

TOBY ELLIMAN

CURRICULUM VITAE
(tobyelliman@gmail.com)

My general area of interest is the interaction between brain activity, behavior and cognition. This has so far encompassed a wide field of research, ranging from ingestive behaviors to the EEG correlates of cortical excitability. Since 2005 I have been focussed on cognitive neuroscience, and am currently working with Dr. Amishi Jha (University of Miami), using EEG to study the efficacy of mental resilience training on a cohort of 240 US soldiers.

EDUCATION

- 2005 - 2009 Ph.D.** University of Bristol, England (Psychology).
Thesis entitled: *The EEG alpha cycle as a cortical excitability rhythm.*
- 1996 - 1999 BSc.** University of Sussex, England (Experimental Psychology).
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EMPLOYMENT

- Nov 2010 – present** **Postdoctoral associate, University of Miami, Florida.**
- Continuation of project below (moved institution with the grant holder).
- Feb 2010 – Nov 2010** **Postdoctoral researcher, University of Pennsylvania, Philadelphia.**
- Conducted a behavioral and EEG-based study involving 240 US soldiers on the efficacy of mental resilience training in military contexts.
- Nov 2009 – Feb 2010** **Lecturer (part-time), University of Bath Spa, England.**
- Gave lectures and seminars and graded essays in research methods, introductory psychology and developmental psychology.
- Oct 2006 – Sep 2009** **Lab Demonstrator, University of Bristol, England.**
- Instructed undergraduates on the use of SPSS, statistical theory, and writing scientific reports.
- Marked and graded undergraduate research reports and essays.
- Sep 2005 – Sep 2009** **MSc Tutor, University of Bristol, England.**
- Trained MSc. students on the theory and techniques of EEG.
- Sep 2004 – Sep 2005** **Research Assistant, University of Leeds, England.**
- Worked on a Unilever funded project entitled “The effects of Vitamin C/E/Fish-oil dietary supplementation on blood pressure and cortisol responses to chronic and acute psychosocial stress.”
- Trained and managed two research assistants.
- Measures taken include psychometric questionnaires, structured interviews, blood samples, skin replicas, clinical photography, saliva samples.

- Analyzed blood and saliva samples at Unilever R&D using radioimmunoassay techniques.

Oct 2003 – Jan 2004

Seminar Tutor, University of Sussex, England.

- Taught Psychobiology seminars to second-year undergraduates.
- Carried out essay marking and student feedback.

Oct 2002 – Sep 2003

Research Assistant, University of Sussex, England.

- Worked on various studies under a BBSRC grant entitled “Motivational state and acquired liking for novel flavours: implications for understanding everyday food and drink choice.”
- Responsible for continuing literature review and methodological design of experiments.

RESEARCH PROFILE

Peer reviewed publications:

O'Connor, D.B., Hendrickx, H., Dadd, T., Talbot, D., Mayes, A., **Elliman, T.D.**, Willis, T.A., Thethi, K., Powell, J., & Dye, L. (2009). Cortisol Awakening Rise in Middle-aged Women in Relation to Psychological Stress. *Psychoneuroendocrinology*.

Yeomans, M.R., Mobini, S., **Elliman, T.D.**, Walker, H.C., & Stevenson, R.J. (2006) Hedonic and sensory characteristics of odors conditioned by pairing with tastants. *Journal of Experimental Psychology: Animal Behavior Processes* 32: 215-228.

Mobini, S., **Elliman, T.D.**, & Yeomans, M.R. (2005). Changes in the pleasantness of caffeine-associated flavours in a naturalistic study. *Food Quality and Preference*. *Food Quality and Preference* 16: 659-666.

Stephens, D.N., **Elliman, T.D.**, & Dunworth, S.J. (2000). State-dependent behavioural sensitization: evidence from a chlordiazepoxide state. *Behavioural Pharmacology* 11: 161-167.

Articles in preparation:

Elliman, T.D., Pleydell-Pearce, K., & Leonards, U. The alpha cycle as a modulator of cortical excitability.

Elliman, T.D., Leonards, U., & Pleydell-Pearce, K. Modality-specific alignment of alpha phase to predictable stimuli.

Published conference abstracts:

Elliman, T., Leonards, U., & Pleydell-Pearce, C. (2008). The EEG alpha cycle as a modulator of visual reaction time. *Frontiers in Human Neuroscience. Conference Abstract: 10th International Conference on Cognitive Neuroscience*.

Mobini, S., **Elliman, T.D.**, Walker, H.C., & Yeomans, M.R. (2004). Learned synaesthesia and evaluative conditioning in odour-taste association. *Appetite*. 42:415.

Unpublished oral presentations:

Elliman, T.D., Pleydell-Pearce, C., & Leonards, U. The EEG alpha rhythm as a cortical excitability cycle. Experimental Psychology Postgraduate Conference, Bristol, UK, 2008.

Elliman, T.D., Pleydell-Pearce, C., & Leonards, U. EEG correlates of visual performance. Experimental Psychology Postgraduate Conference, Bristol, UK, 2006.

Elliman, T.D., & Yeomans, M.R. Liquid calories and satiety. Presented to Danone Vitapole Ltd, France, 2004.

Unpublished poster presentations:

Elliman, T.D., Pleydell-Pearce, C., & Leonards, U. Alpha wave as a cortical excitability cycle: evidence from reaction time to visual stimuli. Presented at British Association of Cognitive Neuroscience, Dundee, UK, 2007.

Elliman, T.D., O'Connor, D., & Dye, L. The effects of life events and perceived stress on facial ageing. Presented at BPS Psychobiology Section, Windemere, UK, 2005.

Other conferences attended:

Basic and Clinical Research on Mindfulness, Madison, Wisconsin. October, 2010

Experimental Psychology Society, Cambridge, UK. April, 2008.

Experimental Psychology Society, Edinburgh, UK. July 2007.

Society of Applied Neuroscience, Swansea, UK. September 2006.

British Feeding and Drinking Group, Liverpool, UK. May 2003.

Technical workshops attended:

Data Analysis & Application Development in MATLAB, Cardiff, UK, 2008.

Cognitive Electrophysiology UK Workshop 4, Dundee, UK, August, 2007.

EEGLAB Workshop, France, June, 2007.

Cognitive Electrophysiology UK Workshop 2, Stirling, UK, May, 2007.

Technical Foundation of Neurofeedback, Swansea, UK, September, 2006.

Funding and grants obtained:

Brain (£800) for ICON conference attendance, September 2008.

Grindley Grant (£500) for EPS conference attendance, April 2008.

Grindley Grant (£500) for EPS conference attendance, July 2007.

Public engagement of science:

Cheltenham Science Festival, UK, June 2009 - Duties included explaining scientific theories to the public, and summarising talks in the daily newsletter.

Cheltenham Science Festival, UK, June 2008 - As above.

Science Alive, Bristol, UK, March 2008 - Demonstrated psychological concepts to elementary school children.