

Curriculum Vitae

Karen Sanchez Staedler, PsyD, MBA, BM, MT-BC

CA Licensed Psychologist PSY 31753

Music Therapist- Board Certified 06241

Qualified Medical Evaluator 178794

Education:

Doctor of Psychology in Clinical Psychology, 2018

Capella University, Minneapolis, MN.

With Distinction, GPA 4.0

Dissertation Title: Development of a Community-Based Trauma-Informed Music Therapy Program for Post-Trauma Recovery for Children and their Families

Master of Business Administration in Health Care Management, 2012

Jones International University, Centennial, CO.

GPA 3.67

Master of Business Administration in Entrepreneurship, 2009

Jones International University, Centennial, CO.

GPA: 3.71

Graduate Coursework in Music Therapy

Saint-Mary-of-the-Woods College, Saint-Mary-of-the-Woods, IN

Coursework GPA: 3.78

Graduate Coursework in Marriage & Family Therapy

University of Phoenix, Lathrop, CA

Coursework GPA: 4.0

Bachelor of Music in Music Therapy, 2000

Conservatory of Music, University of Pacific, Stockton, CA

Magna cum laude, GPA: 3.77

Minor Degree: Speech & Language Pathology

High School Diploma, 1996

Vallejo Senior High School, Vallejo, CA

Class Salutatorian, GPA 4.47

Experience:

President/Founder, Licensed Psychologist, Neuropsychologist, Board-Certified Music Therapist, Neurologic Music Therapist

January 2020- present

The Pacific Resiliency Center for Psychology, Wellness, and the Arts, P.C. (*formerly In Harmony Music Therapy Services- see below*)

- Contract neuropsychologist for Welbe Health, Megalithic Psychology (SSDI Psychological Evaluations), and Stockton Regional Rehabilitation Hospital.
- Provide direct psychological/neuropsychological services for adults, teens, and children in-office and in the hospital.
- Forensic neuropsychological assessment/evaluations.
- Development, implementation, and maintenance of all programs and contracts for psychology and music therapy (mental health, medical, education, and private agencies)
- Recruitment/supervision of employees, training and mentoring of music therapists, mental health providers, and students.
- Marketing/networking and outreach presentations to potential clients and target market groups
- Lead support groups, serve as guest speaker for organizations.
- Scheduling, payroll, purchasing, accounts payable/receivables, company budget
- Grant-writing, feasibility analyses
- Collaboration with case workers, parents, administrators, and other health care providers
- Provide assessment, treatment, and evaluation for music therapy services.
- Document review, maintenance, and production state/facility compliance.
- Ensuring HIPAA compliance for employees and agency
- Web-site development and maintenance

Bilingual Licensed Psychologist/Neuropsychologist 2020- Present

Psychological Associate 2017-2020

Practicum Trainee 2015-2016

2015- Present

Valley Neuropsychological Services, Sacramento, CA

- Psychological/Neuropsychological assessment/evaluations for adults with concussion/traumatic brain injuries and dementia (in English and Spanish)
- Individual psychotherapy with adults including rehabilitation/pain psychology and neuropsychological counseling (in English and Spanish)
- Primarily a cognitive-behavioral/existential approach in working with individuals with brain/acquired injuries and chronic pain, as well as depression, anxiety, and addiction.
- Case management and treatment/evaluation working within the Workers' Compensation system.

Licensed Psychologist, Staff Psychologist (June 2021-December 2021)

CHE Behavioral Health- Inpatient Psychologist, Stockton/Lodi/Manteca, CA

- Perform psychological diagnostic evaluations, neurobehavioral status exams, and individual psychotherapy to residents of skilled nursing facilities and via telehealth for older adults in the community.
- Participate in psychotropic medication treatment team meetings.
- Collaborate with psychiatry for provision of behavioral health services.
- Maintain ongoing, confidential, evaluation and progress digital records according to regulations.

Licensed Psychologist, Behavioral Medicine Specialist (2020- 2021)

Registered Psychological Assistant, Behavioral Medicine Specialist (2019-2020)

Kaiser Permanente- Adult Family Medicine, Manteca, CA

- Consultant-Liaison role- evaluate and diagnose Health Plan members seen in primary care who have mental disorders or behavioral conditions that affect or are a consequence of their medical condition.
- Utilize principles of Health Psychology to develop implement, coordinate and evaluate treatment plans, including crisis intervention, brief psychotherapy, psychoeducation groups and brief case management.
- Intake evaluations and treatment plans and maintain ongoing confidential progress records in accord with state and NCQA regulations.
- Provide education and support to members and their families to encourage compliance with medical and behavioral regimes.
- Co-manage medical conditions through the use of non-pharmacologic and behavioral interventions in order to leverage physician time and develop appropriate patterns of utilization.
- Administer and evaluate psychological and neuropsychological tests on a limited basis.
- Collaborate with physicians in screening and evaluating patients for psychotropic medications, within the scope of practice.
- Provide consultation and training to other members of the APC team in the areas of mental health, behavioral medicine and health psychology.

Director/Founder, Board-Certified Music Therapist, 2002-2020

In Harmony Music Therapy Services, Stockton, CA

- Development, implementation, and maintenance of all programs and contracts
- Recruiting/hiring of employees, training/supervision/mentoring of music therapists and University of the Pacific music therapy practicum students
- Marketing and presentations to potential clients and target market groups
- Lead support groups, serve as guest speaker for organizations
- Scheduling, payroll, purchasing, accounts payable/receivables, company budget
- Grant-writing, community demographic analysis
- Collaboration with interdisciplinary team and families for plan of care
- Provide direct music therapy services to clients on-site and in clinic

- Document review/maintenance/production for compliance with state/facility standards of care
- Ensuring HIPAA/Title 17 compliance for employees and agency
- Web-site development and maintenance

Current/Past Clinical Programs Developed and/or Maintained:

- Atria Senior Living at Bayside Landing, Stockton, CA
- The Brighter Side of Down Syndrome, Stockton, CA
- The Taylor Family Foundation- Music At Camp/Mobile Music Therapy Program, Livermore, CA
 - Santa Clara Valley Medical Center-Pediatrics- Santa Clara, CA
 - John Muir Medical Center-Pediatrics- Walnut Creek, CA
 - George Mark Children's House-Pediatrics- San Leandro, CA
 - Shriners Hospital of Northern California- Sacramento, CA
 - Camp Arroyo music therapy groups- Various pediatrics organizations- Livermore, CA (Shriners burns and hand differences, Exceptional Needs Network, Camp Hope/Kara's Camp Erin children's bereavement, asthma camp, pediatric brain tumor, Camp Wonder skin disease, Camp Milagros juvenile arthritis)
- San Joaquin County Office of Education-Early Intervention/Parent Support Music Groups, Manteca, CA
- Hospice of San Joaquin- Kids Korner, Stockton, CA
- Hospice of San Joaquin- Camp Caterpillar, Stockton, CA
- My Friends Special Needs Day Care, Stockton/Orangevale/Elk Grove, CA
- Family Resource Network- "Tikes & Tunes" & "Preschool Posse" Parent Support Groups, Stockton, CA
- Down Syndrome Connection, Modesto, CA
- Memorial Hospital Oncology Unit, Modesto, CA
- Service 1st of N. CA- Options Learning Center, Stockton, CA
- UC Davis Children's Hospital, Sacramento, CA
- Shriners Hospital for Children, Sacramento, CA
- Sutter Memorial Hospital Pediatrics, Sacramento, CA
- Sutter Senior Care, Sacramento, CA
- Happy Talkers Speech/Language Programs, Pleasanton, CA
- Pride Industries, Sacramento, CA
- Valley Mountain Regional Center Children's Unit, San Joaquin County, CA
- Somerford Place Assisted Living, Stockton, CA
- Brighter Futures Therapeutic Learning Center, Modesto, CA
- Modesto City Schools, Modesto, CA
- City of Stockton Parks & Recreation, "Tikes & Tunes", Stockton, CA
- Easter Seals, Stockton, CA
- Other individual music therapy clients/music students

Clinical Psychologist Intern I

August 2, 2017- July 2018

California Department of Corrections and Rehabilitation- Valley State Prison, Chowchilla, CA

- Primary clinician for inmate/patients in the Enhanced Outpatient Program providing group (grief/bereavement, dual diagnosis/substance use, anger management) and individual psychotherapy for inmate/patients with mental illness.
- Psychological testing and assessment
- Lead Interdisciplinary treatment team conferences for new patients and routinely for inmate/patients on current caseload held every 90 days.

Program Recruiter/Trainer, January 2010-April 2011

California MENTOR Family Home Agency

7474 Shoreline Drive Suite 2, Stockton, CA 95219

- Recruitment of Host Home Providers for adults with intellectual/developmental disabilities
 - Doubled recruitment of Host Home Providers in one year
- Case management
- Quality Assurance (Host Home Studies/Mentor psychosocial interviews)
- Understanding/Populating Key Indicators
- Knowledge of Mentor Network Operating Procedures
- Creating tools for increased efficiency of Program Manager/Program Coordinators
- Marketing/Advertising/Community Outreach
 - Creation of Recruiter Marketing Plan
- Trainer for Host Home Providers Certification Classes and Staff Training/Continuing Education
 - Skill Development
 - Crisis Prevention Institute: Non-Violent Crisis Intervention
 - Medication Administration
 - Time Management Staff Training
- Creating/Maintaining Budgets, evaluation of productivity/cost-effectiveness of marketing strategies

Rehabilitation Therapist, 2000-2002

Psychiatric Rehabilitation Therapist Assistant, 1999-2000

San Joaquin County Mental Health, Psychiatric Health Facility, Stockton, CA

- Planned and implemented group therapy for adult psychiatric patients-5150
 - Stress Management, Discharge Planning, Music Therapy, Exercise, Relaxation, Art Therapy, Recreation Therapy, Current Events, Personal Care
- Collaboration with psychiatrist, social work, and staff for patient plan of care
- Provided 1:1 medication education sessions with patients
- Charting/documentation of patient assessments and progress
- Practicum Student in Mental Health Day Treatment Program (2000)

Music Therapy Internship/Clinical Training, 2001 (1040 hours)

UC Davis Children's Hospital, Sacramento, CA

- Provided bedside/group music therapy sessions for hospitalized children/teens
- Pain management, emotional expression, family support

- Collaboration with nursing, therapists, and Child Life staff
The Music Works Music Therapy Services, Sacramento, CA

Programs Serviced:

- Shriners Hospital for Children, Sacramento, CA
- Southside Art Center, Sacramento, CA
- Sutter Senior Care, Sacramento, CA

Current/Past Certifications:

- Licensed Psychologist PSY 31753, California Board of Psychology, 2020-current
- Registered Psychological Assistant #PSB94024464, California Board of Psychology, 2017, 2018, 2019
- Music Therapist- Board Certified, Certification Board for Music Therapists, 2001, 2007(r), 2012(r), 2017(r)
- State of California Department of Industrial Relations Division of Workers' Compensation Medical Unit- Qualified Medical Evaluator 2024-present
- International Association of Trauma Professionals- Certified Clinical Trauma Professional, Certified Anger Management Professional- 2015- 2017 (recertification in progress)
- Crisis Prevention Institute (CPI) Non-Violent Crisis Intervention Certified Instructor, 2010-2011
- Allied Health Profession Credential- Sutter Health Foundation, Sacramento, CA 2002-2009
- Vendor- Valley Mountain Regional Center, Stockton, CA 2002-2009
- Bereavement Training Certificate- Hospice of San Joaquin, Stockton, CA 2000

Honors and Awards:

- American Music Therapy Association- Florence Tyson Conference Grant for Music Psychotherapy, 2013
- Western Region Chapter, American Music Therapy Association, Inc. Professional Development Grant Recipient, 2007
- University of the Pacific, Pacific Alumni Association/Career Resource Center, Service Award, 2006
- University of Phoenix, Ten Years of Pride Scholarship Recipient, 2003
- Mu Phi Epsilon Laverne Jackson Music Therapy Internship Scholarship Recipient, 2000
- Western Region Chapter, American Music Therapy Association, Inc. Intern Scholarship, 2000

Skills:

- Individual/Group therapy (psychology and music therapy)
- Psychological/Neuropsychological Testing
- Public speaking and group training/presentations
- Bilingual in Spanish
- Management of employees and staff
- Project development and implementation
- Accounting/financial management, budgeting, bookkeeping
- Marketing/Program development and maintenance, including social media

- Quantifying qualitative outcomes
- Creating compliant documentation and data collection tools
- Statistical analysis of demographics/prevalence of diseases or disorders
- Work well independently and in collaboration with a multi-disciplinary team in healthcare/social services
- Web Design/Social Media
- Proficient/Advanced in MS Office and QuickBooks

Professional Associations (Current Memberships):

American Music Therapy Association- *current member*

Western Region Chapter- President-Elect, 2023-2025

Workforce, Retention, and Development Committee- Regional Representative, 2023-present

Western Region Chapter- Government Relations CA State Task Force, 2013

Western Region Chapter- Treasurer, 2003-2005, 2005-2007

- Developed, presented, and maintained annual budget and accounts for non-profit association serving membership in CA, AZ, UT, OR, WA, HI, NV, ID, and AK

Western Region Chapter- Student President, 1999-2001

Student Affairs Advisory Board Representative, 1999-2001

California Association for Music Therapy- *current member*

- Sacramento/Central Valley Regional Representative

American Psychological Association- *past member*

California Psychological Association- *current member*

Convention Committee

Division VI Media Technology and Communication

Division VII Diversity and Social Justice

Division VIII Neuropsychology

CPAGS Convention Committee Chair (2016-2018)

CPAGS Communications Chair (2015-2016)

CPAGS Communications Committee Member (2014-2015)

CPAGS Capella University Campus Representative (2014-2018)

Sacramento Valley Psychological Association- *current member*

Forensic Psychology Division

National Academy of Neuropsychology- *past member*

Hispanic Neuropsychological Society- *past member*

Presentations:

- *Kaiser Permanente MD Continuing Medical Education Class Virtual Presentation: Your Brain on Music: Implications for Coping and Treatment Using Music and Neuroscience.* 2024
- *The Music Therapy Spot Virtual CMTE: Perspectives on Private Practice in Music Therapy: Planning Based on Personal Values.* 2023
- *Musicoterapia: Music Therapy for Spanish Speaking Populations.* CAAMT CMTE Presentation. 2023
- *Music for Emotional Support: Music as a Tool for Emotional Support* (English and Spanish). Pink Ribbon Place. 2021
- *Music is Life: Music for Health and Wellness.* Virtual Presentation (English and Spanish). Pink Ribbon Place. 2021
- *Music and Mindfulness: Music in the Present Moment.* Virtual Presentation (English and Spanish). Pink Ribbon Place. 2021
- *Building Resilience Through a Pandemic: Strategies and Resources for Coping.* Virtual Presentation. NorCal Child Life Network. 2021
- *An Overview of Music Therapy.* Virtual Presentation. Head Trauma Support Group. 2021.
- *What's Music Got to do With It? A Music Therapy Overview.* Virtual Presentation (English and Spanish). Pink Ribbon Place. 2021.
- *Harmony Within: Finding Wellness Through Music.* Live Well Be Well Employee Health Program, Kaiser Permanente, Central Valley, CA. 2019.
- *Pacificans' Perspectives on Private Practice,* Panel Presentation, 80 Years of Music Therapy at University of the Pacific: A Celebratory Symposium, Stockton, 2019
- *Doctoral Research Presentation: Trauma-Informed Music Therapy,* Panel Presentation, 80 Years of Music Therapy at University of the Pacific: A Celebratory Symposium, Stockton, 2019
- *What's Music Got to do With It? Music, Well-Being, and the Aging Brain... a LIVE Experience,* California Psychological Association Convention, Long Beach, 2019
- *Breaking Barriers: Music Therapy & Grief in Correctional Settings,* Western Region of the American Music Therapy Association Conference, Portland, OR, 2019
- *Trauma and Childhood,* Stockton Covenant Church Youth Ministry, Stockton, 2019
- *Music Therapy with Gifted and Twice Exceptional Populations,* The Summit Center, Walnut Creek, 2019
- *Music Therapy for Stress & Coping: The Use of Music for Health and Wellness,* Sierra College, Rocklin, 2018
- *How to Incorporate Music into Psychological Treatment: A Clinician's Toolbox for Therapy,* California Psychological Association Convention, La Jolla, 2018.
- *Developing Trauma Informed- Music Therapy (TI-MT): Connecting Research to Clinical Practice,* Western Region of the American Music Therapy Association Conference, Ontario, CA, 2018.
- *Music & Meditation: Find Your Light and Let it Shine.* Live Well Be Well Employee Health Program, Kaiser Permanente, Central Valley, CA. 2015

- *Healing Through Harmony: Therapeutic Applications of Music in Children's Bereavement Programs*. Orange County Children's Hospital, California Child Life Professionals Annual Conference, Orange County, CA. 2014.
- *Music Therapy & Stroke Rehabilitation*. CV-RAPS/Healings in Motion, Stockton, CA. 2014.
- *Music Techniques for Early Intervention & Development*, Staff In-Service, PEDS, LLC, Stockton, CA, 2014
- *Music Therapy*. Memorial Medical Center, Healing Journey Series, Modesto, CA, 2014
- *Music Therapy in Community Organizations*. University of Pacific, Stockton, CA, 2014.
- *Music Therapy in Private Practice*. Pacific Music Therapy Association. University of Pacific, Stockton, CA.
- *Using Music for Growth & Development*. Staff In-Service, United Cerebral Palsy, Stockton, CA. 2013.
- *Music for Wellness & Self-Care*. Live Well Be Well Employee Health Program, Kaiser Permanente, Central Valley, CA 2013.
- *Pediatric Palliative Care Panel*. George Mark House, Child Life Network, San Leandro, CA, 2012.
- *Music Therapy in Private Practice*. Pacific Music Therapy Association. University of Pacific, Stockton, CA.
- *Finding Harmony Amidst Grief and Loss*. Kaiser Permanente, Child Life Network Annual Conference, Roseville, CA, 2011.
- *Music Therapy: Song for the Soul*. Memorial Medical Center, Healing Journey Series, Modesto, CA, 2006.
- *Music for Relaxation*. Family Resource Network, Mother's Retreat, Stockton, CA, 2006
- *Music Therapy*. Memorial Medical Center, Cancer Report TV Health Series, Modesto, CA, 2005.
- *Put Your Life In Harmony*. Memorial Medical Center, Healing Journey Series, Modesto, CA, 2005.
- *The Search for Harmony: Music as a Guide for Strength, Growth and Wellness*. Memorial Medical Center, Cancer Survivor's Celebrate Life, Modesto, CA, 2005.
- *Music Therapy and Pediatrics*. National Youth Leadership Conference, Sacramento, CA, 2004.
- *Perfect Harmony: Music Therapy and Sensory Integration*. Brighter Futures Therapeutic Learning Center, Modesto, CA, 2004.
- *A Life in Harmony: Using Music as a Tool for Growth*. California Early Start Symposium, Modesto, CA, 2004.
- *Music Therapy and Early Intervention*. Walton Special Center, Stockton, CA, 2003
- *Collaboration and Co-Treatment in Music Therapy*. University of Pacific, Stockton, CA, 2003.
- *Music Therapy and Children with Special Needs*. Family Resource Network, Stockton, CA, 2003.
- *Music Therapy and Children with Special Needs*. Valley Mountain Regional Center, Stockton, CA, 2003.

- *Music Therapy and Special Education*. Walton Special Center, Stockton, CA, 2003.
- *Music Therapy and Autism*. California State University Hayward Speech/Language Clinic, Hayward, CA, 2003.
- *Music Therapy in Pediatrics*. UC Davis Children's Hospital, Sacramento, CA, 2001.
- *Students, Make AMTA Work for You*. Western Region Chapter, American Music Therapy Association Conference, Irvine, CA, 2000.

Research Studies:

Principal Investigator: Effects of Music Therapy on Pain Perception of Cancer Patients. Sutter Memorial Hospital, Modesto, CA. - current

Publications:

Sanchez, K. R. (2018). *Development of a community-based trauma-informed music therapy program for posttrauma recovery for children and their families* (Order No. 10751254). Available from ProQuest Central. (2029909524).

Sanchez, Karen Rae (2008). Response to "Intentional leadership: Growth, Empowerment, and High-Heeled Shoes" by Andeline Dos Santos [Contribution to Moderated Discussions] *Voices: A World Forum for Music Therapy*. Retrieved February 16, 2009, from http://www.voices.no/discussions/discm66_02.html

Additional Training:

- Clinical Applications of Group Drumming- San Francisco, CA
- Robert Unkefer Academy: Neurologic Music Therapy (NMT) Certification
- Clinical Trauma Professional Certification Courses (CTCP)
 - PESI- The 10 Core Competencies of Trauma, PTSD, Grief & Loss. Honolulu, HI, 2015
 - PESI- Evidence-Based Trauma Treatments & Interventions, Honolulu, HI, 2015
- Florida State University: Neonatal Intensive Care Unit Music Therapy (NICU-MT) Certification- *Lecture Portion Only*. Louisville, KY, 2014 (*Clinical Training Portion Pending*).
- Guided Imagery and Music (GIM): Personal Journey through Music and Imagery, Level I Training. Stockton, CA, 2004

Conferences Attended:

National Academy of Neuropsychology (NAN)

- Annual Convention, Seattle, 2016
- Annual Convention, Austin, 2015

California Psychological Association (CPA)

- Annual Convention, San Diego, 2023
- Annual Convention, Sacramento, 2022

- Annual Convention, Virtual, 2021
- Annual Convention, Long Beach, 2019
- Annual Convention, La Jolla, 2018
- Annual Convention, Burlingame, 2017
- Annual Convention, Irvine, 2016
- Annual Convention, San Diego, 2015

California Psychological Association for Graduate Students (CPAGS)

- Cross-Cultural Conference, Wright Institute, 2016
- Student Leadership and Advocacy Day, Alliant University San Diego, 2015
- Leadership and Advocacy Day, State Capitol, 2015
- Cross-Cultural Conference, Biola University, 2015

Asian American Psychological Association, Division on Filipino Americans (DoFA)

- First Annual Conference, Wright Institute, 2016

American Music Therapy Association

- Louisville, Kentucky, 2014
- Jacksonville, Florida, 2013
- Orlando, Florida, 2005
- Minneapolis, Minnesota, 2003
- Atlanta, Georgia, 2002
- Pasadena, California, 2001
- St. Louis, Missouri, 2000
- Cleveland, Ohio, 1998

World Congress of Music Therapy

- Washington, D.C., 1999

National Association for Music Therapy

- Los Angeles, CA, 1997

Western Region Chapter, American Music Therapy Association

- San Diego, California, 2023
- Portland, Oregon, 2019
- Ontario, California, 2018
- San Jose, California, 2015
- Portland, Oregon, 2014
- Scottsdale, Arizona, 2013
- Anaheim, California, 2006
- Sacramento, California, 2005
- Scottsdale, Arizona, 2004
- San Diego, California, 2003 Reno, Nevada
- 2001 Irvine, California, 2000
- San Jose, California, 1999

Western Region Chapter, National Association for Music Therapy:

- Mesa, Arizona, 1998

References:

References available upon request.

NOT YET RETAINED