

CURRICULUM VITAE

Education

- May 2008 California School of Professional Psychology,
Alliant International University, San Diego, CA
Doctor of Philosophy in Clinical Psychology
Emphasis in Child and Family Psychology
- June 2005 California School of Professional Psychology,
Alliant International University, San Diego, CA
Master of Arts in Psychology
- May 2003 University of Arizona, Tucson, AZ
Bachelor of Arts, Social Sciences, summa cum laude

Certifications

- October 2009-
Present California Board of Psychology
License in Clinical Psychology PSY 23090
- February 2006-
October 2009 California Board of Psychology
Registered Psychological Assistant, PSB 31900
Craig Wiese, Ph.D., Supervisor PSY 9392
- November 2005-
September 2008 American Academy of Bereavement, San Diego, CA
Certified Level 1 Bereavement Facilitator
- April 2005-
June 2008 Relationship Training Institute, San Diego, CA
CA State Certified as Domestic Violence Treatment Provider

Employment

- November 2010-
Present Therapy Changes, Point Loma, CA
Founder, Licensed Clinical Psychologist PSY23090
Providing *focused guidance when you need it most* to children,
adolescents and adults managing difficult life transitions
including grief and loss; either by death, loss of relationships,
illness or diagnosis of mental health condition, relocation or
separation. Therapy is provided in a collaborative, active approach
using Cognitive and Cognitive-Behavioral techniques.



September 2006-
March, 2013

Home-Based Effective Living Professionals, San Diego, CA
Licensed Clinical Psychologist PSY 23090

Conduct psychological services for patients with HIV. Services are offered using cognitive-behavioral techniques to assist in the development of coping skills dealing with transition and grief related issues including depression, stress, and anxiety.

September 2003-
February, 2014

Jenna Druck Foundation, San Diego, CA
Bereavement Facilitator and Mentor Support Team

Actively participate in programming including 'Families Helping Families' and 'Young Women's Leadership.' Facilitate group therapy for children and adolescents and lead discussions on topics such as peer pressure and self-esteem. Provide support to volunteers working in this capacity and aid in debriefing process.

August 2005 –
November 2010

Center for Cognitive Therapy, San Diego, CA
Licensed Clinical Psychologist PSY 23090

Provide individual, couple, and family therapy for children and adults using cognitive theory and techniques. Specializing in managing depression and anxiety, grief and loss, trauma, relationships, life changes, and violent crime.

July 2008 –
August 2009

La Jolla Presbyterian Church, La Jolla, CA
Grief Share Bereavement Group Facilitator

Offer grief recovery education based on nationally recognized curriculum. Lead discussions on grief-related issues as well as provide psychological support to participants.

July 2007 –
June 2008

Behavioral Health Services, San Diego LGBT Community Center
Doctoral Intern

Provided brief and long-term psychological services to individuals and couples using cognitive and cognitive-behavioral techniques. Special focus included the complex effects of HIV on mental health for members of the LGBT community. Neuropsychological and Psychological testing experience.

September 2005-
July 2006

Palomar Family Counseling Services, Escondido, CA
Psychology Intern

Provided counseling services to children, adolescents, and adults in short and long term treatment. Conducted family consultations, and facilitated teen support groups in the school setting. Performed court-ordered assessments for parent training, anger management, and domestic violence classes.



- January 2005-
June 2005 STAR Program, San Diego, CA
Behavioral Therapist
Implemented behavioral modification techniques for children with pervasive developmental disorders in after-school programs.
- August 2004-
January 2005 Poway Unified School District, San Diego, CA
Rancho Bernardo High School
School Psychology Intern
Conducted special education assessments: cognitive, processing, behavioral, and academic testing. Individual and group counseling experience.
- May 2004-
September 2004 City Attorney's Office: Family Justice Center, San Diego, CA
Camp HOPE Counselor/Program Director
Served as camp counselor and director of programming for child victims of domestic violence in an overnight camp setting.
- August 2003-
May 2004 Family Violence and Sexual Assault Institute, San Diego, CA
Exhibit Coordinator/Continuing Education Training Assistant
Organized trainings and conferences to educate and gain awareness of domestic violence issues.
- March 2002-
June 2003 Tu Nidito Child/Family Services, Tucson, AZ
Bereavement Facilitator
Facilitated weekly children and young adult bereavement groups. Completed forty hour training on children's grief responses.
- June 1998-
August 2001 National Coalition for Community and Justice, Prescott, AZ
Camp 'Anytown' Counselor and Program Developer
Conducted leadership diversity activities in camp setting. Created and implemented condensed version for area high school.
- June 1997-
August 2000 Youth Count, Prescott, AZ
Youth Coordinator
Developed and coordinated events and programs for youth in tri-city area. Produced monthly teen television program.
- August 1997-
May 2000 Juvenile Justice Department, Prescott, AZ
Certified Mediator
Conducted victim-offender mediations within juvenile justice system.

Teaching Experience

- August 2008 – June, 2013 California School of Professional Psychology, San Diego, CA
Adjunct Professor; *Introduction to Dream Work*
Fulfill teaching responsibilities in conjunction with co-instructor for upper division graduate-level course on the empirical techniques and applications of dream work.
- January 2010– June, 2012 National University, College of Letters & Sciences, San Diego, CA
Professor, Certificate in Bereavement Studies
Contracted to serve as Professor to engage graduate-level students in an on-line environment to learn the dynamics of bereavement for individuals across the lifespan. Topics include childhood grief responses, gender differences, and age appropriate interventions.
- November 2006 – October, 2013 San Diego Hospice & Palliative Care, San Diego, CA
Invited Professional Speaker
Provide instruction to health care providers on aspects of grief and loss including using dream interpretation as a clinical intervention and educational tool for bereaved individuals. Courses taught as part of the Grief and Bereavement Certificate Program.
- July 2008 – February 2009 Montessori School of La Jolla II, La Jolla, CA
Parenting Educator; *Positive Parenting Series*
Designed and developed parenting curriculum for parents of preschool-age students. Conduct skill-based parenting workshops on a variety of child behavioral issues including managing transitions, kindergarten readiness, children with special needs, social development, divorce adjustment and grief and loss.

Research Experience

- September 2005 – January, 2008 San Diego Hospice and Palliative Care, San Diego, CA
Primary Investigator
Conduct research study in the form of a doctoral dissertation examining the effects of a dream interpretation intervention on grief for bereaved individuals. Implement study design and provide comprehensive training and supervision for San Diego Hospice staff and interns.



- January 2003-
May 2005 Alliant International University, San Diego, CA
Research Assistant
Coded dream content of over 1000 dreams using the Hall & Van de Castle Scoring System.
- June 2001-
November 2002 Project MATCH, Tucson, AZ
Program Evaluator
Interviewed youth and caregiver/staff to evaluate program effectiveness.
- April 2002-
May 2003 Pantano Behavioral Health Clinic, Tucson, AZ
Primary Investigator
Designed, developed, and received funding for research project to examine factors that contribute to the relative success of children diagnosed with attention deficit hyperactivity disorder.
- December 2000-
May 2003 University Sports Psychology Lab, Tucson, AZ
Research Assistant
Participated in research from inception to completion examining cultural impact on self talk. Engaged in qualitative data analysis.
- May, 2001-
December 2001 University Medical Center, Tucson, AZ
Researcher
Examined the generational transference of irritable bowel syndrome from parent to child. A study in conjunction with the Veteran's Administration.

Publications

- Perper, R. (August, 2014). Grief, Depression, and the DSM-5. *The San Diego Psychologist*, 8 (24), 1-5.
- Perper, R. (August, 2014). How Therapists Can Manage an Online Presence. *The San Diego Psychologist*, 8 (24), 20 – 22.
- Perper, R. (August, 2013). Therapy Changes Sheds New Light on Diagnosis, Treatment Of Grief and Depression. *Doctor's Outlook*. Retrieved from <http://www.doctorsoutlook.com/research-6042.html>
- Perper, R. (March, 2013). A Parent's Guide to Managing Separation Anxiety in Children. *Bio-Medicine*. Retrieved from <http://bio-medicine.org/medicine-news-1/Therapy-Changes-Releases-a-Parent-u2019s-Guide-to-Managing-Separation-Anxiety-in-Children-101999-1/>



Perper, R. (November 18, 2012). Recover Gratitude this Thanksgiving. *KUSI News*. Retrieved from <http://www.kusi.com/story/20129049/therapy-changes-announces-techniques-to-recover-gratitude-this-thanksgiving>

Perper, R. (September, 2012). Therapy Changes Advises Entrepreneurs on Increasing Self-Confidence. *San Diego Union Tribune*. Retrieved from <http://markets.financialcontent.com/sandiego/news/read?GUID=22367627>

Perper, R. (September, 2012). Stress Management Tips for Entrepreneurs. *San Francisco Chronicle*. Retrieved from http://finance.sfgate.com/hearst.sfgate/news/read/22213346/Therapy_Changes_Release_Stress_Management_Tips_for_Entrepreneurs

Presentations

Perper, R. (June, 2015). *Hope After Loss*. Presentation offered to VITAS Hospice. San Diego, CA.

Perper, R. (June, 2015). *How Therapy Can Help*. Podcast interview with Stacie Patterson, Radio Reflection.

Perper, R. (May, 2015). *Self-Care Jeopardy*. Interactive presentation offered to Jewish Family Services Senior Living Group. Del Mar, CA.

Perper, R. (April, 2015). *Facilitating a Conversation: When higher level of care is necessary*. Presentation offered to LivHome. San Diego, CA.

Perper, R. (February, 2015 and May, 2015). *Healthy Divorce Strategies*. Presentation offered to Divorce Mediation Group. San Diego, CA .

Perper, R. (May, 2014). *Grief, Trauma, and Traumatic Grief: Identifying Unique Grief Reactions*. Presentation offered to the San Diego Psychological Association's Spring Conference. San Diego, CA.

Perper, R. (March, 2014). *A Developmental Perspective on Grief and Trauma*. Presentation offered to the University of San Diego Psychological and Counseling Services staff. San Diego, CA.

Perper, R. (February, 2014). *Common Traits of Successful Business People*. Podcast Interview delivered by B2B Marketing Bopcast. San Diego, CA.

Perper, R. (January, 2014). *Families in Transition*. Live interview on ESPN Radio, San Diego, CA.



- Perper, R. (January, 2014). *The Nutrition of Mental Health*. Community workshop
Co-facilitated by Melissa Hansen, M.A. and Karin Thebus, Psy.D. San Diego,
CA.
- Perper, R. (October, 2013). *Dreams of the Bereaved*. Workshop offered to the Jenna
Druck Foundation. San Diego, CA.
- Perper, R. (August, 2013). *Homework Struggles*. Live on-camera interview for Fox 5
News as part of the Mommy and Daddy Handbook. San Diego, CA.
- Perper, R. (March, 2013). *Separation Anxiety in Children*. Live on-camera interview
for Fox 5 News as part of the Mommy and Daddy Handbook. San Diego, CA.
- Perper, R. (February, 2013). *Dreams of the Bereaved*. Continuing Education Workshop
offered to the San Diego Psychological Association 'Gourmet Dinner Lecture'
series. San Diego, CA.
- Perper, R. (December, 2012). *Grief during the Holidays*. Presentation offered to Alvarado
Parkway Institute. San Diego, CA.
- Perper, R. (November, 2012). *Self-care and Parenting*. Seminar offered to Parent
Mentors at the Autism Tree Project Foundation. San Diego, CA.
- Perper, R. (October, 2012). *Responding to Victims in Crisis*. Presentation offered to the
San Diego County District Attorney Victim Services Division. San Diego, CA.
- Perper, R. (September, 2012). *Utilizing Dream Interpretation as a Therapeutic
Intervention in Individual Therapy*. Half-day workshop offered to the San Diego
Psychological Association Fall Conference. San Diego, CA.
- Perper, R. (August, 2012). *When Loss Comes*. Telephonic presentation provided to
American Cancer Society volunteers. American Cancer Society, San Diego, CA.
- Perper, R. (April, 2012). *Private Practice Startup Tips for Early Career Psychologists*.
Presented for California Psychological Association Graduate Students (CPAGS)
during the 2012 CPA Annual Convention, Monterey, CA.
- Perper, R. (April, 2012). *How to Maintain Self/Family Care while Caring for your Aging
Parents*. Educational seminar provided to Point Loma Presbyterian Church. San
Diego, CA.
- Perper, R. (January, 2012). *Supporting Others During Grief*. Educational seminar
provided to student leaders; Point Loma Nazarene University Counseling
Department. San Diego, CA.



Perper, R. (November, 2011). *Identifying Grief Reactions in Children*. Presentation offered to San Diego County's School Nurses Association. San Diego, CA.

Perper, R. (May, 2011). *An Introduction to Grief, Loss, and Bereavement*. Continuing Education (CE) training for the San Diego Psychological Association's Spring Conference. San Diego, CA.

Perper, R. (September, 2010). *Coping with the Emotional Aspects of Cancer Diagnosis*. Presentation prepared for survivors support group at UCSD Moores Cancer Center, San Diego, CA.

Perper, R. (August, 2010). *Introduction to Grief, Loss, and Bereavement*. Invited Professional Speaker at UCSD Counseling and Psychological Services staff training, San Diego, CA.

Perper, R. (August, 2010). *Understanding Child and Adolescent Grief*. Video Presentation filmed for Jenna Druck Foundation online healing community, San Diego, CA.

Perper, R. (May, 2010). *Dreams of the Bereaved*. Presentation offered to the Parents of Murdered Children, San Diego Chapter, CA.

Perper, R. (April, 2010). *Unveiling your Dreams*. Presentation offered to the La Jolla Presbyterian Church, San Diego, CA.

Perper, R. (March, 2010). *Caregiver Support*. Teleconference presentation offered to American Cancer Society volunteers, San Diego, CA.

Perper, R. (January, 2010). *Childhood Grief Responses*. Training offered to members of the San Diego Bereavement Consortium, San Diego, CA.

Perper, R. (January, 2010). *Unveiling your Dreams*. Workshop offered at Akasha Yoga Studios, San Diego, CA.

Perper, R. (December, 2009). *Surviving the Holidays*. Presentation offered to the Parents of Murdered Children, San Diego Chapter meeting. San Diego, CA.

Perper, R., Ziegenhorn, L, and Boucek, B. (November, 2009). *Exploring Dreamwork*. Presentation provided in collaboration with the Center for Integrative Studies, Alliant International University, San Diego, CA.

Perper, R. (August, 2009). *Principles of Successful Marketing*. Educational workshop offered to members of La Jolla Presbyterian Church Employment Support program, San Diego, CA.



- Perper, R. (August, 2008). *Recognizing Complicated Grieving*. Presentation given to The Compassionate Friends, San Diego Chapter Membership Board.
- Perper, R. (September, 2008). *Professional Bereavement Therapy*. Workshop conducted for Survivors of Suicide Loss San Diego Chapter Facilitator Meeting, San Diego, CA.
- Perper, R. (August, 2007). *Roadmaps To Aging*. Seminar presented to the San Diego LGBT Community Center, San Diego, CA.
- Perper, R. (September, 2007). *Depression and HIV: Awareness, Prevention, and Treatment*. Seminar presented to the San Diego LGBT Community Center 'Positive Living' Series, San Diego, CA.
- Perper, R. (February, 2007). *Parenting Grieving Children*. Course presented to parents and caregivers in conjunction with the Jenna Druck Foundation, San Diego, CA.
- Perper, R. (August, 2006). *The Handling of Autistic Children on School Buses*. Training offered to bus drivers and staff at San Dieguito Transportation Cooperative, San Dieguito, CA.
- Perper, R. (May, 2003). *Outcome Factors for Children Diagnosed with ADHD*. Poster presentation at the Spirit of Inquiry Undergraduate Research Seminar at the University of Arizona. Tucson, AZ.

Professional Affiliations

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| 2009- Present | American Cancer Society, San Diego Chapter |
| 2009 – Present | San Diego Hospice, Center for Grief Care & Education |
| 2008 – Present | Rady Children’s Hospital San Diego |
| 2008 – Present | Parents of Murdered Children, San Diego Chapter |
| 2008 – Present | Survivors of Suicide Loss, San Diego Chapter |
| 2008 – Present | The Leukemia and Lymphoma Society, San Diego Chapter |
| 2006 – 2010 | The Compassionate Friends, San Diego Chapter |
| 2006 – 2010 | Hospice of the North Coast, Carlsbad, CA |

2006 – 2009 San Diego Community College District
Consultant, Disability Support Program

Professional Memberships and Duties

2012 – Present San Diego Psychological Association Ethics Committee Member
2008 - Present San Diego Victim Assistance Coordinating Council Member
2008 – Present Association for Death Education and Counseling
2003 - Present American Psychological Association
2003 – Present California Psychological Association
2003 – Present San Diego Psychological Association
2004 – 2011 San Diego Psychological Association Continuing Education
Committee Secretary
2004 – 2010 San Diego Bereavement Consortium Member

Honors

2011 - 2013 Community Service Award for commitment and dedication to the
Families Helping Families Program at the Jenna Druck Center
2012 The National Register Early Career Psychologist Credentialing
Scholarship
2009 Jenna Druck Foundation's *Recognized Mentor* for
Young Women's Leadership Conference
2007 Alliant International University *Ferne Miller Memorial
Scholarship* recipient
2005 Alliant International University *Ferne Miller Memorial
Scholarship* recipient
2003 Honors College *Tradition of Excellence* research grant
recipient



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Rochelle Perper, Ph.D. PSY 23090

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- 2003 Mortar Board/Kaplan Educational Scholarship
- 2002 National Society of Collegiate Scholars Merit Award
- 2001 National Coalition for Community and Justice *Outstanding Youth Sandra Day O'Connor Award*
- 2001 University of Arizona *Arizona Cup Award*
- 2000 Prescott, AZ Community Foundation *Philanthropist of the Year* award recipient