

FORESTEEN SANDRA FORBES, Psy. D.

EDUCATION

- 1997-2003 Azusa Pacific University, Department of Graduate Psychology
(APA accredited)
Psy.D. Clinical Psychology
- 1984-1986 Azusa Pacific University, Department of Psychology
M.A. Marital and Family Therapy
- 1970-1975 Biola University, Department of Nursing
B.S.N. Nursing

LICENSURE AND CERTIFICATION

- 2006-Present California Licensed Psychologist #21049

PROFESSIONAL EXPERIENCE

- 2007-Present **Staff Psychologist, Metropolitan State Hospital, Norwalk, CA**
Apply psychological knowledge and techniques to the problems of mental disabilities in adults; conduct various forms of group and individual therapy, including behavior modification, dialectical behavior therapy, and psychotherapy; select, administer, score, and interpret psychological tests; assess mentally disordered Individuals and make recommendations on admission, transfer, discharge, and therapeutic activities; consult with medical personnel regarding mentally disordered Individual status; participate in treatment team, staff, and professional meetings; serve as consultants within the facility or to other agencies and groups; participate in training programs for other staff and volunteers. Supervises psychology interns personality assessments. Teach annual training on MCMI-IV, a measurement for assessing personality disorders to psychology interns, and supervise their personality assessment reports.
- 2009-2016 **Assessment of Air Traffic Controllers for Fitness of Duty for the FAA**

SUPERVISED CLINICAL EXPERIENCE

2004-2005

Department of Veterans Affairs, L.A. Ambulatory Care Center, Los Angeles, CA

Post-doctorate intern under supervision of Stephen Strack, Ph. D.

Administered and wrote comprehensive psychological reports for full assessment batteries including tests for personality and projective measures. Additionally, maintained caseload of two veteran clients for weekly individual psychotherapy sessions. Did research on the combined use of the MCMI-III and PACL with populations of people who fake good for future publication.

2005

California State University, Los Angeles, CA

Taught class Psychopharmacology for Counselors (3 units)

Taught basic principles of psychopharmacology, common medications prescribed for mental disorders, including mood disorders, anxiety disorders, and psychotic disorders, basic principles for working with clients who require medication, including referrals for medication evaluation, medication adherence and refusal, collaborative work with medical professionals, and integration of medication with psychotherapy, and cultural, ethnic, and social factors related to use of psychotropic medication. Administered and scored tests and reports.

2003-2006

Children's Institute International, Torrance, CA

Registered Psychologist under supervision of Hershel Swinger, Ph.D. and Manuel Rivera, Ph.D.

Led a psychodynamically based parenting group for parents who have had their children taken away by Department of Children and Family Services as well as to parents who volunteer for assistance in raising their children. Provide individual counseling to parents and conjoint counseling to families to aid in reunification process as well as assistance with discipline, school problems and relationship difficulties. Conduct weekly anger management workshops for children. Testify in court as a witness for parents in the process of reunification. Do research on the combined use of the MCMI-III and PACL.

- 2001-2003 *Pre-doctorate internship under supervision of Hershel Swinger, Ph. D.*
- Led a psychodynamically based parenting group for parents who have had their children taken away by Department of Children and Family Services as well as to parents who volunteer for assistance in raising their children. Provide individual counseling to parents and conjoint counseling to families to aid in reunification process as well as assistance with discipline, school problems and relationship difficulties. Assessed high-risk students and provided counseling. Implemented behavior program designed to reduce anger in high-risk students. Tracked aggressive behavior and worked to decrease emotional tension via the use of anger management techniques. Interfaced with school administrators, teachers and other school personnel.
- 2000-2001 *Practicum II student under supervision of Liza Auciello, Ph.D.*
- Administered psychological batteries and wrote reports on adults and children. Wrote comprehensive psychological reports.
- 1999-2000 *Practicum I student under supervision of Jana Plasters, M.F.T.*
- Co-led parenting group for parents who had their children taken away by Department of Children and Family Services as well as to parents who volunteered for assistance. Provided individual counseling to parents and conjoint counseling to families to aid in reunification process

OTHER CLINICAL EXPERIENCE

- 1994 **United States Navy**
Role: Registered Nurse
Setting: Medical Department
 USS Kitty Hawk, CV-63
Responsibilities: Counseled sailors on homicidal, depression and relationship issues. Assisted the Senior Medical Officer with assessing sailors with psychiatric disorders. Flew with psychiatric patient off ship. Created video on suicide prevention. Taught classes on suicide prevention.
- 1997 **Los Angeles Community College**
Van Nuys, California
Role: Registered Nurse

Setting: Student Health Center
Responsibilities: First aid. Counseled students on suicidal, depression, and relationship issues. Assessed various psychiatric disorders and developed referral system.

1999

St. Mary Health Center, Long Beach, California*Role:* Registered Nurse*Setting:* Gero-Psychiatric Department*Responsibilities:* Charge nurse on 25-bed unit consisting of geriatric population. Conducted intake interviews. Dispensed medication. Provided emotional support for families.

1998-1999

St. John's Health Center, Santa Monica, California*Role:* Registered nurse*Setting:* Adult Psychiatric Department*Responsibilities:* Charge nurse on 25-bed unit. Population consisted of adults with acute and chronic psychiatric disorders. Conducted intake interviews. Dispensed medication. Supervised five LVNs and nurse's aides.

1990-1991

United States Navy*Role:* Registered nurse.*Setting:* Psychiatric Department

Fleet Hospital 15

Persian Gulf

Responsibilities: Assisted in building fleet hospital and setting up psychiatric unit. Population consisted of adults ages 18-50 with various acute and chronic psychiatric disorders. Dispensed medication. Conducted intake interviews. Attended training seminars given by staff psychologist and psychiatrists.

1986-1998

Northridge Hospital and Medical Center, Van Nuys, California*Role:* Registered Nurse.*Setting:* Adult Psychiatric Department

Gero-psychiatric Department

Responsibilities: Worked as staff RN on 25 bed adult and 10 bed gero-psychiatric units, charge nurse on adult unit and department manager for 7 months. Worked with various acute and chronic psychiatric disorders. Conducted intake interviews. Dispensed medication. Attended staff development and training classes. As manager supervised 50 RNs, LVNs, and nurses's aides.

1981-1986

St. John's Health Center, Santa Monica, California*Role:* Registered Nurse.*Setting:* Adult Psychiatric Department

Responsibilities: Staff RN on 25-bed adult population unit consisting of various acute and chronic psychiatric disorders. Provided supervision for eating disorder program. Conducted intake interviews. Dispensed medication. Lead group therapy. Attended staff training and development classes twice a week.

1980-1981

UCLA Neuropsychiatric Institute, Westwood, California

Setting: Developmentally Disabled Adolescent Unit

Role: Registered Nurse

Responsibilities: Staff nurse on 25-bed unit of various psychiatric disorders including autism, conduct disorders, borderline personality disorders and eating disorders. Conducted intake interviews. Dispensed medication. Attended staff development and training classes.

1979-1980

Antelope Valley Hospital and Medical Center, Lancaster, California

Role: Registered nurse

Setting: Adult Psychiatric Department

Responsibilities: Charge nurse on 11-7 shift. Conducted intake assessments and interviews in the emergency room. Dispensed medication. Attended staff development and training classes.

RESEARCH EXPERIENCE

2004-present

Conducting research on the combined use of the MCMI-III and PACL with populations of people who fake good.

1998-2003

Doctoral Dissertation

Department of Graduate Psychology, Azusa Pacific University
Azusa, California

Topic: *Anton Boisen, Pioneer on the Study of Mental Disorder and Religious Experience: A Critical Review of the Literature*

Chair: Michael Donahue, Ph.D.

Committee: George Larson, Ed.D, David Brokaw, Ph.D.

PROFESSIONAL AFFILIATIONS

- American Psychological Association
- Society for Personality Assessment

SELECTED PRESENTATIONS

- 8/20/2007 American Psychological Association, 115th Annual Convention
San Francisco, CA
Advanced Interpretation of the MCMI-III with Stephen Strack, Ph.D.
Topic: Combining MCMI-III and PACL Results
- 9/17/2006 11th Annual International Conference on Family Violence
San Diego
Poster Presentation
Topic: Reasons Why Normals Obtain Clinically Significant Elevations on the MCMI-III
- 3/26/06 Society for Personality Assessment Annual Meeting
San Diego, CA
Advanced Interpretation of the MCMI-III with Stephen Strack, Ph.D.
Topic: Combining MCMI-III and PACL Results
- 5/06/05 3rd Annual Violence in the World of our Youth Conference: Partners in Prevention
San Diego, CA
Topic: Anger Management for Kids
- 11/15/06 An Introduction to the MCMI-III
11/30/05 VA Los Angeles Ambulatory Care center
11/17/04 Los Angeles, California
Topic: Millon's Evolutionary Model
- 4/20/99 Poster Presentation
Psychological Research Symposium
Department of Graduate Psychology, Azusa Pacific University
Azusa, California
Topic: Religious Commitment and Mental Health: A Review of the Empirical Literature.

SELECTED PROFESSIONAL SEMINARS

- 2014 Treating PTSD in DBT with High Risk BPD Clients
- 2006 11th Annual International Conference on Family Violence
San Diego, CA
- 2006 Society for Personality Assessment Annual Meeting
San Diego, CA
- Carol George, Ph.D., Adult Attachment Projective

- Stephen Strack, Ph.D., Advanced Interpretation of the MCMI-III
- J. Reid Meloy, Ph.D., Polymorphous Perversion and Psychopathy

2005 113th Annual Convention American Psychological Association
Washington, DC

- Theodore Millon, Ph.D.
- Robert Cloninger, MD

2004 9th Annual International Conference on Family Violence
San Diego, CA

2003 VA Ambulatory Care Center, Los Angeles, CA seminar:

- An Introduction to the MCMI-III
Stephen Strack, Ph.D.

2003 California Psychological Association and the APA Insurance Trust seminar:

- Legal and Ethical Risk Management in Professional Psychological Practice-Sequence I: General Risk Management Strategies
Jeffrey N. Younggren, Ph.D., ABPP

2003 CII National Forum; Children and Trauma: Coping in the Aftermath

Topics including:

- The Treatment of African American Families
Nancy Boyd-Franklin, Ph.D.
- Children and Violence
Geoffrey Canada

2001 American Psychological Association Annual convention: Topics including

- Attention-Deficit/Hyperactivity Disorder—Is it a Valid Diagnosis?
Stephen V. Farone, PhD, Harvard University Medical School
- Social Psychology of Rational-Emotive Behavior
Albert Ellis, PhD
- Assessing and Treating ADHD/Executive Function Impairments in Children
Thomas E. Brown, PhD, Yale Medical School
- Invited Address
Rev. Mel White, PhD, Soulforce

1998 A New Beginning for partnerships for Children and Families in L.A. County:

Topics including

- Building Resiliency, Even with High Risk Youth
- Domestic Violence Families, Children and Systems of Change
- Temperament Counseling for Adoptive Parents of Children with Prenatal Substance Exposure
- Impact of Immigration Patterns on Bonding and Attachment in a Latino Population

1998 California Psychological Association Convention: Topics including

- Understanding and Treating Complex Patients and Personality Disorders
Theodore Millon, Ph.D., D.Sc.
- The Preparation of Graduate Students for Multicultural Research
Carlton Parks, Ph.D.
- Anticipating and Preparing for Changes in Our Healthcare System
Tom Trabin, Ph.D.
- Advocacy and Activism in Psychology and the Future of the Profession
Steven Bucky, Ph.D.

1997 Children's Institute International Workshops: Topics including

- Who Are Our High Risk Youth?

COMPUTER LITERACY

- Microsoft Word
- SPSS
- Excel

TESTING COMPETENCY

Personality Assessment

- MMPI-2 (>50-performed)
- MPMI-A (1-performed)
- MACI (5 performed)
- MCMI-III/IV (>100-performed)
- 16PF (4-performed)
- Rorschach (25-performed)

Intelligence and Achievement Tests

- WAIS-III (8 performed) Annette
- WISC-III (17 performed) Jacob
- WRAT3 (2 performed)
- WPPSI-R (2-performed)

NOT YET RETAINED