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### **INDEPENDENT PRACTITIONER**

Monterey, Pacific Grove, Sacramento and Roseville California, 1989 to Present  
Specializing in: Individual Psychotherapy with; Trauma Survivors; Chronic Pain; Addictive Behaviors, including Eating Disorders; Depression with and without psychotic processes and suicidal ideation; Post Traumatic Stress; Anxiety Disorders; Disassociative Disorders; Somatoform Disorders; Grief Resolution; Life Transitions; Personality Disorders; Stress Management; Workers Compensation, AME/QME Medical - Legal Evaluations and General Psychological Evaluations with young adults, adults, and geriatric populations within a continuum level of care; significant others and various agencies as necessitated for treatment.

### **QUALIFIED MEDICAL EVALUATOR (QME) 6-11 TO PRESENT (AME) AGREED MEDICAL EVALUATOR**

Monterey, Pacific Grove, Sacramento and Roseville California, 1991 to Present  
Specializing in: Injured Workers; Personal Injury; Trauma Survivors; Chronic Pain; Addictive Behaviors; Depression with and without psychotic processes and suicidal ideation; Post Traumatic Stress; Anxiety Disorders; Disassociative Disorders; Somatoform Disorders; Grief Resolution; Life Transitions; Personality Disorders; and Stress Management.  
Held roles as Primary Treating Physician; Secondary Physician and Consulting Physician.  
Competent in Psychodiagnostic Evaluations, Clinical Assessment and medical treatment concerns related to psychological injuries, whether in conjunction with physical injuries or exclusively. Able to gather relevant facts of accidents and/or illnesses and to provide objective conclusions based upon comprehensive evaluations determined within a “reasonable medical probability”.  
Knowledgeable and competent with all aspects of Health, Safety and Labor codes that apply to Clinical Psychology and to connection with the Workers Compensation system.  
Able to clarify and determine causation and apportionment issues as appropriate for psychological injuries, thus enabling the Disability Evaluation Units to rate permanent disability for the injured worker and permitting the parties involved to resolve their cases. Comfortable and adept as an expert witness in and out of court setting.

## **CONSULTANT**

Monterey, Pacific Grove, Sacramento and Roseville California, 1989 to Present Specializing in: Trauma Survivors; Chronic Pain; Addictive Behaviors, including Eating Disorders; Depression with and without psychotic processes and suicidal ideation; Post Traumatic Stress; Anxiety Disorders; Disassociative Disorders; Personality Disorders; Somatoform Disorders; Grief Resolution; Life Transitions; Stress Management; Workers Compensation, AME/QME Medical - Legal Evaluations and General Psychological Evaluations with young adults, adults, and geriatric populations within a continuum level of care; and with significant others and various agencies as necessitated.

Monterey, California 2007

Developed and implemented a Chronic Pain Program

## **MEDICAL HYPNOTHERAPIST**

Monterey, Pacific Grove, Sacramento and Roseville California, 1989 to Present Specializing in: Addictive Behaviors, including Eating Disorders; Physical Illnesses; Phobias: Chronic Pain ; Depression; Post Traumatic Stress; Anxiety Disorders; Obsessive Compulsive Disorders; Life Transitions; Stress Management; Sports Enhancement; Disassociative Disorders; Somatoform Disorders; Grief Resolution.

Utilization of a eclectic framework developed over several decades in order to assist individuals in reducing or eliminating their conflicting issues and increasing their quality of life.

## **ASSOCIATE DIRECTOR OF PARTIAL HOSPITALIZATION**

Charter Behavioral Health Systems of Northern California

Roseville, California 1994 to 1995

Performed administrative duties; attended and developed in-services; Trained and led treatment teams for both single and dual diagnosis; Interacted with assorted agencies to insure continuity of treatment, including but not limited to, in-patient settings, group homes, convalescent hospitals, and legal agencies; Addressed numerous legal issues, psychiatric holds, supervised clinical interns; Performed director duties as needed; Monitored and evaluated group clinicians and facilitators for appropriateness of treatment; Monitored and ensured patients level of care met criteria for hospital, federal, and state requirements; Developed evaluation forms for quarterly reviews of facilitators and clinicians for compliance with federal and state guidelines; Developed and implemented system which reduced hospitals collections denial rate from 56% to 36% during its first quarter of implementation and down to 18% during its second quarter. Developed and Managed Psychological conferences and workshops.

## **CLINICAL DIRECTOR OF PSYCHOLOGICAL SERVICES**

Charter Behavioral Health Systems of Northern California

Roseville, California 1993 to 1994

Developed and Managed psychological treatment within hospital setting; Developed and managed professional educational programs; Assisted in recruiting and credentialing of

Clinical Psychologists and other health care professionals; Met regularly with treatment teams at various levels of care for discussion and training of clinical issues; Monitored and evaluated the quality of patient care; Monitored and evaluated the performance of Clinical Psychologists and other mental health professionals, ensuring that they were in compliance with hospital, federal, and state guidelines; Developed and implemented monitoring systems for hospital wide use for charting, psychometric measures, and internships. Monitored and activated psychometric measures, charting and internships within hospital setting. Developed and implemented marketing strategies for recruitment and services within the community. Maintained direct and regular involvement with local television and radio programs concerning psychological and community issues. Developed and chaired various state and local community conferences and workshops.

## **DIRECTOR OF WOMEN SERVICES**

Charter Behavioral Health Systems of Northern California  
Roseville, California 1992 to 1994

Developed programs and administered a specialized Women's Track embedded within a Partial Hospitalization Program setting, integrated as a continuum level of care; Focused on utilizing Community Mental Health Professionals as resources and group leaders to facilitate the healing process of acute and chronic mentally ill women and their family systems. Interviewed, evaluated, hired, scheduled, monitored and terminated clinicians; Developed groups and group content, facilitating continued growth and development of programs; Monitored and evaluated clinicians in groups to insure compliance of hospital, state, and federal guidelines; Monitored and evaluated clinicians to ensure they complied with group content and maintained highest level of care. Assisted in interventions with treating professionals, staff, and patients; Led treatment teams, program meetings, and in-services, e.g., acute and chronic suicidal, homicidal, hostile, passive, hysterical, and manipulative behaviors within a partial hospital setting. Developed and implemented marketing strategies for recruitment and services within the community. Developed and chaired various state and local community conferences and workshops.

## **INDEPENDENT MEDICAL EXAMINER**

State of California, 1991 to 2001

Evaluate EDD recipients as a second opinion in cases where malingering and/or feigning may exist or be suspected; Establish a time line for a recipient to return to their previous work situation. Recommend appropriateness for continued benefits and testing based on evaluation and psychometric measures.

Independent, 1991 to Present

Agreed Medical Evaluator for Workers Compensation. Evaluate the present evidence substantiating causation, apportionment and treatment issues.

Evaluate individual patients regarding the appropriateness for certain types of surgical procedures e.g. various implantations and gastric by pass procedures.

## **PSYCHOLOGICAL ASSISTANTSHIPS AND INTERNSHIPS**

Roseville, California, 1989 to 1990

Supervisor, Harry D. Silsby, MD Central Regional Director, Charter Behavioral Health Systems, Medical Director Military Affairs, Charter Medical Corporation.

Specializing in adults diagnosed as Dual Diagnosis with acute and chronic emotional illnesses in both in-patient, partial hospitalization and out-patient settings.

Auburn, California 1988 to 1989

Supervisor, Cynthia Stevens, Ph.D., Placer County Sexual Abuse Treatment Program.

Development and implementation of programs for sexually abused children, 13 and younger, including their family systems and the offenders.

Sacramento, California 1985 to 1986

Specializing in adults, children, and adolescents with histories of abuse (offenders and victims), addictive behaviors and life stressors.

California State University at Sacramento, 1983 to 1984

Specializing in adults and their family systems.

Mental Health Counselor: Re-Ed West, Sacramento, California 1983 to 1984

Specializing in children with severe emotional problems living in group home situations.

## **PRIVATE CONSULTANT**

Specializing in personal phobias, community referrals, systems development, and business promotion with individuals and groups.

## **ORIENTATION**

Psychological Evaluations, long and short term Psychotherapy and treatment with young adults, adults and geriatric populations as individuals and in groups in both in and out-patient settings, utilizing an eclectic theoretical framework based on the individuals circumstances and need.

## **GENERAL SKILLS**

Diagnostic and Psychological Evaluations with and without treatment, client intake, screening, and referrals, ongoing case management and review, community resource referrals, public relations, development of working relationships with psychiatric hospitals (clinical and administrative staff) Recovery Programs, Workers Compensation Attorneys, Child Protective Services, Adult Protective Counseling Services, County Welfare, Convalescent Facilities, Sheriffs' Offices, District Attorney's Offices, Group Homes, Half Way Houses, Adoptive Agencies, and various other specialized programs and agencies.

## **SPECIALIZED THERAPEUTIC SKILLS**

Cognitive Behavioral Therapy, EMDR, Psycho Dynamic, Biofeedback, Medical Hypnosis, Anger Management, Art Therapy, Narrative, Visualized Affirmations, Dramatic Re-enactment, Play Therapy, Sand Tray, Fantasy Therapy, Dream Analysis, Chronic Pain Program Development and Family Reconstruction.

## **PSYCHODIAGNOSTIC INSTRUMENTS UTILIZED**

Historic Interview; Mental Status Exam; Minnesota Multiphasic Personality Inventory-2; Behavioral Health Inventory- 2, Psychosocial Pain Inventory; Battery For Health Improvement; Million Behavioral Medicine Diagnostic, McGill Pain Questionnaire; various Chronic Pain screening inventories; Structured Interview of Reported Symptoms (SIRS); Beck Depression Inventory; Beck Anxiety Inventory; Draw A Person; Kinetic-House-Tree-Person; Kinetic-Family-Drawing; AThematic Apperception Test; Children's Apperception Test; Sentence Completion; Symptom Check List (SCL-90r); Personality Assessment Inventory (PAI); Wechsler Adult Intelligence Scale-Revised; Bender Gestalt Test; Eating Disorder Inventory; Million Clinical Multiphasic Inventory ii; Dissociation Identity Symptom Schedule; Million Adolescent Personality Inventory; Feigning and Malingering Scales; various Depression inventories; Brief Dementia Exams; Addictive Behaviors Questionnaire; The Substance Abuse Subtle Screening Inventory, various Addiction screening inventories.

## **TEACHING ACTIVITIES**

Dissertation Chair: Sacramento, California 1988 to 1989

Supervision of doctoral graduate students in Clinical Psychology. Taught graduate level students in Clinical Psychology in subjects of: Research, Motivation, Clinical Assessment, Testing Development, Sexuality, Stress Management, Sexual Abuse, and Dissertation Processes. Worked with students and university in development of individual dissertation programs.

Taught Bachelor and Master level students and Mental Health Professionals in: Addictive Behaviors, Stress Management, Journaling, Child Abuse Issues, and Child Abuse Treatment.

Conducted Psychiatric Hospital in-patient and Psychiatric Partial Hospital in-services, subjects including but not limited to; Addictive Behaviors, Post Traumatic Stress, Suicidality, Suicidality: Causation & Treatment, Disassociative Identity Disorders, Self Mutilators, Sexual Offenders, Adults Molested as Children, Borderline Personality Disorders, Dependent Personality Disorders, Narcissitic Personality Disorders, Anger Management, Anti Social Personality Disorders, Ritual Abuse, Boundary Development, Battered Women, Art Evaluation, Group Process, Cognitive Behavioral Therapy, Treatment and Continuum of Care Issues.

Clinical Supervision of Master and Doctoral level interns and Psychological Assistants in both out patient and in patient settings.

## **EXPERT WITNESS**

Areas: Personal Injury; Workers' Compensation; Child Abuse: Criminal and Civil, Victims and Offenders; Competency Hearings; Custody Evaluation.

## **STAFF PRIVILEGES**

Sacramento, California: Charter Behavioral Health Systems of Northern California; CPC  
Heritage Oaks

## **EDUCATION**

Ph.D. Clinical Psychology  
1987 Sierra University, Santa Monica, California

M.A. Counseling Psychology  
1985 California State University at Sacramento

B.A. Psychology  
1982 California State University at Sacramento

## **LICENSES**

Clinical Psychologist - California Board of Quality Assurance #PSY11728  
QME/ California Qualified Medical Evaluator #QME112345  
Certified Level Two Practitioner in EMDR  
Certified Medical Hypnotherapist 1995

## **WORKSHOPS AND SEMINARS**

### **General Community Presented**

Living with Pain, Coping with Chronic Illness; Grief and Community; Loss; Adult Children of Alcoholics; Depression; Life Transitions; Mediation; Anxiety; Hypnosis and Healing; Adults Molested as Children: Eating Disorders; Empowerment of Women; Visualization; Care Taking Elderly Parents; Divorce; Divorce and Children; Single Parenting; Coping with the Holidays; Addictions; Family Rebuilding,; Rebuilding After Loss; Stress Management; Alternative Lifestyles; Body as an Emotional Indicator; Bodily Communication Aspects of Sexuality.

### **Professional Community Presented**

Living with Pain; Stress Management for Clinicians; Post Traumatic Stress; Depression; Grief and Loss; Cognitive Therapy and Pain; Life Transitions after Injury; Adults Molested as Children; Adult Children of Alcoholics; Addictive Behaviors; Child Abuse and Neglect; Anxiety Disorders; Visualized Affirmations; Alternative Lifestyles; Borderline Personalities; Eating Disorders; Strength of Self; Narcissistic Personalities; Borderline Personalities in an in-patient setting; Disassociative Disorders; Difficult Clients; Clinical Boundaries; Journaling; Stress Reduction; Personality Disorders and Helping Professionals.

### **Professional Community Attended**

QME Report Writing; QME Preparation for Examination; Psychology of Aging; Coaching to Counseling; Anxiety and Beyond Behavioral; Psychology of Victimhood; Stress Management Techniques; Sacrifice, A Psychological Exploration; Therapist Disclosure; Chronic Pain and Healing; Psychodiagnostic Assessment; Depression; Coping with Depression; Domestic Violence; Psychology of Aging Well; Living with Stress; Individual Growth Process; Child Abuse; Depression and Anxiety; Post

Traumatic Stress Resolution; Ethical and Legal Aspects of Touch; Self Destructive Emotions; Stress and The Brain; Women and Mental Health; Chronic Pain; Family Stress and Coping; Depression, current Research; Effects of Traumatic Stress in a Disaster Situation; Principles of Drug Addiction Treatment; Women and Mental Health; Psychology for Diverse Populations; The General Effectiveness of Psychotherapy; HIPPA Made Easy; Bartering in Psychotherapy; Ethical Psychologist, Spousal and Partner Abuse; Mental Health Services; Stress; Breaking the Cycle of Abuse; Hypnosis; Neuro Linguistic Programming; Psychosynthesis; Sand Tray; Reconstructive Family Therapy; Family Therapy; Personality Disorders; Evolution of Psychotherapy; Borderline Personalities; Business of Psychology; Treating Critically ill Patients; Couples in Treatment; Addictive Behaviors; Medications Management with the Elderly; Medication and Depression; EMDR; Medical Hypnosis; Self Destructive Behaviors; Treatment Planning; The Ethical Psychologist; Spousal and Partner Abuse; The Psychology of Aging Well; HIPPA made Friendly; Ethical and Clinical Aspects of Dual Relationships; Depression Research in Mental Health; Traumatic Stress in Disaster; Principles of Drug Addiction; Family Stress and Coping; Grief; Coping with Death; Suicide in America; Women and Mental Health Research; Psychotherapy for Diverse Populations; Domestic Violence; Chronic Pain; The General Effectiveness of Psychotherapy; Ethical and Legal Aspects of Touch; From Counselor to Coach; Behaviors; and Disassociative Disorders.

### **Groups Facilitated**

Chronic Pain; Addictive Behaviors; Depression; Anxiety Disorders; Stress Management; Grief and Loss; Cognitive Behavioral Therapy; Meditation; Breath Work; Journaling; Adults Molested As Children; Adults from Dysfunctional Families; Cognitive Therapy; Play Therapy; Eating Disorders; Adults with Chemical Dependencies; Anger; General Women's Support; Alternative Lifestyles; Single Mothers; and Life Transitions.

### **OTHER SKILLS AND ACCOMPLISHMENTS**

Developed and wrote Psychological section in Care Givers book 2011

Listed as one of the top two thousand notable women in America

Developed and Implemented Chronic Pain Program 2007

Researching Personality as relates to certain manifestations and predisposition's to illness

Developed community self help programs for adult children caring for aging parents.

Head Researcher 1985 National Child Abuse Conference

Military Service USAF 1975 to 1979 Honorable Discharge

### **AFFILIATIONS PAST AND PRESENT**

Member, California Psychological Association

Member, Sacramento Valley Psychological Association

Member, Central California Psychological Association

Member, Chronic Pain Society

Member, American Pain Foundation

Member. National Institute of Hypnotherapy

Member, International Research for Disassociative Disorders  
Member, National Association for Female Executives  
Member, Committee National Association of Partial Hospitals  
Member, Monterey Chamber of Commerce  
Member, Better Business Bureau  
Resource, Alliance on Aging  
Resource, Sally Griffin Senior Center  
Resource, Victims of Child Abuse Legislation  
Volunteer Clinician, Sacramento AIDS Foundation  
Board Member, The Chemical Dependency Center 1986 to 1989  
Resource, Educator and Facilitator, Sacramento Bereavement Outreach Program  
Board Member, Family Support Programs 1992 to 1993  
Resource, Educator Placer County Women Services  
Resource, Women Escaping a Violent Environment  
Resource, California Consortium of Child Abuse Councils  
Resource, National Pain Center