

# Ethan I. Bregman, Ph.D.

Highly skilled and respected psychologist with excellent academic credentials. Able to explore issues with clients; assessing and diagnosing psychological issues and disorders, and in implementing one-on-one solutions for culturally and ethnically diverse individuals. Experience in counseling athletes. Trusted to evaluate psychiatric hospitals and outpatient mental health clinics for the state of California and to lead multi-disciplinary teams in both evaluative and treatment settings. Knowledgeable in mental health policy, superior communicator.

## AREAS OF STRENGTH

- Psychotherapy
- Ketamine Assisted Psychotherapy
- Sport Psychology
- Psychodiagnostics
- Quality Assurance
- Treatment Planning
- LGBTQ

## PROFESSIONAL EXPERIENCE

2015-present

**Consulting Psychologist**, State of California, Dept. of Health Care Services (Program Policy & Quality Assurance Branch) | Sacramento, CA

- Clinical expert for inpatient and outpatient chart review appeals.
- Hearing Officer for Treatment Authorization Request (TAR) appeals.
- Review and analyze appeal and supporting documents for medical necessity and documentation requirements.
- Carry out lead role and tasks associated with review of appeal documentation and make an appellate decision on claims appealed.
- Involved in quality improvement and clinical oversight of chart review appeal process.
- Participate in development of policies and procedures for statewide oversight of Medi-Cal specialty mental health services delivery system.
- Participates in development of documentation standards and guidelines.
- Lead trainer for staff and contractors on policies and procedures for chart review.
- Analyze proposed regulations or legislation which are related to the clinical aspects of clinical record appeals.

2013-2015

**Consulting Psychologist**, State of California, Dept. of Health Care Services (Oversight & Compliance Branch) | Sacramento, CA

- Conduct quality assurance reviews of government-funded inpatient psychiatric hospitals and outpatient mental health clinics by reviewing patient charting, treatment planning, quality improvement plans, and improvement studies.
- Compile findings reports through narrative and statistical charting in order to consult facilities on quality improvement.

- Develop effective standards for audit procedures and reviews, as well as policies for statewide oversight of government-funded clinics, in order to ensure that each facility delivers the highest quality services possible.
- Review and respond to appeals in denied funding cases.
- Collaborate with an interdisciplinary clinical team to review higher-level treatment authorization appeals and lawsuits.
- Consult on questionable billing for inpatient psychiatric and outpatient mental health services, as well as the implementation of the Affordable Care Act in other state service divisions.
- Analyze proposed regulations and legislation related to clinical aspects of program oversight and compliance and provide professional recommendations for revisions.
- Training and presentations to audiences of 300 plus people.

2010-Present

**Private Practice**, West Coast Psychology | Sacramento, CA | [www.wccsp.com](http://www.wccsp.com)

- Psychotherapy for a diverse population of adults and adolescents to address issues related to depression, anxiety, adjustment, and other life struggles. LGBTQ
- Ketamine Assisted Psychotherapy
- Psychotherapy for diverse groups of adolescent and adult athletes to address interpersonal relationships, anxiety, performance issues and adjustment issues (i.e. career transition, time management, aging, injury, motivation, depression, burnout, and pressure).
- Engage healthy coping strategies to deal with injuries in order to increase adherence to rehabilitation programs and promote better recovery outcomes.
- Introduce opportunities for personal growth to restore overall wellbeing, balance, and enjoyment.
- Regularly contribute articles to local publications and serve as television news consultant.

2008-2013

**Staff Psychologist**, California State Prison Sacramento | Represa, CA

- Provided inpatient care, crisis intervention, triage, brief counseling and suicide assessments and prevention at a Level 4 maximum-security men's correctional facility.
- Perform psychological assessments and psychodiagnostic formulations of Axis I & II disorders. Assess malingering and differential diagnoses.
- Planned treatment accordingly, implementing current pharmacology knowledge when necessary, and make appropriate treatment referrals.
- Collaborated with and led an interdisciplinary team during meetings in order to create effective treatment plans.
- Implemented systems to streamline clinical paper work and provided case formulation documentation.

2006-2008

**Staff Psychologist**, Napa State Hospital | Napa, CA

- Co-led a multidisciplinary treatment team in a forensic inpatient hospital for severely mentally ill individuals, providing individual and group psychotherapy and substance abuse treatment.
- Performed diagnostic, personality, and forensic assessments and provided court documentation and testimony.
- Provided in-service didactics on comorbid PTSD, severe mental illness, and gender/sexuality issues.

- Coordinate with individuals' families to enable collateral participation in treatment plans.

2004-2006

**Psychology Predoctoral Intern**, Community Institute for Psychotherapy | San Rafael, CA

- Provided individual and group psychodynamically-based psychotherapy for diverse, low SES, and Medi-Cal eligible adults and children for a broad range of issues (such as mood disorders, substance abuse, personality disorders, and eating disorders) at a community based mental health outpatient clinic.
- Assessed patients at intake, conducted and reported on psychological assessments, and participated in case conferences.
- Developed, implemented, and facilitated a therapy group for children ages 5-13, as well as a therapy group for adults with relationship difficulties.

2003-2004

**Psychology Extern**, Center for Special Problems (CSP) | San Francisco, CA

- Provided individual therapy and case management, focusing on mental health issues related to sexual offenses, violence, trauma, gender identity, substance abuse, and HIV/AIDS, at a multidisciplinary, community-based outpatient mental health clinic.
- Performed diagnostic formulation, treatment planning, and psychological assessments.

2002-2004

**Psychology Extern**, San Francisco VA-UCSF Post Traumatic Stress Disorder Clinic | San Francisco, CA

- Led individual and group therapy with diverse groups of veterans suffering from combat-related Posttraumatic Stress Disorder.
- Utilized MMPI-2, Rorschach, TAT, WAIS-III, Mississippi Scale for PTSD, Combat Exposure Scale, Impact of Events Scale, and the NCSE to conduct intakes to determine PTSD diagnosis, clinical eligibility, appropriate referrals, and treatment plans.

2001-2002

**Psychology Extern**, Gronowski Clinic, Pacific Graduate School of Psychology | Palo Alto, CA

- Provided individual psychotherapy with diverse children and adults in a community-based, outpatient clinic.
- Screened individuals over the phone, completed intake assessments and treatment planning, implemented treatments and play therapy, made DSM-IV diagnosis, participated in case conferences, and created progress reports, presentations, and psychological assessments.

1989-1990

**Counselor**, Maryville Academy | Des Plaines, IL

## RESEARCH BACKGROUND

2003-2004

### Dissertation Research

Pacific Graduate School of Psychology | Palo Alto, CA

- Under advisement of Nigel Field, Ph.D. Chair, collected and analyzed original data to examine the likelihood of a hardy individual having a posttraumatic growth experience after a traumatic loss versus those who were not hardy.

- Synthesized and explored findings in *The Hardy Personality and Its Relationship to Posttraumatic Growth*.

2000-2003

**Research Assistant**

Pacific Graduate School of Psychology | Palo Alto, CA

- Collected original data, reviewed literature, and implemented statistical analysis to support a study on personality, coping styles, and health outcomes.
- Conducted structured interviews with children and parents in support of a study on psychological intervention for siblings of children with cancer.

1990 – 1991

**Research Assistant (Oncology Research)**, University of Chicago | Chicago, IL

## TEACHING EXPERIENCE

2002 – 2004

**Peer Clinical Supervisor**

Pacific Graduate School of Psychology | Palo Alto, CA

- Supervised both individuals and groups of second-year Ph.D. students who were working in the Kurt and Barbara Gronowski Clinic.
- Taught students case presentation skills and offered advice for overall improvement.

2002

**Instructor (Preparatory Statistics)**

Pacific Graduate School of Psychology | Palo Alto, CA

- Led a 3-credit hour course that prepared 30-40 Ph.D. and Psy.D. students to succeed in the Pacific Graduate School of Psychology statistics series.
- Wrote and administered a skills assessment pretest.
- Designed and implemented a curriculum for 3-hour lectures covering math skills, descriptive statistics, nomenclature, and basic statistical concepts.

2001 – 2004

**Tutor (Research & Statistics Series)**, Pacific Graduate School of Psychology | Palo Alto, CA

2002

**Teaching Assistant (Adult Aging & Development)**, Pacific Graduate School of Psychology | Palo Alto, CA

2002

**Teaching Assistant (Psychopharmacology)**, Pacific Graduate School of Psychology | Palo Alto, CA

## PROFESSIONAL & ACADEMIC AFFILIATIONS

2024 – Present

**Journey Clinical:** Ketamine Assisted Psychotherapy

2001 – Present

**Member**, American Psychological Association & APA Division 47

2010 – Present

**Member**, Association for Applied Sport Psychology

2002 – Present

**Member**, World Professional Association for Transgender Health (WPATH)

## EDUCATION & TRAINING

2006

**PhD, Clinical Psychology**, Pacific Graduate School of Psychology, Palo Alto, CA

2003 **MS, Clinical Psychology**, Pacific Graduate School of Psychology, Palo Alto, CA

1999 **Post Baccalaureate Education**, Avalon Institute for Jungian Psychology, Boulder, CO

2000 **Outdoor Leadership Training Seminars**, Denver, CO

2000 **Eco-Psychology/Wilderness Therapy**, Regis University, Denver, CO

1990 **BA, Psychology**, University of Illinois at Chicago, Chicago, IL

NOT YET RETAINED