



## SHIRIN SINAI, PH.D.

### CLINICAL PSYCHOLOGIST

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### EDUCATION

2005-2010	<b>The Chicago School of Professional Psychology</b> <i>Ph.D. Clinical Psychology</i> <i>Degree Conferred: December 2010</i>	Los Angeles, CA
2003-2005	<b>California Graduate Institute</b> <i>M.A. Clinical Psychology</i> <i>Degree Conferred: July 2005</i>	Los Angeles, CA
2001-2003	<b>University of California, Los Angeles</b> <i>B.A. Psychology</i> <i>Degree Conferred: June 2003</i>	Los Angeles, CA

### PROFESSIONAL EXPERIENCE

2021-Present	<b>Healthier Minds, Inc.</b> <i>Clinical Psychologist</i>	Los Angeles, CA
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Provide mental health treatment services of adults via telehealth at a Medical-Legal behavioral health practice, alongside providers consisting of Clinical Psychologists, Neuropsychologists, Marriage and Family Therapists, and Licensed Clinical Social Workers. Conduct initial psychological evaluations, including opining causation and treatment authorization and provide ongoing mental health services for individuals involved in personal injury cases including but not limited to motor vehicle accidents, motorcycle accidents, traumatic brain injuries/concussions, pedestrian accidents, slips and falls, dog bites and housing-tenant cases. Collaborate with client's treatment team to coordinate care and optimize treatment outcome. Assessment and treatment of client cases to determine optimal interventions according to DSM-V/ICD-10 criteria. Trained and credentialed in administration and interpretation of FDA-approved cognitive functioning screening test. Adhere to federal, state, and company policy and procedures for clinical treatment of mental health services. Develop comprehensive treatment plans based on results of screenings, client goals and history. Lead meetings and train providers in collaboration with Clinical Advisor and Head Neuropsychologist. Attend weekly meetings with practice administrators including Clinical Operations Manager. Multi-State expansion planning and operations. Complete appropriate electronic charting of initial psychological evaluations and session progress notes via HIPAA compliant EHR software.

Mar 2020-Mar 2023	<b>Happier Living</b> <i>Clinical Psychologist</i>	Los Angeles, CA
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Provided mental health treatment services of adults via telehealth at a group medical practice consisting of



psychiatrists, psychiatric nurse practitioners, psychologists, therapists, and nutritionists. Conducted initial psychological evaluations and ongoing psychological treatment of adults via telehealth/video conferencing. Collaborated with patient's treatment team to coordinate care and optimize treatment outcome. Attended weekly case conferences with fellow mental health providers for clinical support. Received ongoing clinical support from practice clinical director. Completed appropriate electronic charting of initial psychological evaluations and session progress notes via EHR software.

Aug 2013-Oct 2019      **CHE Behavioral Health Services,  
Beachwood Post-Acute and Rehab**      Santa Monica, CA  
*Staff Psychologist*

Provided individual psychological treatment to long-term and short-term residents at skilled nursing facility. Conducted diagnostic evaluations, provided crisis intervention, and cognitive screenings and assessments. Attended weekly staff meetings and collaborated with staff psychiatrist, director of social services, clinical social workers, and nursing staff in an effort to provide the highest quality of care to residents. Attended ongoing clinical training and professional development workshops. Received ongoing clinical support from clinical director. Completed appropriate electronic charting of diagnostic evaluations, updated treatment plans, session progress notes, transfer summaries, and discharges. Trained in geropsychology and assessment and treatment of older adults in long term care.

Mar 2012-Mar 2013      **Ocean Park Community Center (OPCC)**      Santa Monica, CA  
*Post-Doctoral Fellow/Registered Psychologist  
Supervisor- Allison Peters, Psy.D; PSY #24321*

Attended trainings, weekly individual supervision, weekly group supervision, and monthly clinical staff meetings at a Department of Mental Health contracted agency. Provided crisis intervention, referrals, and clinical services including intakes, assessments, and individual mental health services to chronically mentally ill, homeless, and low-income clients at a transitional shelter. Addressed the basic needs of mentally ill women facing homelessness and poverty by providing a safe and accepting environment where clients gain support and access to information and resources needed to stabilize their lives and move into permanent housing. Additionally, provided short term individual therapy sessions to battered women and their children at an emergency crisis shelter. Provided clients with a safe space to regroup, rebuild, and reestablish their self-esteem and lives. Implemented evidenced-based strategies for counseling and client advocacy that support recovery from domestic violence. Presented cases to clinical staff during clinical consultations and group supervision. Completed appropriate charting of all cases including adult initial assessments, client care coordination plans, annual assessment reports, and session progress notes. Assessment reports included mini mental status exam, suicide assessment, substance and alcohol use evaluation, diagnostic formulation, treatment evaluation, and referral. Provided clinical supervision to first year practicum students. Trained in crisis intervention, suicide prevention, harm reduction, substance abuse treatment, domestic violence, motivational interviewing, and DMH documentation.

Sep 2009-Sep 2011      **Southern California Counseling Center**      Los Angeles, CA  
*Psychological Intern  
Supervisor: Kim Cookson, Psy.D; PSY#19383*

Year 1: Attended weekly clinical skills training, individual supervision, and group supervision at a non-profit mental health agency. Attended monthly weekend workshops. Provided individual psychotherapy for adults ages



18 and over. Conducted monthly intake assessments and emergency phone call duty. Completed appropriate charting of all cases including session progress notes, treatment plan, and referral.

Year 2: Attended weekly family therapy training, individual supervision, and group supervision. Attended weekly professional development/educational seminars and monthly weekend trainings and workshops held by highly respected local clinicians. Completed school-based training program. Provided psychotherapy for individuals, couples, families, and children. Completed crisis intervention training. Completed Cognitive Behavior Therapy training and conducted monthly CBT consultations. Conducted weekly individual psychotherapy on-site at local elementary school. Conducted monthly intake assessments and emergency phone call duty. Observed live treatment sessions via two-way mirror and participated in reflecting teams. Completed appropriate charting of all cases including session progress notes, treatment plan, and referral. Prepared reports and presented clinical cases during case consultations at seminars.

Sep 2007-Sep 2008      **The Center for Healthy Aging/WISE**      Santa Monica, CA  
*Psychological Intern*  
*Supervisors: Monika Johnson, Psy.D; PSY#17276 &*  
*Jennifer Levine, Psy.D; PSY#20579*

Attended weekly training, individual supervision, and group supervision at Department of Mental Health contracted agency. Attended weekly professional training seminars. Provided individual and group psychotherapy for adults ages 55 and over. Provided weekly outreach and mental health services to homeless individuals via the Field Capable Services program. Worked in an interdisciplinary treatment team collaborating with staff psychiatrists, psychologists, nurse practitioners, and case management workers. Co-facilitated a weekly support group and gained competence in diagnostic evaluation, assessment, and treatment for older adults. Completed appropriate charting of all cases including adult initial assessments, client care coordination plans, annual assessment reports, and session progress notes. Assessment reports included mini mental status exam, suicide assessment, substance and alcohol use evaluation, diagnostic formulation, treatment evaluation, and referral. Prepared reports for case conceptualizations to present during group supervision. Trained in elder abuse prevention/intervention and DMH documentation.

## **VOLUNTEER COUNSELING EXPERIENCE**

2010-2016      **Our House Grief Support Center-** *Grief Counselor*  
Completed intensive grief training in group setting. Co-facilitated 12-month grief support groups for adults grieving the loss of a parent. Attended bi-monthly group supervision. Completed intensive grief training in group setting. Co-facilitated 12-month grief support groups for adults grieving the loss of a parent. Attended bi-monthly group supervision.

2006-2010      **The Maple Counseling Center -** *Crisis Response Team Counselor*  
Completed intensive 10-week crisis intervention training. Attended monthly meetings. Responsibility included weekly on-call duty. Provided on-scene direct crisis intervention to adults, children, and families who had experienced or witnessed interpersonal violence/abuse, sudden death, suicide, and other trauma. Made referrals to appropriate community resources. Participated in police/sheriff's/fire department ride-alongs and briefings/roll calls.



## CERTIFICATES AND TRAININGS

Aug 2023	Certified Clinical Trauma Professional (CCTP) – <i>completion date August 2023</i>
Apr 2023	Credential ImPACT Consultant Training (FDA-approved cognitive functioning screening test)
Dec 2022	MBCT Mindfulness Training
May 2022	Telehealth Treatment of Mental Health Services
May 2022	Psychotherapeutic Techniques Training
May 2022	Dialectical Behavior Therapy Training
Jan 2021	PTSD and Trauma Informed Treatment Interventions
Mar 2020	Anger Management Counselor Training; AMS-C Certification
Feb 2019	Alzheimer's Dementia Treatment for Prevention and Reversal
Nov 2018	Interpersonal Psychotherapy Treatment of Residents in Long-Term Care
Sep 2015	American Red Cross Disaster Response Training
Jun 2015	Trauma Informed Assessment, Intervention, and Documentation in Long-Term Care
Jun 2014	Nursing Home Care and Behavioral Intervention
Mar 2014	Affect Regulation Therapy and Dementia
Feb 2014	Neurobehavioral Status Exam Training
Nov 2013	Suicide Assessment, Crisis Intervention, and Treatment
Oct 2013	CHE Clinical Training Program
Mar 2013	Suicide Prevention Didi Hirsch Training
Mar 2013	40 hour Domestic Violence Training Program
Jun 2012	UCLA Integrated Substance Abuse Program-Motivational Interviewing
Jun 2012	Crisis Intervention
Jun 2012	Harm Reduction
Jun 2012	DMH Documentation
Jun 2011	SCCC Family Therapy Training Program
Oct 2010	Cognitive Behavior Therapy Consulting
Sep 2010	Play Therapy Training
Sep 2010	School-Based Counseling Program
Sep 2010	Mindfulness and Trauma
Feb 2010	Our House-Grief Counseling Training
Sep 2007	DMH Documentation
Sep 2007	Elder Abuse Prevention and Intervention
Dec 2006	The Maple Counseling Center Crisis Response Team Crisis Intervention Training
Oct 2006	Applied Behavior Analysis
Oct 2005	CPR and First Aid Certification



## SKILLS

- Medical-legal consultations and case management collaboration
- Psychological assessments and evaluations
- Cognitive Behavioral Therapy (CBT), Trauma Informed Therapy, Exposure-Response Prevention (ERP), and Mindfulness Based Stress Reduction psychotherapies.
- Demonstrated intake diagnostic assessment and progress report writing
- Demonstrated cultural sensitivity and competence of diverse populations
- Excellent written and communication skills
- Proficient in Athena Health electronic health record software
- Proficient in completing DMH County paperwork
- Demonstrated leadership and organizational skills
- Demonstrated ability to prioritize and manage simultaneous tasks effectively
- Ability to work in interdisciplinary treatment team
- Strong attention to detail with high degree of accuracy
- Strong work ethic
- Proficient in Microsoft Office
- Excellent typing skills-75wpm
- Fluent in English and Farsi

## PROFESSIONAL AFFILIATIONS

- Los Angeles County Psychological Association (LACPA)
- California Psychological Association (CPA)
- American Psychological Association (APA)
- LACPA Early Career Psychologists Special Interest Group
- Iranian Psychological Association of America (IPAA)
- Southern California Counseling Center Alumni Association
- University of California, Los Angeles Alumni Association