

# SHANNI TAL, Psy.D.

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## Education/Credentialing

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CA PSY	<b>Licensed Psychologist</b> California PSY34230	May 2023
CA PSB	<b>Registered Psychological Associate</b> California PSB94026460	Jan 2022 – May 2023
Psy.D.	<b>Alliant International University, San Diego</b> <b>California School of Professional Psychology</b> Clinical Psychology APA Accredited Program Published Dissertation: <i>Mental Health Stigma, Coping, and Burnout in First Responders</i>	August 2021
M.A.	<b>Alliant International University, San Diego</b> <b>California School of Professional Psychology</b> Clinical Psychology APA Accredited Program	May 2019
B.A.	<b>University of California, Santa Barbara (UCSB)</b> Psychology, Applied Psychology	June 2016

## Supervised Clinical Experience

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<b>CA Licensed Psychologist</b> Therapy Changes – Group Private Practice – San Diego, CA	October 2023 – <i>Present</i>
<ul style="list-style-type: none"><li>Providing evidence-based psychotherapy services to adults with a variety of concerns, including anxiety, stress, life transitions, personal growth, and various lifespan traumas, including sexual, reproductive, combat and childhood trauma</li></ul>	
<b>CA Licensed Psychologist</b> Dr. Tal Psychology – Private Practice – San Diego, CA	May 2023 – <i>Present</i>
<ul style="list-style-type: none"><li>Providing evidence-based psychotherapy to adults to improve the quality of their life with a focus on helping people work through past or current stressors, life transitions, anxiety, and trauma</li></ul>	
<b>CA Licensed Psychologist</b> Live Better Psychotherapy – Group Private Practice – San Diego, CA	May 2023 – <i>Present</i>
<ul style="list-style-type: none"><li>Providing evidence-based psychotherapy to college students, working professionals and the LGBTQIA community experiencing anxiety, depression, relationship issues, and trauma</li></ul>	
<b>Registered Psychological Associate</b> Live Better Psychotherapy – Group Private Practice – San Diego, CA	September 2022 – May 2023
<ul style="list-style-type: none"><li>Provided evidence-based psychotherapy to college students, working professionals and the LGBTQIA community experiencing anxiety, depression, relationship issues, and trauma</li></ul>	

## **Registered Psychological Associate**

January 2022 – October 2022

PsychDoc Group Inc. – Group Private Practice – San Diego, CA

- Provided evidence-based psychotherapy to active-duty military, individuals experiencing pelvic pain, chronic pain, depression, anxiety, sexual intimacy difficulties, PTSD, sexual, reproductive and complex traumas
- Utilized CBT, ACT, DBT, STAIR, CPT and/or psychodynamic treatment
- Conducted comprehensive assessments for patients (e.g., MCMI-IV)
- Received trainings in: sexual health education, pelvic pain, chronic pain, Gottman couples therapy, polyvagal techniques

## **Post-Doctoral Fellowship**

August 2020 – November 2021

Primary Care – Mental Health Integration (PC-MHI)

VA Loma Linda Healthcare System, APA Accredited – Loma Linda, CA

- Conducted functional assessments
- Provided short-term therapy (1-8 sessions) to veterans with depression, anxiety, chronic pain, PTSD
- First point of contact for veterans new to mental health treatment
- Assisted with consultations for other medical providers

## **Pre-doctoral Clinical Psychology Intern**

August 2020 – August 2021

VA Loma Linda Healthcare System, APA Accredited – Loma Linda, CA

- Completed three, 4-month long major rotations with PTSD Clinical Team (PCT), Health Psychology, Behavioral Health Interdisciplinary Program (BHIP)
- Participated in weekly supervision/consultation seminars simulating VA rollout training for Cognitive Processing Therapy (CPT; 6 months) and ACT-D (6 months)
- Engaged in short-term evidence-based treatment trainings for CPT for PTSD, Cognitive Behavioral Therapy for Insomnia (CBT-I), CBT-Depression, CBT-Anxiety and Dialectical Behavioral Therapy (DBT-Bipolar)
- Delivered evidence-based therapies (e.g., CPT, ACT, DBT) with weekly group consultation
- Delivered psychodynamic therapy to veteran with weekly group consultation
- Active member of the Diversity Subcommittee with volunteer duties including: participation in monthly meetings, creation and dissemination of VISN monthly newsletters
- Training activities including: weekly group supervision, weekly assessment didactics (e.g., personality, neuropsychological assessments), and monthly multicultural seminars
- Completed one comprehensive psychodiagnostic and personality assessment report

Rotation: Behavioral Health Interdisciplinary Program (BHIP)

April 2021 – August 2021

- Co-facilitated groups (i.e., Mindfulness & Compassion, DBT for Bipolar Disorder, Life After Loss, CPAP Desensitization)
- Provided individual psychotherapy EBP treatment to veterans (e.g., ACT for PTSD, Anxiety, Depression, Chronic Pain; DBT)

Rotation: PTSD Clinical Team (PCT)

January 2021 – April 2021

- PCT is a specialty program for the treatment of PTSD, with emphasis on the delivery of evidence-based psychotherapies
- Conducted individual CPT for veterans experiencing work and combat-related traumas
- Provided individual co-therapy for PTSD symptom management (e.g., Mantram-Repetition, Skills Training in Affective and Interpersonal Regulation - STAIR), and trauma-focused EBP (e.g., CPT) Co-facilitate PTSD Coping Skills Group
- Facilitated PCT Orientations for veterans referred to specialty level of care to inform them of the program, PTSD diagnosis and treatment options
- Facilitated comprehensive diagnostic intakes and treatment planning for engagement in trauma-focused evidence-based psychotherapy

- Facilitated weekly Stress Management and mindfulness series for all facility healthcare staff to support self-care during the COVID-19 pandemic
- Active member of interdisciplinary team including: psychologists, social work, psychiatry, and chaplain
- Provided individual and group treatment to veterans with PTSD related to military and lifespan traumatic events
- Participated in weekly PCT meetings focused on delivery of team-based care

**Rotation: Health Psychology**

August 2020 – January 2021

- Co-facilitated multidisciplinary (i.e., psychology, nutrition, preventative medicine), psychoeducation-based groups (e.g., Stress Management, Diabetes Empowerment, Mindfulness, and MOVE) for veterans with medical conditions such as obesity, tinnitus, diabetes, and hypertension
- Tiered supervision of practicum student
- Developed curriculum for psychoeducation groups
- Attended health psychology seminars weekly – attended weekly Loma Linda University grand rounds
- Co-facilitated Motivational Interviewing (MI) training to the Physical Medicine & Rehabilitation Services (PM&R) staff

**Practicum Student**

August 2019 – June 2020

Center for Applied Psychology & Services (CAPS) – Cognitive Behavioral Therapy Clinic San Diego, CA

- Provided outpatient, short-term individual Cognitive Behavioral Therapy (CBT), exposure therapy, Acceptance and Commitment Therapy (ACT), and Dialectical Behavioral Therapy (DBT) psychotherapy to clients with Persistent Depressive Disorder and Social Anxiety Disorder
- Utilized psychodiagnostic testing and routine outcome monitoring: Mini-International Neuropsychiatric Inventory (MINI), Beck Anxiety Inventory, Patient Health Questionnaire (PHQ-9), Social Phobia Inventory (SPIN) & ACT assessments such as: Comprehensive Assessment of Acceptance and Commitment Therapy Processes (CompACT), Emotion Efficacy Scale (EES-2), & Acceptance and Action Questionnaire (AAQ-II)

**Practicum Student**

August 2018 – June 2020

Center for Applied Psychology & Services (CAPS) – Psychodynamic Clinic San Diego, CA

- Provided outpatient, long-term individual psychodynamic psychotherapy to young adult patients diagnosed with Major Depressive Disorder and Generalized Anxiety Disorder dealing with issues relating to depression, sexuality, identity, anxiety, stress and suicidal ideation
- Administered the Shedler-Western Assessment Procedure (SWAP) to aid in patient and treatment conceptualization
- Supervised incoming student therapists in their clinical work
- Created a presentation to orient incoming students towards the practicum
- Provided an informational session for onboarding students about the differences between a behavioral and a psychodynamic orientation

**Practicum Student**

August 2019 – May 2020

Sharp Mesa Vista Hospital: Dual Recovery Intensive Outpatient Program – San Diego, CA

- Facilitated individual therapy and psychoeducation, family and process groups in an 8 to 12-week adult intensive outpatient psychiatric facility
- Caseload included patients with dual diagnoses of substance use, mood, trauma, anxiety, and psychotic disorders
- Provided individual therapy utilizing Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavioral Therapy (DBT) techniques
- Created a structured peer supervision group to provide extra support and cohesiveness for students providing clinical treatment

### **Clinical Research Therapist**

March 2019 – April 2020

Pacific Treatment & Research Center - University of California, San Diego (UCSD)

- Provided manualized Acceptance & Commitment Therapy (ACT) outpatient treatment in conjunction with pharmacotherapy to individuals diagnosed with Schizophrenia, Schizoaffective Disorder, Bipolar Disorders, wanting to quit smoking tobacco
- Engaged patients in hybrid sessions via TeleMental Health and in-vivo
- Conducted psychodiagnostic testing and differential diagnosis testing to determine eligibility of diagnosis for the study (Mini-International Neuropsychiatric Interview) & administered routine outcome measures: Columbia-Suicide Severity Rating Scale, Volunteer Adverse Events, Nicotine Use Inventory, Fagerstrom Test for Nicotine Dependence, Questionnaire on Smoking Urges – Brief, Hospital Anxiety and Depression Scale, Minnesota Nicotine Withdrawal Scale, Insomnia Severity Index, Altman Self-Rating Mania Scale, Avoidance and Inflexibility Scale
- Attended treatment team meeting in addition to journal club, where relevant empirically-based articles reviewed

### **Practicum Student**

August 2018 – September 2019

Veterans Village of San Diego – San Diego, CA

- Delivered care in a residential treatment facility for veterans who served in Operation Enduring Freedom, Operation Iraqi Freedom, the Gulf War, and the Vietnam War
- Provided weekly & biweekly individual short-term & long-term psychotherapy to homeless veterans diagnosed with co-occurring disorders (e.g., Borderline Personality Disorder, Major Depressive Disorder, Generalized Anxiety Disorder, Posttraumatic Stress Disorder, Bipolar Disorder, Social Anxiety Disorder)
- Facilitated psychoeducation & process groups on co-occurring disorders, mindfulness & tobacco cessation
- Utilized Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Psychodynamic, or Acceptance & Commitment Therapy (ACT) interventions
- Conducted comprehensive intake assessments of incoming veterans & write integrated reports including diagnoses – administered & wrote reports for battery of psychological assessments to inform treatment, which include Minnesota Multiphasic Personality Inventory (MMPI-2), the Millon Clinical Multiaxial Inventory (MCMI-III), the Personality Assessment Inventory (PAI), the NEO Personality Inventory 2 (NEO-PI-3), the Montreal Cognitive Assessment (MoCA), the Beck Depression Inventory (BDI-II), the Beck Anxiety Inventory (BAI), the Generalized Anxiety Disorder (GAD-7), the Connor-Davidson Resilience Scale (CD-RISC 25), the Trauma Symptoms Inventory (TSI-II), & the Anger Disorder Scale (ADS)

### **Clinical Research Assistant**

March 2018 – April 2018

VA San Diego Health Care System, Hoarding Disorder Lab

- Trained to conduct Cognitive Rehabilitation Exposure/Sorting Therapy (CREST) individual treatment in an outpatient setting, which taught participants to manage daily demands and learn to tolerate distress from discarding possessions
- Trained to administer manualized Cognitive Behavioral Therapy (CBT) and exposure therapy to veterans diagnosed with Hoarding Disorder
- Conducted 2-hour psychological assessments to assess for anxiety, depression, hoarding, etc.
- Shadowed home assessments/initial encounters for veterans with hoarding disorder
- Attended weekly group & individual supervision to discuss training & treatment progress

### **Practicum Student**

September 2017 – April 2018

Del Sur Crisis Center formally known as “Isis Crisis Center”- Imperial Beach, CA

- Worked with a multidisciplinary team to provide mental health services in a short term acute residential treatment facility for severely and persistently mentally ill adults suffering from psychotic, affective and other co-occurring disorders

- Conducted Milieu therapy, and supportive check-ins for clients with co-occurring disorders, veterans and victims of domestic abuse, sex trading or homelessness
- Facilitated psychoeducational group therapies on mindfulness, anger management, tobacco cessation, art therapy, and community meetings

**Tobacco Cessation Educator**

June 2015 – June 2016

UCSB Alcohol & Drug Program – Santa Barbara, CA

- Counseled clients using behavioral therapy, the 5 A’s brief intervention method (Ask, Advise, Assess, Assist, Arrange), Motivational Interviewing (MI) and Nicotine Replacement Therapies (NRT)
- Created individualized short-term treatment plans to help clients quit tobacco use
- Screened clients and administered Fagerstrom Test to assess for nicotine dependence
- Developed curriculum for tobacco safety & prevention trainings for university staff
- Created client tracking forms, media campaigns & outreach initiatives
- Collaborated with Veteran Resource Center to provide more access & awareness of services

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**Research Experience**

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**Clinical Research Assistant**

June 2018 – August 2018

EEG-based Indices of the Effects of Graded In-Vivo Fibromyalgia Treatment – SDSU, CA

**Graduate Research Assistant**

November 2017 – June 2018

Institute on Violence, Abuse & Trauma (IVAT) – San Diego, CA

**Undergraduate Research Assistant**

December 2014 – June 2016

UCSD META Lab – Santa Barbara, CA

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**Research Projects**

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**Dissertation** CSPP Alliant International University, San Diego

September 2018 - June 2020

Chair: Steven R. Thorp, PhD, ABPP

*Mental Health Stigma, Coping, and Burnout in First Responders* ~ Defended

**Qualitative Research Project** CSPP Alliant International University, San Diego

Spring 2018

*Seeking Mental Health Services After Trauma Exposure: Addressing First Responders*

**Quantitative Research Project** CSPP Alliant International University, San Diego

Spring 2018

*The Correlation Between Mental Health Exposure and Burnout Rates Amongst First Responders*

**Ad Hoc Peer Co-Reviewer** with Dr. Steven Thorp

February 2018

*European Journal of Psychotraumatology*

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**Scholarship**

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Meyer-Bulley, B., **Tal, S.**, & Abu-Rus, A. (2020) Political Diversity in Mental Health. *DSN-6: Diversity Subcommittee Newsletter*, 1(6), 1-3.

**Tal, S. N.** (2020). *Mental health stigma, coping, and burnout in first responders*. Available from ProQuest Dissertations & Theses Global. Retrieved from <http://0-search.proquest.com.library.alliant.edu/docview/2414751518?accountid=25255>

- Stearns, S., **Tal, S.**, Schaer, D., Bunderson K., McEnroe, K., Habib, A., Egan, S., Perez, M., & Geffner, R. (April 2018). *Pilot Study: Comparing MMPI-2 Profiles of Battered Mothers to Battered Mothers Whose Children Were Also Abused*. Poster presented at the 15<sup>th</sup> Annual Hawaii International Summit hosted by the Institute on Violence, Abuse and Trauma (IVAT), Honolulu, HI.
- Schaer, D., Perez, M., **Tal, S.**, McEnroe, K., Stearns, S., Bunderson K., Egan, S., Habib, A., & Geffner, R. (April 2018). *Pilot Study: Comparing WRAT-4 Scores of Juvenile Offenders who use Cannabis and Alcohol versus those who only use Cannabis*. Poster presented at the 15<sup>th</sup> Annual Hawaii International Summit hosted by the Institute on Violence, Abuse and Trauma (IVAT), Honolulu, HI.
- McEnroe, K., Bunderson K., Stearns, S., Schaer, D., Egan, S., **Tal, S.**, Habib, A., & Perez, M. (April 2018). *Pilot Study: MACI Scores of Adolescents Who Use Cannabis and Alcohol versus Those Who Use Cannabis Without Alcohol*. Poster presented at the 15<sup>th</sup> Annual Hawaii International Summit hosted by the Institute on Violence, Abuse and Trauma (IVAT), Honolulu, HI.
- McEnroe, K., Bunderson K., Stearns, S., Schaer, D., Egan, S., **Tal, S.**, Habib, A., & Perez, M. (June 2018). *Pilot Study: MACI Scores of Adolescents Who Use Cannabis and Alcohol versus Those Who Use Cannabis Without Alcohol*. Poster presented at the 18<sup>th</sup> Annual Dr. Hershel Swinger Partnership Conference for Children and Families in Los Angeles County.
- Habib, A., Egan, S., Stearns, S., Bunderson K., Perez, M., Schaer, D., McEnroe, K., **Tal, S.**, & Geffner, R. (April 2018). *Pilot Study: Comparing MMPI-2 Scores of Male Versus Female Perpetrators of Intimate Partner Violence in Child Custody Cases*. Poster presented at the 15<sup>th</sup> Annual Hawaii International Summit hosted by the Institute on Violence, Abuse and Trauma (IVAT), Honolulu, HI.

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## Presentations

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- April 21, 2023. Coastal Continuing Education providing a CEU to licensed clinicians. “Pain & Pleasure: A Women’s Sexual Health Approach.”
- July 15, 2021. VA Loma Linda Healthcare System, Veteran Health Administration, Psychology. “Burnout: A Sneaky Syndrome.”
- June 4, 2020. Onboarding Presentation for Incoming Practicum Students at CAPS. “Informational Panel on the Differences Between Psychodynamic and Behavioral Orientations.”
- April 27, 2020. APA Predoctoral Internship Match Panel for Future Applicants. “Matched Student Panel.”
- January 21, 2020. Journal Club at UCSD Outpatient Psychiatric Services: “Smoking Cessation for Individuals with Serious Mental Illness.”
- October 17, 2019. Training presentation for Cognitive Behavioral Therapy course at Alliant International University, California School of Professional Psychology, San Diego: “Mini International Neuropsychiatric Interview.”

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## Teaching Experience

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### Adjunct Faculty

CSPP Alliant International University, San Diego

September 2022 – December 2022

<b>Peer Supervisor</b> CSPP Supervision Class Lab	August 2019 – December 2019
<b>Peer Mentor</b> CSPP at Alliant International University - San Diego, CA	April 2018 – October 2018
<b>Health Educator</b> Health & Wellness Programs – UCSB, CA	March 2015 – June 2016

### Leadership Experience

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<b>Outreach Coordinator</b> San Diego Psychological Association Graduate Student Committee	March 2019 – December 2019
<b>Volunteer Therapist</b> The Pegasus Rising Project	April 2019 – June 2019
<b>Tent Leader</b> Stand Down – San Diego, CA	June 2018 – June 2019
<b>Student Panel Member</b> CSPP at Alliant International University- San Diego, CA	February 2018 – April 2018
<b>Student Advocate</b> UCSB Tobacco Steering Committee	September 2015 – June 2016
<b>COUGH Student Advisory Board Member</b> California Youth Advocacy Network– UCSB, CA	August 2015 – June 2017
<b>Student Advocate</b> Santa Barbara Public Health “CEASE” Coalition Engaged in Smoke-Free Effort	September 2015 – June 2016
<b>Volunteer Equine Side Walker</b> Hearts Therapeutic Equestrian Center – Goleta, CA	January 2015 – June 2015

### Awards & Honors

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<b>Outstanding Student Award</b> California School of Professional Psychology at Alliant International University, San Diego	May 2021
<b>Distinguished Clinical Proficiency Exam Award: Outstanding Performance</b> California School of Professional Psychology at Alliant International University, San Diego	June 2020
<b>Scholarship CSPP Dean’s Award of Excellence Returning Students</b> California School of Professional Psychology at Alliant International University, San Diego	2018 – 2019
<b>Individual Co-Curricular Award</b> University of California, Santa Barbara	June 2016

## Professional Development Trainings

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<b>Traumatic Stress</b> – Janna A. Henning, JD, PsyD, FT	August 2023
<b>Assessment &amp; Clinical Management of Suicidal Clients</b>	July 2023
<b>Grief and Loss: Trauma Informed Care Program</b> - Janna A. Henning, JD, PsyD, FT	June 2023
<b>Emotionally Focused Therapy for High Conflict Couples</b>	March 2023
<b>Reviving Desire in Low Sex &amp; No Sex Couples</b> – Dr. Tammy Scott Nelson	April 2022
<b>Sex, Made Simple: Clinical Strategies for Sexual Issues</b> – Barry W McCarthy, PhD, ABPP	March 2022
<b>Sex, Desire and Attachment</b> – Emily Nagoski PhD	Feb 2022
<b>Sex, Desire and Relationship Issues</b> – Emily Nagoski PhD	Jan 2022
<b>Transgender: Introduction</b> , VA Talent Management System	Oct 2020
<b>Transgender: Psychotherapy for Gender Dysphoria</b>	
<b>Transgender: Assessment of Readiness and Consent for Hormone Therapy</b>	
<b>Transgender: Diagnosing Gender Dysphoria</b>	
<b>Transgender: Mental Health Evaluation for Gender Affirming Surgery</b>	
<b>Transgender: Care for the Gender Non-Binary Veteran</b>	
<b>A Contextual Behavioral Approach for Responding to Moral Dilemmas in the Age of COVID</b>	Sept 2020
<b>Perspectives on Chronic Pain in Women Veterans: Implications for Treatment – Enduring</b>	Sept 2020
<b>Suicide: Statistics, Assessment, Prevention, &amp; Intervention &amp; Special Population Considerations</b>	July 2020
<b>Helping Trauma Patients Develop Resilience</b> , SDPC	May 2020
<b>Coping in the Time of COVID-19</b> , IMERIT CSPP San Diego	April 2020
<b>Keep the Office Going: Ethical &amp; Legal TeleHealth Practices for the Providers &amp; Staff</b> , APA	March 2020
<b>DBT &amp; Psychoanalysis: Can DBT Enrich a Psychoanalytic Informed Practice</b> , SDPC	Jan 2020
<b>Integrative Psychology: Experiences, Ideas &amp; Invitations</b> , Center for Integrative Psychology	Nov 2019
<b>Nonviolent Crisis Intervention Training</b> , Crisis Prevention Institute	Sept 2019
<b>Posttraumatic Stress Disorder</b> , Alliant International University	April 2019
<b>The Predictable Stages of Growth in Couples</b> , Center for Integrative Psychology	Feb 2019
<b>Gay Affirmative Therapy Training</b> , Alliant International University San Diego	Nov 2018
<b>Preparing for the Unthinkable: Mental Health Provider Roles in Disaster Recovery</b> , SDPA	May 2018
<b>De-escalating Hostile Clients</b> , Community Research Foundation	April 2018
<b>Identification, Prevention, &amp; Treatment of Suicidal Behavior for Service Members &amp; Veterans</b>	Dec 2017
<b>Common Mental Health Conditions in Veterans</b> , Community Research Foundation	Dec 2017
<b>College Violence Prevention</b> , Violence Prevention International, James Madero PhD	Nov 2017
<b>Post Traumatic Growth: Integrative Perspectives</b> , Center for Integrative Psychology	Nov 2017
<b>Introduction to Trauma-Informed Care</b> , Community Research Foundation	Oct 2017
<b>Group Therapy Training Workshop</b> , San Diego Psychology Association Supervision Committee	Sept 2017

## Assessments

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- Millon Clinical Multi-axial Inventory (MCMI-IV)
- Minnesota Multiphasic Personality Inventory (MMPI)
- Personality Assessment Inventory (PAI)
- Clinician Administered PTSD Scale (CAPS-5)