

CURRICULUM VITAE

Education

- May 2008 California School of Professional Psychology,
Alliant International University, San Diego, CA
Doctor of Philosophy in Clinical Psychology
Emphasis in Child and Family Psychology
- June 2005 California School of Professional Psychology,
Alliant International University, San Diego, CA
Master of Arts in Psychology
- May 2003 University of Arizona, Tucson, AZ
Bachelor of Arts, Social Sciences, summa cum laude

Certifications

- October 2009-
Present California Board of Psychology
License in Clinical Psychology PSY 23090
- February 2006-
October 2009 California Board of Psychology
Registered Psychological Assistant, PSB 31900
Craig Wiese, Ph.D., Supervisor PSY 9392
- November 2005-
September 2008 American Academy of Bereavement, San Diego, CA
Certified Level 1 Bereavement Facilitator
- April 2005-
June 2008 Relationship Training Institute, San Diego, CA
CA State Certified as Domestic Violence Treatment Provider

Employment

- November 2010-
Present Therapy Changes, Point Loma, CA
Founder, Licensed Clinical Psychologist PSY23090
Providing *focused guidance when you need it most* to children,
adolescents and adults managing difficult life transitions
including grief and loss; traumatic loss and trauma. Therapy is
provided in a collaborative, active approach using Cognitive and
Cognitive-Behavioral Therapy (CBT) techniques. Provide
consultation, and expert witness review and opinion for the

standard of care in psychological practice and supervision for wrongful death and cases of misconduct, harm, and violent crime.

September 2006-
March, 2013

Home-Based Effective Living Professionals, San Diego, CA
Licensed Clinical Psychologist PSY 23090

Conduct psychological services for patients with HIV. Services are offered using cognitive-behavioral techniques to assist in the development of coping skills dealing with transition and grief related issues including depression, stress, and anxiety.

September 2003-
February, 2014

Jenna Druck Foundation, San Diego, CA

Bereavement Facilitator and Mentor Support Team

Actively participate in programming including 'Families Helping Families' and 'Young Women's Leadership.' Facilitate group therapy for children and adolescents and lead discussions on topics such as peer pressure and self-esteem. Provide support to volunteers working in this capacity and aid in debriefing process.

August 2005 –
November 2010

Center for Cognitive Therapy, San Diego, CA

Licensed Clinical Psychologist PSY 23090

Provide individual, couple, and family therapy for children and adults using cognitive theory and techniques. Specializing in managing depression and anxiety, grief and loss, trauma, relationships, life changes, and violent crime.

July 2008 –
August 2009

La Jolla Presbyterian Church, La Jolla, CA

Grief Share Bereavement Group Facilitator

Offer grief recovery education based on nationally recognized curriculum. Lead discussions on grief-related issues as well as provide psychological support to participants.

July 2007 –
June 2008

Behavioral Health Services, San Diego LGBT Community Center

Doctoral Intern

Provided brief and long-term psychological services to individuals and couples using cognitive and cognitive-behavioral techniques. Special focus included the complex effects of HIV on mental health for members of the LGBT community. Neuropsychological and Psychological testing experience.

September 2005-
July 2006

Palomar Family Counseling Services, Escondido, CA

Psychology Intern

Provided counseling services to children, adolescents, and adults in short and long term treatment. Conducted family consultations, and facilitated teen support groups in the school setting. Performed



court-ordered assessments for parent training, anger management, and domestic violence classes.

January 2005-
June 2005

STAR Program, San Diego, CA

Behavioral Therapist

Implemented behavioral modification techniques for children with pervasive developmental disorders in after-school programs.

August 2004-
January 2005

Poway Unified School District, San Diego, CA

Rancho Bernardo High School

School Psychology Intern

Conducted special education assessments: cognitive, processing, behavioral, and academic testing. Individual and group counseling experience.

May 2004-
September 2004

City Attorney's Office: Family Justice Center, San Diego, CA

Camp HOPE Counselor/Program Director

Served as camp counselor and director of programming for child victims of domestic violence in an overnight camp setting.

August 2003-
May 2004

Family Violence and Sexual Assault Institute, San Diego, CA

Exhibit Coordinator/Continuing Education Training Assistant

Organized trainings and conferences to educate and gain awareness of domestic violence issues.

March 2002-
June 2003

Tu Nidito Child/Family Services, Tucson, AZ

Bereavement Facilitator

Facilitated weekly children and young adult bereavement groups. Completed forty hour training on children's grief responses.

June 1998-
August 2001

National Coalition for Community and Justice, Prescott, AZ

Camp 'Anytown' Counselor and Program Developer

Conducted leadership diversity activities in camp setting. Created and implemented condensed version for area high school.

June 1997-
August 2000

Youth Count, Prescott, AZ

Youth Coordinator

Developed and coordinated events and programs for youth in tri-city area. Produced monthly teen television program.

August 1997-
May 2000

Juvenile Justice Department, Prescott, AZ

Certified Mediator

Conducted victim-offender mediations within juvenile justice system.

Supervisor Experience

2011 – 2016 Primary Clinical Supervisor
Fulfilled all supervisory requirements including additional advanced training in supervision for two Registered Psychological Assistants set forth by the Department of Consumer Affairs, California Board of Psychology

Professional Training Experience

February 6, 2021 Coastal Continuing Education San Diego, CA
In Case of Emergency: Ethical Considerations for a Crisis-Proof Private Practice
Ethical training course to earn 6 CE credits to satisfy Law & Ethics requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

April 25, 2020 Coastal Continuing Education San Diego, CA
Ethical Issues & COVID-19 Considerations in Private Practice
Ethical training course to earn 6 CE credits to satisfy Law & Ethics requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

January, 2018 San Diego Psychological Association, San Diego, CA
The Ethics of Professional Marketing
Continued Education training meeting CE requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

September, 2017 San Diego Psychological Association, San Diego, CA
Preparing for the Unexpected: The Ethics of Creating a Professional Will
Continued Education training meeting CE requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

February, 2016 San Diego Psychological Association, San Diego, CA
Ethics in Private Practice Update
Presentation co-presented with Mary Harb-Sheets, Ph.D. Continued Education training meeting CE requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

May, 2014 San Diego Psychological Association, San Diego, CA
Grief, Trauma, and Traumatic Grief: Identifying Unique Grief Reactions

Continued Education training meeting CE requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

February, 2013

San Diego Psychological Association, San Diego, CA

Dreams of the Bereaved.

Continuing Education Workshop 'Gourmet Dinner Lecture' series meeting requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

September, 2012

San Diego Psychological Association, San Diego, CA

Utilizing Dream Interpretation as a Therapeutic Intervention in Individual Therapy

Half-day workshop offered to the San Diego Psychological Association Fall Conference. San Diego, CA. Continued Education training meeting CE requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

May, 2011

San Diego Psychological Association, San Diego, CA

An Introduction to Grief, Loss, and Bereavement

Continuing Education training for the San Diego Psychological Association's Spring Conference meeting CE requirements for Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

Teaching Experience

August 2008 –
June, 2013

California School of Professional Psychology, San Diego, CA

Adjunct Professor; Introduction to Dream Work

Fulfill teaching responsibilities in conjunction with co-instructor for upper division graduate-level course on the empirical techniques and applications of dream work.

January 2010-
June, 2012

National University, College of Letters & Sciences, San Diego, CA

Professor, Certificate in Bereavement Studies

Contracted to serve as Professor to engage graduate-level students in an on-line environment to learn the dynamics of bereavement for individuals across the lifespan. Topics include childhood grief responses, gender differences, and age appropriate interventions.

November 2006 –
October, 2013

San Diego Hospice & Palliative Care, San Diego, CA

Invited Professional Speaker

Provide instruction to health care providers on aspects of grief and loss including using dream interpretation as a clinical intervention and educational tool for bereaved individuals. Courses taught as part of the Grief and Bereavement Certificate Program.

July 2008 –
February 2009

Montessori School of La Jolla II, La Jolla, CA

Parenting Educator; *Positive Parenting Series*

Designed and developed parenting curriculum for parents of preschool-age students. Conduct skill-based parenting workshops on a variety of child behavioral issues including managing transitions, kindergarten readiness, children with special needs, social development, divorce adjustment and grief and loss.

Research Experience

September 2005 –
January, 2008

San Diego Hospice and Palliative Care, San Diego, CA

Primary Investigator

Conduct research study in the form of a doctoral dissertation examining the effects of a dream interpretation intervention on grief for bereaved individuals. Implement study design and provide comprehensive training and supervision for San Diego Hospice staff and interns.

January 2003-
May 2005

Alliant International University, San Diego, CA

Research Assistant

Coded dream content of over 1000 dreams using the Hall & Van de Castle Scoring System.

June 2001-
November 2002

Project MATCH, Tucson, AZ

Program Evaluator

Interviewed youth and caregiver/staff to evaluate program effectiveness.

April 2002-
May 2003

Pantano Behavioral Health Clinic, Tucson, AZ

Primary Investigator

Designed, developed, and received funding for research project to examine factors that contribute to the relative success of children diagnosed with attention deficit hyperactivity disorder.

December 2000-
May 2003

University Sports Psychology Lab, Tucson, AZ

Research Assistant

Participated in research from inception to completion examining cultural impact on self talk. Engaged in qualitative data analysis.

May, 2001-
December 2001

University Medical Center, Tucson, AZ

Researcher

Examined the generational transference of irritable bowel syndrome from parent to child. A study in conjunction with the Veteran's Administration.

Publications

- Perper, R. (August, 2014). Grief, Depression, and the DSM-5. *The San Diego Psychologist*, 8 (24), 1-5.
- Perper, R. (August, 2014). How Therapists Can Manage an Online Presence. *The San Diego Psychologist*, 8 (24), 20 – 22.
- Perper, R. (August, 2013). Therapy Changes Sheds New Light on Diagnosis, Treatment Of Grief and Depression. *Doctor's Outlook*. Retrieved from <http://www.doctorsoutlook.com/research-6042.html>
- Perper, R. (March, 2013). A Parent's Guide to Managing Separation Anxiety in Children. *Bio-Medicine*. Retrieved from <http://bio-medicine.org/medicine-news-1/Therapy-Changes-Releases-a-Parent-u2019s-Guide-to-Managing-Separation-Anxiety-in-Children-101999-1/>
- Perper, R. (November 18, 2012). Recover Gratitude this Thanksgiving. *KUSI News*. Retrieved from <http://www.kusi.com/story/20129049/therapy-changes-announces-techniques-to-recover-gratitude-this-thanksgiving>
- Perper, R. (September, 2012). Therapy Changes Advises Entrepreneurs on Increasing Self-Confidence. *San Diego Union Tribune*. Retrieved from <http://markets.financialcontent.com/sandiego/news/read?GUID=22367627>
- Perper, R. (September, 2012). Stress Management Tips for Entrepreneurs. *San Francisco Chronicle*. Retrieved from http://finance.sfgate.com/hearst.sfgate/news/read/22213346/Therapy_Changes_Releases_Stress_Management_Tips_for_Entrepreneurs

Invited Presentations

- November, 2020 *Disenfranchised Grief & Psychologists in Private Practice*
Presentation offered students in the Professional Development Class at California School of Professional Psychology (CSDPP) at Alliant International University. San Diego, CA.
- April, 2020 *COVID19 Considerations for Psychologists in Private Practice*
Presentation offered students in the Professional Development Class at California School of Professional Psychology (CSDPP) at Alliant International University. San Diego, CA.

- February, 2020 *Traumatic Grief Reactions*
Presentation offered to University of San Diego (USD) Counseling and Psychological Services staff.
- September, 2019 *Traumatic Grief Reactions*
Presentation offered to University of San Diego (USD) Counseling and Psychological Services staff.
- April, 2019 *Getting Started in Private Practice*
Presentation offered to students in the Professional Development Class at California School of Professional Psychology (CSDPP) at Alliant International University. San Diego, CA.
- June, 2019 *Traumatic Grief Reactions*
Presentation offered to University of San Diego (USD) Counseling and Psychological Services staff.
- January, 2019 Table Top Discussion Leader for Critical Issues for Children and Adolescents Mental Health (CICAMH) conference. San Diego, CA.
- March, 2018 *Traumatic Grief Reactions*. Presentation offered to University of San Diego (USD) Counseling and Psychological Services staff.
- January, 2018 Marketing training offered to San Diego Psychological Association Board of Directors Winter meeting, San Diego, CA.
- October, 2017 *Families in Transition* radio interview with Real Talk ESPN Radio. San Diego, CA.
- August, 2017 *Understanding Child Anxiety and How to Respond*.
Presentation offered to Poway Unified School District Caring Connections Program. San Diego, CA.
- February, 2017 *A Parent's Guide to Increasing Children's Emotional Intelligence Using 'CARS'*. Presentation offered to the High Conflict Institute New Ways for Families Program. San Diego, CA.
- May, 2016 *The Fundamentals of Family Therapy*. Presentation offered to the child and adolescent team at Aurora Behavioral Health. San Diego, CA.

- August, 2016) *The Importance of Mistakes for Adolescents.* Presentation offered to parents and faculty at Fusion Academy Solana Beach Campus. San Diego, CA.
- January, 2016 *New Years Resolutions for Women.* Interview on Fox 5 Television station. San Diego, CA.
- June, 2015 *Hope After Loss.* Presentation offered to VITAS Hospice. San Diego, CA.
- June, 2015 *How Therapy Can Help.* Podcast interview with Stacie Patterson, Radio Reflection.
- May, 2015 *Self-Care Jeopardy.* Interactive presentation offered to Jewish Family Services Senior Living Group. Del Mar, CA.
- April, 2015 *Facilitating a Conversation: When higher level of care is necessary.* Presentation offered to LivHome. San Diego, CA.
- February, 2015
 May, 2015 *Healthy Divorce Strategies.* Presentation offered to Divorce Mediation Group. San Diego, CA .
- March, 2014 *A Developmental Perspective on Grief and Trauma.* Presentation offered to the University of San Diego Psychological and Counseling Services staff. San Diego, CA.
- February, 2014 *Common Traits of Successful Business People.* Podcast Interview delivered by B2B Marketing Bopcast. San Diego, CA.
- January, 2014 *Families in Transition.* Live interview on ESPN Radio, San Diego, CA.
- January, 2014 *The Nutrition of Mental Health.* Community workshop Co-facilitated by Melissa Hansen, M.A. and Karin Thebus, Psy.D. San Diego, CA.
- October, 2013 *Dreams of the Bereaved.* Workshop offered to the Jenna Druck Foundation. San Diego, CA.
- August, 2013 *Homework Struggles.* Live on-camera interview for Fox 5 News as part of the Mommy and Daddy Handbook. San Diego, CA.

- March, 2013 *Separation Anxiety in Children.* Live on-camera interview for Fox 5 News as part of the Mommy and Daddy Handbook. San Diego, CA.
- December, 2012 *Grief during the Holidays.* Presentation offered to Alvarado Parkway Institute. San Diego, CA.
- November, 2012 *Self-care and Parenting.* Seminar offered to Parent Mentors at the Autism Tree Project Foundation. San Diego, CA.
- October, 2012 *Responding to Victims in Crisis.* Presentation offered to the San Diego County District Attorney Victim Services Division. San Diego, CA.
- August, 2012 *When Loss Comes.* Telephonic presentation provided to American Cancer Society volunteers. American Cancer Society, San Diego, CA.
- April, 2012 *Private Practice Startup Tips for Early Career Psychologists.* Presented for California Psychological Association Graduate Students (CPAGS) during the 2012 CPA Annual Convention, Monterey, CA.
- April, 2012 *How to Maintain Self/Family Care while Caring for your Aging Parents.* Educational seminar provided to Point Loma Presbyterian Church. San Diego, CA.
- January, 2012 *Supporting Others During Grief.* Educational seminar provided to student leaders; Point Loma Nazarene University Counseling Department. San Diego, CA.
- November, 2011 *Identifying Grief Reactions in Children.* Presentation offered to San Diego County's School Nurses Association. San Diego, CA.
- September, 2010 *Coping with the Emotional Aspects of Cancer Diagnosis.* Presentation prepared for survivors support group at UCSD Moores Cancer Center, San Diego, CA.
- August, 2010 *Introduction to Grief, Loss, and Bereavement.* Invited Professional Speaker at UCSD Counseling and Psychological Services staff training, San Diego, CA.

- August, 2010 *Understanding Child and Adolescent Grief.* Video Presentation filmed for Jenna Druck Foundation online healing community, San Diego, CA.
- May, 2010 *Dreams of the Bereaved.* Presentation offered to the Parents of Murdered Children, San Diego Chapter, CA.
- April, 2010 *Unveiling your Dreams.* Presentation offered to the La Jolla Presbyterian Church, San Diego, CA.
- March, 2010 *Caregiver Support.* Teleconference presentation offered to American Cancer Society volunteers, San Diego, CA.
- January, 2010 *Childhood Grief Responses.* Training offered to members of the San Diego Bereavement Consortium, San Diego, CA.
- January, 2010 *Unveiling your Dreams.* Workshop offered at Akasha Yoga Studios, San Diego, CA.
- December, 2009 *Surviving the Holidays,* Presentation offered to the Parents of Murdered Children, San Diego Chapter meeting. San Diego, CA.
- November, 2009 *Exploring Dreamwork.* Presentation provided in collaboration with the Center for Integrative Studies, Alliant International University, San Diego, CA.
- August, 2009 *Principles of Successful Marketing.* Educational workshop offered to members of La Jolla Presbyterian Church Employment Support program, San Diego, CA.
- August, 2008 *Recognizing Complicated Grieving.* Presentation given to The Compassionate Friends, San Diego Chapter Membership Board.
- September, 2008 *Professional Bereavement Therapy.* Workshop conducted for Survivors of Suicide Loss San Diego Chapter Facilitator Meeting, San Diego, CA.
- August, 2007 *Roadmaps To Aging.* Seminar presented to the San Diego LGBT Community Center, San Diego, CA.



- September, 2007 *Depression and HIV: Awareness, Prevention, and Treatment.* Seminar presented to the San Diego LGBT Community Center ‘Positive Living’ Series, San Diego, CA.
- February, 2007 *Parenting Grieving Children.* Course presented to parents and caregivers in conjunction with the Jenna Druck Foundation, San Diego, CA.
- August, 2006 *The Handling of Autistic Children on School Buses.* Training offered to bus drivers and staff at San Dieguito Transportation Cooperative, San Dieguito, CA.
- May, 2003 *Outcome Factors for Children Diagnosed with ADHD.* Poster presentation at the Spirit of Inquiry Undergraduate Research Seminar at the University of Arizona. Tucson, AZ.

Professional Affiliations

- 2009- Present American Cancer Society, San Diego Chapter
- 2008 – Present Rady Children’s Hospital San Diego
- 2008 – 2018 Parents of Murdered Children, San Diego Chapter
- 2008 – 2018 Survivors of Suicide Loss, San Diego Chapter
- 2008 – 2018 The Leukemia and Lymphoma Society, San Diego Chapter
- 2006 – 2010 The Compassionate Friends, San Diego Chapter
- 2006 – 2010 Hospice of the North Coast, Carlsbad, CA
- 2006 – 2009 San Diego Community College District, Disability Support
- 2003 – 2008 San Diego Hospice, Center for Grief Care & Education

Professional Memberships and Duties

- 2003 - Present American Psychological Association
- 2003 – Present California Psychological Association

- 2003 – Present San Diego Psychological Association
- 2012 – 2017 San Diego Psychological Association Ethics Committee Member
- 2017 – 2018 San Diego Psychological Association Board Member
- 2008 - 2014 San Diego Victim Assistance Coordinating Council Member
- 2008 – 2012 Association for Death Education and Counseling
- 2004 – 2011 SDPA Continuing Education Committee Secretary
- 2004 – 2010 San Diego Bereavement Consortium Member

Honors

- 2011 - 2013 Community Service Award for commitment and dedication to the Families Helping Families Program at the Jenna Druck Center
- 2012 The National Register Early Career Psychologist Credentialing Scholarship
- 2009 Jenna Druck Foundation's *Recognized Mentor* for Young Women's Leadership Conference
- 2007 Alliant International University *Ferne Miller Memorial Scholarship* recipient
- 2005 Alliant International University *Ferne Miller Memorial Scholarship* recipient
- 2003 Honors College *Tradition of Excellence* research grant recipient
- 2003 Mortar Board/Kaplan Educational Scholarship
- 2002 National Society of Collegiate Scholars Merit Award
- 2001 National Coalition for Community and Justice *Outstanding Youth Sandra Day O'Connor Award*
- 2001 University of Arizona *Arizona Cup Award*
- 2000 Prescott, AZ Community Foundation *Philanthropist of the Year* award recipient