

MEMBER SPOTLIGHT

Rome GI Psych Early Career Committee



Sara Hoffman Marchese, PhD
(she/her/hers)

Quick Facts about Sara:

- Degree: PhD in Clinical Psychology
- Training/Career Stage: Post-doctoral fellow
- Affiliation: Rush University Medical Center
- Career Interests: Clinical, research, teaching, supervision

 @HoffmanSara

Q&A with Sara Hoffman Marchese, PhD

Q: In your own words, what is your current role/position?

A: I'm a current Postdoctoral Fellow at Rush University Medical Center in the Department of Psychiatry & Behavioral Sciences. I work specifically in Bariatric Surgery, Medical Weight Management, and Outpatient Psychology, and see patients for both evaluation and treatment.

Q: What inspired you to pursue your degree/career path?

A: I'd always been interested in medicine and mental health, but faint at the sight of blood (whoops), so med school wasn't for me! Clinical health psychology was the perfect fit that allowed me to work with patients experiencing chronic illness and disease and help them achieve lifestyle changes (physical and mental). As I specialized further, I found my niche at the intersection of obesity, cancer, and gastroenterology.

Q: How did you become involved in the gastropsych world?

A: I completed a GI Psychology practicum during my 5th year of graduate school at Northwestern Hospital, under the supervision of Drs. Anjali Pandit, Kate Tomasino, and Sarah Quinton, and had such a wonderful experience working with the team there and wanted to continue learning!

Q: What's something that you accomplished (career-related) that you feel most proud of?

A: I was fortunate to receive an F31 NRSA to fund my dissertation research while in graduate school, which provided me with the tools and resources to research the role of social support and its mechanisms in weight management.

Q: What about a non-career-related accomplishment?

A: I recently got back into running after an extended break from physical activity, which has been a huge win and a positive change in general!

Q: If you weren't pursuing your current career, what would you be doing instead?

A: A travel photographer or own my own photography business.

Q: Best self-care tip/strategy?

A: Spend as much time around dogs as possible :)

Q: Where do you see yourself in 5 years?

A: Still working in a field I love, collaborating with the great folks I've met along the way on exciting research ideas, and exploring the world on my time off!

Q: What would you like other members to reach out to you about?

A: I'd love to connect with others here regarding research collaborations and networking! Feel free to email or follow on Twitter.