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Education

Rutgers, the State University of New Jersey
Graduate School of Applied and Professional Psychology
APA approved
2005 Doctor of Psychology (Psy.D.)

University of Texas at El Paso (UTEP)
El Paso, Texas
1999 B.A., Psychology and Anthropology; graduated with honors certificate

Professional Licensure

2007	New York State licensed Psychologist	# 017239-1
2008	New Jersey State licensed Psychologist	#35S100453600
2017	California State licensed Psychologist	PSY29032
2018	Registered Yoga Teacher-200 hours	261025

Employment History

Nov 2018-present **Clinical Psychologist**
Therapy Changes
San Diego, CA

Conduct initial psychological interview/assessment with new clients, and develop collaborative treatment plan that identifies treatment goals, short-term and long-term, and frequency of sessions.

Population served includes clients from the greater San Diego area, from ages 12 years to elder adulthood.

Treatment modality includes individual clients and groups.

Document all sessions and client contact.

Coordinate client assignment with Therapy Changes staff, to include client care coordinator and other administrative staff.

Attend and participate in staff meetings or other peer supervisory meetings.

Marketing: participate in marketing of my speciality, clients best served, as well as yoga for emotional balancing workshops.

Develop and offer treatment speciality, Integrative Therapy, that includes yoga techniques, mindfulness, somatic psychotherapy and traditional psychotherapy.

Workshops: Offer Life Force Yoga workshops to clients of Therapy Changes, on a regular, consistent basis, as an adjunct to psychotherapy.

Maintain all licensures, to include attending workshops and conferences to earn continuing education credits, and keep up to date with clinical interests and trends.

Maintain all ethical codes of conduct to include, duty to protect, warn and professional boundaries with clients.

Coordinate with Therapy Changes staff to begin offering teletherapy sessions with clients in NY, NJ and CA.

July 2018-Oct 2018 **Psychological Consultant**
Enhanced Psychological Care
Westchester Center for Rehabilitation & Nursing
Mt Vernon, NY

Population served includes adults, middle to elderly, who are in long-term or short term rehabilitation or nursing care.

Assessment: Conduct initial assessment of all new referrals of patients who may need psychological care, and document treatment plan, to include psychological diagnosis, frequency of sessions, and targeted behaviors or emotional issues.

Ongoing care: Conduct individual therapy with clients, per treatment plan.

Document all attempts to see clients, individual sessions as well as family sessions within 48 hours of care.

Coordinate care with staff, to include social workers, supervisors, nurses, as well as nursing aids.

Assess clients for high risk behaviors, thoughts, or intent.

Sept 2017-Oct 2018 **Psychologist, Private Practice**
New York, NY

Assessment: Conduct initial assessment with new clients; maintain ongoing assessment of psychological needs.

Therapy: Facilitate individual and couples therapy with ongoing clients.

Documentation: Document initial intake and ongoing therapy sessions, per professional guidelines.

Risk Assessment: Assess safety and risk for clients in psychological crises; secure higher level of care as needed.

Coordinate Services: Coordinate services with other client providers, such as psychiatry or primary care.

Supervision: Seek out supervisory services, individual or peer, as needed.

Ongoing education and skills building: Participate in ongoing continuing education interests as well as state board guidelines (New York, New Jersey, California) to maintain professional licensures.

Sept 2016-Sept 2017 **Staff Psychologist**
Counseling and Psychological Services (CAPS)
University of California, Santa Barbara

Assessment: Conduct initial psychological assessment with college (undergrad and grad) students.

Therapy: facilitate short-term individual sessions and groups with students.

Documentation: Document initial intake and ongoing therapy sessions, telephone, electronic, or other client relevant communication.

Risk Assessment: Assess safety and risk for clients in crises; secure higher level of care as needed.

Coordinate Services/Continuity of Care: Coordinate services with other client providers, such as psychiatry, nutrition, primary care, sexual assault services, as well as outpatient providers.

Supervision: Participate in weekly supervision with associate director, as well as peer supervision, as needed.

Outreach: to all students on campus, with a special emphasis on under-served Native American students on campus.

Outreach services included participating in student group meeting (AISA: American American Indian Student Association), presenting at STANDS (Students Taking Action for Native Dreams of Success) conference 2017, any other campus activities/conferences to facilitate relationship with Native students

May 2013-Aug 2016 **Psychologist, Partner**
April 2008-May 2013 **Psychologist, Consultant**
Behavioral and Neuropsychological Consultants, LLP
New York, NY

Assessment: Conduct initial psychological assessment with new clients to practice.

Therapy: facilitate individual, couples, and group therapy with clients, on a short term or long term basis.

Documentation: Document initial intake and ongoing therapy sessions, telephone or other client relevant communication.

Risk Assessment: Assess safety and risk for clients in psychological crises; support higher level of care as needed.

Coordinate Services: Coordinate services with other client providers, such outpatient psychiatrists or primary physicians.

Insurance: Electronically bill insurance companies for services rendered; maintain insurance authorizations.

Advocate: Advocate for continued treatment authorizations, in order to maintain an appropriate level of care.

Peer Supervision: participate in peer supervision on an ongoing basis.

Marketing: market private practice to local psychiatrists, mental health professionals, or medical offices.

Online presence: Establish and maintain practice and individual online presence.

Supervise: supervise and coordinate schedules of consulting psychologist and office assistant.

Maintain: office décor and client-friendly environment.

Business partnership: Meet on weekly basis with practice partners: discuss business items and problem-solve any and all issues that arise in busy, private practice setting.

May 2007-July 2008 **Staff Psychologist**
Meadowview Psychiatric Hospital
Secaucus, NJ

Assessment: Conduct initial psychological assessment with new clients; write up findings to present to the treatment team.

Therapy: facilitate individual and group therapy with clients.

Documentation: Write integrative summary, incorporating all relevant client information from psychiatry, medical, therapeutic services, nursing, MICA programming and dietary. Document all ongoing therapy services.

Family Education: participate in monthly family education and support group.

Team meetings: participate in multidisciplinary team meetings in order to facilitate appropriate treatment for client.

Supervision: participate in weekly individual and group supervision.

Sept 2005-May 2007 **Primary Therapist**
Princeton House Behavioral Health, Women's Trauma and Wellness Program
Intensive Outpatient and Partial Hospitalization Program
Princeton, NJ

Group Therapy: Facilitate daily, 2 hour long, group psychotherapy with clients diagnosed with PTSD and other trauma related disorders; facilitate psychoeducational groups to help promote healthy coping skills.

Individual Therapy: Provide weekly therapy to individual trauma clients (8-12)

Crisis Intervention: Provide acute therapeutic services when client's presented with PTSD symptoms.

Risk assessment: Assess client's self-harm and suicidal ideation/behaviors, hospitalize clients as needed.

Supervise graduate student in training: plan, collaborate and support supervisee, in high-demand/stress environment.

Utilization Review: Review client's progress in program with insurance and managed care companies.

Documentation: Document group, individual, crisis management, team reviews and treatment plans.

Supervision: Meet with supervisors weekly to monitor client's progress and problem-solve; address self-care of self while treating clients with acute PTSD and high-risk.

Staff meetings/treatment team: Meet for daily staff meetings to review client's progress; collaborate with treatment team to best meet the needs of clients; attend staff trainings in continuing education.

Graduate School Internship

July 2004-July 2005 **Psychology Intern**
Brookdale University Hospital and Medical Center, APA Accredited
Brooklyn, NY

Individual Therapy: Provide weekly/bi-weekly outpatient therapy to economically-disadvantaged, inner-city adults; population served included African-American, Latina, and Caucasian.

Child and Family Therapy: Provide therapeutic services to children, adolescents and their families

Child Partial Day Treatment: Assess cognitive functioning and develop/facilitate behavioral plans for a child psychiatric population.

Psychiatric Emergency Room: Assess psychiatric diagnosis and appropriate care for acute, psychiatric population.

Psychiatric Inpatient Unit: Facilitate group therapy, provide individual therapy, and help develop discharge plans for inpatient psychiatric population.

Substance abuse training and treatment: Facilitate intakes with new inpatient clients to detox center and outpatient setting. Follow-up on treatment within both settings, and co-facilitate weekly group therapy.

Training and seminars included the following topic areas: cognitive-behavioral treatment for anxiety disorders, group therapy facilitation, multi-cultural competency, ethics in psychology, religion/spirituality, interpersonal therapy, parent-management training, attachment, dialectical behavior therapy, narrative therapy, and solution-focused family therapy.

Psychological testing: provide psychological testing to referrals from the outpatient department, child partial day treatment program and in the inpatient setting.

Graduate School Practicum Experience

Sept 2003-June 2004 **Group Therapist**
Partial Care Unit
Association for the Advancement of Mental Health (AAMH)
Princeton, NJ

Milieu therapy: Facilitate therapeutic groups (6 weekly) for the serious mentally ill, in a partial care/day treatment setting.

Multi-family support groups: Facilitate therapeutic multi-family support groups for families with clients of AAMH.

Individual psychotherapy: Meet with individual clients who are part of the partial care program on a weekly basis.

Supervision: Meet with supervisor on a weekly basis, on an individual and group setting.

Assess individual clients' progress towards stated goals in their Individual Service Plans (ISP); update it every 3 months.

Treatment documentation includes writing progress for individual and group interventions.

Collaborate with supervisor, family members, psychiatric staff, and colleagues regarding client's treatment progress and goals.

Sept-Dec 2002 **Therapist**
Cognitive Behavioral Therapy Clinic for Depression
Rutgers, the State University of New Jersey
Piscataway, NJ

Training: Meet on a weekly basis for clinical training using a manualized, empirically-based treatment for depression; document contacts with clients

Supervision: meet with supervisor on a weekly basis.

Assess psychiatric diagnosis with a structured clinical interview protocol (SCID), and severity of depression using the Hamilton Depression scale. Suicidality is also assessed, and appropriate interventions are utilized.

Sept 2001- June 2002 **Therapist**
Rutgers College Counseling Center
Rutgers, the State University of New Jersey
New Brunswick, NJ

Individual psychotherapy: Provide individual therapy to college-aged clients coping with bereavement, academic, social and adjustment problems.

Group psychotherapy: co-facilitate a weekly therapy group for undergraduate women of color, coping with academic and personal struggles.

Intake assessment: conduct and write reports on the initial intake interviews with undergraduate and graduate students.

Extensive training experience: included an hour and a half of weekly individual supervision, and three hours of group supervision focusing on individual treatment, intake assessment, and outreach. One additional hour of staff meetings focused on topics such as, multi-cultural counseling, group CBT treatment for depression, and suicidality.

Community outreach: co-facilitate psycho-education presentations to the Rutgers undergraduate community on stress management and depression.

Supervision: meet with individual and group supervisor on a weekly basis.

Dec 2000-June 2004 **Therapist**
Rutgers, the State University of New Jersey
Graduate School of Applied and Professional Psychology
Psychological Clinic
Piscataway, New Jersey

Individual Psychotherapy: Provide weekly individual therapeutic services to ethnically diverse, college-aged to mid-adulthood; issues ranged from adjustment problems, employment problems, depression, and anxiety disorders.

Couples Psychotherapy: Provide therapy to couples, employing behavioral techniques via questionnaires and structured, therapeutic interventions.

Supervision: Meet with an individual supervisor on a weekly basis, and other appropriate consultations as needed.

Assess appropriate treatment and diagnostic considerations through initial intake and on an ongoing basis.

Treatment documentation includes writing weekly progress notes, as well as initial assessment and termination reports.

Sept 2000- July 2001 **Student Therapist**
Foster Care Counseling Project
Rutgers, the State University of New Jersey
Piscataway, New Jersey

Individual psychotherapy: provide therapy to children and adolescents who are in foster homes; referred by the Division of Family and Youth Services (DYFS).

Family therapy: provide family therapy with DYFS referred foster children and families, as well as with a newly reunited families; included ethnic minority children and families.

Play therapy: provide psychological services to emotionally-disturbed foster children from ages 3 to 9, using play therapy techniques.

Extensive training experience: Participate in weekly peer supervision and individual supervision. Topics covered during staff meetings included art therapy, burn-out prevention, the experience of the foster mothers and adult foster children.

Treatment documentation includes writing weekly progress notes, and the initial, quarterly and termination reports.

Consultation with DYFS caseworkers, law guardians, or teachers for each case on a regular basis.

Other Clinical Experience

June-July 2003 **Counselor**
Stepping Stone
Behavior Therapy Associates Summer Program
Kingston, NJ

Therapeutic learning environment: Provide children with various psychiatric diagnosis, ranging from high functioning autism, attention deficit disorder, Asperger's, and Oppositional Defiant Disorder, with a environment conducive to learning appropriate social, coping, and behavioral skills.

Interventions focused on social skills training, anger management, impulse-control, and problem-solving techniques; used behavioral contracts, positive modeling, as well as positive reinforcement.

Collaborate with colleagues, supervisor, and family to problem-solve and evaluate the child's progress.

Sept 1999-July 2000 **Rehabilitation Provider II, Qualified Mental Health Provider (QMHP)**
The Citadel Group
El Paso, Texas

Individual rehabilitation: Provide skills training to chronic mentally-ill individuals, suffering from various diagnoses, such as schizophrenia, major depression, and bipolar disorder.

Group rehabilitation: Provide rehabilitation services in a small group setting to chronic mentally-ill individuals.

Skills training topics included employment, social, and symptom management for individual and group interventions. *In vivo* training was employed on a regular basis in the community

Assess clients every three months regarding their symptomology and progress in program.

Treatment documentation: daily and monthly progress notes.

Collaborate with case workers and colleagues regarding client's treatment progress and goals.

Selected Professional Trainings and Conferences

Spring 2013 **Mindfulness Based Stress Reduction (MBSR) training**
Paula Graff, certified instructor, 8 weeks
New York, NY

Fall 2013 **Mindfulness and Psychotherapy Online Training**
National Institute for the Clinical Application for Behavioral Therapy (NICABM), 12 weeks
Dr. Ronald Siegel

June 2014 **Shaktiyoga Align + Flow**
200-hr Yoga Teacher Training
Julie Dorhman, Brooklyn, NY

July 2016 **Yoga Skills for Therapist**
Cape Cod Institute, 20 hrs
Amy Weintraub

July 2017

Life Force Yoga® Training for Mood Management

Amy Weintraub, Rose Kreiss, Kathleen Williams, Ph.D. 70 hours
Kripalu Center, Stockbridge, MA

- Empirically-supported program to treat/adjunct treatment for psychological disorders, such as depression, anxiety and PTSD
- www.yogafordepression.com

Workshop/Teaching Experience

July-Oct 2018

Substitute Yoga Teacher

Abhaya Yoga-DUMBO and Gowanus location
Brooklyn, NY

- Work as a substitute yoga teacher for classes that need fill-in when regular teachers are away.
- Classes integrate healthy physical movement, mindful cues, along with proven techniques to elevate and calm the mood.
- Students are guided to develop a personal connection to their yoga practice.

2018

Yoga for Mood Balancing

Abhaya Yoga-Gowanus and DUMBO location
Brooklyn, NY

- Teach participants an integrated Life Force Yoga ® class/workshop, to help manage everyday stressors and symptoms, to include lethargy, insomnia, and anxiety. Techniques included: breath work, physical movement, restorative poses for deep relaxation, hand gestures for energy and balance, and meditation for calmness.
- <https://abhayayoga.com/workshops/yoga-mood-balancing/>

Sept 2017

Yoga for Healing

Veteran Women's Indigenous Healing Circle
Weekend retreat
Taos, NM

- Guide veteran women in yoga classes to integrate body-awareness, breath, meditation, movement and mindfulness, in conjunction with other various healing modalities in weekend retreat.

2016-2017

Building Social Confidence

University of California-Santa Barbara
Counseling and Psychological Services

- Taught students to develop a better understanding of common social challenges and develop greater comfort for navigating social situations. Students used self-administered tools to assess anxiety, were taught the etiology of social anxiety (flight or fight response), and guided through in vivo exposure exercises in group; further received guidance for continuing to grow social confidence outside of the group.

Research Activities

Dissertation: “Tribal Enrollment, Blood Quantum and Identity Issues in the Confederated Salish and Kootenai Tribe of Montana: An Exploratory Study.”

Rutgers, The State University of New Jersey

Chair, Dr. Nancy Boyd-Franklin

Defended April 2005

Honors Thesis: “Investigating the ideal body image of college-aged Hispanics in the El Paso-Juarez border region”.

University of Texas-El Paso

Chair, Dr. Karen Coleman

Award: Outstanding Psychology Senior Honors Thesis, Spring 1999

Honorable Mention: University-wide Outstanding Senior Honors Thesis, Spring 1999

Published Manuscripts

Rutt, C. D., Nenemay, K. A., & Coleman, K. J. (2002). The evaluation of a measurement model for the Physical Appearance State and Trait Anxiety Scale (PASTAS) in a Hispanic population. *The Hispanic Journal of Behavioral Sciences*.

Presentations

Nenemay, K. A., Rutt, C. D., Dzewaltowski, D. A., Rosenkranz, R., & Coleman, K. J. (2001). *Body image in young U.S./México border Hispanics and Caucasian adults*.

Paper presented at the 48th annual conference for the American College of Sports Medicine, May 30 – June 2, 2001.

Also a published abstract in *Medicine and Science in Sports and Exercise*, 33(Suppl.).

Awards and Honors

1998-2005	Scholarship Recipient: Catching the Dream
2000-2002	Ralph Bunche Fellowship; Rutgers, the State University of New Jersey
2001-2005	Scholarship Recipient: The American Indian Graduate Center
2001-2005	Scholarship Recipient: The Confederated Salish and Kootenai Tribes
2002-2003	Excellence Fellowship; Rutgers, the State University of New Jersey
2003	Lynn Reyer Scholarship on Tribal Community Development; received from the University of New Mexico