

**Kamaljit K. Viridi Ph.D., PSY 28810**  
2221 Camino Del Rio S Ste 200 San Diego, CA 92108  
Phone 619-275-2286, Fax 619-955-5696  
www.therapychanges.com

## **EDUCATION**

---

**Doctor of Philosophy in Counseling Psychology** (*APA-Accredited*) July 2015  
University of Missouri-Kansas City (UMKC), Kansas City, MO

**Master of Arts in Psychology** August 2010  
The College at Brockport, State University of New York (SUNY), Brockport, NY

**Bachelor of Arts in Psychology** December 2003  
University of Rochester, Rochester, NY

**Associate of Science in Math and Science** January 2002  
Genesee Community College, Batavia, NY

## **PROFESSIONAL LICENSE**

---

California License Psychologist: PSY 28810 November 2016-Present

## **CLINICAL EXPERIENCE**

---

**Therapy Changes, San Diego, CA**  
*Clinical Psychologist* June 2019- Present

- Provide strength-based therapy in a private practice setting to adolescents and adults in both individual and couples treatment modalities
- Use a multicultural framework that integrates Interpersonal Process, Emotion-focused therapy, and Cognitive Behavioral therapy

**University of California, Merced, Counseling and Psychological Services, Merced, CA**  
*Staff Psychologist* November 2016- March 2019

- Provided initial intake assessments, triages, brief assessments, and individual, couples, and group counseling services to university students of diverse backgrounds
- Conducted crisis intervention and urgent care counseling and consulted with faculty, staff, and family members of students regarding treatment options and recommendations
- Co-facilitated support groups for graduate students and LGBTQ+ students, and two sections of a process group for students with symptoms of depression
- Consulted with an interdisciplinary team (psychiatry and primary care) regarding treatment options and recommendations
- Served as a member on the quality assurance committee to create and modify current policies and procedures, and served as the liaison for the Intercultural Hub
- Participated in developing and implementing various outreach services to undergraduate and graduate students
- Maintained accurate and current session notes with an electronic medical record

**California State University, Sacramento, Counseling and Psychological Services, Sacramento, CA**  
*Postdoctoral Psychology Fellow* August 2015-August 2016

- Provided initial intake assessments, and individual, couple, and group counseling services to university students

- Consulted with an interdisciplinary team (psychiatry, primary care, nutrition) regarding treatment options and recommendations
- Conducted crisis and urgent care counseling as needed, and consulted with faculty, staff, and family members of students regarding treatment options and recommendations
- Co-facilitated a process group for female students, and support groups for women of color and LGBTQ+ students
- Served as a liaison for the Multicultural Center
- Participated in Let's Talk hours providing consultation to underserved students
- Participated in developing and implementing various outreach services to students
- Maintained accurate and current session notes with an electronic medical record

**Texas A&M University (TAMU), Student Counseling Service, College Station, TX**

***APA-Accredited Training Site***

*Psychology Intern*

August 2014-July 2015

- Provided initial screening sessions, and individual, couple, and group counseling services to university students
- Co-facilitated a process group to women of color in a context that provided a safe and supportive environment to discuss issues of race/ethnicity/culture as they impact developmental, identity, and transnational concerns
- Conducted crisis intervention and consulted with faculty, staff, and family members of students regarding treatment options and recommendations
- Participated in semester-long specialized training rotations on working with International students, PTSD/Anger concerns, and Diversity as it relates to professional development
- Provided individual supervision to a doctoral-level practicum student in counseling psychology, as well as group supervision
- Participated in developing and implementing various outreach services to students
- Served as a member of the Student Counseling Service Diversity Initiatives Committee
- Maintained accurate and current session notes in a timely manner

**Leavenworth Veterans Affairs Domiciliary, Leavenworth, KS**

***APA-Accredited Training Site***

*Advanced Practicum Student*

August 2013-May 2014

- Provided individual counseling services to homeless Veterans with a variety of mental health concerns in a residential setting
- Facilitated process and support groups with an emphasis in trauma treatment
- Conducted initial interviews and assessments (intelligence, personality, mood), reviewed charts, scored and interpreted assessment results, wrote integrated reports, made treatment recommendations, and provided in-session feedback to Veterans
- Consulted with an interdisciplinary team (psychiatry, social work, nursing, rehab) regarding treatment options and recommendations
- Maintained accurate and current session notes with an electronic medical record

**Center for Behavioral Medicine (Formerly Western Missouri), Kansas City, MO**

***APA-Accredited Training Site***

*Advanced Practicum Student*

August 2012-August 2013

- Provided individual counseling services to clients with severe and persistent mental illnesses in an acute extended inpatient setting
- Facilitated psychoeducational and support groups with an emphasis in trauma recovery

- Conducted initial interviews and assessments (intelligence, personality, mood), reviewed charts, scored and interpreted assessment results, wrote integrated reports, and made treatment recommendations
- Consulted with an interdisciplinary team (psychiatry, pharmacy, nursing, social work, rehab, psychology technicians) regarding treatment options and recommendations
- Maintained accurate and current session notes in a timely manner

**UMKC, Counseling Center, Kansas City, MO**

***APA-Accredited Training Site***

*Advanced Practicum Student*

August 2011-July 2012

- Conducted intake interviews, diagnosed, and provided individual counseling services to college students and university staff members
- Maintained accurate and current session notes in a timely manner

**Hope Academy, Kansas City, MO**

*Practicum Student*

February 2011-May 2011

- Co-facilitated psychoeducational group counseling to adolescents and emerging adults who were working towards completing their GED

**UMKC, Community Counseling and Assessment Services, Kansas City, MO**

*Practicum Student*

January 2011-May 2011

- Responsibilities included: intake interviewing, diagnosing, and providing counseling services for clients in an outpatient training clinic
- Maintained accurate and current session notes in a timely manner

**Unity Behavioral Health, Rochester, NY**

January 2010-July 2010

*Practicum Student*

- Conducted intake interviewing, diagnosing, and providing individual counseling services to clients with moderate to low functioning in an outpatient setting
- Maintained accurate and current session notes in a timely manner

**TEACHING EXPERIENCE**

---

**UMKC, School of Education, Kansas City, MO**

*Adjunct Instructor*

August 2012-May 2013

- Taught two sections of the course Theories of Counseling to graduate students
- Prepared lesson plans, taught ten different theories and graded all submitted assignment
- Utilized multiple teaching modalities to meet each student's unique learning style

**NATIONAL PRESENTATIONS**

---

Viridi, K. & Brown, .C. (2017). *Sikh Men Post 9/11: Visible Markers of Religion, Perceived Religious Discrimination, and Career Barriers*. Poster presented at the 2017 Annual Convention of the American Psychological Association, Washington, D.C.

Jorgenson, K., Fowler, C., Virdi, K., & Seay, L. *Development of a Scale to Measure Integration in Social Networking*. Poster presented at the 2013 Annual Convention of the American Psychological Association, Honolulu, HI.

Viridi, K., Todd, R.E, & Brone, C. *Conscientiousness Predicts Health Response to Expressive Writing Interventions*. Poster presented at the 2011 Annual Convention of the Association for Psychological Science, Washington, D.C.

## **RESEARCH EXPERIENCE**

---

Viridi, K. & Brown, C. (2015). *Sikh Men Post 9/11: Visible Markers of Religion, Perceived Religious Discrimination, and Career Barriers*. Unpublished dissertation, UMKC.

Viridi, K. & Duan, C. (2013). *Counselor Empathy and Working Alliance: A Cross Cultural Comparison*. Unpublished Pre-dissertation, UMKC.

Viridi, K. & Abwender, D.A. (2010). *The Role of Openness to Experience, Type D, and Conscientiousness on Expressive Writing*. Unpublished Master's Thesis, The College at Brockport, SUNY.

## **TRAINING**

---

**Safe Zone Trained** – UMKC (2013); TAMU (2014); CSU, Sacramento (2016); UC Merced (2017)

- Received training to learn more about LGBTQ+ identities, gender, and sexuality and examine prejudice, assumptions, and privilege.

**UndocuAlly Trained**, UC Merced

2018

- Received training on understanding state and federal education and immigration policy, appropriate online resources for legal and financial support, and other ways to practice Allyship through knowledge, awareness, reflection, and action.

## **OTHER SKILLS**

---

- Fluent in English, Conversational in Punjabi, Understand basic Hindi