

SILVER HILL HOSPITAL

RESTORING MENTAL HEALTH SINCE 1931



Erin Kleifield, PhD

Director of Eating Disorders Program

- Doctor of Psychology, Rutgers University
- B.A. in Psychology, Stanford University
- Fellowship in Eating Disorders at Cornell
- Focuses on treating patients with Eating Disorders

Academic Appointments & Professional Associations

- Clinical Instructor of Psychology in Psychiatry, Weill Cornell Medical College
- Member of the American Psychological Association
- Member of the Academy of Eating Disorders
- Member of the Connecticut Psychological Association
- Member of the New York City Cognitive Behavioral Therapy Association
- Member of the Association for Contextual and Behavioral Therapy
- Member of the International Society for Schema Therapy

Clinical Interests

- Eating Disorders: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Compulsive Overeating, Athletes, Compulsive Exercising, Weight gain due to psychotropic medications, Body Dysmorphic Disorder (BDD); males and females, adolescents and adults; couples and families (trained in the Maudsley Method)
- Depressive Disorders: Major Depression; Dysthymia
- Anxiety Disorders: Social Anxiety; Generalized Anxiety, Panic Disorder, Obsessive Compulsive Disorder (OCD)
- Trauma and Stress-Related Disorders
- Personality Disorders

Clinical Interests

- Cognitive Behavior Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Schema Therapy, Mindfulness and Compassion Based Therapies

Please contact Heather Porter, MBA, Director of Marketing and Business Development to arrange an interview with Dr. Kleifield. Email hporter@silverhillhospital.org or call 203.801.2378.