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EDUCATION:

- 2012 **Psy.D., Azusa Pacific University, Azusa, California** (APA Accredited)
Doctor of Psychology in Clinical Psychology with Emphasis in Family Psychology
- 2009 **M.A., Azusa Pacific University, Azusa, California** (APA Accredited)
Master of Arts in Clinical Psychology
- 2007 **B.A., University of Washington, Seattle, Washington**
Bachelor of Arts in Psychology (cum laude)

CURRENT EMPLOYMENT:

- 10/16-present **Licensed Clinical Psychologist, Therapy Changes**
- Provide outpatient therapy in a private practice setting for children, teens, and adults using individual, group, couples, and family modalities. Therapy is action-oriented and empirically-based.

PROFESSIONAL EXPERIENCE:

- 08/14-10/16 **Clinical Psychologist I, Sharp Mesa Vista Hospital**
Adolescent Partial Hospitalization
- Facilitate group, individual, and family therapy for teens and family members using evidence-based therapies (DBT, CBT, and ACT) to improve patient psychosocial functioning.
 - Assess and accurately diagnose patients, developing effective treatment plans to provide rapid stabilization and symptom reduction.
 - Assess patient risk level and implement effective crisis intervention for those who are a danger to self and/or others, or who are displaying behavioral problems.
 - Manage patients' treatment from intake to discharge; coordinate providers and discharge planning and facilitate daily treatment team meetings.
 - Provide clinical and testing supervision and training for psychology predoctoral interns and practicum students; attend weekly faculty meetings and provide consultation to peers; participate in internship interviews and selection of applicants.
 - Active engagement in weekly faculty meetings and provide consultation to peers; participate in internship interviews and hiring of applicants as a member of the Internship Faculty.
 - Member of suicide prevention hospital committee and participated through program development and staff training on risk assessment tool, safety planning, and effective treatment conceptualization.
 - Initiate and lead program evaluation and curriculum development project, which includes creation of new evidenced-based curriculum, intervention philosophies, and

collection of psychometric data pre and post curriculum intervention. Program improvement led to statistically significant positive changes in patients' self-esteem and reduction in depression, anxiety, and anger scores; project was nominated for Sharp C.O.R.E. Award.

08/13-08/14 **Behavioral Health Therapist, Sharp Mesa Vista Hospital**

Adolescent Partial Hospitalization

- Facilitate group, individual, and family therapy for teens and family members using evidence-based therapies (DBT, CBT, and ACT) to improve patient psychosocial functioning.
- Assess and accurately diagnose patients, developing effective treatment plans to provide rapid stabilization and symptom reduction.
- Assess patient risk level and implement effective crisis intervention for those who are a danger to self and/or others, or who are displaying behavioral problems.
- Manage patients' treatment from intake to discharge; coordinate providers and discharge planning and facilitate daily treatment team meetings.
- Provide clinical and testing supervision and training for psychology predoctoral interns and practicum students; attend weekly faculty meetings and provide consultation to peers; participate in internship interviews and selection of applicants.

SELECT CLINICAL EXPERIENCE:

09/12 – 08/13 **Postdoctoral Fellowship, Sharp Mesa Vista Hospital**

(Cognitive IOP and DBT-Informed Skills Training IOP)

- Facilitate daily group and individual therapy for patients ages 18+ from CBT and DBT Perspectives.
- Teach didactic/psychoeducational groups on topics such as mindfulness, emotion regulation, conflict resolution, anxiety, grief/loss, assertiveness, boundaries, and anger.
- Assess, diagnosis, and treat patients with wide variety of diagnoses and issues including mood disorders, personality disorders, PTSD and complex trauma, psychosis, substance abuse, self-injury, eating disorders, grief and loss, anger issues, chronic pain, co-occurring medical problems, and complex family and interpersonal problems.
- Conduct intake evaluations and risk assessments, determining program and level of care needed.
- Present lecture to community on topic of mental health and wellness.

09/11 – 08/12 **Pre-Doctoral Internship, Loma Linda University Medical Center**

(APA Accredited)

- Provide psychodiagnostic and neuropsychological testing, interpretation and report writing for a diverse population of adults, young adults, and adolescents at inpatient, partial hospitalization and outpatient levels of care.
- Run group therapy for adult and adolescent eating disorder patients on topics such as mindfulness, ACT, goals, DBT skills, coping, and body image.
- Provide weekly outpatient therapy for community clients, cardiac patients, and university students.

09/10 – 08/11 **Program Therapist, BHC Alhambra Hospital, Rosemead, CA**

Reasons Eating Disorder Center

- Lead group therapy for diverse population of child, adolescent and adult patients with eating disorders and severe mental illness.

- Provide crisis intervention and led psychoeducational multi-family groups for patients and their families regarding topics such as body image, relapse prevention, recovery, boundaries, communication, emotional intimacy, self-care, and mindfulness.

09/10 – 08/11 **Practicum Trainee, Loma Linda Medical Center, Behavioral Medicine Center**

- Provide psychological testing, interpretation, and report writing for a diverse population of adults and adolescents.
- Provide individual and group therapy for patients (adolescents through older adults) suffering from loss, trauma, severe mental illness, mood disorders, eating disorders, and chemical dependency.

09/09 – 06/10 **Practicum Trainee, Whittier College Counseling Center**

- Provide outpatient therapy to undergraduate and graduate students from diverse ethnic and cultural backgrounds struggling with mood disorders, grief, trauma, learning disabilities, family conflict, adjustment disorders, substance abuse, and relational problems.
- Conduct short and long term individual therapy, including intake interviews, consultations, and triage assessments for students in crisis.
- Participate in outreach events on campus, presented in classrooms on topics related to psychological health and wellness.

09/08 – 07/09 **Practicum Trainee, Azusa Pacific University Community Counseling Center**

- Provide weekly individual, family, and couples therapy to community clients and college students from diverse ethnic backgrounds. Design a body image support group for female college students.

09/08 – 06/09 **Practicum Trainee, Slauson Middle School**

- Provided short-term therapy to multi-ethnic adolescents (majority Latino) and worked with teachers, staff and parents to coordinate treatment.
- Implement treatment plans addressing issues such as grief, divorce, anxiety, abuse, developmental delays, relationship difficulties, aggressive behaviors and social skills.

PROFESSIONAL PRESENTATIONS AND LED TRAININGS:

04/2016 **Spirituality and Religious Coping**
 Sharp Mesa Vista Hospital
 Internship Leadership Development Seminar

03/2016 **Treatment Planning**
 Sharp Mesa Vista Hospital
 Child and Adolescent Outpatient Services

10/2015 **CSSR-S Training**
 Sharp Mesa Vista Hospital
 Child and Adolescent Outpatient Services

11/2015 **Conducting a Safety Session**
 Sharp Mesa Vista Hospital
 Child and Adolescent Outpatient Services

- 03/2015 **Teens and Behavior Changes**
 Sharp Women's Health Conference
 Sheraton San Diego Hotel & Marina
- 10/2009 **Healthy Boundaries and Relationships**
 Guest Lecturer, Center for Academic Advising Services
 Whittier College, Whittier, CA
- 11/2008 **Clinical Implications of Cross-Cultural Psychology**
 Guest Lecturer, Cross-Cultural Psychology
 Azusa Pacific University, Department of Undergraduate Psychology

TEACHING EXPERIENCE:

- 09/11 – 08/12 **Clinical Supervisor, Family Interviewing Skills**
Loma Linda Behavioral Health Institute, Department of Psychiatry
 Teach second year medical students effective clinical interviewing skills, supervise intake assessments and client feedback, and evaluate student case presentations and performance.
- 05/11 – 06/11 **Teaching Assistant, Group Skills**
Azusa Pacific University, Department of Graduate Psychology
 Supervise practice therapy, grade coursework and exams, and provide guest lecture.
- 02/11- 05/11 **Teaching Assistant, Family Therapy**
Azusa Pacific University, Department of Graduate Psychology
 Assist instructor in grading student papers and assignments.
- 09/08 – 05/09 **Teaching Assistant, Cross-Cultural Psychology**
Azusa Pacific University, Department of Undergraduate Psychology
 Develop exam questions, grade weekly coursework and exams, and guest-lecture on clinical applications of cross-cultural psychology.

RESEARCH EXPERIENCE:

- 2008 - 2012 **Azusa Pacific University, Graduate School of Psychology**
 Doctoral Dissertation
Eating Disorder Prevention Program for Adolescent Latinas: A Cultural Adaptation
 Dissertation Chair: Stephen Cheung, Psy.D.
 Topic: This clinical application dissertation adapts an empirically validated eating disorder prevention program to be culturally competent for Latina adolescents and their families by incorporating core Latino cultural values and characteristics. The original program focuses on reducing body image dissatisfaction and promoting healthy weight management.
 Dissertation Defended: March 19th, 2012

PROFESSIONAL MEMBERSHIPS:

- 2006 - Present American Psychological Association

CERTIFICATIONS:

2022-Present Certified Integrative Mental Health Professional (CIMHP)

2014-Present BLS (Basic Life Support) Provider Certification

UNDERGRADUATE HONORS AND MEMBERSHIPS:

2003 - 2007 **Dean's list**, University of Washington

2006 **Phi Beta Kappa**, Honor society member

2006 **Psi Chi**, Honor society member

2005 **NSCS**, National Society of Collegiate Scholars

2004 **Phi Eta Sigma**, Honor society member