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Diplomate, American Academy of Pain Management

*Providing Support for Life's Transitions*

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*Professional Memberships*

California Psychological Association  
Redwood Psychological Association  
Northern California Pain Psychologists  
Northbay Workers' Compensation Association

*Clinical Experience*

**Private Practice Psychologist.** 8/2007 to present. My focus is on supporting adults through life's transitions including career/work transitions, educational transitions, relational transitions, and transitions related to illness, disability or chronic pain. I provide individual and group therapy. I also function as an Agreed Medical Evaluator for psychological industrial claims. I am a qualified EMDR practitioner and have extensive experience working with workplace trauma.

**Clinical Psychologist.** Geriatric Associates. 2/2008 to 2/2012. As a contract psychologist I provided assessment and treatment to elderly residents at Santa Rosa Convalescent Home. Diagnoses include Dementia, Pain Disorder, Adjustment Disorder, Depression, Bipolar Disorder and Schizophrenia.

**Clinical Psychologist.** Pacifica Pain Management Services, Inc. 9/2005 to 12/2007. At this non-narcotic multidisciplinary pain management program, we offered 30-day residential clinics to individuals suffering from chronic pain syndrome. As one of the clinical staff members, I was responsible for conducting psychological evaluations, providing daily individual therapy and designing and teaching psycho-educational classes to our clients. These classes included Cognitive Behavioral Pain Management, Guided Breathing and Stretching, and Expressive Arts Therapy.

**Registered Psychological Assistant.** Private practice of Keith Jeffrey Bridges, Ph.D., Psychologist, Qualified Medical Evaluator. 9/2003 to 8/2005. I earned my post-doctoral hours by providing individual therapy and biofeedback training to clients suffering from psychological stress due to chronic pain. Developed and facilitated psycho-educational classes for chronic pain patients.

**Intern.** Sonoma State University Counseling Center. 8/2001-5/2002. Provided brief, solution-oriented therapy to student population both on a scheduled basis and as emergency treatment.

**Intern.** Sonoma County Mental Health Resource Team. 8/2000-6/2001. Provided psychological assessment, individual and group cognitive behavioral therapy to Medi-Cal recipients and “target population” suffering from severe mood disorders.

### ***Business Experience***

Nelson Staffing Solutions, Sonoma, CA. 6/87 to 3/00.

**Consultant.** 1/2000 to 3/2000. Provided training and support for new Branch Manager.

**Branch Manager.** 7/1997 to 12/1999. Managed financial, marketing and human resources aspects of two multi-million dollar branches in Marin County. Implemented alternative schedule for core staff. Oversaw the performance management process. Facilitated conflict resolution including sexual harassment, racial harassment, legal/ethical disputes and violent acting out.

**North Bay Sales Manager.** 1/1995 to 6/1998. Responsible for hiring, training and coaching five Account Executives. Designed and taught Nelson University training courses.

**Account Executive.** 6/1987 to 12/1994. Responsible for designing and implementing sales strategies for account development in Sonoma, Napa, and Marin Counties.

### ***Teaching Experience***

**Yoga and Meditation Instructor.** Airport Club, Santa Rosa, CA. 2004 to present. Teach beginning/intermediate yoga and meditation classes twice per week.

### ***Education***

**Ph.D.** Meridian University, Petaluma, CA. Clinical Psychology, 2003.

**M.S.** Meridian University, Petaluma, CA. Psychology, 1998.

**B.A.** University of California, Davis, CA. Psychology, 1984.