

# Elizabeth L. Romero, MS

## President

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## SKILLS

- Owning and operating independent Ergonomics consulting firm for twelve years
- Over eight years experience as a Mental Health therapist
- Initiated, developed, and nurtured several specialty mental health programs in three different mental health systems
- Developed and presented at workshops on topics including: communication, conflict resolution, time management, stress management, psychology of return-to-work, office ergonomics, and effectiveness of office ergonomic assessments online.
- Development of both long-term and short-term goals in both mental health and a company setting
- Supervised employees in a Mental health setting
- Experience in mentoring several mental health professions over a five year period of time
- Published several human factors safety analysis reports
- Assisted in the development of the internet products currently in production for PHS Concepts

## EDUCATION/CERTIFICATIONS

M.S. in Interdisciplinary Studies, Major: Counseling, Psychology, & Family Studies December 1990: Texas Tech University, Lubbock, TX

B.S. in Psychology, May 1986: Texas Tech University, Lubbock, TX

## EXPERIENCE

*President/CEO, PHS Concepts, Houston, TX, October 1998 to present*

Organized and developing the corporate Internet and traditional consulting structure of PHS Concepts beginning October 1998. In September 2000 filed petition with Harris County to begin business operations under current company name. Have provided a variety of services including program development, ergonomics consulting services, and training. Currently managing the Internet and traditional consulting model of the business.

*Owner, Gem Ergonomics, Richland, WA, July 1995 to October 1998*

Established the Ergonomics consulting firm in Idaho Falls, Id and relocated to Richland Wa. Developed the internet program office ergonomic assessments online with Henry Romero, PhD. Moved to Houston, Tx in Oct 1998 and changed the name of the company to Southwest Ergonomics Institute and began aggressively developing internet based ergonomic programs.

*Mental Health Specialist, Umatilla County Mental Health, Pendleton, OR, November 1996 to March 1998*

Provide psychotherapeutic services to adults and children suffering from emotional or mental disorders. This job involves: (1) conducting psychotherapy to individuals, groups, couples, and families; (2) screen and evaluate clients to determine eligibility; (3) conduct and produce a mental health assessment; (4) conduct psychoeducational groups including women's support groups, anger management, child social skills group; communication style skills, and conflict resolution skills and (5) consult with clinical staff regarding clinical issues. Assisted in the Development of dual diagnosis support groups.

*Clinician, Region VII Health and Welfare, Idaho Falls, ID, December 1991 to November 1995*

- Designated Examiner: Responsible for evaluating a person's mental health status prior to civil commitment. Determined need for civil commitment by evaluating whether the person is a danger to themselves or others, or the person is gravely disabled. Civil commitment evaluations were based upon whether the mental illness is independent of chemical dependency, mental retardation, or organicity. A complete civil commitment required a second designated examination to be performed and participation

in a civil court hearing. Designated examinations were performed for mental health clients and inmates of the local county jail.

- Dispositioner: Determined disposition of people civilly committed to the State of Idaho Department of Health and Welfare for mental health reasons. Destination options included a state hospital, private psychiatric hospital, shelter home, or outpatient care. The secondary purpose of the disposition was to determine the best type of treatment for that person. Dispositioning was performed for both mental health clients and inmates of the local county jail.
- Clinician: Developed assessments and treatment plans, assessed client needs and matched services from the mental health center, performed individual and group therapy, provided mental health education to clients and staff, evaluated symptom management and medication compliance, improved positive coping skills for the clients, and provided substance abuse/dual diagnosis evaluation (including SASSI testing) and counseling. Experience also included being a clinician for the Bonneville County Jail involving crisis counseling and therapy for jail inmates with normal and extended patient hours and on-call duties. Mental health education experience included coordinating several workshops and in-services on topics including depression, schizophrenia, women's issues, sexuality, domestic violence, and incest. Developing job skills and setting employment goals with mental health clients. Providing educational classes on stress management, time management, communication, and conflict resolution in the work environment and with clients on a regular basis.

*Therapist, Plainview Women's Center, Plainview, TX, January 1991 to November 1991*

Developed treatment plans, conducted individual and group counseling sessions, and provided substance abuse education and didactic classes for adult substance abuse women. Clients were dually diagnosed adult women dealing with mental health topics including depression, post traumatic stress disorder, suicidal tendencies, and child abuse issues.

*Case Manager/Supervisor, Big Spring State Hospital, Big Spring, TX, October 1988 to December 1989*

Carried active case load of 40 severely chronically mentally ill patients, primary population Schizophrenia. Duties included treatment planning, daily living skills training, crisis intervention, developing leisure activities, and monitoring or progression of illness. Promoted to regional supervisor of three case managers engaged in similar activities and a regional driver.

## **PUBLICATIONS**

Romero, H and Romero, E *Fighting Resistance with Resistance* , Proceedings of the 9<sup>th</sup> annual Applied Ergonomics Conference, March, 2006.

Romero, H., & Kestler, E., *Rapid Ergonomics Team Deployment*, Proceedings of the National Ergonomics Exposition, Las Vegas, NV, November, 2000.

Kestler, E., & Romero, H., *Incorporating Psychological Factors Into Return To Work Programs*, Proceedings of the National Ergonomics Exposition, Las Vegas, NV, November, 2000.

Kestler, E. & Romero, H., *Research Using The Internet To Complete Ergonomics Assessments Of Offices*, Proceedings of the Triennial Congress of the International Ergonomics Association and the Human Factors & Ergonomics Society, San Diego, CA, July, 2000.

Kestler, E., Romero, H., & Kienitz, M., *Return-to-Work Psychology: a critical part of the recovery process*, Proceedings of the Sixth Annual Silicon Valley Ergonomics Exposition, San Jose, CA, June, 2000.

Kestler, E. & Romero, H., *Office Ergonomics Assessments Using the Internet*, Proceedings of the Third Annual Applied Ergonomics Conference, Los Angeles, CA, March, 2000.

Romero, H., & Kestler-Romero, E. (1998) *Spent Nuclear Fuels Cold Vacuum Drying Facility Human Factors Engineering , Safety Analysis Report*.