

SUMMARY OF RELATED EXPERIENCE

Dr. Elita Amini Virmani is a Senior Research Associate in the Center for Child and Family Studies (CCFS) at WestEd. She is actively involved in a wide variety of projects designed to enhance the quality of early childhood education and parent-child interaction. She develops and directs trainings for home visitors, develops resources for early childhood administrators and professionals, informs the development of child-level assessments, and collaborates with the CCFS Evaluation Team on a variety of research projects.

EDUCATION

- 2009 Ph.D., Human Development, University of California, Davis
 Thesis: *Early Childhood Mental Health Consultation: A systematic approach to improving teacher sensitivity through ongoing professional development.*
- 2005 M.S., Child Development, University of California, Davis
 Thesis: *Supervision and training in child care settings: A comparative study of reflective and traditional methods and their effect on caregiver insightfulness.*
- 2002 B.S., Human Development with High Honors, University of California, Davis
- 2002 B.A., Spanish with Honors, University of California, Davis

PROFESSIONAL EXPERIENCE

- 2009– *Senior Research Associate*, Center for Child and Family Studies
Present WestEd, Sausalito, CA
- Responsibilities include directing the PITC Home Visiting Institutes, developing training materials for early childhood professionals, informing the development of the California Department of Education, Child Development Division's Desired Results Developmental Profile School Readiness instrument and other child-level assessments, and supporting the CCFS Evaluation team on a variety of research and evaluation projects.
- 2008– *Instructor*, Department of Child and Adolescent Development, San Francisco State
2009 University, San Francisco, CA
- Taught course titled “Action Research in Child and Adolescent Development” to upper division undergraduate students. Responsible for course lectures and grading of assignments.
- 2008– *Instructor*, Child Studies Department, West Valley College, Saratoga, CA

- 2009 Taught course titled “Child Growth and Development” to undergraduate students. Responsible for course lectures and grading of assignments.
- 2006–
2009 *Clinical Intern*, UCSF Day Care Consultants at San Francisco General, Department of Psychiatry, University of California, San Francisco, CA
- Offered mental health consultation to child care programs in San Francisco County. Provided consultation to child care programs, child care staff, parents, and children
- 2006–
2007 *Clinical Intern*, UCSF Infant-Parent Program at San Francisco General, Department of Psychiatry, University of California, San Francisco, CA
- Offered direct clinical service to primarily low income, multi-ethnic families in San Francisco County. Provided services using a psychotherapeutic approach inclusive of developmental guidance, emotional support, and concrete assistance. The program emphasized providing services to support, sustain, and nurture the parent-child relationship.
- 2005–
2009 *Graduate Student Researcher*, Social and Emotional Development Lab, University of California, Davis, CA
- Collaborated with colleagues to conduct a research study that assessed individual differences in preschooler’s understanding of emotion as influenced by the quality of mother-child relationships, mother-child discourse, maternal beliefs about emotion, and maternal insightfulness.
- 2004–
2009 *Principal Investigator*, Caregiver Development Study, University of California, Davis, CA
- Designed research project to explore the effects of reflective and traditional supervision and training on caregiver insightfulness. Recruited caregivers, lead teachers, and program supervisors in child care settings to participate in study. Designed IRB proposal inclusive of recruitment materials, consent forms, and research protocols. Trained research assistants to videotape in child care classrooms, administer interviews, and transcribe interview data. Led weekly meetings with undergraduate research assistants.
- 2003–
2009 *Graduate Student Researcher*, Infant Development Lab, University of California, Davis, CA
- Developed coding schemes and trained undergraduate research assistants on a variety of coding schemes aimed to assess patterns of parent-child and caregiver-child interaction.
- 2003–
2004 *Graduate Student Researcher*, M.I.N.D. Institute (Medical Investigation of Neurodevelopmental Disorders), University of California, Davis, CA
- Collaborated with Early Development and Interaction Lab team members to create and modify coding schemes using Noldus Observer. Evaluated effectiveness of protocols and coding schemes in assessing joint attention, requesting behavior, and other forms

of non-verbal and verbal communication.

2002-2003 *Head Teacher*, Center for Child and Family Studies, University of California, Davis, CA.

Supervised undergraduate students in an early childhood classroom serving 2-year-olds. Facilitated undergraduate student understanding of child development and implementation of developmentally appropriate curriculum

2001-2004 *Research Assistant, Infant Gesturing Project*, University of California, Davis, CA

Trained parents and educators of Early Head Start programs in the infant gesturing curriculum. Translated protocols to Spanish to meet needs of sample population. Administered protocol for data collection via home-visits to families. Interviewed Spanish-speaking families about children's acquisition of gestures.

PUBLICATIONS

Virmani, E.A., Mangione, P.L., Monahan, K. (Project Leads). (In press). California Preschool Program Guidelines. Sacramento, CA: California Department of Education.

Virmani, E.A., Mangione, P.L. (Eds.). (2013). Program for Infant/toddler Caregiving: A Guide to Culturally Sensitive Care (second edition). Sacramento, CA: California Department of Education. Sacramento, CA: California Department of Education.

Raikes, H.A., **Virmani, E.A.**, Thompson, R.A., Hatton, H. (2013). Declines in Peer Conflict from Preschool through First Grade: Influences from Early Attachment and Social Information Processing. *Attachment and Human Development*, 15(1), 65-82.

Virmani, E.A., Masyn, K.A., Thompson, R.A., Conners-Burrow, N. Whiteside-Mansell, L. (2013). Early childhood mental health consultation: Promoting change in the quality of teacher-child interactions. *Infant Mental Health Journal*, 34(2), 156-172.

Thompson, R. A., **Virmani, E.**, Waters, S. F., Meyer, S., & Raikes, A. (2013). The development of emotion self-regulation: The whole and the sum of the parts. In K. Barrett, N. A. Fox, G. A. Morgan, D. J. Fidler, & L. A. Daunhauer (Eds.), *Handbook of self-regulatory processes in development: New directions and international perspectives* (pp. 5-26) New York: Taylor & Francis.

Thompson, R. A. & **Virmani, E. A.** (2012). Socioemotional development. In V.S. Ramachandran (Ed.), *Encyclopedia of human behavior* (2nd Ed.). Oxford, UK: Elsevier.

Conners-Burrow, N.A., Whiteside-Mansell, L., McKelvey, L., **Virmani, E.A.**, & Sockwell, L. (2012). Improved classroom quality and child behavior in an Arkansas early childhood mental health consultation pilot project. *Infant Mental Health Journal*, 33 (3), 256-264.

Lally, J.R., **Virmani, E.A.** (2012). Learning During the Early Months. In Program for Infant/Toddler Caregiving: A Guide to Cognitive Development and Learning (Second Edition).

- Virmani, E. A., & Ontai, L.** (2010). Supervision and training in child care: Does reflective supervision foster caregiver insightfulness? *Infant Mental Health Journal, 31* (1), 16-32.
- Waters, S., **Virmani, E.A.**, Meyer, S., Raikes, H.A., Jochem, R., & Thompson, R.A. (2010). Emotion regulation and attachment: Unpacking two constructs and their association. *Journal of Psychopathology and Behavioral Assessment* (Special section on The Assessment of Emotion Regulation: Improving Construct Validity in Research on Psychopathology in Youth), 32(1), 37-47.
- Thompson, R.A., & **Virmani, E.A.** (2009). Self and personality. In M.H. Bornstein (Ed.). *Handbook of Cultural Developmental Science* (pp.175-187). Mahwah, NJ: Erlbaum.
- Ontai, L.L., & **Virmani, E.A.** (2009). Predicting elements of early maternal elaborative discourse from 12 to 18 months of age. *Early Childhood Research Quarterly, 25*, 98-111.

PRESENTATIONS

- Ash, J., Heffron, M., Murch, T.N, Norona, C.R., **Virmani, E.A.** (2012, November). Pre-Institute presented to Reflective Supervision as a Vehicle for Program Excellence in Diverse Practice Settings. Zero To Three – 23rd National Training Institute.
- Virmani, E.A.**, (2012, September). Art of Home Visiting: Relationships, Reflection, Responsiveness. Keynote presented to Helping Families Thrive: 2012 Arizona Home Visitors Conference.
- Virmani, E.A.** (2012, September). Relationships: At the Heart of Home Visiting. Workshop presented to Helping Families Thrive: 2012 Arizona Home Visitors Conference.
- Virmani, E.A.** (2012, April). Young children in the minds of early childhood teachers: Enhancing interactions through ECMHC. Symposium presented to the World Association for Infant Mental Health, Cape Town, South Africa.
- Virmani, E.A.** Stacks, A.M. (2012, April). Assessing the capacity for reflection and insight in early childhood teachers and ways to foster it. Workshop presented to the World Association for Infant Mental Health, Cape Town, South Africa.
- Kriener-Althen, K., **Virmani, E.A.**, Zur, O., and Mangione, P. M. (2012). Development of the Desired Results Developmental Profile – School Readiness (DRDP-SR©). (Presentation 4 in Symposium titled “Desired Results Developmental Profile (DRDP©) Assessment System: Supporting Early Education Programs in California,” chaired by Mark Wilson and Peter Mangione). Paper presented to the American Educational Research Association (AERA) Annual Meeting. Vancouver, BC.
- Thompson, R. A., Waters, S., Raikes, A., **Virmani, E. A.**, & Meyer, S. C. (2011, March). Emotion regulation problem solving in four-year-olds. In H. Brophy-Herb (Chair), Contexts of Parenting Processes: Relations to Infants'/Toddlers' and Preschoolers' Social-Emotional Development and Self-Regulation. Symposium presented to the biennial meeting of the Society for Research in Child Development, Montreal.

- Thompson, R.A., Waters, S.F., Raikes, H.A., **Virmani, E.A.**, & Meyer, S.C (2011, March). Emotion regulation problem solving in four-year olds. Paper presented to the Society for Research in Child Development, Montreal, Canada.
- Mangione, P. & **Virmani, E.A.**, (2010). Understanding the link between consistent caring interactions with babies, early brain development, and school readiness. Paper presented to the NAEYC Annual Conference & Expo, Anaheim, CA.
- Virmani, E.A.**, Masyn, K., Thompson, R.A., Conners-Burrow, N., Whiteside-Mansell, L.(2010, July). Early Childhood Mental Health Consultation: A systematic approach to improving teacher sensitivity through ongoing professional development. Poster presented to the World Association for Infant Mental Health, Leipzig, Germany.
- St. John, M. & **Virmani, E.A.** (2010, July). Taylor's landing: A case for conceptualizing the integration of the neurodevelopmental, attachment-caregiving, and child welfare systems. Poster presented to the World Association for Infant Mental Health, Leipzig, Germany.
- Waters, S. F., Raikes, H. A., **Virmani, E. A.**, Meyer, S C., Jochem, R., & Thompson, R. A. (2010, April). What do children know about emotion regulation? Paper presented at the biennial meeting of the Conference on Human Development, New York, NY.
- Virmani, E.A.**, Jochem, R., Raikes, H.A., Meyers, S., Waters, S., & Thompson, R.A. (2009, April). Avoiding conversations about negative emotions: The role of attachment, parent validation, and child characteristics. Poster presented to the Society for Research in Child Development, Denver, Colorado.
- Virmani, E.A.**, Thompson, R.A., Ontai-Grzebik, L., Masyn, K., Conners, N., Mastergeorge, A., & Knapp, P. (2009, April). Early childhood mental health consultation: A systematic approach to improving teacher sensitivity. Poster presented to the Society for Research in Child Development, Denver, Colorado.
- Meyer, S. C., Thompson, R. A., Raikes, A., Jochem, R. A., Waters, S. F., **Virmani, E. A.** (2009, April). The socialization of young children's emotion regulation strategies: Parental emotion representations and behaviors. Poster presented to the biennial meeting of the Society for Research in Child Development, Denver.
- Jochem, R. A., Meyer, S. C., Raikes, A., **Virmani, E. A.**, Waters, S. F., Lew, N., & Thompson, R. A. (2009, April). Children's early emotion knowledge: Links to mother-child conversations. Poster presented to the biennial meeting of the Society for Research in Child Development, Denver.
- Waters, S. F., Meyer, S. C., Jochem, R. A., **Virmani, E. A.**, Raikes, A., & Thompson, R. A. (2009, April). Maternal perceptions of children's emotions: Individual differences and their correlates. Poster presented to the biennial meeting of the Society for Research in Child Development, Denver.
- Thompson, R. A., Meyer, S. C., **Virmani, E. A.**, Waters, S. F., Raikes, H. A., & Jochem, R. A. (2009, April). Parent-child relationships, conversation, and developing emotion regulation. In A. Assor & R. A. Thompson (co-chairs), *Parents' Influence on Children's Capacity to Understand and Regulate Emotions: Exploring Mechanisms*. Symposium presented to the biennial meeting of the Society for Research in Child Development, Denver.

- Thompson, R. A., Waters, S. F., Meyer, S. C., Raikes, A., Jochem, R. A., & **Virmani, E.A.** (2009, April). Conversational catalysts to developing understanding of emotion regulation. In L. J. Levine (chair), *How Kids Keep Their Cool: Pathways to Effective Emotion Regulation*. Symposium presented to the biennial meeting of the Society for Research in Child Development, Denver.
- Virmani, E.A.** Vallotton, C.D., & Bohne, L. (2008, July). Promising practices to promote responsive caregiving: Three studies on the effects of reflective caregiver training methods. Poster presented to the World Association for Infant Mental Health, Yokohama, Japan.
- Virmani, E.A.** (2008, June). Reflective supervision in child care environments: Fostering caregiver insightfulness. Poster presented to Head Start's Ninth National Research Conference: Creating Connections: Linking Policy, Practice, and Research Across Early Childhood Development, Care and Education. Washington, D.C.
- Virmani, E. A., & Ontai-Grzebik, L.** (2006, July). Supervision and training in child care settings: A comparative study of reflective and traditional methods and their effect on caregiver insightfulness. Poster presented to the World Association for Infant Mental Health, Paris, France.
- Ontai, L., & **Virmani, E. A.** (2007, March). Predictors of change in early maternal discourse style. Poster presented to the Society for Research in Child Development, Boston, MA.

AWARDS

- 2010 New Investigator Award, World Association for Infant Mental Health
- 2009 Society for Research in Child Development Travel Award
- 2008 Human Development Graduate Student Travel Award
- 2007 UCD and Humanities Research Fellowship, University of California, Davis
- 2006 Honors, Doctoral Written Exam, University of California, Davis
- 2006 Graduate Student Association Travel Award, University of California, Davis
- 2006 UCD and Humanities Research Fellowship, University of California, Davis
- 2004 Zolk Fellowship, University of California, Davis
- 2004 UCD and Humanities Research Fellowship, University of California, Davis
- 2004 Harris Award Finalist, Zero to Three
- 2004 Jastro-Shields Fellowship, University of California, Davis
- 2002 High Honors, Human Development, University of California, Davis
- 2002 Honors and Departmental Citation, Spanish, University of California, Davis
- 2000 All California Collegiate Athletic Association Academic Award

PROFESSIONAL AFFILIATIONS

- Society for Research in Child Development
- World Association for Infant Mental Health