

LISA CARD STRONG, PH.D.

2221 Camino del Rio S, STE 200
San Diego, CA 92108

(619) 275-2286
LisaCS@TherapyChanges.com

EDUCATION

- 1998** **Ph.D., Clinical Psychology**
Pacific Graduate School of Psychology (APA Accredited),
(Now Palo Alto University)
Palo Alto, CA
Clinical orientation: Cognitive Behavioral
Areas of Specialization: PTSD, Depression, Anxiety
- 1997** **APA Approved Internship**
Pre-doctoral Intern
South Shore Mental Health (CSP/Medfield State Hospital)
Quincy, MA and Medfield, MA
- Master of Science, Clinical Psychology**
Pacific Graduate School of Psychology
(Now Palo Alto University)
Palo Alto, CA
- 1992** **Master of Arts, Psychology**
Pepperdine University
Malibu, CA
- 1990** **Bachelor of Arts, Speech Communication**
Emphasis: Interpersonal and Organizational Communication
California State University, Long Beach
Long Beach, CA

LICENSURE

- 2012-current** **Licensed for Independent Practice in Clinical Psychology,
California**
License #PSY25312
- 2001-2016** **Licensed for Independent Practice in Clinical Psychology,
Rhode Island**
License #PS00759

CLINICAL EXPERIENCE

05/20 - current

**Clinical Psychologist, Private Practice
Therapy Changes**

2221 Camino del Rio S, Suite 200
San Diego, CA 92108

Provide evidence based psychotherapy treatment in an outpatient private practice office. Evaluated and provided therapy for adult patients with a variety of disorders. Use of Cognitive Behavioral Therapy, Dialectical Behavior Therapy and other treatment modalities as indicated.

04/13-05/20

**Clinical Psychologist
VA San Diego, Telemental Health**

3350 La Jolla Village Drive, 116B
San Diego, CA 92161

Telemedicine practice of PTSD, depression and anxiety utilizing evidence based treatments. Care delivery to outlying clinics including Santa Maria, Victorville, El Centro, Bakersfield and Santa Ana. In-home telemedicine provided as well. Coordinated and supporting opening of telemedicine outlying clinics (Santa Maria, Victorville). Provide Prolonged Exposure (PE), Cognitive Processing Therapy (CPT) for PTSD and CBT for depression/anxiety to Veterans. Completed VA National rollout trainings on PE and CPT for PTSD. Worked within a multidisciplinary team with psychologists, psychiatrists, nursing and social work.

11/12-03/14

Psychologist, Private Practice

15525 Pomerado Road, Suite E3
Poway, CA 92064

Provide evidence based therapy in a part-time private practice office. Provided evaluation and individual psychotherapy for a variety of problems including mood, anxiety, alcohol/substance abuse and trauma based disorders.

10/03-08/11

Psychologist, Private Practice

172 Cushing Street
Providence, RI 02906

Provided evidence based treatment in an outpatient full-time private practice office. Evaluated and provided individual and couples therapy for adult patients with a variety of problems including mood (Unipolar and Bipolar), anxiety (Panic disorder, GAD, Social Phobia, Simple phobias, trauma (PTSD), alcohol/substance abuse and personality disorders. Use of Cognitive Behavioral Therapy, Dialectical Behavior Therapy and other treatment modalities as indicated. Provided clinical supervision to Post-Doctoral Fellows

in Psychology through Brown Medical School. Referrals to this private practice were from psychiatrists, primary care physicians and other psychologists. Insurance panels participated in included Blue Cross Blue Shield of Rhode Island and Tufts.

08/02-09/03

Staff Psychologist

Rhode Island Center for Cognitive Behavioral Therapy (RICBT)

1130 Ten Rod Road, Suite E305

North Kingstown, RI 02852

RICBT is a group practice treating adult patients with depression, anxiety, trauma and family problems. Evaluated and provided individual and couples psychotherapy. Primary difficulties treated included depression, anxiety, trauma (PTSD) and personality disorders.

06/99-07/02

Post-Doctoral Fellow

Rhode Island Hospital, Outpatient Psychiatry

235 Plain Street, Suite 501

Providence, RI 02905

Outpatient Psychiatry functions within the context of an academic medical center. Evaluated and provided individual psychotherapy (CBT) for clients with alcohol/substance abuse, psychotic disorders, PTSD, mood and personality disorders, including suicidality/homicidality. Received intensive DSM training in the context of clinical and research based psychiatric evaluations. Administered Structured Clinical Interview for DSM (SCID), Structured Interview for DSM Personality (SIDP) and Family History-Research Diagnostic Criteria review (FH-RDC). Comprehensive diagnostic evaluations/reports written on a daily basis. Research Project Director for three efficacy trials of medication for impulsive aggression, panic disorder and generalized anxiety disorder.

09/97-08/98

Pre-doctoral Intern

South Shore Mental Health (APA Approved Internship)

Community Support Program (CSP)/ Medfield State Hospital

Quincy, MA and Medfield, MA

CSP provides community based outpatient mental health treatment. Conducted intake evaluations, assessment, diagnosis, treatment planning, individual and group psychotherapy as part of a multidisciplinary treatment team. Coordinated treatment and interfaced with crisis team, hospitals and case managers. Evaluated and treated clients with a variety of diagnoses including alcohol/substance abuse, bipolar, depression, schizophrenia/schizoaffective, trauma (PTSD) and personality disorders.

Medfield State Hospital provides psychiatric inpatient treatment. Obtained specialized intensive training in Dialectical Behavior Therapy (DBT),

provided individual DBT therapy, and was a member of the DBT consultation team and specialty treatment unit. Participated in DBT certification training through the Linehan Training Group. Conducted psychological assessments, psychotherapy, transfer evaluations and violent behavior assessments throughout the hospital. Provided individual psychotherapy, group therapy and psychological testing as part of a multidisciplinary treatment team. Participated in seminar series on assessment, forensics, and group therapy.

03/96-05/97

Intake Therapist
Comprehensive Mental Health Center (CMHC)
Children and Family Services
Tacoma, WA

CMHC is a community-based mental health agency that provides treatment to children, adolescents and families. Responsible for intake evaluation, diagnosis, treatment planning, disposition and therapist assignment.

06/94-06/95

Psychological Trainee
Central Mental Health, ACCESS program
San Jose, CA

ACCESS serves as a gateway to the adult Santa Clara County mental health system. Conducted crisis intervention, psychological evaluations and brief therapy with low socioeconomic and ethnically diverse adult clients. Evaluated and treated clients with a wide range of diagnoses including alcohol/substance dependence, depression, trauma, anxiety (panic disorder) and personality disorders. Cognitive Behavioral Therapy was the primary theoretical orientation including Barlow's panic treatment.

04/94-08/95

Research Assistant
Family Research Project, Palo Alto VA Medical Center
Menlo Park Division, Palo Alto, CA

Research Assistant in family assessment study with Theodore Jacob, Ph.D.. Duties included: Implementation of structured research protocol; videotaped home and office visits with families discussing areas of conflict; administration of a variety of psychometric instruments used in the practice of family therapy intervention and research.

06/93-06/94

Psychological Trainee
California Pacific Medical Center, Adolescent Intensive Residential Services (AIRS)
San Francisco, CA

AIRS provides intensive individual and family therapy in a residential setting for adolescents referred through school, judicial and mental health systems

for problems including physical and sexual abuse, suicidal ideation and serious psychopathology. Interfaced with multidisciplinary team in ongoing quarterly team treatment reviews and case conferences on individual therapy sessions. Prepared detailed records used in interfacing with child protective services and legal systems.

06/91-06/92

Counselor
Orange County Youth and Family Services, Counseling Office
Garden Grove, CA

OCYFS Counseling provides outpatient therapy and crisis intervention for children, adolescents and families referred through school psychologists and probation/police departments for conduct problems, physical and sexual abuse and familial discord. Acted as consultant and liaison interfacing with probation and police departments providing assessment and disposition planning as part of a community outreach program. Coordinated and taught psychoeducational and legal orientation courses to at-risk adolescent youth and their families.

02/91-05/91

House Supervisor
Orange County Youth and Family Services, Amparo Youth Shelter
Garden Grove, CA

Amparo Youth Shelter is a short-term emergency shelter for runaway and abused adolescents.

ADVANCED TRAINING

2014

Certification in Prolonged Exposure

2014

Authorized Provider Cognitive Processing Therapy

1997

Dialectical Behavioral Therapy Certification

Linehan Training Group

PROFESSIONAL AFFILIATIONS

California Psychological Association

Assistant Clinical Professor (2006-2009)

Brown Medical School

Providence, RI

Psi Chi National Honor Society