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LICENSING

California Licensed Psychologist May 2011
PSY 24247

PROFESSIONAL AFFILIATION AND HONORS

American Psychological Association
National Alliance of Professional Psychology (NAPPP)
California Psychological Association (CPA)
American Counseling Association
Psi Chi National Honor Society in Psychology
Dean's List: California State University, Northridge

EDUCATION

Neuro Psychology Certificate

Fielding Graduate University 2022

Doctorate in Clinical Psychology August 2009

The Chicago School of Professional Psychology

Master of Science in Education

Emphasis in Marriage and Family Therapy December 2006

California State University Northridge

Bachelor of Arts, Art History May 2002

California State University Northridge

LANGUAGES

English: fluent in reading, writing and speaking.

Farsi: fluent in reading and speaking.

Hebrew: intermediate reading, writing and speaking skills.

PROFESSIONAL EXPERIENCES

Kaiser Permanente- March 2016 to Present

As a pain management psychologist, I work closely with Interdisciplinary Pain management clinic to provide patient-centered biopsychosocial care and education using a collaborative interdisciplinary team approach. Pain management psychologist is a part of a comprehensive pain management clinic focused on improving biopsychosocial functioning and restoration as related to the management of chronic and acute pain. Role includes working with multidisciplinary team members, including interventional pain physicians, primary care, physical therapy, and pain pharmacists, to provide evaluation, diagnosis, treatment planning, case management & psychotherapeutic interventions.

Private Practice January 2012- Present

Private practice services included individual, couples, group, and family therapy for clients with a variety of presenting problems utilizing various modalities including but not limited to cognitive-behavioral,

psychodynamic, and interpersonal therapy. Clinical assessment and evaluation of each patient included clinical interview, collateral interview, mental status exam and psychological testing (as needed) to facilitate differential diagnosis and treatment plan and identify potential crisis situation. Psychological evaluation and testing for pre-surgical procedure, learning disability, stress and trauma/physical injury.

Oaks Diagnostic Inc./ California Health Centers -Lead Psychologist -September 2011-12/2015

As a Lead psychologist I provided psychological evaluation, assessments and counseling to over 2000 patients as both primary and secondary physician. The majority of referrals were for depression, anxiety, PTSD, Insomnia and Cognitive deficit. The psychological services included; Initial Comprehensive Psychological Evaluation, Individual Psychotherapy, Groups Therapy, Permanente and Stationary Report, Review of medical Records and Supplemental Report. The comprehensive evaluation involved; face to face clinical interview, mental status exam, review of medical and psychiatric records, family and social background, occupational background, psychological testing and recommended treatment and plan. The psychometric testing included but not limited to Beck Depression Inventory, Beck Anxiety Inventory, Epworth Sleepiness Scale, Beck Hopelessness Scale, Pain Questionnaire, and Berlin Questionnaire among others. In addition, an assessment of personality test such as MMPI and Catell 16 Personality Factor Profile was utilized to gain a better understanding of the patient traits and compliant. Each psychometric battery was customized to target the need of each patient and gain an accurate insight of the patient's cognitive abilities, personality and behavioral style. I also supervised and managed multiple locations; long Beach, Reseda, Bakers Field, Glendale, Santa Anna and Fresno

Windstone Behavioral June 2011 – September 2011

Provide geriatric psychological screening to detect behavioral health diagnoses. Comprehensive evaluation and assessment included Initial Psychiatric Evaluation, PHQ-9 Depression Questionnaire, Gad7, and Slum Examination.

Internship

Supervisor: Eric Day, Ph.D.-Director of the Antioch University Counseling Center

Maggie Gowen, MFT- Jungian analyst

he Antioch University Counseling Center, Culver City – Psychology Intern

January 2004- 2011

Provide individual, couples, group, and family therapy for clients with a variety of presenting problems utilizing various modalities including but not limited to cognitive-behavioral, psychodynamic, and interpersonal therapy. Clinical assessment and evaluation of each patient included; clinical interview, collateral interview, mental Status exam and psychological testing (as needed) to facilitate differential diagnosis and treatment plan and identify potential crisis situations and establish supportive, collaborative and nonjudgmental relationship. Evaluated and interpreted the psychological and social meaning of complaints and recommended courses of therapeutic action. Therapeutic action included but not limited to behavior modification, skill training such as relaxation training, problem solving skills, assertiveness training, social skill training, parenting skill training, anger management, and time management. Provided appropriate and effective services to minority group members, taking into consideration their language, histories, traditions and values. Provided crisis intervention, determined urgency of patients' needs and selects appropriate treatment modality. Consulted with psychiatrists and physicians on clinical issues relevant to prevention, diagnosis and treatment of the same care patient. Rendered appropriate intervention for patients in crisis or in need of clinical services. Assessment of treatment outcome of each patient included but not limited to establishing treatment goals, determining appropriate level of care, determining treatment effectiveness and formative evaluation. Conducted telephone intakes and referred clients to appropriate resources. Referrals included but not limited to medication evaluation, medical evaluation, 12 step programs, and social services. Maintained progress notes for all clients to ensure proper documentation of session contents and interventions. Participated in weekly staff meeting and training. Assisted in various administrative and support roles including acting as liaison to community and fundraising activities.

Vista Del Mar Child & Family Services - MFT Intern

May 2003-2004

Worked with children, adolescents, young adults and families with a wide range of special needs related to learning disabilities, abuse and emotional problems. Conducted sensory and motor skill integration and behavior

therapy with children ages two to eighteen years old. Proficient in identifying and treating the span of developmental stages. Adept in treatment focused on improving communication skills. Intervention included but not limited to behavior modification, social skill training, parent training and contingency contracting and identifying environmental and internal triggers and creating a plan to deal with the trigger. Co-led group therapy for children ages two to eighteen, incorporated activities such as play and art in order to increase socialization and sensory awareness. Processed acting-out behaviors with children to cultivate and to promote verbalization and positive coping skills. Implement and documented the psychotherapeutic treatment plan. Maintained written records of therapy, prepared reports and letters. Provided clinical consultation in an integrated health care environment regarding family interactions, sociocultural determinants and community resources.

