

# Maria Sorbara, MS, R.D., CDN

107 W. 82<sup>nd</sup> Street/STE 101C, New York, NY\*212-971-1089\* [MCSR@hotmai.com](mailto:MCSR@hotmai.com)

## EDUCATION

### TEACHERS COLLEGE, COLUMBIA UNIVERSITY

MS Nutrition and Applied Physiology, May 1999

AP4 Internship Program, RD, August 1999

### AMERICAN UNIVERSITY, WASHINGTON, D.C.

BA Law and Society, Psychology minor, May, 1995

Magna Cum Laude, Phi Kappa Phi, AU Rowing Team

## EMPLOYMENT

### *Private Practice*

*Jan 2001-Present*

### BODY CONNECTION, LLC

- Individual counseling specializing in eating disorders and sports nutrition
- Work with male and female adolescents, teens and adults on balanced eating
- Co-lead psychotherapy group for binge eaters that includes monthly therapeutic meals.
- 30-40 patient hours/week.

### *Clinical Nutritionist*

*Jan 2001-Aug 2005*

### COLUMBIA UNIVERSITY HEALTH SERVICES

- Counseling for a variety of nutritional issues.
- Specialize in nutrition counseling for students with eating disorders and member of the Eating Disorders Team.
- Co-lead therapy group for anorexics.

### *Clinical Nutritionist*

*Sept 2000-May 2003*

### BARNARD COLLEGE HEALTH SERVICES

- Counsel students in basic nutrition, sports nutrition and eating disorders.
- Part of multi-disciplinary team for treatment of students with eating disorders.
- Lead semester long Mindful Eating Group for binge eaters.

### *Clinical Nutritionist*

*Aug 1999-Jan 2001*

### THE PROGRAM FOR MANAGING EATING DISORDERS

### GRACIE SQUARE HOSPITAL

- Provided nutritional aspect to multi-disciplinary team for outpatient eating disorder facility.
- Counseled patients in an individual and group setting.
- Model normalized eating by providing balanced meals and snacks in a therapeutic context as well as in public environments.

### *Research Assistant*

*Jan 1999-June 2001*

### ST. LUKE'S HOSPITAL/OBESITY RESEARCH CENTER

- Coordinate and supervise studies involving obesity research.
- Published paper in the *International Journal of Eating Disorders* in June 2001.