Lisa Lombard, Ph.D.



Licensed Clinical Psychologist

332 N. Scoville Avenue. Oak Park, Illinois 60302
Phone: 708-655-0063 Web: <http://www.lisalombardphd.com> E-Mail: mailto:lisalombardphd@gmail.com

## **EDUCATION**

Ph.D. **University of Chicago**, Department of Psychology (Mental Health Program Committee and Human Development), 1991

M.A. **University of Chicago,** Committee on Human Development, 1985

B.A. **University of Chicago,** Department of Behavioral Sciences, 1982

# **PROFESSIONAL LICENSURE**

Licensed Clinical Psychologist IL: 071.007229

PSYPACT-authorized to provide Telepsychology

Licensed Clinical Psychologist MD & VA: Inactive Status

## **PRIVATE PRACTICE**

***Clinical Psychologist***

***Independent Private Practice***, 2007 - present, Chicago, Illinois; 1995-2006, Alexandria, Virginia

 **“Mindbody Possibilities” for children, teens, and adults**. Biopsychosocial integration of insight/depth perspective, clinical hypnosis and mindfulness, and cognitive behavior therapy. Offering play therapy, individual therapy, group work, consultation to schools and other professionals, and teletherapy. Specialized psychological services for management of anxiety, pain, and stress-mediated discomfort associated with chronic health conditions (e.g., food allergies, asthma, eczema, G.I. problems, headaches, pain syndromes). Therapeutic services for children and adults facing unexpected grief and traumatic loss.

***Psychological Consultant & Director of Training/Site Supervisor*,** 2009 – 2021.

The Frances Xavier WardePreschool/Elementary School, Chicago, Illinois

Provided psychotherapy and counseling to children and families that included CBT, self-regulation skills-building, play therapy, and biofeedback. Consulted and supported families undergoing life transitions. Conducted psychological evaluations and neuropsychological screenings related to cognitive strengths/weaknesses, learning differences, school readiness, social/emotional/personality functioning, and executive functioning. Offfered staff development for SEL curriculum. Supervised psychology graduate students (diagnostic and therapeutic training). Developed programming for teachers and parents related to preschoolers’ resiliency, school readiness, mindfulness in classrooms; psycho-educational challenges, sleep hygiene, anxiety management, and other school-related topics. Founding member of Committee on Social Emotional Learning and Technology (SET), which studied and advised parents about the impacts of technology on social emotional health.

## **ADVOCACY & NOT-FOR-PROFIT EXPERIENCE**

 ***Founder***, ***Comfort Kits for Children* (**March 2022 – ongoing)

Started an international organization to provide playful toys and skill-building instructions for children and caregivers, to promote emotional self-regulation for children experiencing traumatic events like war and gun shootings. Fund-raising and collaborating with other NGOs in Ukraine, Poland, and Chicago. Curated a website of free behavioral health resources for children and caregivers impacted by war and gun shootings. Speak to local and international groups to support their training and use of the skills included in each Comfort Kit for Children pamphlet.

## **CLINICAL RESEARCH**

***Research Assistant Professor*** (March 2020-August 2022). Center for Food Allergy and Asthma Research (CFAAR), Department of Medical Social Sciences, Northwestern Feinberg School of Medicine, Chicago, Illinois

Researched the psychology of life-threatening food allergies, including novel coping with psycho-emotional experiences, caregiver self-efficacy, bullying, and medical stress/trauma. Led team developing a free, web-based platform of curated behavioral health resources and self-directed wellness practices (with general emphasis on stress management and coping skills for those who work with children) for schools (e.g., special education needs), health care providers, and families. Involved in planning phase of longitudinal study of Early Relational Health and analysis of behavioral wellness of families during pandemic. Exploratory research on the use of Virtual Reality (VR) and Guided-Imagery Meditation (GIM) during oral immunotherapy and other food allergy/asthma-related stressful experiences.

***Research Assistant and Co-Investigator*** (1981-1987).Member of Chicago Paradigm Self-Hypnosis Research Project, headed by Erika Fromm, Ph.D., University of Chicago

Participated in data collection, coding, data analysis, manuscript writing and presentations.

## **COMFORT KITS FOR CHILDREN**

***Founder,*** 2022 – ongoing, Not-for-profit organization with mission to provide Comfort Kits (early-intervention skills to cope and re-regulate emotions) to children impacted by war in Ukraine and shootings in US.

## **CLINICAL AND ALLIED EXPERIENCES (POST-DOCTORAL)**

***Evaluation Consultant***, 2006-2007, Baker Demonstration School, Wilmette, Illinois

Conducted qualitative program evaluation of new preschool/pre-k program in private progressive school. Interviewed parents and administrators, synthesized findings and presented results to Board.

***Coordinator****,* 2005-2006, Cognitive Assessment Program at the Center for Cognitive Development, George Mason University, Fairfax, Virginia.

Managed operation of outpatient children’s assessment clinic, staffed by approximately twenty-five clinical and school psychology graduate students. Provided clinical and administrative supervision of intelligence, achievement, and personality assessments (children ages five to sixteen years old). Briefed parents on group testing procedures and the use of psychological tests to determine placement in differentiated and gifted school systems. Managed budget and allocated resources for purchasing testing supplies, making payments to examiners, and maintaining secure patient files. Evaluated children for issues related to dual exceptionalities (LD and Gifted).

***Prevention Psychology Consultant*/*Early Intervention Unit Psychologist*,**1994-1995, Alexandria Community Mental Health Center Alexandria, Virginia

Developed and implemented new community-based psychological consultation program for "at risk" preschool children. Offered child behavior observations and assessments; conducted in-service training and workshops for teachers and staff; provided parent guidance and consultation; This program was recognized as a “Best Practice” by the Council on Governments (COG), Washington, DC. Supervised psychology intern in prevention program. Participated in IEP development.

***Staff Psychologist and Coordinator of Psychological Assessment Services,*** 1992-1994,Alexandria Community Mental Health Center Alexandria, Virginia

Provided individual and family therapy in outpatient clinic. Conducted psychological evaluations of children, adolescents, and adults (special adult populations included MR clients and incarcerated adults in CDI program). Triaged and managed psychological testing assignments for staff, interns, and externs. Taught psychology internship testing seminar. Consulted to interagency sexual abuse investigative team. Assessed mental health needs of sexually abused children. Served on city sex abuse task force. Provided prevention and consultation services to preschools with "at risk" children. Co-authored multi-million-dollar multi-year federally funded grant proposal for comprehensive services to SED children.

***Psychologist,*** 1992-1993*,* Department of Pediatrics: Care Clinic at theUniversity of Maryland Hospital, Baltimore, Maryland (part-time)

Evaluated children for possible sexual abuse and mental health needs, as member of interdisciplinary team. Provided psychotherapy to abused children and their families. Supervised psychology intern on rotation in clinic.

***Psychologist***, 1991, Mercy Hospital Center for Health Services, Aurora, Illinois

Staff psychologist providing psychological evaluations for hospitalized children, adolescents, eating-disordered patients, and adults. Provided outpatient psychotherapy to adolescents and adults through hospital EAP. Developed a women’s group for post-partum depression and lectured to community. Served as facilitator for hospital management groups.

***Pediatric Psychologist*,** 1990-1991, Mt. Sinai Hospital, Chicago, Illinois

Provided psychological consultations and inpatient evaluations of sexually abused and neglected children. Provided outpatient psychotherapy to children and families of abuse. Supervised psychology externs.

# **CLINICAL TRAINING & WORK EXPERIENCES (PRE-DOCTORAL)**

***Psychological Examiner and Psychotherapist,*** *1989-1990,* Maryville Academy, Des Plaines, Illinois

Conducted intelligence and personality testing of youth in residential placement. Provided psychotherapy to youngsters.

***Psychology Intern (APA approved),*** 1988-1989, Illinois State Psychiatric Institute, Chicago, Illinois

Primary therapist for severely disturbed adolescents and chronically mentally ill adults in inpatient facility. Provided outpatient individual and family therapy. Conducted psychological, neuro-psychological, and emergency room mental health evaluations.Co-leader of adolescent art therapy group & fieldwork supervisor for Art Therapy Program, School of the Art Institute of Chicago (supervised art therapy interns on inpatient adolescent unit).

***Psychotherapist,*** 1987-1988, Midwest Family Resources, Chicago, Illinois

Provided outpatient family therapy and brief individual therapy to sexually abused and neglected children and their families.

***Psychology Extern,*** 1983-1986, Michael Reese Hospital (Siegel Institute), Chicago, Illinois

Conducted outpatient psychological evaluations of children as member of multi-disciplinary team.Provided long-term outpatient individual psychotherapy and play therapy to children and adolescents. Provided collateral counseling and brief family therapy.

## **TEACHING EXPERIENCES**

***Invited lecture on uses of clinical hypnosis. The Osher Center for Integrative Medicine – Elective (2019, 2020, 2021, 2022)*** at Northwestern Feinberg School of Medicine, Northwestern University

***Core Faculty*** (**2012 - ongoing**).National Pediatric Hypnosis Training Institute (NPHTI), Minneapolis, Minnesota. 3-day annual workshop for Pediatric Health Practitioners. Lecture & supervise hypnosis training experiences for pediatric professionals, facilitate small experiential groups.

***Faculty (2015).*** Society for Clinical and Experimental Hypnosis (SCEH), Orlando Florida. Annual Workshops (Introductory Level). Lecture and facilitate small groups.

***Associate Professor (half time),* 2007-2009*,*** The Chicago School of Professional Psychology (Child and Adolescent Track, Clinical Psy.D. Program), Chicago, Illinois. Developed and taught *Psychological Assessment I, II, III:* intellectual ability and personality functioning, learning challenges and giftedness, early childhood issues and social/emotional readiness for school, affect & behavioral (dis)regulation, observation and use of play, evaluation of emotional sequelae of trauma and abuse, using test results to formulate treatment recommendations and develop learning strategies. Taught *Psychodynamic Interventions (*reviewed post-Freudian intrapsychic psychodynamic treatment models) and *Professional Development Seminar.* Mentored graduate students’ research clerkships (hypnotherapy, resiliency and school readiness among preschoolers, asynchronous development in gifted children, and mental health issues related to onco-infertility). Departmental duties included faculty recruitment committee and Child & Adolescent Program development committee.

***Adjunct Faculty***, **2005-2006**, George Mason University, Department of Psychology (School Psychology Program), Fairfax, Virginia*.* Taught intelligence testing practicum and supervised graduate students.

## **PAPERS AND PUBLICATIONS**

Ciliberti, Ashley & Zaslavsky, Justin & Lombard, Lisa & Samady, Waheeda & Bozen, Alexandria & Hammitt, Iva & Sharma, Rhea & Nadeau, Kari & Gupta, Ruchi & Tobin, Mary. (2022). Initial Findings in Efficacy Evaluation of a Novel Clinical Support Tool: The Food Allergy Passport. *Journal of Allergy and Clinical Immunology*. 149. AB108. 10.1016/j.jaci.2021.12.373.

Lombard, Lisa & Ciliberti, Ashley & Zaslavsky, Justin & Samady, Waheeda & Bozen, Alexandria & Nadeau, Kari & Tobin, Mary. (2022). Multi-Disciplinary Development of a Novel Caregiver and Patient Clinical Support Tool: The Food Allergy Workbook. *Journal of Allergy and Clinical Immunology*. 149. AB117. 10.1016/j.jaci.2021.12.403.

Dyer, Ashley & Ibrahim, Khalid & Hultquist, Haley & Lombard, Lisa. (2022). Psychoemotional Experiences among Adults with Food Allergy: An Exploration of Novel Coping Strategies. *Journal of Allergy and Clinical Immunology.* 149. AB119. 10.1016/j.jaci.2021.12.409.

Herbert, Linda & Knibb, Rebecca & Brough, Helen & Jones, Chrissie & Lombard, Lisa & Protudjer, Jennifer & Santos, Alexandra & Vickery, Brian & Gupta, Ruchi & Screti, Cassandra & Marchisotto, Mary. (2022). Global Availability and Uptake of Psychological Services for Caregivers of Children with Food Allergy. *Journal of Allergy and Clinical Immunology.* 149. AB120. 10.1016/j.jaci.2021.12.412.

Warren, Christopher & Herbert, Linda & Lombard, Lisa & Bilaver, Lucy & Ibrahim, Khalid & Pappalardo, Andrea & Newmark, Pamela & Sharma, Hemant & Tobin, Mary & Assa'ad, Amal & Mahdavinia, Mahboobeh & Fox, Susan & Coleman, Amaziah & Rodriguez, Izeris & Nimmagada, Sai & Jiang, Jialing & Pongracic, Jacqueline & Vincent, Eileen & Hultquist, Haley & Dunn Galvin, Audrey. (2022). Validation of the parent-proxy reported Food Allergy-related Quality of Life Questionnaire (FAQLQ-PF-10) short form in a large, multisite longitudinal cohort of food allergic child-parent dyads. *Journal of Allergy and Clinical Immunology*. 149. AB123. 10.1016/j.jaci.2021.12.421.

Pappalardo, A. A., Herbert, L., Warren, C., Lombard, L., Ramos, A., Asa'ad, A., Sharma, H., Tobin, M. C., Choi, J., Hultquist, H., Jiang, J., Kulkarni, A., Mahdavinia, M., Vincent, E., & Gupta, R. (2022). Self-Efficacy Among Caregivers of Children With Food Allergy: A Cohort Study. *Journal of pediatric psychology*, jsab137. Advance online publication. https://doi.org/10.1093/jpepsy/jsab137

Raviv T, Warren CM, Washburn JJ, et al. Caregiver Perceptions of Children’s Psychological Well-being During the COVID-19 Pandemic. *JAMA Netw Open.* 2021;4(4):e2111103. doi:10.1001/jamanetworkopen.2021.11103

Warren C, Dyer A, Lombard L, Dunn-Galvin A, Gupta R. The Psychosocial Burden of Food Allergy among Adults: A US Population-Based Study. J Allergy Clin Immunol Pract. 2021 Mar;

https://doi.org/10.1016/j.jaip.2021.02.039

PMID: 33677077

Bozen A, Zaslavsky JM, Cohn D, Samady W, Lombard L, Nadeau K, Tobin M, Warren CM, Gupta RS. Barriers to food allergy management among Americans with low income. Ann Allergy Asthma Immunol. 2020 Sep;125(3):341-343. doi: 10.1016/j.anai.2020.05.007. Epub 2020 May 11. PMID: 32437837.

Bozen A, Kanaley MK, Negris O, Gupta RS, Lombard L. Pediatric allergists' perspectives on the psychosocial challenges of food allergy and factors that support coping. Ann Allergy Asthma Immunol. 2020 May;124(5):515-516.e2. doi: 10.1016/j.anai.2020.02.003. Epub 2020 Feb 25. PMID: 32109565.

Brown D, Negris O, Gupta R, Herbert L, Lombard L, Bozen A, Assa'ad A, Chura A, Andy-Nweye AB, Fox S, Mahdavinia M, Tobin M, Robinson A, Sharma H, Coleman A, Jiang J, Bilaver L, Fierstein JL, Galic I, Newmark P, Pongracic JA, Pappalardo AA, Warren C. Food allergy-related bullying and associated peer dynamics among Black and White children in the FORWARD study. Ann Allergy Asthma Immunol. 2021 Mar;126(3):255-263.e1. doi: 10.1016/j.anai.2020.10.013. Epub 2020 Nov 4. PMID: 33157272; PMCID: PMC7897313.

Dyer A.A., Kanaley M.K., Lombard L., Warren C.M., Gupta R.S. (2020) Quality of Life in Children with Food Allergy. In: Gupta R. (eds) Pediatric Food Allergy. Springer, Cham. https://doi.org/10.1007/978-3-030-33292-1\_4

Lisa Lombard. (Review of the Book *Hypnosis in the management of sleep disorders* by Peter J. Kurz and William C. Kohler) *American Journal of Clinical Hypnosis* (submitted October 2019).

Lisa Lombard. (Review of the Book *Using hypnosis with children: Creating and delivering effective interventions* by Lynn Lyons) *American Journal of Clinical Hypnosis* Vol. 59, Iss. 3, 2017.

Lisa Lombard. (Review of the Book *Anxious in Love* by Carolyn Daitch and Lissah Lorberbaum) *American Journal of Clinical Hypnosis*, Vol. 58, Iss. 3, 2016.

*Preschool violence prevention and early intervention project*. Selected as one of the Best Practices by the Metropolitan Washington Council on Governments and Area Human Service Directors. Paper presented at "Preventing Violence: Developing Regional Human Services Approaches," October 19, 1994.

Lombard, L., Kahn, S.P., and Fromm, E. The role of imagery in hypnosis: Its relationship to personality characteristics and gender. *International Journal of Clinical and Experimental Hypnosis, 1990, 38*, 25-38.

Kahn, S.P., Fromm, E., Lombard, L.S., and Sossi, M. The relation of self-reports of hypnotic depth in self-hypnosis to hypnotizability and imagery production. *International Journal of Clinical and Experimental Hypnosis, 1989, 7*, 290-304.

Fromm, E., Lombard, L., Skinner, S.H., and Kahn, S. The modes of the ego in self-hypnosis. *Imagination, Cognition, and Personality, 1987-1988, 7*, 335-349.

*Self Hypnotic Imagery and Personality*. Paper presented at the 36th Scientific Meeting of the Society for Clinical and Experimental Hypnosis, San Antonio, Texas, 1984.

## **CERTIFICATIONS**

***Faculty-Scholar –*** (**2018-2019)** Completed year-long interdisciplinary program in integrative healthcare, through the Osher Center for Integrative Medicine at Northwestern School of Medicine

***Approved Consultant*, Beginning 2013**, American Society of Clinical Hypnosis

***Critical Incident Stress Management Training – November, 2001****,* International Critical Incident Stress Foundation.

## **PROFESSIONAL MEMBERSHIPS & LEADERSHIP ROLES**

* American Psychological Association (APA) Division 30 (Hypnosis) Member **of the Council of Representatives** 2021-2023
* APA Member Divisions 30 and 54
* **President**, Board of Directors of National Pediatric Hypnosis Training Institute (NPHTI) 2020-2023
* American Society of Clinical Hypnosis (ASCH), Member since 2009; **Approved Consultant** since 2013
* Chicago Society of Clinical Hypnosis (CSCH), **President**, 2015-Present
* Founding member of Women’s Hypnosis Consultation Group **-** Chicago (2018-present)
* Illinois Psychological Association (IPA), **Clinical Section Head** 2015-2017
* Society for Clinical and Experimental Hypnosis (SCEH) **–** member since 2008; 2017 Workshop Co-Chair for Introductory Training

## **COMMUNITY ACTIVITIES**

2020 -2021 Twice weekly 15-minute online mindfulness groups for Oak Park Temple

2017-2018 Member of FARE Chicago Community Engagement Council

2017-2018 Co-facilitator with Dr. Sarah Boudreau-Romano & Invited Speaker

 “Kids' Food Allergy Hangout**”** at Lurie Children'sHospital May 2012

2011 Community Talk on Bullying, Mental Health Month, Oak Park, Illinois

2007-2010 VP PTO (Programs), Julian Middle School

2008-2009 OP97 member Mid-level Evaluation Committee

2007-2009 PTO Boards: VP Parent Involvement at Beye Elementary

2006-2007 Member Strategic Improvement Team –OP97 Schools

2003-2006 Member of Alexandria Youth Policy Commission

 VP for Programs & VP for Membership – George Mason Elem. School

2000-2002 Co-Vice-Chair and member Special Education Advisory Committee (SEAC) – Alexandria School Board of Education

## **PRESENTATIONS, WORKSHOPS, WEBINARS**

*Caring for the Caregiver (C4C).* Webinar Series coordinated by Julie Linden, PhD/Co-taught with Leora Kuttner, PhD and Carla Frankenhuis for Ukrainian Mental Health Care Providers: June, July, August 2022.

*FACES 2022 Conference: Anxiety & Food Allergies.* Invited speaker for FACES 2022, CFAAR, Chicago, IL, June 11, 2022.

*Pediatric Hypnosis Grows Up*. Society for Clinical and Experimental Hypnosis Webinar: June 3, 2022

***Social Emotional Health, Technology and Hypnotic Principles***. National Pediatric Hypnosis Training Institute Webinar: March 15, 2022

Eczema School Webinar for University of Miami Itch Center: “Psychological Aspects of Eczema,” November 2, 2021

CFAAR @ Northwestern University Webinar Series

 "Navigating the Aftermath of Anaphylaxis" - February 24, 2021

"Food Allergy Awareness Week with CFAAR" - May 15, 2020
"Back 2 School Basics: What's Next?" - September 30, 2020

*Managing Stress & Daily Life with Asthma: Living your Best Life!* Invited speaker for **CARE** (Conference for Asthma Research and Education) Lurie Children’s Hospital. Chicago IL, August 24, 2019.

*Let’s talk about Pediatric Hypnosis.* Invited speaker at Northwestern Medicine Central DuPage Hospital (Pediatric Quarterly Department Meeting), June 5, 2019.

*Food allergy stress: What your kids want you to know.* Invited speaker at Midwest **FACES** Conference, Lurie Children’s Hospital. Chicago IL, June 9, 2018.

*Mindfulness for Teachers.* Invited staff development training at Holy Family Catholic Academy. February 2018.

*Introduction to Clinical Hypnosis*. Invited lecture for medical students at Northwestern Osher Center for Integrative Care (Summer 2017, Summer 2018, Fall 2019).

*Developmental considerations in Pediatric Hypnosis.*Intermediate Workshop co-taught with Adam Keating, MD at the 68th Society of Clinical & Experimental Hypnosis Annual Workshops **a**nd Scientific Session. Chicago, IL, October 25, 2017.

*Fight, Flight, or Freeze: Clinical Hypnosis Enhances Self-Regulation and Healing Response in Children and Teens with Anxiety and Chronic Illness*. Advanced Workshop co-taught with Robert Pendergrast, MD at the 68th Society of Clinical & Experimental Hypnosis Annual Workshops **a**nd Scientific Session. Chicago, IL, October 26, 2017.

*Food Allergy Fears: Managing Parental Anxiety*. Presentation for Food Allergy Support and Education (FASE) at Lurie Children’s Hospital, June 8, 2016.

*Integrating Clinical Hypnosis into Therapy with Children and Teens.* 3 CE workshop co-sponsored by IPA and CSCH. Chicago, February 6, 2016.

*Fight, Flight, or Freeze: Clinical Hypnosis Enhances Self-Regulation and Healing in Children and Teens with Anxiety and Chronic Illness*. Presented with Robert Pendergrast, MD, MPH at the American Society of Clinical Hypnosis Annual Scientific Meeting and Workshops (Jacksonville, FL) March 29, 2015.

*Illinois Psychological Association Annual Convention,* Clinical Section Workshop Panel Member (“Uses of Pediatric Hypnosis”), Skokie, IL, November 8, 2014.

*Fight, Flight, or Freeze: Clinical Hypnosis for Building Resilience in Children and Teens with Anxiety and Chronic Illness*. Presented with Robert Pendergrast, MD, MPH at the American Society of Clinical Hypnosis Annual Scientific Meeting and Workshops (San Diego, CA) March 22, 2014.

*National Pediatric Hypnosis Training Institute (NPHTI)*. Core Faculty Member, Minneapolis, MN. National Pediatric Hypnosis Training Institute, 3-day annual workshop for Pediatric Health Practitioners. Annual Workshop Training 2012-present.

*Mindfulness in the Classroom.* Staff development training at FXW. February 17, 2012.

*Using Pediatric Hypnosis.* Intermediate Workshop offered for Chicago Society of Clinical Hypnosis,January 28, 2012*.*

*Mind the body, mend the psyche, monitor the pocketbook: Using hypnosis with pediatric patients to reduce anxiety, discomfort, and costs."* In-service presentation to staff at Shriners Hospital. Chicago, July 30, 2009.

*Pediatric Hypnosis* (guest lecture) at Adler School of Psychology, Chicago, IL, May, 2009.

*Using hypnosis with pediatric populations.* Lunch colloquium at The Chicago School of Professional Psychology, April 2009.

*Introductory Workshop on Self Hypnosis*: Taught at SCEH 59th Annual Workshops & Scientific Program (King of Prussia, PA), October 2008.

*Giftedness and Psychological Testing*, quarterly presentations to parents at George Mason University Cognitive Assessment Clinic, 2005-2006.

*Executive Functioning in Children.* Spring, 2004. Panel presentation to PTA.

*Learning Styles, Test-taking, and Resilience in Children.* Fall, 2004 presentation to PTA.

*Helping Preschool Children Cope with Stress.* Presentations to community preschools serving “at-risk” children, 1994-1995.

## **MEDIA EVENTS**

April 2022 Eczema Out Loud podcast: <https://nationaleczema.org/podcast-mental-health-is-health/>

[**https://www.allergicliving.com/emagazine/food-allergy-anxiety-guide/**](https://www.allergicliving.com/emagazine/food-allergy-anxiety-guide/)

Invited participant in **Food Allergy Roundtable** **on FA Anxiety** and e-magazine issue of [AllergicLiving.com](http://allergicliving.com/)

 <https://www.jivome.com/podcasts/the-science-of-hypnotherapy/> Holistic Health Podcast with Dr. Raja Sivamani. Episode 6: The science of hypnotherapy with a clinical psychologist.

[http://chicagopsychologypodcast.libsyn.com/pediatric-hypnosis-with-dr-lisa-lombard-phd](file:///Users/LisaLombard/Downloads/http%3A/chicagopsychologypodcast.libsyn.com/pediatric-hypnosis-with-dr-lisa-lombard-phd)

Chicago Psychology Podcast July 2019**, Pediatric Hypnosis** with Dr. Lisa Lombard

It’s Always Something: The Link Between Stress and Asthma (January 26, 2017). **Exhale Now.**

 <https://exhalenow.com/stress-and-asthma/>

Kids with Food Allergies: Effects on Both Child and Parent Part 1: Behavioral Strategies and Part 2: Psychosocial Implications.In *cprgi*. (August 27, 2013). **Center for Psychosocial Research in GI, Northwestern University Feinberg School of Medicine.** [http://cprgi.org/blog/kids-with-food-allergies-effects-on-child-parent-part-1-behavioral-strategies/ - Food Allergy and Anxiety Blog Part 1](http://cprgi.org/blog/kids-with-food-allergies-effects-on-child-parent-part-1-behavioral-strategies/#Food%20Allergy%20and%20Anxiety%20Blog%20Part%201) and [http://cprgi.org/blog/kids-with-food-allergies-effects-child-parent-part-2-psychosocial-implications/ - Food Allergy and Anxiety](http://cprgi.org/blog/kids-with-food-allergies-effects-child-parent-part-2-psychosocial-implications/#Food%20Allergy%20and%20Anxiety%20)

***References furnished upon request.***