

Suzannia Holden, Psy. D.

LICENSE

California, PSY28999

Issued: February 2017

Washington, PY.61178700

Issued: March 2022

EDUCATION

Doctor of Psychology

Clinical-Community Psychology

University of La Verne, La Verne, CA

July 2013

Master of Science

Clinical Psychology

University of La Verne, La Verne, CA

October 2010

Bachelor of Science

Major: Psychology

Minor: Sociology

California State University, Dominguez Hills, Carson, CA

December 2007

Honors and Awards

Departmental Honors in the Major, Psychology (2007)

EMPLOYMENT

Private Practice – Holding On To H.O.P.E. (April 2018-Present)

Clinical Psychologist

- Provide individual, couples, and group tele-psychotherapy to California state residents
- Conduct intake assessments/interviews
- Facilitate structured webinars on topics related to navigating disabilities, caregiver fatigue, grief and loss, identity development, racial/ethnic traumas, healthy relationships, and building resilience
- Provide consultation to mental health professionals on topics related to multicultural competency

- Independent contractor for several telehealth platforms including: SmartCounseling, TalkSpace, and BetterHelp.

Ubuntu Psychological Services (June 2021-Present)

Part-time Mental Health Clinician

- Provide high quality mental health care to adults, couples, and families from historically marginalized communities and communities of color throughout the state of California
- Conduct intake interviews and diagnostic assessments
- Provision of long-term or time-limited individual and couples/family teletherapy
- Participate in bi-quarterly staffing/consultation meetings with multidisciplinary staff
- Credentialed on all major insurance panels

Meru Health (October 2021-March 2022)

Remote Licensed Therapist

- 70% of role consisted of facilitating 40 minute intake assessments and enrolling participants into the 12 week treatment program
- 30% of role consisted of connecting with participants through the online dashboard via clinical chat to provide supplemental support and tools that will assist participants in completing the duration of the program successfully
- Work collaboratively with care team, other therapists, founders, psychiatrists, and health care professionals to foster effectiveness, high levels of engagement and growth for participants
- Maintain appropriate records as dictated by ethical and legal standards.

Azusa Pacific University, Counseling Center (August 2015-August 2018)

Staff Psychologist

- Provide time-limited individual and couples psychotherapy to undergraduate and graduate students at APU
- Facilitate structured and process-oriented psychotherapy groups
- Provide consultation to university faculty/staff, parents, and community members
- Participate in weekly staffing/consultation meetings with multidisciplinary staff
- Conduct triage/crisis intervention
- Provision of individual and group supervision
- Develop and provide outreach presentations/trainings for the campus community

Azusa Pacific University, Counseling Center (February 2015-May 2015)

Temporary Staff Counselor

- Conducted time-limited individual psychotherapy to undergraduate and graduate students.
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POST-DOCTORAL FELLOWSHIP

University of Nevada, Las Vegas Counseling and Psychological Services (CAPS) (August 2013-August 2014)

2,000 Post-Doctoral supervision hours completed

Responsibilities: 40 hours per week.

- Provide short-term individual and couples psychotherapy to UNLV students and faculty/staff. Clients represented a wide range of diverse backgrounds, ethnicities, ages, and presenting concerns
 - Facilitate structured and process-oriented groups (Mindfulness and Yoga, Healthy Relationships, and Test Anxiety)
 - Conduct intake assessments/interviews
 - Conduct triage/crisis intervention
 - Consultation with multidisciplinary staff (LCSW, psychiatrist, nutritionist, medical staff)
 - Provide training on Disability Sensitivity to faculty and staff
 - Participate in weekly staffing/consultation meetings
 - Provide training seminars for doctoral level practicum students
 - Develop and provide outreach presentation for the campus community
 - Served as a liaison to the Disability Resource Center, providing outreach presentation and student consultation to their targeted population.
 - Group supervision to doctoral level practicum students
 - Provided individual supervision to a doctoral level and master's level practicum student
 - Administered and interpreted various psychological assessments/testing (e.g. BDI-II, BSI, BAI, BHS, MMPI-II, MCMI-II, AUDIT, EDI-II, PHQ-9, LFS)
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DOCTORAL INTERNSHIP

University of South Carolina, Counseling and Human Development Center (CHDC)
(August 2012- August 2013)

APA-accredited: 2000 supervised hours obtained

Responsibilities:

- Facilitated culturally appropriate, brief and long-term individual, couples, and group psychotherapy (Graduate Support Group and Interpersonal Relationship Group) to undergraduate students, graduate students, and faculty members (Managed caseload of 38 clients)
- Provided crisis assessment and intervention services
- Conducted phone and walk-in triages
- Conducted psychological and personality testing, as well as, risk assessments
- Served as primary clinical supervisor to master's level graduate trainees, in which responsibilities included supervising case management and clinical work
- Developed and provided community-based presentations and programs/outreach
- Participated in regularly scheduled seminars for assessment and diversity
- Participated in clinical case staffing, outside trainings, and in-services
- Collaborated with psychiatry, physicians, parents, various campus organizations, and administration to ameliorate behavioral and emotional issues

- Engaged in live-supervision of both clients and supervisees
 - Developed an area of concentration that involved providing accommodations for students with disabilities
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CLINICAL PRACTICA EXPERIENCE

University of La Verne, University Counseling Center (August 2011 –May 2012)

Doctoral Advanced Practicum Student

Supervisor: Victoria Keyser, Psy.D.

Responsibilities:

- Provided mental health services in university counseling center setting as well as contracted mental health services to a local high school and community center
- Facilitated developmentally and culturally appropriate individual, couples, and group psychotherapy for an ethnically diverse student population
- Conducted clinical/psychological assessment to undergraduate and graduate students, as well as assessment services to students in the accelerated adult education program
- Outreach to organizations and groups on campus offering such services as workshops and seminars to university students and through the school-based mental services program at a local high school
- Worked collaboratively with students, parents, staff, and administration to ameliorate behavioral and emotional issues among adolescent students.

Casa Colina Centers for Rehabilitation (July 2010-July 2011)

Doctoral Practicum Student

Supervisor: Kelli McSwan, Ph.D.

Responsibilities:

- Provided short term, as well as, long term counseling and psychotherapy treatment to individuals, couples, and families from diverse cultural, ethnic, and socioeconomic backgrounds within an inpatient transitional living rehabilitation hospital (Clients served include a large population of chronic pain patients with various acquired injuries including: traumatic brain injury, anoxia, stroke, dementia, amputation, brain lesions, and spinal cord injuries among other neurological and orthopedic injuries. Primary therapeutic issues include depression, anxiety, adjustment issues, relationship problems, substance abuse, maladaptive coping, cognitive difficulties, and pain management)
- Facilitated weekly psycho-educational life skill groups surrounding topics of adjustment, healthy lifestyles, and, brain injury education
- Conducted intakes and diagnostic interviews/assessments
- Gathered information from medical charts and charted progress notes, as well as, intake reports
- Administered, scored, and interpreted neuropsychological/psychological testing

University of La Verne, University Counseling Center (August 2009 – May 2010)

Doctoral Practicum Student

Supervisor: Rick Rogers, Ph.D.

Responsibilities:

- Provided individual and couple therapy in university counseling center setting to a culturally diverse population
 - Conducted crisis assessment and intervention services, as well as, psychological assessment and testing
 - Developed and facilitated outreach to organizations and groups on campus, offering such services as workshops and seminars
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OTHER CLINICAL EXPERIENCES

Safe Zone Training Program (January 2013)

University of South Carolina

Facilitator(s): Safe Zone Student Trainers and Allies

- Learned how to be a supportive and understanding ally to lesbian, gay, bisexual, and transgendered individuals (GLBT).
- Participated in an active training which focused on creating more accepting and supportive campus climate for GLBT students by preparing members of the campus, primarily faculty and staff, to serve as educational resources and supports to GLBT students and GLBT issues.

Peer Supervisor (September 2011- May 2012)

University of La Verne

Psychology Department

- Provided weekly face-to-face individual supervision to second year doctoral students of the University of La Verne as a part of an advanced supervision skills course (course is designed to meet the NCSPP core competency training in supervision).

Support Group for Physically Challenged Students (November 2011-May 2012)

Claremont High School, Claremont, CA

- Developed and facilitated a support group for high school aged students with physical needs in the city of Claremont
- Engaged in monthly needs assessment and workshops which include topics on social skill building, planning for college, assertiveness training, and gaining independence despite physical limitations.

PTSD Treatment Training (October 2012)

Cal Poly Pomona, CA

Facilitator(s): The Centers for Deployment Psychology (CDP)

- Engaged in a two-day evidence based psychotherapy workshop for the treatment of PTSD within a university or college counseling center
- Learned how to provide culturally appropriate treatment to service members and veterans on campus

- Obtained skills and techniques that may be used to promote retention of veterans engaging in mental health services

School Threat Assessment Training (September 2011)

Pomona, CA

Facilitator(s): Tri-City Mental Health Center for Prevention and Early Intervention

- Learned how to thoroughly assess for potential threats to school and university campuses
- Obtained tools that may be utilized to prevent targeted school violence

Concussion Clinic (July 2010-July 2011)

Casa Colina Centers for Rehabilitation

Supervisor: Kelli McSwan, Ph.D.

- Provided screening and comprehensive assessment as well as treatment of sports related concussions within an outpatient concussion clinic
 - Conducted presentations of the results of testing, provide education, and guide exertion and return to activity/play readiness with regards to school, work, and sports-related activities
 - Conducted on-going consultation with coaches, Certified Athletic Trainers, and physicians regarding recommendations
 - Worked with an interdisciplinary team comprised of a Physician, Certified Athletic Trainer, and Physical Therapist
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TEACHING EXPERIENCE

Teaching Experience Workshop (2013)

University of South Carolina, Columbia, SC

University 101 National Resource Center for First Year Experiences

- Facilitated a three-day workshop aimed to prepare incoming University 101 instructors by assisting them in gaining the following; An understanding of the goals, purpose, & philosophy of UNIV 101, an understanding of the needs and attitudes of first-year students, tools and resources to develop their course plan and syllabus.
- Provided instructors with the opportunity to experience and learn appropriate pedagogical styles and techniques relevant to a seminar class, as well as engaged in activities that assisted in building community amongst the cohort of new instructors.

Teaching Assistant- Advanced Multicultural Competencies (2011-2012)

University of La Verne, La Verne, CA

Instructor: Leticia Arellano-Morales

- Aided in conducting lectures for a graduate level course that focused on exposing students within professional psychology to multicultural issues while integrating theory, research and practice. The course used the California Brief Multicultural Competence Scale (CBMCS) Multicultural Training Program that was developed to assist mental health practitioners transition from cultural sensitivity to cultural competence.

- Facilitated small and large group discussion on topics that required critical thinking and self-reflection on examined theory and research, as well as, proctored and graded class exams and papers.
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OUTREACH AND CONSULTATION

Diversity Ambassador Program (August 2016-Present)

Azusa Pacific University

- Create and facilitate workshops and trainings to faculty, staff, and students on behalf of Azusa Pacific University's Center for Diversity, Equity, and Inclusive Excellence to promote personal/professional development and provide resources, mentoring or coaching on various diversity topics. Representative of this program aim to foster a more sensitive and inclusive campus related to diversity.

Test Anxiety Workshop (2014)

University of Nevada, Las Vegas, Las Vegas, NV

- Co-Facilitated a six week workshop aimed to help students understand and cope with test anxiety. Provided students with psychoeducation regarding anxiety, along with evidence based techniques/interventions to manage and reduce anxiety symptoms, test taking strategies, and campus resources.

Fibromyalgia Management Seminar (2011)

Casa Colina Centers for Rehabilitation, Pomona, CA

- Co-Facilitated bi-weekly seminars to the community of Pomona about fibromyalgia which discussed topics such as effective management and treatment, lifestyle modifications and stress reduction exercises that can improve symptoms and managing pain associated with the disease.

Survive and Thrive Veterans and Families Project (2010)

Casa Colina Centers for Rehabilitation, Pomona, CA

- Facilitated group exercises and discussions designed to assist military personnel returning from service with moderate to severe traumatic brain injury and their families as they learn new coping and family support skills, problem solving skills, and develop new ways to communicate at home.

Time and Stress Management Workshop (2010)

University of La Verne Residential Housing, La Verne, CA

- Developed and facilitated a 2-hour workshop designed to help students living on campus in the dorms identify stressors, as well as, learn skill to better manage their time.
- Facilitated participation in interactive activities such as practicing relaxation techniques, creating a planner to keep track of their daily activities, and calculating their overall stress levels.

Disabled Students Needs Assessment (2009)

University of La Verne, La Verne, CA

- Served as a liaison for the Disabled Student Services department at the University of La Verne
 - Assisted in collecting data among the student body on challenges they face on campus and whether or not they felt Disabled Student Services offered services that met their needs.
 - Collaborated with the director of Disabled Student Services to analyze data and offered suggestions to how they could reform their services to better meet the needs of this population.
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RESEARCH EXPERIENCE

Doctoral Dissertation (Defended on April 29, 2013)

Clinical-Community Psychology Program, University of La Verne

Title: “Identity Formation Among Minority Men Following Spinal Cord Injury”

Chair: Leticia Arellano-Morales, Ph.D.

- This study used quantitative methodology to explore how various identity components such as ethnicity and masculinity coexist in members living with spinal cord injury to better understand how ethnic minority men’s masculine ideals affect their success in their recovery process. Also, challenges to their psychological well-being due to changes in their self-perceptions following injury were explored.

Research Assistant (2010-2012)

Casa Colina Centers for Rehabilitation Pomona, CA

Supervisor: Emily Rosario Ph.D.

- Responsible for composing a literature review on acquired disabilities following a stroke. Provided extensive information on paralysis, cognitive deficits, pain, speech and language difficulties, and emotional problems that may affect their daily living. In addition, investigated new interventions for the treatment of disabilities caused by a stroke.

Graduate Research Assistant (2010-2011)

Clinical-Community Psychology Program, University of La Verne

Supervisor: Rocio Rosales, Ph.D.

- Assisted in a qualitative study that set out to explore Latina/o therapists’ experience of same ethnicity dyads in therapy and supervision.
- Responsibilities included reviewing transcripts as an external auditor and finding themes and patterns within the descriptive text.
- Received training in interpretative phenomenological analysis (IPA) to examine the data.

Graduate Research Assistant (2008-2009)

Clinical-Community Psychology Program, University of La Verne

Supervisor: Glenn Gamst, Ph.D.

- Assisting with the collection and organization of articles and testing measurements that deal with multicultural issues for a developing. Handbook titled: Handbook of Multicultural Measures.

Research Assistant (2006-2007)

Urban community Research Center of Carson, CA

Supervisor: Heather Guentzel, M.P.H, M.A.

- Responsible for data entry and analysis on a needle exchange program established for the homeless population in Los Angeles County. Required frequent use of SPSS.

Research Assistant (2006-2007)

California State University, Dominguez Hills of Carson, CA

Supervisor: Karen Mason, Ph.D.

- Assisted in a study that set out to explore what factors attribute to resiliency in those infected with HIV/AIDS.
 - Responsibilities included assisting with the grant proposal, conducting a literature review on the facets of HIV/AIDS, and selecting protocols that would measure intelligence such as the WAIS-III.
 - Received training on administering selected test measurements.
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VOLUNTEER EXPERIENCE

Support Volunteer (2012-2013)

The Women's Shelter, Columbia, SC

- Donated time to provide intensive counseling, psychoeducation, and life skills training to women in crisis.

Public Affairs Commission with Students at Large (2005-2007)

California State University, Dominguez Hills of Carson, CA

- Participated for a year in volunteer events across the Los Angeles area that united children interested in making a difference in the community. Assisted in planning social events, fundraisers, and activities such as sporting tournaments.

Activities Volunteer (2002-2004)

Barstow Veteran Hospital, Barstow, CA

- Served as a companion to older adults at a residential hospital for Veterans by creating and engaging in recreational activities.

Link Crew Leader (2002-2002)

Barstow High, Barstow, CA

- Mentor and organizational leader to incoming high school freshmen providing knowledge of skills such as time management and conflict resolution that could possibly help them in their transition into high school.
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HONOR SOCIETIES

APA/NIGMS Scholars – National Institute for General Medical Sciences (2005-2013)

Psi Chi – National Honorary Society in Psychology (2005-2013)

PROFESSIONAL MEMBERSHIPS

American Psychological Association (2008-Present)

- Division 45: Society for the Psychology Study of Ethnic Minority Issues
- Division 49: Society of Group Psychology and Group Psychotherapy
- Division 22: Rehabilitation Psychology
- Division 56: Trauma Psychology

Western Psychological Association Member (2008-Present)

The Association of Black Psychologist Member (2008- Present)

Psychology Black Graduate Student Association (2008-2013)

- *Secretary*