

# **PAUL J. PARIS, PH.D.**

**CA License - PSY 26914**

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11440 West Bernardo Court, Suite 256, San Diego, CA 92127  
Paul@TherapyChanges.com | 619-275-2286 phone | 619-955-5696 fax  
www.TherapyChanges.com

## **CURRICULUM VITAE**

### **EDUCATION**

**Ph.D., Clinical Psychology**, April 2013  
Alliant International University (CSPP), San Diego, CA

**M.A., Clinical Psychology**, May 2006  
Alliant International University (CSPP), San Diego, CA

**B.S. with Honors, Psychology**, June 2002  
Portland State University, Portland, OR

### **RELATED EXPERIENCE**

**Clinical Psychologist, Private Practice** **April 2017 – Present**  
*Therapy Changes, San Diego, CA*

- Provide supportive, collaborative and solution-focused therapeutic services to adult and older adult clients
- Specializations include Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT) and Solution-Focused Therapy (SFT)
- Specialized training and experience working with older adults, men's issues, and LGBTQ+ clients

**Program Director** **March 2015 – March 2017**  
*Douglas Young Wellness Recovery Center, San Diego, CA*

- Supervised and managed all operational aspects of outpatient center with an approximately 400+ client population, including treatment planning, diagnosis, staffing, clinical services, budget, scope, productivity and staff/trainee performance management
- Monitored and ensured compliance with County, CRF, CARF, and State mandates, policies & procedures, and regulations
- Attended collaborative meetings and trainings with relevant County entities, CRF Central Office, and external providers and entities as needed in order to enhance networking and maintain current, updated knowledge on organizational changes and relevant clinical/operational practices

**Acting Program Director**

**Sept. 2015 – March 2016**

*Areta Crowell Wellness Recovery Center, San Diego, CA*

- Supervised and managed all operational aspects of outpatient center with an approximately 700+ client population, including treatment planning, diagnosis, staffing, clinical services, budget, scope, productivity, and staff/trainee performance management
- Monitored and ensured compliance with County, CRF, CARF, and State mandates, policies & procedures, and regulations
- Attended collaborative meetings and trainings with relevant County entities, CRF Central Office, and external providers and entities as needed in order to enhance networking and maintained current, updated knowledge on organizational changes and relevant clinical/operational practices

**Assistant Program Director**

**March 2011 – Feb. 2015**

*Jary Barreto Crisis Center, San Diego, CA*

- Supervised and trained all staff and trainees, providing direction and feedback on staff performance
- Developed and implemented program policy and procedures, including quality improvement, budgeting and operations, staff scheduling and milieu safety functions
- Coordinated and supervised all aspects of client care including individual treatment planning, crisis management, and discharge planning, providing direct services as needed

**Post-Doctoral Fellow**

**May 2013 – May 2014**

*Jary Barreto Crisis Center, San Diego, CA*

- Provided individual and milieu psychotherapy to adults in residential treatment
- Assessed newly admitted clients and diagnosed them
- Coordinated client care including individual treatment planning and discharge planning

**Program Coordinator**

**Dec. 2010 – Feb. 2011**

*Jary Barreto Crisis Center, San Diego, CA*

- Supervised staff and trainee performance and interpersonal boundaries, and provided redirection and feedback as needed
- Monitored and implemented program procedures, including those related to house safety, client supplies, and documentation, to ensure that program policy was adhered to
- Coordinated care for clients, including their treatment and discharge planning needs, to ensure that clients were receiving the best possible care, and provided individual and group counseling, and initial assessment of clients, as needed

**Discharge Planner**

**Sept. 2010 – Nov. 2010**

*Jary Barreto Crisis Center, San Diego, CA*

- Assisted clients with discharge planning needs including referrals to housing and treatment resources, coordinated client care with case managers and outpatient treatment providers, and monitored all clients' discharge planning progress during their stay

- Conducted crisis intervention, individual and group psychotherapy, and initial mental health assessments with clients, and assisted with the development of treatment plans for clients, incorporating their post-discharge wants and needs
- Provided clinical feedback, information on house rules and procedures, and information on discharge planning resources to trainees and interns to assist with their professional training and development, and to enhance the quality of care provided to the clients

**On-Call Forensic Associate****July 2010 – Sept. 2010***Institute on Violence, Abuse, and Trauma at Alliant International University, San Diego, CA*

- Conducted forensic assessment regarding cases involving child custody, domestic violence, and/or child abuse allegations
- Provided consultation on active forensic cases
- Assisted with reviewing and summarizing records for forensic cases

**On-Call Psychosocial Rehabilitation Specialist****July 2006 – Sept. 2010***Jary Barreto Crisis Center, San Diego, CA*

- Conducted crisis intervention, and short-term individual and group psychotherapy with inpatient adults
- Developed treatment plans with clients in order to address their presenting problem and current symptoms
- Assessed newly admitted clients and diagnosed them

**Clinical & Forensic Psychology Intern****July 2009 – June 2010***Institute on Violence, Abuse, and Trauma at Alliant International University, San Diego, CA*

- Conducted psychological testing & forensic assessment regarding cases involving child custody, domestic violence, and/or child abuse allegations
- Provided outpatient intake assessment, case management, individual psychotherapy and crisis intervention to adult and child clients, with an emphasis on treating survivors of trauma
- Provided supervised visitation services

**Psychology Intern****Sept. 2006 – Oct. 2007***North Central Mental Health Center (County of San Diego), San Diego, CA*

- Conducted long-term outpatient individual and group psychotherapy, including Dialectical Behavior Therapy (DBT), with adults
- Engaged in weekly treatment planning with, and submitted treatment recommendations to, the clinical team regarding individual client mental health care and case management
- Assessed and admitted new clients, diagnosed them, and developed initial treatment plans with them

**Practicum Trainee****Sept. 2005 – June 2006***Jary Barreto Crisis Center, San Diego, CA*

- Conducted crisis intervention, and short-term individual and group psychotherapy with inpatient adults

- Developed treatment plans with clients in order to address their presenting problem and current symptoms
- Assessed newly admitted clients and diagnosed them

**Assistant to the Court Evaluation Service (ELMHC)                      July 2002 – July 2004**  
*Massachusetts General Hospital, Boston, MA*

- Wrote sections of and revised competency to stand trial, criminal responsibility, aid in sentencing, and need for hospitalization court-reports for forensic psychologists
- Investigated and compiled data on current inpatients for forensic psychologists and psychiatrists, including obtaining past medical and legal information
- Reviewed and revised hospital policies regarding medical records and HIPAA regulations

## TEACHING EXPERIENCE

**Training Committee Trainer and Member    May 2014 – March 2017**  
*Community Research Foundation (CRF), San Diego, CA*

- Assisted in the development and evaluation of intern and staff training curriculum including live and electronic trainings
- Trained company-wide recently hired interns and employees on suicide facts/treatment, and addiction and mental health disorders, as well as facilitating interactive group exercises on communication and teamwork

**Teaching Assistant, Introduction to Dream Work Course    July 2008 – Dec. 2008**  
*Alliant International University, San Diego, CA*

- Developed course syllabus, instructional design, and grading rubric with instructors for graduate-level, integrative psychology course
- Assisted with and participated in weekly course lectures, including preparing class materials, facilitating student discussions, and designing and co-facilitating a lecture satisfying the cross-cultural/diversity component of the course
- Graded student research papers and dream journals, and provided feedback to students regarding their performance in the course

## PUBLICATION CREDIT

Research assistant credited in:

Sinclair, R. R. & Tetrick, L. E. (2003). Pay and benefits: The role of compensation systems in workplace safety. In J. Barling & M. Frone (Eds.), *The psychology of workplace safety* (pp. 181 – 201). Washington, DC: American Psychological Association.