

AMANDA FREEMAN, PhD, PMH-C

PSY 25778

Education

ADELPHI UNIVERSITY, Derner Institute of Advanced Psychological Studies, Garden City, NY

Ph.D. in Clinical Psychology, August 2011

- **Dissertation:** "Working Mothers and Stay-at-Home Mothers: A Comparison of Emotional Experience" (defended - May 2010)

Master of Arts in Clinical Psychology • 2007

UNIVERSITY OF THE WITWATERSRAND, Johannesburg, South Africa

Master of Education (with Honors); major in Educational Psychology • 2004

- **Dissertation:** "Eating Disorders in South African Males: A Review of the Clinical Presentation of Hospitalized Patients" (defended - December 2003)

Bachelor of Arts (with Honors); major in Psychology and Educational Psychology • 2001

Certifications and Certificates

FERTILITY COUNSELING POST-GRADUATE COURSE Through Covington and Hafkin and Associates	2021
EYE MOVEMENT DESENSITIZATION REPROCESSING Through EMDR Readiness Academy (EMDRIA approved)	2020
PERINATAL MENTAL HEALTH-CERTIFIED (PMH-C) Through Postpartum Support International	2019
PSYCHODYNAMIC PSYCHOTHERAPY PROGRAM Through San Diego Psychoanalytic Center	2017-2019

Board Positions

POSTPARTUM HEALTH ALLIANCE Training Chair	2019-2021
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Clinical Work Experience

HEADWAY THERAPY PSYCHOLOGY PC, San Diego, CA <ul style="list-style-type: none">• Owner and Director of Group practice.• Provide individual counseling to adolescents and adults.• Specializing in perinatal mental health, fertility and trauma.• Maintaining group practice, supervising clinicians. Maintaining appropriate clinical records in compliance with state regulatory laws, including HIPAA security.	October 2017 - Present
PRIVATE PRACTICE, San Diego, CA <ul style="list-style-type: none">• Provide individual counseling to adolescents and adults, includes a mental health evaluation with detailed history and suicide risk assessment. Liaison with community mental health providers to provide appropriate referrals when necessary.• Develop and maintain clinical records in compliance with national and state regulatory laws, including HIPAA security.	July 2013 - October 2017
CRF TURNING POINT CRISIS HOUSE, San Diego, CA <ul style="list-style-type: none">• Individual and group counseling (incorporating Motivational Interviewing and DBT) for clients with chronic mental illness (including substance dependence) and documenting all interactions and therapy sessions to communicate client's status and progress on identifiable goals.• Conduct behavioral health assessments, including mental status exams, to determine client suitability for admission into START program. Also assess for suicide risk as well as homicidal intent. Collaborate and participate in team management meetings.• Prepare clinical reports for team management of each case and monitoring of progress. Development of individualized client service plans identifying client strengths, needs, appropriate goals and specific, measurable objectives. Implement treatment protocols.	Aug 2012 - Sep 2013

- Communicate with clients and significant others regarding treatment and assist client with identifying and securing social services, including benefits (SSI).
- Crisis Management for clients in need, including coordination with emergency services when necessary as well as consultation with the program director.

Post-Doctoral Experience

CRF VISTA BALBOA CRISIS HOUSE, San Diego, CA	Sept 2011- July 2012
<ul style="list-style-type: none"> • Co-chaired utilization review meetings, documenting client treatment needs for the staff. • Led teams, assigning clients to staff, communicating organizational issues, management of residential issues, and consulted on difficult client problems. • Facilitated the referral process for new clients, including liaison with the referring agency as well as assisted clients with securing social service benefits. • Performed clinician of the day duties including: individual and group counseling (including motivational interviewing and DBT, anger management, conflict resolution, problem solving, social skills & relational issues), documenting client progress notes, service plan development, and completion of behavioral health assessments. • Crisis Management for clients who were suicidal or homicidal, including coordination with emergency services when necessary as well as consultation with the program director. 	

Doctoral-Level Clinical Experience

PALOMAR POMERADO OUTPATIENT BEHAVIORAL HEALTH, San Marcos, CA	2010-2011
Intern Psychologist, Partial Hospitalization Program	
<ul style="list-style-type: none"> • Facilitated 2/3 psychotherapy groups (ranging from social skills, problem solving, communication skills, anger management, conflict resolution, DBT and process groups) daily as well as individual psychotherapy for caseload of 10-12 patients who have chronic mental health diagnoses. • Responsible for maintaining patient charts according to hospital and county standards. 	
DERNER INSTITUTE OF ADVANCED PSYCHOLOGICAL STUDIES, Garden City, NY	2007-2009
Student Psychologist, University Clinic	
<ul style="list-style-type: none"> • Provision of outpatient psychotherapy services for university personnel and students. • Administered, scored, and interpreted integrated psychological assessment reports for adults. • Led and participated in weekly case conference meetings. 	
NEW YORK PSYCHOANALYTIC INSTITUTE, New York, NY	2006-2007
Clinical Psychology Extern	
<ul style="list-style-type: none"> • Outpatient psychotherapy for adults, with case management duties. • Administered, scored, interpreted and wrote integrated children and adolescent assessments. 	
EXCEPTIONAL NEEDS FOUNDATION, Philadelphia, PA	2004-2005
Volunteer Group Facilitator, "The Wanna Play Program"	
<ul style="list-style-type: none"> • Led socialization groups and developed progress reports for children with Autism, Asperger's, and Downs Syndrome. 	
TARA, THE H MOROSS CENTER (INPATIENT HOSPITAL), Johannesburg, South Africa	2003
Intern: Eating Disorder/ Adolescent Unit (January - June 2003) and Adult Unit (July - December 2003)	
<ul style="list-style-type: none"> • Assessment, treatment planning, service coordination, individual and group therapy. • Led a Grand Round presentation for hospital staff, including psychiatrists, psychologists, psychiatric nurses, and social workers, presenting a case study of a pre-psychotic teenage patient. 	
SA NATIONAL COUNCIL ON ALCOHOL AND DRUG ABUSE, Johannesburg, South Africa	1999-2000
Life Skills Counselor	
<ul style="list-style-type: none"> • Facilitated children and adolescent groups focusing on preventing and treating substance dependence. 	
JILL SKOWNO, REGISTERED PSYCHOLOGIST, Johannesburg, South Africa	1997-1998
Psychometric Intern	
<ul style="list-style-type: none"> • Responsible for administration, scoring and analysis of intelligence tests and aptitude tests. 	

Presentations and Papers / Honors and Awards

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- **Freeman, A.** "PMADS 101". Three-hour presentation on behalf of Postpartum Health Alliance, (multiple occurrences based upon need), **2019-2022**

- **Freeman, A.** "Under Pressure: The Experience of Teen Stress". Discussion / Presentation with Teen Volunteers in Action, San Diego, **2018**
- **Freeman, A.** "Pregnancy Complications as a Risk Factor for Perinatal Distress". Discussion / Presentation with the Postpartum Health Alliance, San Diego, **2014**
- **Freeman, A.** "Once Upon a Time and Happily Ever After? Fairy Tales, Early Memories and Attachment Style." Poster presented at Mid-Atlantic Regional Group Meeting of the Society for Psychotherapy Research, New York, NY, **2007**.
- Grehan, P., **Freeman, A.**, Cunningham, H., Hoffman, A., and McCabe, N. "Emotional Intelligence and Personality Characteristics of Successful School Psychology Students." Poster presented at Adelphi University Third Annual Research Conference, New York, NY, **2006**.
- **Freeman, A.** "Eating Disorders in South African Males: A Review of the Clinical Presentation of Hospitalized Patients." Poster presented at the Academy for Eating Disorders Conference, Orlando, FL, **2004**.
- Szabo, C., **Freeman, A.**, and Smit, T. "The Pre-Psychotic Hospital Presentation of a Teenage Male." Grand Round Presentation at Tara, the H. Moross Center, Johannesburg, South Africa, **2003**.
- Grehan, P. and **Freeman, A.** "Neither child nor adult: Applying integrative therapy to adolescents." *Journal of Psychotherapy Integration*. Vol. 19(3), 269-290, **2009**.
- **Freeman, A.** "Eating Disorders in Males: A Review." *South African Psychiatry Review*. 8(2), 58-64, **2005**.
- **Freeman, A.** and Szabo, C. "Eating Disorders in South African Males: A Review of the Clinical Presentation of Hospitalized Patients." *South African Journal of Psychology*. 35(4), 601-622, **2005**.
- **Arthur Schwartz Award for Outstanding Ability in Remedial Education**, University of the Witwatersrand, Johannesburg, South Africa, 2001.
- **Certificate of First Class for Psychological Research Design and Analysis II**, University of the Witwatersrand, Johannesburg, 1995