

Sheila Allameh, PsyD

Licensed Clinical Psychologist PSY30230 CA

CURRICULUM VITAE

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EDUCATIONAL HISTORY

- 08/07-01/14 **California School of Professional Psychology at Alliant International University (CSPP/AIU)**, San Diego, CA
APA Accredited Clinical Psychology Program
January 2014: Doctor of Psychology in Clinical Psychology
August 2009: Master of Arts in Clinical Psychology
- 08/05-06/07 **California State University - Northridge (CSUN)**, Northridge, CA
Master of Arts in Clinical Psychology: Transferred credit to CSPP/AIU
- 08/02-09/04 **University of California, Los Angeles (UCLA)**, Los Angeles, CA
Major: Psychology
Minor: Gerontology
September 2004: Bachelor of Arts in Psychology
- 08/01-06/02 **Glendale Community College (GCC)**, Glendale, CA
June 2002: Associates of Arts Degree
- 08/00-06/01 **Woodbury University**, Burbank, CA
Transferred credit to GCC

LICENSURE

California Board of Psychology **07/18-Present**
Licensed for Independent Practice in Clinical Psychology PSY30230

CLINICAL EXPERIENCE

Licensed Clinical Psychologist **06/23-Present**
Therapy Changes – SAN DIEGO, CA

- Provide individual therapy to adults seeking mental health services for difficult life transitions, including career or employment changes, strained relationships, anxiety and mood disorders, pain management, and chronic illness using Cognitive Behavior Therapy (CBT).

Licensed Clinical Psychologist **06/19-Present**

SHEILA ALLAMEH, PsyD – SAN DIEGO, CA

- Began private practice to provide quality care to individuals seeking mental health services utilizing Cognitive Behavior Therapy-based interventions, Mindfulness-based interventions (including components of ACT and DBT), guided imagery and other relaxation techniques, Motivational Interviewing, sleep hygiene, and pain management strategies.

- Conduct clinical interviews and perform psychological evaluations by administering, scoring, and interpreting assessment measures, including the Minnesota Multiphasic Personality Inventory –2- Restructured Format (MMPI-2-RF), Millon Clinical Multiaxial Inventory (MCMII-IV), Millon Clinical Multiaxial Inventory-III (MCMII-III), BDI-II (Beck Depression Inventory-II), BAI (Beck Anxiety Inventory), Pain Patient Profile (P-3), Fear-Avoidance Beliefs Questionnaire (FABQ), Pain Catastrophizing Scale (PCS), Epworth Sleepiness Scale (ESS), The Tampa Scale of Kinesiophobia (TSK), and the DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure.
- Integrate information gathered from clinical interview and results of assessments into comprehensive psychological reports for referring party, claims examiner, affiliated legal team, and primary treating physician. Create and modify treatment plans as well as provide work restrictions throughout the course of therapy when serving as a Primary Treating Physician.
- Care partner to Palomar Corporate Health with a focus in CBT for delayed recovery and other Workers' Compensation Injuries. Coordinate care with medical directors, orthopedic surgeons, pain management physicians, chiropractors, primary care physicians, nurse case managers, insurance adjusters, and attorneys to improve patient care while promoting return to work and case closure.
- Maintain client files and compose patient progress notes at each visit, including request for additional authorization, billing codes, and treatment summaries. Responsible for all billing and administrative issues.

Licensed Clinical Psychologist / Post-Doctoral Psychological Assistant **08/15-06/19**

PACIFIC NEUROBEHAVIORAL CLINIC (PNBC), PC – SAN DIEGO, CA

- Began employment as a post-doctoral registered psychological assistant and assumed role of clinical psychologist upon completion of licensure in July of 2018.
- Provided individual therapy for individuals in the community and referring parties in the Workers' Compensation system utilizing Cognitive Behavior Therapy-based interventions, Mindfulness-based interventions (including components of ACT and DBT), guided imagery and other relaxation techniques, Motivational Interviewing, sleep hygiene, biofeedback techniques, and pain management strategies.
- Conducted clinical interviews and performed psychological evaluations by administering, scoring, and interpreting assessment measures, including the Minnesota Multiphasic Personality Inventory –2- Restructured Format (MMPI-2-RF), Millon Clinical Multiaxial Inventory (MCMII-IV), Millon Clinical Multiaxial Inventory-III (MCMII-III), BDI-II (Beck Depression Inventory-II), BAI (Beck Anxiety Inventory), Pain Patient Profile (P-3), Fear-Avoidance Beliefs Questionnaire (FABQ), Pain Catastrophizing Scale (PCS), Epworth Sleepiness Scale (ESS), The Tampa Scale of Kinesiophobia (TSK), and DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure.
- Integrated information gathered from clinical interview and results of assessments into comprehensive psychological reports for referring party, claims examiner, affiliated legal team, and primary treating physician.
- Conducted psychological evaluations to assess surgical candidacy for patients undergoing bariatric surgery and spinal cord stimulators.
- Created, executed, and modified treatment plans and work restrictions throughout the course of therapy.
- Maintained client files and composed patient progress notes at each visit, including request for additional authorization, billing codes, and treatment summaries.
- Assessed risk for self-harm, suicide, and homicide, while enforcing legal and ethical duties per APA ethical standards, HIPPA and California law.
- Attended in-service seminars and trainings provided by various professionals within the community.

- Presented in-service trainings to staff, colleagues, and individuals unaffiliated with the organization, including referring medical providers, lawyers, and claims adjusters on various topics such as employee engagement and personality management, pre-screening hiring measures, employee selection criteria, and evidenced based treatment for varying diagnoses.
- Consulted with clinical team and medical providers regarding mutual patients' treatment plan.
- Coordinated care with medical directors, orthopedic surgeons, pain management physicians, chiropractors, primary care physicians, nurse case managers, insurance adjusters and attorneys to improve patient care while promoting return to work and case closure.
- Assisted in interviewing and hiring clinical staff members and administrative support.
- Reviewed patient complaints and addressed concerns with a data driven approach.
- Expanded revenue and increased reputation of practice by opening a second office in Poway.
- Supervisor: Delia Silva, PSYD Licensed Neuropsychologist, PSY 22738 CA

Clinical Administrator / Pre and Post-Doctoral Psychological Assistant **11/12-07/15**
**REHABILITATION AND ORTHOPEDIC CENTER (ROC) – MULTIDISCIPLINARY PAIN
 REHABILITATION PROGRAM (MDPRP) – MISSION VALLEY, CA**

- Under the supervision of the Medical Director executed daily operations of Multidisciplinary Pain Rehabilitation Program (MDPRP) while managing clinical cases, billing, treatment outcomes, as well as supervised staff members and independent contractors.
- Served as liaison between staff and medical director, as well as other network of providers, including physician's assistants, psychological assistants, psychologists, and physicians.
- Responsible for individual and group therapy within an interdisciplinary context, specifically teaching patients chronic pain management techniques while promoting behavioral activation and evidenced based treatments to reduce symptoms of depression and anxiety.
- Developed protocols, handbooks, and worked with internal staff members and various healthcare providers to create the MDPRP and Cognitive Behavior Therapy (CBT) departments.
- Conducted daily and weekly treatment team meetings to coordinate patient care and collaborated with healthcare providers, family members, attorneys, and claims examiners.
- Facilitated trainings to address employee concerns and increase job satisfaction. Maximized efficiency to create a flourishing environment for creativity and productivity for staff and patients.
- Documented individual, group, and miscellaneous interactions with patients and related parties.
- Developed, integrated, and facilitated the advancement of the MDPRP and CBT departments. This included writing and posting job descriptions, interviewing candidates, and hiring clinical and administrative support. Provided oversight of staff for each department, as well as tracked treatment outcomes, administrative costs, and day-to-day billing operations.
- Worked with clinical and administrative team to design detox program schedule, goals, and website.
- Co-created and implemented programming and course curriculum for the MDPRP with the medical oversight of medical director.
- Completed session reports and discharge summaries for all MDPRP and CBT patients.
- Conducted biopsychosocial multidisciplinary evaluations for candidacy into the MDPRP. These evaluations included a clinical interview, related psychological testing, report writing, and clinical recommendations.
- Co-facilitated medical re-checks for patients and documented appropriately.
- Created and implemented treatment plans for patients in the MDPRP and CBT departments.
- Assessed risk for suicide, homicide, and other high-risk behaviors.
- Created and managed the weekly and daily schedule for the MDPRP and CBT programs.
- Administered, scored and interpreted psychological measures for complex Multidisciplinary

Evaluations (MDE's) and comprehensive CBT evaluations, including utilization of the Brief Battery of Health Improvement (BBHI-II), Symptom Checklist (SCL-90), BDI-II (Beck Depression Inventory-II), BAI (Beck Anxiety Inventory), Test of Memory Malingering (TOMM), Minnesota Multiphasic Personality Inventory (MMPI-2), Millon Clinical Multiaxial Inventory (MCMI-III), Perceived Stress Scale (PSS), Pittsburgh Insomnia Rating Scale (PIRS) and Pain Catastrophizing Scale (PCS).

- Conducted intake evaluations and progress reports for CBT patients, including billing codes and report writing utilizing Orthopad and Netpractice.
- Presented CBT, Motivational Interviewing, and biofeedback techniques to assist patients with skill acquisition and symptom reduction.
- Coordinated care with primary treating physicians to help prepare CBT patients for MDE's.
- Requested authorization for CBT sessions, MDE's, and additional MDRP program days.
- Worked with marketing team to increase business exposure and brand the company.
- Worked with the team to minimize employee stressors, maximize efficiency, and address staff concerns.
- Responsible for composing progress notes and maintaining client files.
- Attended seminars and trainings provided by various professionals within the community as well as presented in-service trainings to staff.
- Co-developed and facilitated the monthly patient support group for successful graduates of the MDRP.
- Participated in weekly individual and group supervised meetings.
- Regularly consulted with staff and medical team regarding mutual patient care.
- Created a resource binder for current and prospective psychological support staff.
- Worked with Practice Administrator to create job descriptions for various positions, provided critique and comments for employee evaluations and worked to increase cohesiveness among team members.
- Supervisor: Tomer Anbar, PHD Licensed Clinical Psychologist PSY 15744 CA

Registered Psychological Assistant and Pre-Doctoral Intern **09/10–09/11**
SCRIPPS CLINIC - DIVISION OF MENTAL HEALTH – SORRENTO VALLEY, CA

- Provided individual, couple and family therapy to adults, aged 65 and older using primarily Cognitive Behavior Therapy (CBT) techniques.
- Conducted caregiver seminar for patients and their families.
- Composed progress notes and maintained client files.
- Attended in service seminars and trainings provided by various professionals and medical staff members within the community.
- Participated in weekly individual and group supervised meetings.
- Administered and interpreted data from the Repeatable Battery for the Assessment of Neuropsychological Status (RBANS) to assess cognitive functioning.
- Conducted psychological intakes for patients undergoing bariatric surgery.
- Evaluated prospective candidates for spinal cord stimulators.
- Responsible for on call duties, crisis situations, and emergency suicide intervention.
- Regularly consulted with staff and medical team regarding mutual patient care.
- Learned and utilized hypnosis as a treatment modality with appropriate patients.
- Created a resource binder for current and prospective interns.
- Clinical Director: Martin Cary, PHD Licensed Clinical Psychologist PSY 6967 CA

Psychology Pre-Doctoral Intern**08/09–08/10**

CATHOLIC CHARITIES – CLINICAL SERVICES - SAN DIEGO, CA

- Provided psychotherapy to individuals and couples from the community using Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT) and Motivational Interviewing (MI).
- Responsible for composing weekly progress notes and maintaining client files.
- Attended regularly scheduled in service seminars and trainings.
- Participated in weekly individual and group supervised meetings.
- Conducted various psycho-educational batteries for referred clients.
- Proficient in writing immigration psychosocial evaluations.
- Performed weekly phone screenings for prospective clients, generated appropriate referrals, conducted intakes, and scheduled therapy sessions.
- Created a training guide for current and prospective interns.
- Supervisor: Cheryl Bradish, PHD Licensed Clinical Psychologist PSY 15712 CA

Psychology Practicum Trainee**07/08–07/09**UNIVERSITY OF CALIFORNIA SAN DIEGO (UCSD) MEDICAL CENTER –
NEUROPSYCHIATRY & BEHAVIORAL MEDICINE - LA JOLLA, CA

- Provided individual psychotherapy utilizing Cognitive Behavior Therapy (CBT), Mindfulness based approaches and Acceptance and Commitment Therapy (ACT) to patients of the Moores Cancer Center and the Pain and Palliative Program.
- Facilitated Lung Cancer and Chronic Lymphocytic Leukemia (CLL) patient support groups.
- Presented ‘Living with Chronic Pain’ seminars for individuals suffering from various pain disorders.
- Maintained patient files, including weekly progress notes, and scheduled therapy sessions.
- Participated in weekly group and individual supervision.
- Responsible for initial psychological interview and assessment, which included the administration and scoring of various pain measures (i.e. McGill Pain Questionnaire (MPQ), Pain Catastrophizing Scale (PCS), Chronic Pain Acceptance Questionnaire (CPAQ), Chronic Pain Coping Inventory (CPCI-R), Pain Anxiety Symptoms Scale (PASS-20) and Pain Disability Index (PDI).
- Supervisor: Steven Hickman, PHD Licensed Clinical Psychologist PSY 16677 CA

Cognitive-Behavior Therapist / Intern**08/05–08/07**

THE MOOD CLINIC,

CALIFORNIA STATE UNIVERSITY NORTHRIDGE (CSUN) - NORTHRIDGE, CA

- Provided individual psychotherapy to individuals in the community who suffered from various anxiety and mood disorders using Cognitive Behavior Therapy (CBT) techniques.
- Participated in weekly group supervised meetings.
- Responsible for composing reports and maintaining client files.
- Peer counselor to incoming graduate students.
- Conducted telephone intakes for clients and scheduled therapy sessions.
- Supervisor: Jill Razani, PHD Licensed Clinical Psychologist PSY 17061 CA

Co-Support Group Leader**03/06–06/07**

NORTHRIDGE HOSPITAL - NORTHRIDGE, CA

- Co-facilitated a support group with a licensed Marriage and Family Therapist.
- Group leader for Parkinson’s patients and participated in monthly supervised meetings.
- Attended monthly guest lectures on topics pertinent to patients living with Parkinson’s disease.

Assistant Project Manager**01/04-12/04**

RELATIONSHIPS, HEALTH & SEXUALITY STUDY,
UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA) - LOS ANGELES, CA

- Began as a Research Assistant and was rapidly promoted to Assistant Researcher.
- Recruited, scheduled, and administered questionnaires to research participants.
- Assisted Senior Researcher with ideas to enhance the outcome of the study.
- Implemented guidelines and instructions for research assistants to follow.
- Supervised research assistants.

Volunteer Coordinator**03/03-06/04**

SENIOR SMILES - PACIFIC PALISADES, CA

- Joined non-profit organization as a volunteer coordinator.
- Recruited, interviewed, and trained volunteer coordinators.
- Supervised, managed, and interacted with 40 volunteers weekly.
- Expanded the organization with fundraising ideas.
- Wrote and assisted with the supervision of the quarterly newsletter.
- Developed a training guide for volunteer coordinators and participated on the web committee.
- Developed group activities, for individuals over the age of 65, at various retirement communities within the Los Angeles area while visiting older people in the community to enhance social support and minimize isolation on a weekly basis.

Volunteer**03/02-01/03**

VERDUGO VALLEY CONVALESCENT HOSPITAL - MONTROSE, CA

- Increased social interaction with residents
- Accompanied patients to outside community activities.
- Aided activity director with preparation of patients' quarterly reports.

FORENSIC EXPERIENCE

Fact Witness**12/22-1/23**

Provided written documentation to court in addition to deposition and testimony in court regarding the psychological and functional impairments, treatment, and prognosis for an adult client following a work-related injury.

PROFESSIONAL EXPERIENCE

Teaching Assistant**08/09-05/12**

INTRODUCTION TO PSYCHOTHERAPY I & II,
CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY AT ALLIANT
INTERNATIONAL UNIVERSITY (CSPP/AIU) – SAN DIEGO, CA

- Supervised students during course and lab, as well as provided support, feedback, and clarification of class assignments.
- Attended class lectures and documented attendance.
- Scored exams, graded homework, and facilitated class discussion.
- Presented lectures and lab pertinent to postmodern approaches in psychotherapy and suicide assessment.
- Mentored incoming students regarding field of psychology and psychotherapy techniques.
- Professor: Marcy Witkin-Lupo, PSYD Licensed Clinical Psychologist, PSY 17157 CA

Administrative Assistant**02/08–10/08**

CENTER FOR INTEGRATIVE PSYCHOLOGY,
 CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY AT ALLIANT
 INTERNATIONAL UNIVERSITY (CSPP/AIU) – SAN DIEGO, CA

- Provided administrative support and created training manual for incoming employees and work-study students.
- Member of events committee and organized campus presentations and workshops.
- Involved in the expansion of the Center for Integrative Psychology at CSPP / AIU and within the community.

Office Manager**03/05–10/07**

PEDIATRIC PAIN PROGRAM,
 UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA) - LOS ANGELES, CA

- Provided administrative support to director, research staff, and organized responsibilities for administrative staff.
- Performed fiscal duties (maintained budget, ordered supplies, and processed reimbursements).
- Hired, trained, and supervised work-study students and Clinical Care Coordinator.
- Maintained patient inventory and served as liaison to physicians, complementary alternative therapists, and other hospital staff.
- Conducted new patient intakes and scheduled patient appointments.
- Involved in grant budget development and IRB submissions.
- Refilled/called in medications under doctor supervision.
- Assisted and maintained development of pain program website.
- Director: Lonnie Zeltzer, MD

Consultant**12/04–06/05**

GLASER PEDIATRIC SYMPTOM COMMUNICATION STUDY,
 UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA) - LOS ANGELES, CA

- Transcribed parent / child-taped interviews for a pilot study and conducted reliability checks.

Secretary/Receptionist**09/02-09/04**

UNDERGRADUATE PSYCHOLOGY ADVISING OFFICE,
 UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA) - LOS ANGELES, CA

- Peer counselor to students, replied to student inquiries, answered phones, scheduled counseling appointments, greeted, and assisted visitors, as well as completed other general administrative duties.

PROFESSIONAL AFFILIATIONS, HONORS, & ACTIVITIES

2019- 2022	Member of the San Diego Psychological Association
2011	California Psychology Internship Council (CAPIC), Intern Interview
2007-2022	Member of the American Psychological Association
2007	California State University Northridge (CSUN) Clinical Skills Award
2005-2006	University of California Los Angeles (UCLA) Local Staff Achievement Award
2004	Outstanding Volunteer Coordinator Award, Senior Smiles
2002	Alpha Gamma Sigma Scholarship, Glendale Community College
2002	Alpha Gamma Sigma, Glendale Community College; (Historian)
2001-2002	Member of the Alpha Gamma Sigma, Glendale Community College
2001	Dean’s List, Woodbury University

PUBLICATIONS, POSTERS, & PRESENTATIONS

Allameh, S. (May, 2023). Understanding Cognitive Behavior Therapy. Featured article for Palomar Health Corporate Health Services May 2023 Newsletter, San Diego, CA.

Allameh, S. (May, 2021). The Core Principles of Communication and Why It Matters. Presented to Palomar Corporate & Employee Health, San Diego, CA.

Allameh, S. (May, 2018). Communication & Assertive Training. Presented to Pacific Neurobehavioral Clinic (PNBC), PC, San Diego, CA.

Allameh, S. (February, 2018). Minimizing relapse by maximizing behavioral strategies in psychotherapy to result in successful treatment outcomes. Presented to Pacific Neurobehavioral Clinic (PNBC), PC, San Diego, CA.

Allameh, S. (November, 2017). Ethical principles of psychologists and code of conduct / laws and regulations. Presented to Pacific Neurobehavioral Clinic (PNBC), PC, San Diego, CA.

Allameh, S. (August, 2017). Psychotherapy with diverse populations – a multicultural approach. Presented to Pacific Neurobehavioral Clinic (PNBC), PC, San Diego, CA.

Allameh, S. (July, 2017). Sleep hygiene & architecture. Presented to Pacific Neurobehavioral Clinic (PNBC), PC, San Diego, CA.

Allameh, S. (June, 2017). A guide for pain resolution. Presented to Pacific Neurobehavioral Clinic (PNBC), PC, San Diego, CA.

Syfrett, S., **Allameh, S.**, Hampton, B. (February, 2017). Anything you can do, I can do better. Presented to PARMA (Public Agency Risk Management Association), Anaheim, CA.

Silva, D. & **Allameh, S.** (March, 2016). Managing chronic pain in the workers' compensation population). Presented to Hanna Brophy, Mission Valley, CA.

Allameh, S. (January, 2014). The Reliability and Validity of the Acculturation Rating Scale for Mexican Americans Adapted to Iranian Individuals. A doctoral dissertation submitted in partial fulfillment of the requirements for the degree of Doctor of Psychology, Clinical Psychology.

Kazemi, E., Rice, B., **Allameh, S.**, Soffer, G., (May, 2008). Teaching principles of applied behavior analysis through self-directed projects. Poster presented at the 34th Annual Association for Behavior Analysis International, Chicago, IL.

Sadeghi-Azar, L., Frederick, D., **Allameh, S.**, Lever, J., & Peplau, L. (May 2005). Attitudes toward cosmetic surgery and the body across the life span. Poster presented at the 17th Annual American Psychological Society, Los Angeles, CA.

Peplau, A., Haselton, M., Frederick, D., Manssourian, A., & **Allameh, S.** (August 2004). Sex differences in the desire for sexual variety: Evidence from a modified version of the Anonymous Romantic Attraction Survey. Poster presented at the January 2005 Social Psychology and Personality Conference (SPSP), Los Angeles, CA.

RESEARCH ACTIVITIES & GRANTS

NIH 2 R01 DE012754 “Puberty & Gender Differences in Pain Responsivity” Objective: To study the role of puberty in the developmental trajectory of gender differences in pain responsivity from childhood to adulthood. (PI: L. Zeltzer) Role: Research Assistant	04/15/07-02/29/08	\$594,592
Glaser Pediatric Network 04084772 “Assessment of Symptoms in Parents and Children at End of Life” Objective: To study symptom assessment in parents and in children with life-limiting diseases. (PI: L. Zeltzer) Role: Consultant	11/17/03-01/31/07	\$200,000
NIH 1 R01 DE12751-O1A1 “Puberty and Gender Differences in Pain Responsivity” Objective: To study the role of puberty in the developmental trajectory of gender differences in pain responsivity from childhood to adulthood. (PI: L. Zeltzer) Role: Research Assistant	06/01/99 – 08/31/05	\$2,404,066
NIMH R01MH63 779 “Anxiety, Pain, and Self-Efficacy in Children” Objective: An interdisciplinary study, using oral histories, conversation analysis, and quantitative measures to understand the process of change in children undergoing biopsychosocial treatment at the clinic, and permits an exploration of its social impact in school and home. (PI: M. Jacob) Role: Project Coordinator / Responsible for recruitment of research participants	01/01/03-12/30/06	\$2,410,031

