

Kristen Lipari, PhD

· 2221 Camino Del Rio South, Suite 200, San Diego, CA 92108 ·
 · Phone: 619-275-2286 ext. 118 · Fax: 619-955-5696 · www.therapychanges.com ·

EDUCATIONAL HISTORY

Fordham University Graduate School of Education, New York, NY

PhD in Counseling Psychology

August 2019

Master of Science in Mental Health Counseling (en route)

August 2015

Boston University, Boston, MA

Bachelor of Science in Psychology and Advertising, *magna cum laude*

May 2015

LICENSURE

California Board of Psychology

Licensed for Independent Practice in Clinical Psychology PSY 32051

Sept 2020 - present

CLINICAL EXPERIENCE

Licensed Psychologist

Sept 2020 - present

Therapy Changes, San Diego, CA

- Provide outpatient individual therapy for adults looking to address anxiety, depression, life transitions, cultural identity development, and relationship difficulties
- Offer specialized treatment for perinatal mental health concerns, trauma/posttraumatic stress disorder (PTSD), attention-deficit/hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), physical health concerns, and sleep/insomnia
- Provide evidence-based therapy grounded in cognitive behavioral, multicultural, and mindfulness frameworks, utilizing a strength-based, collaborative approach

Postdoctoral Resident

Aug 2019 - July 2020

University of California, San Diego Counseling and Psychological Services, San Diego, CA

Specialization in Behavioral Health at Student Health Services

- Provided focused behavioral health assessments and evidence-based, short-term Cognitive Behavioral Therapy (CBT) for concerns such as insomnia/sleep, panic and anxiety, depression, and PTSD
- Provided routine and urgent consultation to medical providers regarding comorbid mental health concerns and crisis management
- Served as urgent care provider; performed suicide assessments, facilitated hospitalizations, and referred students to a higher level of care when necessary
- Facilitated a weekly Coping with Stress workshop based on CBT, Acceptance and Commitment Therapy (ACT), and Dialectical Behavioral Therapy (DBT) skills including emotional regulation, mindfulness, thought defusion, and relaxation strategies
- Hosted forums for graduate student parents about perinatal mood and anxiety disorders and parenting in the COVID-19 pandemic
- Developed an abbreviated Cognitive Processing Therapy (CPT) protocol for PTSD patients in a primary care setting

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- Co-taught a Continuing Medical Education seminar on managing difficult patient dynamics for Student Health Services physicians, nurses, and staff
- Taught four-week Tritons Flourish Summer Bridge course for first-generation, underserved college students focusing on campus resources, healthy relationships, stress management, and effective communication skills

Doctoral Intern

Aug 2018 - July 2019

University of San Diego Counseling Center, San Diego, CA

APA-Accredited College Counseling Center

- Conducted short and long-term individual therapy with diverse college and graduate students including members of the LGBTQ+ community
- Employed CPT and Prolonged Exposure (PE) with clients impacted by PTSD from sexual assault as part of trauma track
- Led a Coping with Stress skills-based therapy group to address common anxiety and depressive symptoms using CBT, ACT, and DBT strategies
- Led an interpersonal process group for graduate students
- Responsible for crisis management for approximately four hours per week
- Administered and scored psychological measures to assess for intelligence, personality, and diagnostic clarity; provided treatment recommendations and client feedback
- Supervised a third-year doctoral practicum student
- Led outreach programming and workshops on topics such as adjusting to college, alcohol and other drugs, eating disorders, and managing stress and anxiety

Clinical Fellow

Aug 2017 - May 2018

City University of New York Graduate Center, New York, NY

University Counseling Center

- Conducted short and long-term individual therapy with diverse doctoral and Master's students at a large, public university
- Facilitated a staff training on CBT interventions
- Provided emotionally focused couples therapy (EFT) for students and their partners
- Co-facilitated a weekly dissertation support group for doctoral students
- Led outreach programming on topics such as parenting while fulfilling graduate student responsibilities, mindfulness practice, and managing stress and anxiety

Psychology Extern

Sept 2016 - Apr 2017

North Central Bronx Hospital, Bronx, NY

Public Inpatient Psychiatric and Partial Hospitalization Hospital

- Conducted short-term individual and group therapy with underserved, low socioeconomic status individuals struggling with severe mental illness
- Facilitated weekly support group for female-identified patients; led mindfulness and coping strategies groups for individuals in the partial hospitalization program
- Provided regular family consultation sessions and collaborated with community resources to ensure continued care after discharge
- Led weekly community meetings on the inpatient unit to address patient concerns
- Responsible for creating and maintaining patient treatment plans, discharge summaries, insurance approval, and referrals for follow-up care

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- Administered, scored, and interpreted personality, career, and neuropsychological assessments; summarized findings and presented to patients and other providers

Psychology Extern

July 2015 - June 2016

Montefiore Medical Center, Department of Family and Social Medicine, Bronx, NY

Primary Care/Private Hospital

- Conducted individual and family therapy with diverse, underserved primary care patients struggling with moderate to severe mental and physical health issues
- Provided psychosocial consultations to patients who suffer from diabetes, hypertension, HIV, cancer, and other chronic illnesses
- Delivered patient support for trauma reactivity, domestic violence, smoking cessation, medication adherence, and various life-stage transitions (e.g. attending college, pregnancy, loss of independence later in life)
- Trained physicians on motivational interviewing, circular questioning, and integration of cognitive behavioral techniques in primary care
- Facilitated monthly diabetes support group among diverse patients with uncontrolled diabetes as part of the interdisciplinary diabetes intensive case management team
- Conducted clinical intake interviews, assessed for suicide risk and self-harm, identified DSM diagnoses, and created treatment plans
- Attended grand rounds and medical resident didactics

Psychology Extern

May 2015 - Aug 2015

Brightpoint Health (formerly Project Samaritan), Bronx, NY

Primary Care Community Clinic

- Administered neuropsychological, vocational, and personality assessments; scored and summarized results in integrated testing battery reports
- Administered psychological evaluations for New York City low-income housing
- Provided individual therapy to diverse, underserved adults diagnosed with a variety of severe and persistent mental health disorders including schizophrenia, bipolar disorder, and various personality disorders
- Conducted clinical intake interviews, assessed for suicide risk and self-harm, developed psychosocial multi-axial diagnoses, and created treatment and safety plans
- Coordinated medical and mental healthcare and substance abuse recovery across team of physicians, social workers, and residential treatment program staff

Psychology Extern

Sept 2014 - May 2015

Barnard College Furman Counseling Center, New York, NY

College Counseling Center

- Provided short-term individual therapy to diverse college students aged 17-24 diagnosed with a variety of mental health disorders including generalized anxiety disorder, social anxiety disorder, depression, and eating disorders
- Co-facilitated CBT-based social anxiety group
- Led outreach programming to raise awareness and engage student body on issues such as depression, anxiety, and body image and wellness
- Trained students in biofeedback technology and mindfulness techniques to mitigate anxiety

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- Employed various theoretical orientations based on client needs; DBT approaches for emotional regulation, CBT for cognitive restructuring, and psychodynamic approaches to uncover impact of early experiences
- Maintained progress notes for all individual and group clients to ensure proper documentation of session content and interventions

Student Counseling Trainee **Sept 2013 - July 2014**
Fordham University, New York, NY
University-Based Training

- Provided supervised mental health counseling for students as part of Foundations in Professional Counseling and Consultation and Counseling Theories courses
- Processed counseling sessions with professor, advanced student supervisors, and client to aid improvement in counseling skills

TEACHING EXPERIENCE

Guest Lecturer **Sept 2019 - Oct 2022**
University of California, San Diego, San Diego, CA

- Present to Counseling and Psychological Services postdoctoral residence regarding tasks of the early career psychologist
- Delivered guest lectures in undergraduate courses about CBT and DBT coping strategies and combating the stigma against seeking mental health services

Guest Lecturer **Sept 2015 - May 2018**
Fordham University, New York, NY

- Delivered guest lectures in Fordham University Master's and doctoral level courses about qualitative research methods and developmental psychology

Director of Counseling Psychology Department Writing Center **Sept 2015 - May 2017**
Fordham University, New York, NY

- Served as the editor of the department's Writing Center
- Reviewed papers and proposals written by students in the Counseling Psychology PhD program and Mental Health/School Counseling Master's programs

Student Mentor **Sept 2014 - May 2018**
Fordham University, New York, NY

- Mentored first-year doctoral students in the Counseling Psychology PhD program
- Provided academic advising and guidance for the externship application process

Teaching Assistant and Clinical Supervisor **Jan 2015 - May 2015**
Fordham University, New York, NY

- Provided feedback on clinical interventions and coursework as teaching assistant and clinical supervisor for Theories of Counseling course

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Guest Lecturer and Mentor **Feb 2012 - May 2015**
Ithaca College NYC Internship Program, New York, NY

- Authored strategy lectures and guest lectured for Ithaca College NYC program interns
- Mentored students interested in careers in advertising research; hosted agency visits

Curriculum Consultant **Apr 2012 - Sept 2013**
Boston University, Boston, MA

- Authored lecture content, syllabi, and required reading for courses
- Lectured on role of a marketing strategist, how to author a creative brief, research methodologies, and measurement and analysis in advertising

ADDITIONAL EXPERIENCE

Graduate Assistant for Counseling Psychology Program Director **Sept 2013 - May 2017**
Fordham University, New York, NY

- Created clinical exercises and assignments for introductory clinical instruction class
- Updated doctoral program standards and competencies based on APA general competencies, APA Division 17 competencies, Fordham core values and standards
- Authored program externship handbook to guide students' search for practicums
- Conducted research for article and book chapter literature reviews
- Drafted proposals for national and regional conferences
- Designed doctoral program course sequence for students
- Assisted with preparation of self-study of Fordham University's Mental Health Counseling and School Counseling Masters programs for school's application for Masters in Counseling Accreditation Council (MCAC) accreditation

Market Research Strategist **Jan 2011 - Mar 2013**
Account Manager **Sept 2008 - Jan 2011**
Geometry Global, New York, NY

- Authored qualitative and quantitative research proposals, focus group discussion guides, and questionnaires
- Led focus groups, in-depth interviews, agency-client brainstorm sessions
- Synthesized findings from research into meaningful marketing insights
- Trained colleagues and mentored strategic planners at various levels
- Conducted consumer research; investigated purchase incentives and barriers
- Translated qualitative and quantitative research findings into campaign ideas
- Led strategic brainstorming sessions; wrote research proposals and creative briefs
- Mentored account management interns

Senior Associate **July 2007 - Sept 2008**
Ogilvy and Mather, New York, NY

- Designed qualitative research that tested marketing communications with international focus group participants
- Distilled research findings to inform effective advertising campaigns
- Oversaw strategic development and assigned campaigns to creative teams
- Mentored and supervised interns in the Summer Internship Program

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Program Consultant **Sept 2006 - May 2007**

Boston Institute for Psychotherapy, Boston, MA

- Advised on overall promotional strategy for the Boston Institute for Psychotherapy, a local mental health treatment organization, as part of Boston University's AdClub
- Drafted promotional materials to increase participation in the Institute's various programs, including a postpartum adjustment therapy group for new mothers

Program Consultant **Sept 2006 - May 2007**

Action for Boston Community Development, Boston, MA

- Designed a public awareness campaign for largest human-services agency in New England that helps low-income Boston residents reach self-sufficiency

Dean's Host **Sept 2004 - May 2007**

Boston University College of Communication, Boston, MA

- Conducted in person tours of the College of Communication for prospective students
- Served as main point of student contact for potential applicants

Peer Advisor **Sept 2004 - May 2005**

Boston University College of Communication, Boston, MA

- Helped a group of 10 incoming freshmen and transfer students adapt to college by organizing weekly community-based activities that fostered new peer social connections
- Hosted academic advising and counseling office hours during which students brought assignments for review and discussed personal issues and future plans

ASSESSMENT EXPERIENCE

Cognitive and Neuropsychological Assessments

Wechsler Adult Intelligence Scale (WAIS-IV and V), Wechsler Intelligence Scale for Children (WISC-IV and V), Bender Gestalt II, Wechsler Abbreviated Scale of Intelligence (WASI-II), Wechsler Individual Achievement Test - Third Edition (WIAT-III)

Personality Assessments

Minnesota Multiphasic Personality Inventory - Second Edition (MMPI-II), Millon Clinical Multiaxial Inventory (MCMI-IV), Personality Assessment Inventory, Thematic Apperception Test (TAT), Figure Drawings Test (House Person Tree), Rorschach Inkblot Test (Exner), Sentence Completion Test

Career Assessments

Myers-Briggs Type Indicator (MBTI) Strong Interest Inventory, Self-Directed Search (SDS), Career Decision Making System Revised (CDM-R), Career-in-Culture Interview

Other Psychological Assessments

Mini Mental Status Exam, Beck Depression Inventory II (BDI-II), Columbia-Suicide Severity Rating Scale (C-SSRS), Alcohol Use Disorders Identification Test (AUDIT), Wepman Auditory Discrimination Test (ADT), Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist, Yale Brown Obsessive Compulsive Scale (Y-BOCS), Autism Spectrum Quotient (ASQ), Coping Efficacy Scale (CES); The SCOFF Eating Disorders Questionnaire; Eating

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Disorder Examination-Self Report Questionnaire (EDE-Q); Eating Disorder Quality of Life Questionnaire (EDQOL); Body Dysmorphic Disorder Questionnaire (BDDQ), Edinburgh Postnatal Depression Scale (EPDS), Perinatal Anxiety Screening Scale (PASS)

RESEARCH EXPERIENCE

Principal Investigator for Intergenerational Trauma and Cultural Identity Study Sept 2014 - May 2017
Fordham University, New York, NY

- Conducted a study that explored the intergenerational trauma and cultural identity of Holocaust descendants for research apprenticeship project
- Investigated the intergenerational trauma and cultural identity of Armenian Genocide descendants for dissertation; defended in May 2017

Principal Investigator for Parenting and Mobile Device Use Study Nov 2014 - Jan 2016
Fordham University, New York, NY

- Investigated caregiver and children technology use during mealtimes

Investigator for Multicultural Research with Joseph Ponterotto, PhD Dec 2013 - Aug 2015
Fordham University, New York, NY

- Reduced number of items in original Multicultural Personality Inventory (MPI) from 70 to 40 items using confirmatory factor analysis
- Investigated relationship between MPI scores and other predictors of college success using hierarchical regression modeling

PUBLICATIONS

Black-Giordano, N., Ponterotto, J., Fietzer, A., Magaldi, D., **Lipari, K.**, Pratt, A., & Dillon, G. (2019). The Multicultural Personality Inventory--short form. *Measurement and Evaluation in Counseling and Development*.

Keitel, M., **Lipari, K.**, & Wertz, H. (2017). Gender differences in meaning-making after treatment for cancer. In E. Altmaier (Ed.) *Reconstructing Meaning After Trauma: Theory, Research, and Practice*. Elsevier.

PRESENTATIONS

Lipari, K. (2024, May). Evidence based treatment of perinatal trauma: cognitive processing therapy and interdisciplinary treatment considerations. Presentation at the National Perinatal Association Conference. Anaheim, CA.

Lipari, K. (2021, May). Perinatal mood and anxiety disorders: risk factors and treatment considerations. Online presentation for the San Diego Women's Association for Addiction Treatment.

Lipari, K. & Kederian, C. (2020, October). Coping with intergenerational trauma and survivor guilt. Online presentation for the Armenian American Mental Health Association.

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- Lipari, K.,** Stempel, T., & Salo, S. (2020, January). Managing challenging patients in primary care. Continuing Medical Education presentation at University of California, San Diego, Student Health Services. San Diego, CA.
- Lipari, K.,** Ponterotto, J., Stram, D., Keitel, M., & Keller, S. (2018, August). Intergenerational trauma of Armenian Genocide descendants. Poster session at the American Psychological Association Annual Meeting. San Francisco, CA.
- Lipari, K.** & Ponterotto, J. (2016, August). Intergenerational trauma of Holocaust descendants. Poster session at the American Psychological Association Annual Meeting. Denver, CO.
- Lipari, K.,** Pitcan, M., Wertz, H., Bassolino, D., & Keitel, M. (2016, February). Caregivers in the digital age. Poster session at the Columbia University Teachers College Winter Roundtable Conference, New York, NY.
- Black-Giordano, N., Ponterotto, J., Fietzer, A., Magaldi, D., **Lipari, K.,** Pratt, A., & Dillon, G. (2015, August). Introducing the Multicultural Personality Inventory--short form: development and validation. Poster session at the American Psychological Association Annual Meeting. Toronto, Canada.
- Park-Taylor, J., Keitel, M., Contovasilis, L., Houlihan, S., Schaffzin, T., & **Lipari, K.** (2014, October). Heroin. Poster session at the Annual Guidance Exposition, White Plains, NY.
- Keitel, M., Park-Taylor, J., Suzuki, L., **Lipari, K.** & Lamm, A. (2014, August). Advocating for social emotional learning in the schools. Roundtable discussion at the American Psychological Association Annual Meeting. Washington, DC.

PROFESSIONAL DEVELOPMENT WORKSHOPS AND CONFERENCES

- National Perinatal Association Conference, May 2024, Anaheim, CA
- Exposure and Response Prevention for OCD, 4-day Intensive Training, Cognitive Behavior Institute, March 2022
- Postpartum Support International Perinatal Mood Disorders Advanced Training, September 2020
- Cognitive Behavioral Therapy for Insomnia (CBT-I) 2-day Intensive Training, Center for Deployment Psychology, May 2020
- Mental Health Care of Trans and Gender Non-Conforming People, April 2020, San Diego, CA
- Supervision Training with Dr. Nicholas Ladany, March 2020, San Diego, CA
- Postpartum Support International Perinatal Mood Disorders 2-day Intensive Certificate Training, December 2019, San Diego, CA
- Legal and Ethical Issues in Behavioral Health in California, October 2019, San Diego, CA
- Annual Conference of the American Psychological Association, August 2018, San Francisco, CA
- Annual Conference of the American Psychological Association, August 2016, Denver, CO
- Columbia University Annual Winter Roundtable Conference, February 2016, New York, NY
- Annual Conference of the American Psychological Association, August 2015, Toronto, Ontario
- Aftermath of Mass Cultural Violence, February 2015, Columbia University, New York, NY
- How This Could Have Happened: Explaining the Holocaust, February 2015, Fordham University, New York, NY

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- An Interpersonal Approach to Trauma Across Generations, October 2014, New York University Postdoctoral Program, New York, NY
- Gestalt Therapy for Couples, October 2014, NY Center for Gestalt Therapy, New York, NY
- Annual Conference of the American Psychological Association, August 2014, Washington DC
- United Nations Annual Psychology Conference, May 2014, New York, NY
- NYC College Counseling Conference, Pace University, January 2014, New York, NY

PROFESSIONAL MEMBERSHIPS

- Postpartum Health Alliance Board Member, President, 2024 - present
- Postpartum Health Alliance Board Member, Education Chair, 2021 - 2023
- San Diego Psychological Association Member, 2020 - 2021
- American Psychological Association Member, 2014 - 2021

HONORS, AWARDS, AND OTHER MEMBERSHIPS

- Postpartum Support International BIPOC Provider Conference Scholarship, 2024
- National Register of Health Service Psychologists Credentialing Scholarship, 2019
- New York City Mayoral Service Recognition Award (for public service work at North Central Bronx Hospital), May 2017
- Editor, Fordham's Counseling Psychology Newsletter, 2016-2017
- G2 USA Solutions Guru Award, November 2010
- Unilever Marketing Excellence Award, 2008
- Gold Effie Award for marketing effectiveness, 2007
- David Ogilvy Award, 2007
- Boston University College of Communication Dean's List, 2006-2007
- Member of the Order of Omega National Honor Society, 2005-2007
- Recipient of Dinesen Memorial Grant, 2005-2007
- Recipient of Sam and Eva Kaplan Merit Scholarship, 2005-2007
- Recipient of Boston University Grant, 2004-2007
- President of Boston University's Armenian Students Association, 2004-2007