

SHANNI TAL, Psy.D.

2221 Camino del Rio South, Suite 200, San Diego, CA 92108
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Education/Credentialing

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

Supervised Clinical Experience

CA Licensed Psychologist Therapy Changes – Group Private Practice – San Diego, CA	October 2023 – <i>Present</i>
CA Licensed Psychologist Dr. Tal Psychology – Private Practice – San Diego, CA	May 2023 – October 2023
CA Licensed Psychologist Live Better Psychotherapy – Group Private Practice – San Diego, CA	May 2023 – January 2024
Registered Psychological Associate Live Better Psychotherapy – Group Private Practice – San Diego, CA	September 2022 – May 2023
Registered Psychological Associate PsychDoc Group Inc. – Group Private Practice – San Diego, CA	January 2022 – October 2022
<ul style="list-style-type: none">• 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

Pre-doctoral Clinical Psychology Intern August 2020 – August 2021
 VA Loma Linda Healthcare System, APA Accredited – Loma Linda, CA

- *Rotation:* Behavioral Health Interdisciplinary Program (BHIP) April 2021 – August 2021
- *Rotation:* PTSD Clinical Team (PCT) January 2021 – April 2021
- *Rotation:* Health Psychology August 2020 – January 2021

Practicum Student August 2019 – June 2020
 Center for Applied Psychology & Services (CAPS) – Cognitive Behavioral Therapy Clinic San Diego, CA

Practicum Student August 2018 – June 2020
 Center for Applied Psychology & Services (CAPS) – Psychodynamic Clinic San Diego, CA

Practicum Student August 2019 – May 2020
 Sharp Mesa Vista Hospital: Dual Recovery Intensive Outpatient Program – San Diego, CA

Clinical Research Therapist March 2019 – April 2020
 Pacific Treatment & Research Center - University of California, San Diego (UCSD)

Practicum Student August 2018 – September 2019
 Veterans Village of San Diego – San Diego, CA

Clinical Research Assistant March 2018 – April 2018
 VA San Diego Health Care System, Hoarding Disorder Lab

Practicum Student September 2017 – April 2018
 Del Sur Crisis Center formally known as “Isis Crisis Center”- Imperial Beach, CA

Tobacco Cessation Educator June 2015 – June 2016
 UCSB Alcohol & Drug Program – Santa Barbara, CA

Therapeutic Modalities Trained In

- Cognitive Processing Therapy (CPT) for PTSD
- Acceptance and Commitment Therapy (ACT) for Depression, Anxiety, PTSD, Chronic Pain
- Cognitive Behavioral Therapy (CBT) for Insomnia, Depression, Anxiety
- Skills Training in Affective and Interpersonal Regulation (STAIR)
- Psychodynamic Psychotherapy

Research Experience

Clinical Research Assistant June 2018 – August 2018
 EEG-based Indices of the Effects of Graded In-Vivo Fibromyalgia Treatment – SDSU, CA

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

November 2017 – June 2018

Undergraduate Research Assistant
UCSD META Lab – Santa Barbara, CA

December 2014 – June 2016

Research Projects

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

Scholarship

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 15th 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 15th 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 15th 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 18th 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 15th Annual Hawaii International Summit hosted by the Institute on Violence, Abuse and Trauma (IVAT), Honolulu, HI.

Presentations

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."

Teaching Experience

Adjunct Faculty September 2022 – December 2022
CSPP Alliant International University, San Diego

Peer Supervisor August 2019 – December 2019
CSPP Supervision Class Lab

Peer Mentor April 2018 – October 2018
CSPP at Alliant International University - San Diego, CA

Health Educator March 2015 – June 2016
Health & Wellness Programs – UCSB, CA

Leadership Experience

Outreach Coordinator March 2019 – December 2019
San Diego Psychological Association Graduate Student Committee

Volunteer Therapist April 2019 – June 2019
The Pegasus Rising Project

Tent Leader Stand Down – San Diego, CA	June 2018 – June 2019
Student Panel Member CSPP at Alliant International University- San Diego, CA	February 2018 – April 2018
Student Advocate UCSB Tobacco Steering Committee	September 2015 – June 2016
COUGH Student Advisory Board Member California Youth Advocacy Network– UCSB, CA	August 2015 – June 2017
Student Advocate Santa Barbara Public Health “CEASE” Coalition Engaged in Smoke-Free Effort	September 2015 – June 2016
Volunteer Equine Side Walker Hearts Therapeutic Equestrian Center – Goleta, CA	January 2015 – June 2015

Awards & Honors

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

Professional Development Trainings

Postpartum Support International's Advanced Perinatal Mental Health Psychotherapy	November 2023
Postpartum Support International's Perinatal Mood Disorders: Components of Care	November 2023
Internal Family Systems (IFS) to Help Your Clients Heal	October 2023
Safe and Effective Treatment of Post-Traumatic Stress Disorder in Adults	August 2023
Grief and Loss: Training for the Midwest Asian Health Association Trauma Informed Care Program	June 2023
Traumatic Stress – Janna A. Henning, JD, PsyD, FT	August 2023
Assessment & Clinical Management of Suicidal Clients	July 2023
Grief and Loss: Trauma Informed Care Program - Janna A. Henning, JD, PsyD, FT	June 2023
Emotionally Focused Therapy for High Conflict Couples	March 2023
Reviving Desire in Low Sex & No Sex Couples – Dr. Tammy Scott Nelson	April 2022
Sex, Made Simple: Clinical Strategies for Sexual Issues – Barry W McCarthy, PhD, ABPP	March 2022
Sex, Desire and Attachment – Emily Nagoski PhD	Feb 2022
Sex, Desire and Relationship Issues – Emily Nagoski PhD	Jan 2022
Transgender: Introduction , VA Talent Management System	Oct 2020
Transgender: Psychotherapy for Gender Dysphoria	

Transgender: Assessment of Readiness and Consent for Hormone Therapy	
Transgender: Diagnosing Gender Dysphoria	
Transgender: Mental Health Evaluation for Gender Affirming Surgery	
Transgender: Care for the Gender Non-Binary Veteran	
A Contextual Behavioral Approach for Responding to Moral Dilemmas in the Age of COVID	Sept 2020
Perspectives on Chronic Pain in Women Veterans: Implications for Treatment – Enduring	Sept 2020
Suicide: Statistics, Assessment, Prevention, & Intervention & Special Population Considerations	July 2020
Helping Trauma Patients Develop Resilience, SDPC	May 2020
Coping in the Time of COVID-19, IMERIT CSPP San Diego	April 2020
Keep the Office Going: Ethical & Legal TeleHealth Practices for the Providers & Staff, APA	March 2020
DBT & Psychoanalysis: Can DBT Enrich a Psychoanalytic Informed Practice, SDPC	Jan 2020
Integrative Psychology: Experiences, Ideas & Invitations, Center for Integrative Psychology	Nov 2019
Nonviolent Crisis Intervention Training, Crisis Prevention Institute	Sept 2019
Posttraumatic Stress Disorder, Alliant International University	April 2019
The Predictable Stages of Growth in Couples, Center for Integrative Psychology	Feb 2019
Gay Affirmative Therapy Training, Alliant International University San Diego	Nov 2018
Preparing for the Unthinkable: Mental Health Provider Roles in Disaster Recovery, SDPA	May 2018
De-escalating Hostile Clients, Community Research Foundation	April 2018
Identification, Prevention, & Treatment of Suicidal Behavior for Service Members & Veterans	Dec 2017
Common Mental Health Conditions in Veterans, Community Research Foundation	Dec 2017
College Violence Prevention, Violence Prevention International, James Madero PhD	Nov 2017
Post Traumatic Growth: Integrative Perspectives, Center for Integrative Psychology	Nov 2017
Introduction to Trauma-Informed Care, Community Research Foundation	Oct 2017
Group Therapy Training Workshop, San Diego Psychology Association Supervision Committee	Sept 2017

Assessments

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