

# STEPHANIE SALO, PSYD

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Licensed Clinical Psychologist with community mental health and private practice experience, as well as medical, higher education, and organizational experience providing health and wellbeing psychological services. Dr. Salo also has organizational consulting, executive management, and leadership experience.

*Core strengths include:*

Rapport Development ♦ Clinical Competence ♦ Eclectic Approaches  
Treatment Planning ♦ Client Successes & Satisfaction ♦ Clinical Consultation  
Team Building and Collaboration ♦ Strong Leadership Skills ♦ Self-Directed and Self-Motivated

## ----- SELECTED ACHIEVEMENTS -----

- Oversight of several multidisciplinary committees to monitor treatment needs for students of concern who are identified through the Health & Wellbeing Cluster at UC San Diego (UCSD).
- Established interdisciplinary Behavioral Health Team to improve access, consultation, and service provision to students with mental health needs at UCSD Student Health Services.

## ----- RELEVANT CLINICAL EXPERIENCE -----

*Licensed Psychologist: Psychotherapy, **Therapy Changes**, Mission Valley, CA*

2021- present. Provide short and long-term therapy for late teen and adult individuals, couples, and groups using an eclectic theoretic approach combining interpersonal process, cognitive behavioral, and psychodynamic theories. Areas of special interest include grief and loss, relational conflict, adjustment to injury or illness, major life transitions, insomnia, anxiety and panic disorder, and major depression.

*Licensed Psychologist: Psychotherapy and Organizational Consulting, **Private Practice**, La Jolla, CA*

2015- present. Provide mental health counseling for emerging adults and adult individuals of all ages, as well as couples, and groups. As an organizational consultant, provide public education about mental health concerns within organizations, as well as offer strategic planning, conflict management, personality assessment, and comprehensive reports to improve organizational health.

----- **RELEVANT CLINICAL EXPERIENCE CONTINUED** -----

*Counseling Psychologist III: Behavioral Health Consultant, Counseling & Psychological Services, University of California (CAPS UCSD), San Diego, CA*

2016-2021. Responsibilities: Develop Behavioral Health Consultation service, including consultation to medical providers and direct clinical service within a multispecialty clinic. Served on Behavioral Health Oversight Team, Clinical Oversight Committee, Care Coordination Committee, and Urgent Care Advisory Committee. Provided primary and secondary supervision of CAPS Post-Doctoral Residents.

*Counseling Psychologist II: Urgent Care & Clinical Services Psychologist, CAPS UCSD, San Diego, CA*

2013-2016. Responsibilities: Reorganized CAPS urgent care services, managed workflow, scheduling, and crisis situations for Urgent Care services provided within the clinic, including clinical consultation for CAPS staff and assistance with hospitalizations. Provided direct clinical care and case management services for undergraduate and graduate students with mental health concerns. Chaired Urgent Care Task Force and provided subject-matter expert consultation to the campus-wide Behavioral Threat Assessment and Management Team. Expanded Clinical Oversight Committee, and active participant in interdisciplinary case consultation group. Co-facilitated groups, including Interpersonal Process Group. Provided consultation to administration, University Police Department, student affairs staff, and faculty on urgent clinical student cases.

*Post-Doctoral Fellow—Urgent Care Emphasis, CAPS UCSD, San Diego, CA*

2012-2013. Responsibilities: Provided evaluations, psychotherapy, and urgent care counseling, as well as case management for students with mental health concerns. Demonstrated abilities and specialized training in triage, crisis management, hospitalizations, and back-up urgent care assistance. Active participant with interdisciplinary case consultation group. Co-facilitated groups, including mindfulness, sexual assault recovery, social confidence, and graduate student support.

----- **RELATED CLINICAL EXPERIENCE** -----

**University Counseling & Consulting Services (UCCS)—University of Minnesota, Minneapolis, MN**  
(APA Accredited Internship) 2011-2012.

**California Institute of Technology (Caltech) Counseling Center, Pasadena, CA (CAPIC Pre-Internship)**  
2010-2011.

**West Los Angeles Veterans Affairs Healthcare Center, Los Angeles, CA (Psychological Clerkship)**  
2009–2010. Geropsychology and Outpatient Rotations

**Rancho Los Amigos National Rehabilitation Center, Downey, CA (Psychological Practicum II)**  
2008–2009. Ortho-diabetic and Inpatient Rotations

**Pasadena Mental Health Center, Pasadena, CA (Practicum) 2007–2008.**

----- **RELATED PROFESSIONAL EXPERIENCE** -----

*Associate Director, MSCA/The Caring Tree Foundation*, Bloomington, MN

2000-2005. Co-manage a 600-member retail trade association, lead seven professional committees, facilitate member relations, coordinate events, fiscal planning, process accounts receivable, initiate systems to improve efficiency. Caring Tree Duties: Strategic planning, coordinate annual school supply drive, manage marketing, fiscal planning, fundraising, special events, and grant writing.

*Executive Assistant to V.P. of Retail Brokerage, United Properties*, Bloomington, MN

1999-2000. Administrative support for 7-member retail brokerage team; marketing and leasing reports.

*Office Manager, Penfield Hunter*, Apple Valley, MN

1998-1999. Manage job flow, provide design support, oversee job costing and accounting assistance.

*Public Relations Assistant, Fairview-University Medical Center*, Minneapolis, MN

1995-1998. Provide Public Relations/Marketing and Outreach support, including editing copy, maintaining corporate P.R. budget, arrange social functions, develop office systems, organize conferences, coordinate travel arrangements, and create PowerPoint presentations for physicians.

*Public Affairs/Marketing Intern, The Chevron Oil Companies*, San Ramon, CA

1993. Duties: Compile legislative summaries, process donation requests, coordinate Crisis Communication Training.

----- **EDUCATION** -----

**Fuller Graduate School of Psychology**, PsyD in Clinical Psychology (2012)

**Fuller Graduate School of Psychology**, MA in Clinical Psychology (2008)

**University of Minnesota–Twin Cities**, BA in Psychology (1997)

----- **TEACHING AND RESEARCH** -----

*Adjunct Professor, Point Loma Nazarene University*, San Diego, CA (2016, 2018-present)

Abnormal Psychology, Learning and Cognition, Personality and Adult Development

*Teaching Assistant, Fuller Graduate School of Psychology*, Pasadena, CA (2008)

Introduction to Psychological Assessment

*Research Assistant, LAPD Recruit Basic Course Curriculum Change Evaluation Project, Fuller Graduate School of Psychology*, Pasadena, CA (2008-2011)

----- **RELEVANT ORGANIZATIONAL EXPERIENCE** -----

2018-Present. Member, Wellness Grant Advisory Board, **National University**, San Diego, CA.

2016–Present. Chair (2020-21), Student & Early Career Advisory Committee, **The Trust**, Washington DC.

2011–2012. Immediate Past Chair, **California Psychological Association of Graduate Students (CPAGS)**. Advisory position on Executive Council for CPAGS.

2010–2011. Chair, **California Psychological Association of Graduate Students**.

2009–2010. Chair-Elect, **California Psychological Association of Graduate Students**.

2008–2009. Convention Chair, **California Psychological Association of Graduate Students**.

2007–2008. Vice-President, **Association of Student Advocates for Psychological Health (ASAPH)**, Fuller Graduate School of Psychology.