

EDUCATION

PHILLIPS GRADUATE INSTITUTE

Dual Masters, MFT & Art Therapy

PEPPERDINE UNIVERSITY

MA, Clinical Psychology

UNIVERSITY OF SOUTHERN CALIFORNIA

BFA, Fine Arts

CERTIFICATIONS

- DBT
- MBSR
- 200 hr RYT

CLINICAL FOCUS & MODALITIES

- Anxiety, Depression
- Self-Esteem/Identity
- Relationship Patterns
- Mindfulness and Somatic Work
- Art and Expressive Therapy
- CBT, DBT
- Trauma-Informed Care
- Neuroscience-Informed Therapy

CLINICAL & FORENSIC EXPERIENCE

MINDPATH COLLEGE HEALTH- CLINICAL THERAPIST

- Conduct comprehensive intake and diagnostic evaluations for university students.
- Provide evidence-based psychotherapy and psychoeducation addressing trauma, anxiety, and academic stress.
- Maintain detailed clinical documentation and progress summaries to support treatment continuity and interdisciplinary case review.
- Collaborate with psychiatrists, case managers, and faculty to ensure appropriate care coordination and outcome measurement.

PROFESSIONAL SUMMARY

Licensed Marriage and Family Therapist (LMFT) and Registered Art Therapist (ATR) specializing in clinical and forensic psychology. Skilled in conducting psychological assessments, preparing expert documentation, and integrating neuroscience-informed treatment approaches. Also integrates non-verbal modalities to promote emotional regulation and self-awareness. Experienced in trauma, depression, anxiety, and emotional regulation across diverse populations.

EXPERIENCE CONTINUED...

UCLA SEMEL INSTITUTE, OPERATION MEND- CLINICAL THERAPIST

- Delivered trauma-focused, evidence-based interventions to military service members, veterans, and caregivers within an intensive outpatient model.
- Conducted structured clinical assessments (CAPS, DIAMOND) to support diagnostic formulation and treatment planning.
- Authored comprehensive reports summarizing clinical findings for multidisciplinary case conferences and program documentation.
- Led art therapy and process groups focused on emotional regulation, cognitive reframing, and trauma integration.

SINAI AKIBA ACADEMY- INTERIM SCHOOL COUNSELOR

- Assisting students, parents, and faculty in solving social, emotional, and mental health concerns in order to facilitate student wellness.
- Conducted psychosocial and behavioral assessments for K-8 students to identify emotional, developmental, and academic support needs.

OPTIMUM PERFORMANCE INSTITUTE- PRIMARY THERAPIST

- Delivered trauma-informed art and expressive therapy for adolescents and families within a residential treatment environment.
- Conducted individual and group sessions addressing emotion regulation, attachment injury, and identity development.
- Performed comprehensive intake and diagnostic assessments. (CAPS/Diamond), synthesizing results into formal treatment reports and contributing to case formulation meetings.

AVIVA FAMILY & CHILDREN'S SERVICES- CLINICAL THERAPIST

- Provided individual, family, and group therapy for children and adolescents with trauma histories and complex family dynamics.
- Conducted biopsychosocial assessments and treatment plans within agency and court-mandated frameworks.
- Documented interventions and outcomes in compliance with ethical, clinical, and legal documentation standards.