

CURRICULUM VITAE

EDUCATIONAL HISTORY

- 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

PROFESSIONAL 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

PROFESSIONAL EXPERIENCE

- 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. *Refer to 'Forensic Experience' section below for detailed information*

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

School Psychology Intern Rancho Bernardo High School

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/programs for youth and produced monthly teen television program.

August 1997-
May 2000

Juvenile Justice Department, Prescott, AZ

Certified Mediator

Conducted victim-offender mediations within juvenile justice system.

FORENSIC EXPERIENCE

July 2021

Expert provider

Provided written documentation and deposition testimony as expert provider of a minor who was the victim of sexual assault and digital stalking concerning her current, and anticipated future psychological and functional impairments, nature of treatment and course, outcomes, and prognosis.

August 2020

Expert provider

Provided court with written documentation of adult client's progress in therapy involved in a domestic violence case.

March 2020

Fact witness

Provided written documentation to court and consulted with the client's attorney describing the nature, course, and outcome of psychological treatment of Post-Traumatic Stress Disorder following a motor vehicle accident.

April 2019

Expert review and expert opinion report

Completed review of case materials and provided written expert opinion report to plaintiff's attorney on the breaches of the standard of care of the treating provider in the fulfillment of her duties to appropriately complete a suicide risk assessment and treatment for her client.

January 2019

Expert provider

Provided written report to federal court concerning the current, and anticipated future psychological impact of traumatic and complicated grief for young adult client.

2014

Expert review

Provided consultation to FBI Victim Specialist on case related to the psychological impact of kidnapping for a minor client, her state of mind and appropriateness for testimony.

2012 *Fact witness*
Provided deposition and testimony in court regarding the psychological and functional impairments, treatment and prognosis for adult client following a physical assault.

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

June 2022 Coastal Continuing Education San Diego, CA
Getting on the Same Page: The Ethics of OpenNotes and Clinical Case Note Documentation
Ethical training course satisfying 6 CE Law & Ethics requirements for California Licensed Psychologists, MFTs, LCSWs, LPCCs and LEPs.

February 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 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, Traumatic Grief: Identifying 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.

ACADEMIC APPOINTMENTS

- 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.

PROFESSIONAL PUBLICATIONS

- Perper, R. (October 2021). How Therapy Works and What to Expect. Self-published resource at <https://therapychanges.com/blog/2021/10/how-therapy-works-and-what-to-expect/>
- Perper, R. (September 2021). How Can I Tell if My Therapy is Working? Self-published resource at <https://therapychanges.com/blog/2021/09/how-can-i-tell-if-my-therapy-is-working/>
- Perper, R. (January 2015). Grief, Depression, & The DSM-5. Self-published resource white paper at <https://therapychanges.com/wp-content/uploads/2019/08/Grief-Depression-and-the-DSM5.pdf>
- 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 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 CONFERENCE SPEAKING ENGAGEMENTS AND PROFESSIONAL PRESENTATIONS

- April 2022 *Understanding Traumatic Grief and Traumatic Grief in the COVID-19 Era*
Presentation provided to staff and psychology student interns at University of San Diego Counseling Center, San Diego, CA
- October 2021 *Getting Started in Private Practice*
Presentation provided to students in the Professional Development Class at California School of Professional Psychology (CSPP) at Alliant International University, San Diego, CA
- November 2020 *Disenfranchised Grief & Psychologists in Private Practice*
Presentation provided students in the Professional Development Class at California School of Professional Psychology (CSPP) 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, San Diego, CA
- September 2019 *Traumatic Grief Reactions*
Presentation offered to University of San Diego (USD) Counseling and Psychological Services staff, San Diego CA
- 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 San Diego, CA
- January 2019 Tabletop 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, 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
- June 2015 *Hope After Loss*
Presentation offered to VITAS Hospice, San Diego, CA
- 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 *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
- 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
- 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 survivor's 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
- 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

MEDIA EXPERIENCE AND APPEARANCES

- August 2019 California Psychological Association Annual Leadership and
Advocacy Conference attendee and AB5 Health Care Coalition
Lobby Day participant. Invited to speak to media following the
event and contribute to lobbying efforts in the subsequent month
- January 2018 Marketing training offered to San Diego Psychological
Association Board of Directors Winter meeting
- October 2017 *Families in Transition* radio interview with Real Talk ESPN
Radio, San Diego, CA
- January 2016 *New Year's Resolutions for Women*
Interview on Fox 5 Television station, San Diego, CA
- June 2015 *How Therapy Can Help*
Podcast interview with Stacie Patterson, Radio Reflection
- February 2014 *Common Traits of Successful Businesspeople*
Podcast Interview delivered by B2B Marketing Bopcast
- 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
- August 2010 *Understanding Child and Adolescent Grief*
Video Presentation filmed for Jenna Druck Foundation online
healing community, San Diego, CA

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