Melissa Kae, Psy.D

Licensed Psychologist- State of California ◦ PSY 30108

EDUCATION

- Psy.D. Clinical Forensic Psychology, Alliant International University, California School of Forensic Studies, 2016
- M.A. Clinical Forensic Psychology, Alliant International University, 2014
- B.A. Psychology/Spanish Minor, With Academic Honors, San Diego State University, 2011

CLINICAL EXPERIENCE

Therapy Changes- Licensed Clinical Psychologist, June 2026- Present
Providing outpatient, individual, psychotherapy to adults with anxiety, depression, difficulty with life transitions and to assist with personal growth. Specializing in LGBTQIA+ clients as well as adult children of narcissistic parents, therapy for therapists and high achieving professionals. Modalities include ACT, EMDR and elements of CBT and DBT. Additionally providing assessments/letters for gender affirming medical care.

Forge The Key Therapy- Founder & Owner, January 2024- Present
Providing outpatient psychotherapy to adults with anxiety, depression, difficulty with life transitions and to assist with personal growth. Specializing in LGBTQIA+ clients as well as adult children of narcissistic parents, therapy for therapists and high achieving professionals. Modalities include ACT, EMDR and elements of CBT and DBT. Additionally providing assessments/letters for gender affirming medical care. Offering consultation to EMDR trained clinicians seeking certification.

HM Psychological Services- Staff Psychologist, May 2022- December 2023
Provided psychotherapy to adult and teen outpatient clients within a group private practice. Primarily specialized in treating clients within the LGBTQIA+ community in the areas of depression, anxiety, trauma, military related stressors and/or trauma and co-occurring disorders. Additionally, provided supervision to associate level clinicians.

Executive Mental Health- Staff Psychologist, February 2021- May 2022
Provided individual therapy and assessment services to skilled nursing facilities and assisted living facilities. Collaborated within an interdisciplinary treatment team including nursing staff, neuropsychologists, physical therapists and medical doctors.

California Department of Corrections and Rehabilitation, Richard J. Donovan Prison- Clinical Psychologist, February 2019- January 2021
Provided services including individual and group therapy to inmate patients in a variety of settings including enhanced outpatient, correctional clinical case management and inpatient levels of care. Performed initial and suicide risk evaluations as well as coordinated with an interdisciplinary

treatment team. Performed rule violation assessments. Additionally, selected and trained to perform lead clinician duties when needed.

Best Nest Management- Licensed Psychologist, June 2018- February 2019
Provided services as a contracted psychologist at Richard Donovan State Prison including individual and group therapy as well as initial assessments, suicide risk evaluations and participation within an interdisciplinary treatment team.

Clipson & Osterloh- Psychological Assistant, September 2016- May 2018
Provided forensic assessment for pre-trial legal inquiries including competency, insanity defense, mitigation of sentencing and sex offender evaluations; traveled to San Diego County jails as well as federal and private detention facilities. Performed traditional diagnostic clarification assessments as well as neuropsychological testing for civil and criminal cases.

San Diego Juvenile Forensic Services- Pre-doctoral Intern, August 2015- September 2016
Assisted with competency assessments and performed mental health court evaluations. Provided individual psychotherapy, cognitive behavioral and dialectical behavioral therapies, motivational interviewing, psychoeducation on addiction and co-occurring disorders, psychoeducation on psychopharmacology.

Richard Donovan Prison- Practicum Student, August 2014- July 2015
Provided group psychotherapy, conducted forensic evaluations including rule violation assessments, decisional capacity evaluations and inmate complaints, conducted diagnostic clarification evaluations with the use of various psychometric assessment tools.

Vista Balboa Crisis Center- Practicum Student, August 2013- July 2014
Performed psychosocial intake assessments, individual psychotherapy, cognitive behavioral and dialectical behavioral therapies, group psychotherapy, milieu therapy, assisted clients with social service needs, crisis intervention, psychoeducation on addiction and co-occurring disorders, psychoeducation on psychopharmacology.

TEACHING EXPERIENCE

Instructor- San Diego State University, College of Extended Studies, 2017- 2018
Designed Correctional and Police Psychology course through the College of Extended Studies certificate program in forensic psychology. The course content included an introduction to correctional and police psychology primarily targeted for individuals with careers in law enforcement, for continuing education, professional development or students interested in pursuing forensic psychology.

Teaching Assistant- San Diego State University, 2015
Undergraduate course in Introduction to Forensic Psychology taught by Katherine Turner, Ph.D. Lectured on Correctional Psychology and Police Psychology. Facilitated TA sessions and graded student exams for a required foundational course providing a comprehensive overview of forensic psychology.

PUBLICATIONS

Kastner-Treisman, M. (2017). The relationship between the inconsistency scale and the liability outcome scales of the M-PULSE. Dissertation Abstracts International, 77 (9B- E).

ASSESSMENT COMPETENCE

- Competent in a variety of psycho-diagnostic tools for purposes including clinical diagnosis, neuropsychological assessment, assessment of intelligence, risk assessment for violence and sex offense, identification of paraphilias and sexual dysfunction, identification of trauma and assessment of level of adaptive functioning
- Competent in thorough, evidence-based assessment of suicide risk and safety planning

PROFESSIONAL CERTIFICATIONS & SPECIALIZED TRAINING

- EMDR Certified Therapist, April 2025- Present
- EMDR Consultant in Training, April 2025- Present
- EMDR Trained Therapist- The Institute for Creative Mindfulness, March 2024
- IFS Informed EMDR, November 2024
- The Flash Technique: Basic Principles and Protocols, October 2024
- Providing Mental Health Assessments for Gender Affirming Surgery Referral Letters, May 2024
- Cultural Humility with Transgender and Nonbinary Clients, August 2024
- Looking Within for Reaching Out: Providing Culturally Responsive Care to Marginalized Communities, August 2024
- The Ethics of Digital Practice: An Essential Guide to Providing Quality Care, Navigating Ethical Issues and Managing Legal Risk, January 2024
- Capacity Assessment in Geriatric Clients, May 2021
- Neuropsychological Assessment in SNF Setting, February 2021
- Suicide Risk Assessment and Intervention: Trauma Informed Approaches to Care, July 2021
- Introduction to the MMPI-3, November 2020

PROFESSIONAL MEMBERSHIPS & AFFILIATIONS

- San Diego Psychological Association, 2017- Present
- San Diego Psychological Association, LGBTQ+ Committee Member, February 2024 to Present
- Association of Jewish Psychologists, 2025- Present
- EMDR International Association Member, 2025- Present
- Pro-Choice Therapists Member, 2025- Present

COMMUNITY INVOLVEMENT

- Anti-Defamation League Glass Leadership Institute, Alumnus, 2026
- Guide Dogs of America, Puppy Raiser, 2023-2025
- Temple Emanu-El Volunteer- St. Vincent De Paul Hunger Project and Pride Parade
- Aztec Alumni Mentor Program, 2018-2019