accessibility issues

Conference Committee Member, International Weight Stigma Conference 2019
London, Ontario, Canada

Responsibilities:

- Assisted in event assembly and flow, ensured that presentations were held in the appropriate locations, and that all necessary equipment was available

CURRICULUM VITAE

- Attended specific talks by key figures in the weight stigma field, which provided me with the opportunity to learn more about up-and-coming weight stigma research

Symptom Assessment Volunteer, Hamilton Health Sciences 2012-2016
Hamilton, Ontario, Canada

Responsibilities:

- Conducted symptom assessments on patients prior to their scheduled appointments
- These symptoms assessments included issues of anxiety, depression, and pain in relation to a cancer diagnosis, which were relevant to the oncologists they were meeting with

Co-op Volunteer, Willowgrove Long Term Care Residence 2013
Hamilton, Ontario, Canada

Responsibilities:

- Aided in resident event planning, assembly, and clean-up
- Directed the meal preparation for, and assisted in the feeding of, the residents of the facility

PROFESSIONAL DEVELOPMENT

Abuse Prevention Training, Surge Learning 2021

Medication and Pharmacology Training, Surge Learning 2021

Rights and Responsibilities of Individuals with Developmental Disabilities Training, Surge Learning 2021

Standard CPR and First Aid Level C Certification, Red Cross 2021

Understanding Stigma in a Clinical Setting, Centre for Addiction and Mental Health 2020

Advancing Recognition and Response Training: Intimate Partner Violence, 2020
Ontario Council of Agencies Serving Immigrants via Western University

Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Research Ethics (TCPS 2: CORE), Government of Canada 2019

Crisis Training for Trauma and Self-Harm, Canadian Mental Health Association 2019

Suicide Alertness for Everyone (safeTALK) Training, Canadian Mental Health Association 2018