

ELIZABETH ALTMAN

CAREER OBJECTIVE

Dedicated therapist, teacher, and activist committed to empowering individuals and communities through mindfulness, depth psychology, and transformative education. Passionate about integrating therapeutic practices with activism to foster resilience, inclusivity, and collective well-being in personal, professional, and organizational settings.

EXPERIENCE

THE GREEN ROOM PSYCH SERVICES, San Diego, CA

Postdoctoral Clinician / Psychological Associate May 2025 – present

- At The Green Room Psychological Services, I provide depth-oriented, trauma-informed psychotherapy for adults and adolescents via telehealth, conducting comprehensive clinical intakes, risk assessments, and ongoing case formulation. In addition to psychotherapy, I complete detailed personal-injury evaluations and clinical reports for clients involved in motor-vehicle accidents, personal-injury cases, and class-action lawsuits. My work includes assessing trauma-related symptoms, documenting psychological sequelae, and collaborating with attorneys and medical providers as appropriate. I integrate somatic psychology, attachment-based approaches, and contemplative practices to support clients navigating trauma, chronic anxiety, relational stress, grief, and major life transitions, while maintaining clear, legally compliant documentation within a private-practice setting.

ELIZABETH ALTMAN COACHING, REMOTE & IN-PERSON RETREATS

Meditation and Mindfulness Coach/Consultant, Jan 2019 – present

- Since 2019, I have provided mindfulness and meditation coaching to individuals and groups through collaborations with organizations such as Kindminds LLC, MindfulHeart Programs, and Jhourney Inc. My work involves designing and facilitating tailored programs for diverse audiences, including corporate teams, educators, professionals, and retreat participants. In addition to leading individual and group sessions, I consult with meditation practitioners, organizations, and retreat centers to help integrate mindfulness practices into their personal and professional environments. By employing customized approaches, I support clients in fostering personal growth, improving focus, and enhancing well-being through mindfulness-based tools and techniques.

RADHULE WEININGER (PSY13343), SANTA BARBARA, CA

Psychological Assistant, July 2021 – July 2023

- As a psychological assistant, I support with providing therapy in-person and via telehealth, conducting assessment, and aiding in research. Under the supervision of Dr. Radhule Weinger, I utilize a psychodynamic range of theory and practice to support working with adults and children in the Santa Barbara area. Utilizing mindfulness and meditation, my work with clients takes a holistic and organic approach – focusing on the individual. I incorporate expressive arts therapy and somatic psychology as a few of my primary tools.

FAMILY SERVICES AGENCY(FSA), SANTA BARBARA, CA
SchoolBasedMentalHealthTherapist, Feb2021–August2021

- School based mental health therapist provides therapy, case management, home visits and critical incident response services. Serving Junior Highschool andHighschool students, our program provides a convenient, familiar and safe environment for children, adolescents and their families. The Intensive In-School Counseling program assists students with severemental health needs.

EARLY CHILDHOOD MENTAL HEALTHPROGRAM (ECMHP), RICHMOND, CA
Mental Health Therapist, Jul 2019 – Feb 2021

- In the Head Start Program works with preschool aged children, teachers, preschool directors, as well as families. Our team helps support children in the classroom and to build a web of support for a struggling child. Support includes: Initial observation and assessment of the child in the childcare setting; Onsite consultation with staff; Support for supervisors and program directors; In-service training for school staff members; and Referrals to other community resources. Our goal is to work together with teachers and parents to find solutions to the developmental, social, and emotional problems of the child.

Mental Health Therapist / Teacher, Jul 2019 – Feb 2021

- Mental Health Therapist in the Comprehensive Therapeutic Nursery Program (CTN). A licensed preschool for children aged two and half to kindergarten in West Contra Costa County who have had difficulty in a typical preschool or day care. We teach the children not just the ABC's of preschool but also how to play with other children, express their feelings and follow the rules. As a fully qualified preschool teacher who is also trained in how to support emotional development. We work in together with all of the important people in a child life to support the child to do well in school and in life. Children who graduate from CTN are then offered transition services, which follow the child through kindergarten and first grade. Our Specialist works with the child, parent, and teacher to support the child in their new classroom. Nearly three out of four children graduating from CTN go on to mainstream classrooms.

WESTCOAST CHILDREN'S CLINIC, OAKLAND, CA
Executive Assistant (CEO/CFO), Jul 2018 - Jan 2019

- Responsibilities consisted of ensuring the daily and forward needs of executives were managed and organized. My focus was to deepen my understanding of the systems that perpetuate unhealthy living conditions for children living in neglected and oppressed communities and be of service for their immediate needs whilst in our care. My role enabled me to focus on systems that prohibit healthy functioning in Alameda County, and as Executive Assistant I had the ability to address such issues from the backend.

Support Counselor II, Aug 2017 - Jul 2018

- Provided Mental Health support for the Hayward assessment center for children's social services. I was responsible for ensuring the safety and well-being of children at the Assessment Center including health evaluations and general physical and emotional support. My focus was to deepen my understanding of the systems that perpetuate unhealthy living conditions for children living in neglected communities.

EDUCATION
PACIFIC GRADUATE INSTITUTE
CARPINTERIA, CA

Doctor of Philosophy (Ph.D.) Clinical Psychology, 2025

- GPA: 3.89
- Dissertation: *Longing to Belong: An Interpretative Phenomenological Analysis of Homesickness*

CALIFORNIA INSTITUTE OF INTEGRAL STUDIES
SAN FRANCISCO, CA

Bachelor of Arts (B.A.) Interdisciplinary Studies, 2018

- Relevant Coursework: Minor Critical Psychology
- Research: *Reenvisioning White Feminism: How is White Feminism Still Undermining Feminism?*

CERTIFICATIONS

- NPI#1144882028
- Certified Yoga Teacher Vinyasa Yoga School: Rishikesh, India
- Certified Integrative Somatic Trauma Therapist– The Embody Lab