

Melissa Hansen, Psy.D., PSB 94021502
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Phone 619-275-2286 | Fax 619-955-5696
www.TherapyChanges.com

CURRICULUM VITAE

Education

- October 2015 California School of Professional Psychology,
Alliant International University, San Diego, CA
Doctorate in Clinical Psychology
- May 2011 California School of Professional Psychology,
Alliant International University, San Diego, CA
Master of Arts in Clinical Psychology
- December 2005 California State University, San Marcos
Bachelor of Arts in Psychology

Certifications

- August 2013 –
Present California Board of Psychology
Registered Psychological Assistant, PSB 94021502
Rochelle Perper, Ph.D., Supervisor PSY 23090

Employment

- August 2013-
Present Therapy Changes, Point Loma, CA
Registered Psychological Assistant PSB 94021502
Providing focused, empathic guidance to children,
adolescents and adults who are managing difficult life transitions. Therapy
is provided using a client-centered, collaborative approach with an
emphasis on both in-depth, insight oriented work and Cognitive and
Cognitive-Behavioral techniques. Treatment focus on addressing grief and
loss, relationships, trauma, depression, anxiety, and LGBT issues. Services
offered to individuals, couples, and in a group setting. Responsibilities
include designing and implementing therapy groups, as well as
collaborating with other professionals and engaging in community
outreach work.
- July 2012-
July 2013 Alvarado Parkway Institute, La Mesa, CA
Pre-Doctoral Psychology Intern
Provided psychological services to young and older adults in both
inpatient and outpatient settings. Facilitated process groups,
provided brief and long-term therapy using Cognitive and

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Cognitive Behavioral Therapy techniques, and conducted psychological testing. Treatment focus included addressing depression, anxiety, substance abuse issues, interpersonal relationship issues, coping strategies, and self-care skills.

January 2012-
May 2012

Alliant International University, San Diego, CA

Psychology Intern

Provided psychological services to college students with academic difficulties. Specific focus on addressing cognitive and emotional issues, such as ADHD, learning disabilities, anxiety, and low self-esteem. Conducted cognitive and intellectual assessments, generated assessment reports, and provided feedback to students to help them to better understand their cognitive and emotional strengths and challenges. Helped students gain an understanding of how they can use such strengths to achieve academic success. Provided students with tools and resources to help them overcome challenges.

July 2010-
June 2011

Behavioral Health Services, San Diego LGBT Community Center

Psychology Intern

Provided brief and long-term psychological services to diverse clientele. Treatment focused on addressing the emotional health needs of members of the LGBT community through both in-depth, insight oriented work and Cognitive and Cognitive-Behavioral techniques. Emphasis on anxiety, depression, interpersonal relationships, self-esteem, coming-out issues, internalized homophobia, as well as addressing the effects of HIV on the mental health of diagnosed individuals and their loved ones.

August 2009-
June 2010

Halcyon Crisis Center, El Cajon, CA

Psychology Intern

Provided counseling services to individuals in residential treatment through intake evaluations, short-term individual therapy, and education groups. Emphasis on crisis management through use of Cognitive Behavioral Therapy and Dialectical Behavioral Therapy techniques, as well as teaching individuals about medication management, self-care and independent living skills, and providing community resources and referrals.

August 2008-
May 2009

Salvation Army Adult Rehabilitation Center, San Diego, CA

Psychology Intern

Conducted psychological services for individuals managing substance abuse and dependence issues by providing psycho-educational and process groups. Emphasis on addressing substance abuse and dependence, associated triggers, coping strategies, anger

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management, and healthy relationships.

May 2006-
March 2008

Attention Homes, Boulder, CO

Residential Treatment Counselor, Lead Staff

Provided counseling services for at-risk youth through milieu therapy, creating individual treatment plans and facilitating groups. Emphasis on self-esteem, relationships, coping skills, and independent living skills. Responsibilities included training new psychology interns and staff on milieu tasks and duties.

January 2005-
May 2005

Harmonium Children's Services, San Diego, CA

Inclusion Facilitator

Provided counseling services for a developmentally disabled child. Tasks included working with the child's teachers and family to develop and implement effective ways to integrate the child into a school setting with an emphasis on communication skills, socialization with peers, and independent self-care skills.

July 2003-
February 2004

Jack & Carol Clark Center for Adolescents, San Diego, CA

Residential Treatment Counselor

Worked with adolescents in residential treatment with emotional, developmental, educational, and cognitive disabilities. Duties included helping teens learn self-care skills, communication skills, educational strategies, effective coping techniques and problem solving.

TEACHING EXPERIENCE

August 2009-
December 2009

Alliant International University, San Diego, CA

Teaching Assistant/Lab Instructor, *Intellectual Assessment*

Taught a lab section of a graduate level intellectual assessment course. Created lectures and quizzes on administration and scoring of assessment measures, led discussions, assisted students in analysis and interpretation of assessments, and graded assessment protocols.

January 2003-
May 2004

California State University, San Marcos, CA

Peer Health Educator

Educated high school and college students on drug and alcohol abuse and sexual and mental health issues through presentations, workshops, and community service events.

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Research Experience

- August 2011-
Present Alliant International University, San Diego, CA
Primary Investigator
Conducting a doctoral dissertation research study examining the experiences of single lesbian mothers with regard to support systems, community resources, experiences with friends, family, and the community, stigma and discrimination, and coping strategies.
- August 2005-
November 2005 California State University, San Marcos, CA
Research Assistant
Assisted in collection of research on alcohol use among gay men and lesbians for the head of the CSUSM Psychology Department.
- January 2003-
May 2003 California State University, San Marcos, CA
Research Assistant
Assisted in collection of research on how stereotypical vs. non-stereotypical gay and lesbian individuals effect homophobia levels in others.

Volunteer Experience

- September 2008-
December 2010 Alliant International University, San Diego, CA
Co-Founder, Rockway Queer Alliance Group
Co-developed an LGBT professional development group on campus. The group provides support, networking opportunities, trainings for students interested in learning more about working with LGBT individuals in clinical settings, and discussions about LGBT issues on campus and in the community.

Professional Development Trainings

- Perper, R. (November 2012). *Coping With Grief During the Holidays*. Training presented at Alvarado Parkway Institute, San Diego, CA.
- Gottman, J. & Gottman, J.S. (2012). *Level 1: Bridging the Couple Chasm*. Workshop presented by the Relationship Training Institute, San Diego, CA.
- Bucky, S., Marques, S., & Caudill, B. (October 2011). *Ethical and Legal Issues in Mental Health Practice*. San Diego, CA.

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Goncalves, P. & Poellnitz, A. (December, 2009). *Cultural Sensitivity in the Workplace*. El Cajon, CA.

Rogers, J. & Campos, R. (October 2009). *Introduction to Motivational Interviewing*. San Diego, CA.

Rogers, J. & Campos, R. (October 2009). *Motivational Interviewing Skills*. San Diego, CA.

Levy, K. (March 2009). *Evidence Based Treatment for Personality Disorders*. San Diego, CA.

Farrell, W. (March 2004). *Imago Relationship Workshops for Gay and Lesbian Couples*. Long Beach, CA.

Professional Affiliations

September 2010- Present Society of Personality Assessment

August 2013- Present San Diego Psychological Association

August 2013- Present American Psychological Association

September 2013- Present Jenna Druck Center