# Ashley M. Malooly, Ph.D. CA Licensed Psychologist #PSY 29868

2221 Camino Del Rio S, Suite 200 San Diego, CA 92108 Office: (619) 275-2286 Ashley@TherapyChanges.com

#### **EDUCATION**

**Doctor of Philosophy University of Miami**, Coral Gables, FL

12/2016 APA Accredited Program: Clinical Psychology (Adult Track)

Master of Science University of Miami, Coral Gables, FL

5/2012 APA Accredited Program: Clinical Psychology (Adult Track)

Bachelor of Arts University of Delaware, Newark, DE

5/2008 Major: Psychology (Cum Laude)

#### **CLINICAL EXPERIENCE**

# THERAPY CHANGES, LICENSED CLINICAL PSYCHOLOGIST, San Diego, CA Jan 2023 – present

Individual and group psychotherapy for adult clients in a private practice setting. Areas of specialty include anxiety disorders, obsessive-compulsive disorders, mood disorders, life transitions, trauma, communication skills, family dynamics, and internalized anger. Approach grounded in Cognitive Behavioral Therapy with incorporation of Dialectical Behavioral Therapy skills, Acceptance and Commitment Therapy, and Motivational Interviewing.

### UC SAN DIEGO MEDICAL CENTER, SENIOR BEHAVIORAL HEALTH (SBH) PROGRAM DIRECTOR/STAFF PSYCHOLOGIST Apr 2020 – Jan 2023

Program director and lead of the SBH intensive outpatient (IOP) program, and program director/staff psychologist on the SBH inpatient unit. Duties include coordination of IOP staff, initial assessments and group therapy in the IOP, supervision and provision of therapeutic services on the SBH inpatient unit, direct clinical supervision of psychology practicum students and an APA intern, orientation/mentorship of medical students, residents, and fellows.

# SHARP MCDONALD CENTER, CLINICAL ROTATION SUPERVISOR, San Diego, CA Apr 2019 - Apr 2020

Primary rotation supervisor for psychology practicum students, interns, and post-doctoral psychological assistants on Sharp McDonald Center's Residential/Partial Hospitalization programs for chemical dependency, and the Medication Assisted Treatment IOP program.

# SHARP MESA VISTA HOSPITAL, CLINICAL PSYCHOLOGIST, San Diego, CA Feb 2018 - Apr 2020

Employed in Outpatient Access Services – community-facing department responsible for initial intake and triage for Sharp Mesa Vista's 10+ IOP programs. Duties included triaging incoming phone calls, completing initial evaluations, coordinating admission, providing hand-offs to program

leads, and referring to resources in the community. Also helped to develop and launch new IOP tracks based on community need, and collected/analyzed departmental efficacy data.

# SHARP MESA VISTA HOSPITAL, PSYCHOLOGICAL ASSISTANTSHIP, San Diego, CA Sep 2016 – Feb 2018

Provided weekend psychology services to patients on the Senior Behavioral Unit (SBU). Duties included: development of weekend curriculum, daily psychoeducation and process groups, individual therapy, brief cognitive screenings (i.e. MoCA), and interdisciplinary coordination of care. I also provided additional supervision to psychology trainees. Additional per diem work included coverage on Sharp Mesa Vista's inpatient units, IOP programs, and Sharp McDonald Center's chemical dependency programs.

# SHARP HEALTHCARE, DOCTORAL INTERNSHIP IN CLINICAL PSYCHOLOGY, San Diego, CA Aug 2015 – Aug 2016

APA Accredited Internship program. Rotations included a cognitive-behavioral intensive outpatient program (IOP) for adults with mood and anxiety disorders (COG-IOP), inpatient psychiatric unit (Adult Services), and an IOP for seniors with mood and anxiety disorders (SIOP). Also included year-long experiences in psychological assessment and supervision of supervision.

# GEO CARE LLC/SOUTH FLORIDA STATE HOSPITAL, PRACTICUM, Pembroke Pines, FL Aug 2012 - May 2013

Individual and group psychotherapy, initial and annual psychological evaluations, and consultations with "persons served" with severe and persistent mental illness. Included services with forensic patients adjudicated Incompetent to Proceed or Not Guilty by Reason of Insanity.

# MIAMI VETERANS' AFFAIRS HEALTHCARE SYSTEM, PRACTICUM, Miami, FL Substance Abuse Residential Rehabilitation Treatment Program (SARRTP) Sep 2011 – May 2012

Individual, group, and couple psychotherapy to veterans diagnosed with substance use disorders attending a residential treatment program. Comorbid diagnoses including depression, post-traumatic stress disorder, schizophrenia, attention-deficit hyperactivity disorder, and cluster B personality traits.

### ANXIETY RESEARCH AND TREATMENT CLINIC (ARTC), University of Miami, Coral Gables, FL Jan 2011 – Jul 2011

Conducted exposure and response prevention with a client with chronic obsessive-compulsive disorder and comorbid post-traumatic stress disorder.

### PSYCHOLOGICAL SERVICES CENTER, PRACTICUM, University of Miami, Coral Gables, FL Outpatient Therapy and Psychoeducational Assessment Services May 2010 – Dec 2011

Provided outpatient psychotherapy to adults from a multiethnic South Florida community. Client concerns included Depression, Generalized Anxiety Disorder, Social Phobia, Asperger's Syndrome, and bereavement. Also administered psychoeducational assessments, including comprehensive evaluation of intellectual and emotional functioning, report writing, and feedback sessions with individuals and families.

#### CLINICAL RESEARCH EXPERIENCE

# POSITIVE PSYCHIATRY OUTCOMES RESEARCH in older adults completing the SBH IOP UC San Diego, San Diego, CA

Co-investigator, May 2020 - Jan 2023

Responsible for collecting outcomes data regarding resilience and loneliness in older adults completing the SBH IOP.

### JANSSEN INTRANASAL ESKETAMINE TRIAL Sharp Mesa Vista Hospital, San Diego, CA Independent Evaluator, Apr 2017 - Apr 2020

Efficacy rater on a double-blind clinical trial of esketamine spray with patients experiencing acute suicidality. Training and administration of the MADRS and the SIBAT.

# CHILD AND ADOLESCENT MOOD AND ANXIETY TREATMENT PROGRAM (CAMAT) Department of Psychology, University of Miami, Coral Gables, FL Therapist and Assessor (20 hours per week), Jul 2014 – Jul 2015

Both clinical research and private treatment of children and adolescents with mood and anxiety disorders using CBT-based interventions. Received training on the Anxiety Disorders Interview Schedule (ADIS) and an abbreviated 8-session version of the Unified Protocol.

### COPING WITH PEER VICTIMIZATION AND REDUCING ANXIOUS/DEPRESSED SYMPTOMS (PEERS/UTALK)

Department of Psychology, University of Miami, Coral Gables, FL Independent Evaluator, Sep 2014 - Dec 2014

Independent Evaluator for a 3-year grant funded by NIMH to develop a school-based preventive intervention for adolescents who are at risk for social anxiety or depressive disorder and who are experiencing interpersonal peer victimization. Assessment includes administering structured interviews (ADIS-C-IV) to adolescents enrolled in an RCT to evaluate the PEERS/Utalk intervention.

# PROJECT THRIVE, Department of Psychology, University of Miami, Coral Gables, FL Independent Assessor, Aug 2013 – Apr 2014

Independent evaluator on a study investigating the efficacy of evidence-based treatments for trauma (e.g., Cognitive Processing Therapy) vs. Psychoeducation in reducing sexual risk behaviors among gay men with a history of childhood sexual abuse. Included assessment of alcohol and substance use, DSM-IV pathology, and symptoms of PTSD.

#### RESEARCH EXPERIENCE

### Cognition and Emotion Lab Department of Psychology, University of Miami Aug 2009 - Dec 2017

Research examined individual difference variables and their relationship to emotion regulation and resilience. I created experimental paradigms using E-Prime software, submitted research protocols to the IRB, trained research assistants, coordinated lab meetings and research assistant schedules, and collected psychophysiological data using BioPac software.

<u>Dissertation</u>: Training Affective Flexibility: Effects of an Affective-Control Training Task on Emotion Regulation

<u>Master's Thesis</u>: The Role of Affective Flexibility and Cognitive Flexibility in Effective Antecedent-Focused and Online Reappraisal

### **Adolescent Adjustment Project**

# Department of Human Development and Family Studies, University of Delaware Aug 2008 - Aug 2009

Four-year longitudinal study examined the emotional adjustment of adolescents during high school and the college transition. Responsibilities included data collection, entry, and validation, recruitment and tracking of participants, human subjects research training, data analysis, submission of an abstract to a conference, and publishing a manuscript based on the data.

### Undergraduate Directed Research Department of Psychology, University of Delaware Sep 2006 - May 2008

Research examined psychophysiological correlates of emotion regulation and decision-making. Several studies investigated modulation of event-related brain potentials (ERPs). Responsibilities included preparing participants with EEG caps and electrodes, running participants through study protocols, administering measures, coding qualitative responses, and assisting with data analysis.

#### **PUBLICATIONS**

- **Malooly, A. M.**, Flannery, K., & Ohannessian, C. M. (2017). Coping Mediates the Association Between Gender and Depressive Symptomatology in Adolescence. *International Journal of Behavioral Development*, 41(2), 185-197.
- **Malooly, A. M.**, Genet, J. J., & Siemer, M. (2013). Individual differences in reappraisal effectiveness: The role of affective flexibility. *Emotion*, *13*(2), 302-313.
- Genet, J. J., **Malooly, A.**, & Siemer, M. (2013). Flexibility is not always adaptive: Affective flexibility and inflexibility predict rumination use in everyday life. *Cognition and Emotion*, *27*(4), 685-695.

#### **PRESENTATIONS**

- **Malooly, A.** & Siemer, M. (September 2013). *Inflexible processing of positive and negative images Implications for depression and emotion regulation.* Poster presented at the 27<sup>th</sup> Annual Meeting of the Society for Research in Psychopathology, Oakland, CA.
- **Malooly, A.** & Siemer, M. (May 2012). *Inflexible processing of negative emotional pictures predicts depressive symptoms: Evidence from an affective switching task.* Poster presented at the Association for Psychological Science's 25th Annual Convention, Chicago, IL.
- **Malooly, A.** & Siemer, M. (May 2011). *Affective flexibility predicts emotion regulation outcomes*. Poster presented at the Association for Psychological Science's 24<sup>th</sup> Annual Convention, Washington, D.C.
- Ohannessian, C. M., & **Malooly, A.** (March 2010). *The relationship between gender and adolescent depression: The mediating role of coping.* Poster presented at the 2010 Biannual Meeting of the Society for Research on Adolescence, Philadelphia, PA.

Krompinger, J, Kostelec, J, **Malooly, A**, Petrongolo, J, Simons, R. (October 2008). *Working 'harder'* but not 'smarter:' Electrophysiological evidence for cortical inefficiency in depressed undergraduates. Poster presented at the 48th Annual Meeting of the Society for Psychophysiological Research, Austin, TX.

**Malooly, A. M.**, Shroyer, N. A., Dietz, J. B., Moser, J. S., Krompinger, J. W., & Simons, R. F. (May 2007). *Regulating reactions to pleasant pictures: An event-related potential study.* Poster presented at the University of Delaware Undergraduate Psychology Research Symposium, Newark, DE.

#### **TEACHING EXPERIENCE**

#### SENIOR BEHAVIORAL HEALTH PROGRAM (Apr 2020 - Jan 2023)

PSY 401: Third-year Medical Student Clerkship PSY 426: Fourth-year Medical Student Clerkship

UC San Diego, San Diego, CA

Responsible for providing lectures and bedside teaching on topics related to the treatment of older adults, including: CBT, ACT, mindfulness, MI, family dynamics, and cognitive screening.

#### **COURSE INSTRUCTOR**

### Psychology 209: Introduction to Personality Psychology (Spring 2012)

University of Miami, Coral Gables, FL

Responsible for an intermediate level undergraduate course offered to psychology majors. Covered history and prominent theories of personality psychology, as well as personality disorders.

### **GUEST LECTURER**

#### Psychology 110: Introduction to Psychology (Fall 2011)

University of Miami, Coral Gables, FL

#### **TEACHING ASSISTANT**

**Various Courses; Aug 2009 – Jul 2015** University of Miami, Coral Gables, FL

#### **HONORS AND AWARDS**

2020	Pillar Award, Growth (Outpatient Access Services), Sharp
	Healthcare; organization-wide award recognizing the department's
	role in growing the hospital.
2019	Core Award, Growth (Outpatient Access Services), Sharp
	Mesa Vista Hospital; hospital-wide award recognizing the
	department's role in hospital growth.
2013	Dissertation Award, College of Arts and Sciences, University
	of Miami; full tuition and stipend support for August 2013 to May
	2014; \$16,920
2013	Flipse Research Award, Department of Psychology, University of
	Miami; \$1000
2013	Outstanding Teaching Assistant of the Year, Department of
	Psychology, <i>University of Miami</i> ; \$200