

# TARANEH “TARA” ROSTAMI, PSY.D.

LICENSED PSYCHOLOGIST (CA & AZ)

## EDUCATION

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**DOCTOR OF PSYCHOLOGY—CLINICAL PSYCHOLOGY**, August 2013 - August 2017  
Alliant International University (CSPP), 10455 Pomerado Rd, San Diego, California

**MASTER OF ARTS—PSYCHOLOGY**, August 2011 - June 2013  
Pepperdine University (GSEP), 24255 Pacific Coast Hwy, Malibu, California

**BACHELOR OF ARTS—PSYCHOLOGY**, August 2006 - December 2010  
California State University Northridge, 18111 Nordhoff St, Northridge, California

## PROFESSIONAL LICENSE

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**LICENSED PSYCHOLOGIST, ARIZONA PSY-005056**  
2018 – Present

**LICENSED PSYCHOLOGIST, CALIFORNIA 36367**  
2025 - Present

## PROFESSIONAL CERTIFICATIONS

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| Telemental Health Provider                         | 2017 |
| Cognitive Processing Therapy Provider              | 2018 |
| Motivational Interviewing Provider                 | 2018 |
| Cognitive Behavioral Therapy for Insomnia Provider | 2020 |

## EMPLOYMENT

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**U.S. DEPARTMENT OF VETERANS AFFAIRS, Los Angeles, CA** – Clinical Psychologist (full-time)  
February 2020 – Present

- Conduct comprehensive utilization reviews and clinical quality audits of clinicians’ documentation and treatment plans to verify adherence to clinical protocols, regulatory standards, and evidence-based practice.
- Review and adjudicate psychotherapy authorization requests and renewals for care, applying established medical-necessity criteria to determine appropriateness of level of care and to recommend alternative, cost-effective treatment pathways when indicated.
- Lead clinical oversight activities, including sampling clinical records, monitoring treatment fidelity, and conducting compliance audits for quality assurance.
- Supervise and mentor psychology doctoral interns with an emphasis on documentation quality, clinical decision-making, and adherence to utilization and billing standards to ensure readiness for independent practice.
- Review and evaluate audio recordings of intern psychotherapy sessions to assess adherence to evidence-based models, provide structured feedback, and ensure alignment with ethical and professional standards of care.
- Proctor and onboard newly hired licensed psychologists, ensuring competence in clinical documentation, VA policy compliance, and ethical and professional standards.
- Provide external consultation to VA clinics and community partners to optimize care coordination, reduce inappropriate utilization, and improve access—delivering case reviews, utilization recommendations, and targeted training as needed.

- Manage psychotherapy consult workflows and authorization processes to ensure timely access, appropriate provider referrals, and documentation necessary for utilization review and regulatory compliance; collaborate with interdisciplinary teams to resolve utilization issues and streamline care pathways.
- Provide evidence-based psychotherapy interventions to veterans experiencing a variety of mental health concerns, including Cognitive Processing Therapy (CPT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy for Depression (CBT-D), Imagery Rehearsal Therapy (IRT) for nightmares, and Motivational Interviewing (MI). Conduct comprehensive psychodiagnostic intake assessments to inform individualized treatment plans.

#### **U.S. NAVY RESERVE, Oxnard, CA – Naval Officer (part-time)**

September 2024 – Present

- Conduct psychological evaluations for sailors to assess fitness for duty.
- Conduct pre and post-deployment psychological screenings and reintegration support.
- Advise commanders on mental health issues affecting unit readiness and morale.
- Execute dynamic health promotion initiatives to improve well-being and resilience among Navy personnel.
- Assist in disaster response and humanitarian missions.
- Support critical incident response efforts following traumatic events.
- Provide training on coping strategies, stress management, and resilience-building techniques.

#### **MEDENS HEALTH NONPROFIT - Contract Psychologist (part-time, contract)**

November 2020 – Present

- Clinical Psychologist providing individual psychotherapy on a virtual basis.
- Case load consists of college students, professionals, and active duty service members and their dependents.

#### **U.S. DEPARTMENT OF VETERANS AFFAIRS, Las Vegas, NV – Clinical Psychologist (full-time)**

August 2018 – February 2020

- Provided crisis interventions on a walk-in outpatient basis.
- Provided time-limited CBT, CPT, MI, IRT for nightmares, DBT and SAMHSA modules.
- Conducted diagnostic assessments.
- Provided interdisciplinary consultation to ensure quality care.
- Developed a CBT depression management group.
- Assisted with the development of the behavioral health consult service.
- Provided Telemental health services as needed.
- Served as a delegated clinical supervisor for APA accredited psychology interns and trainees.

#### **PUBLICATIONS**

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Ashrafioun, L., Heavey, S., **Rostami, T.**, Bishop, T., & Pigeon, W. (2019). The relationship between past 12-month suicidality and reasons for prescription opioid misuse. *Journal of Affective Disorders*, 249, 45-51.  
doi:<https://doi.org/10.1016/j.jad.2019.02.008>

#### **POSTDOCTORAL FELLOWSHIP (APA ACCREDITED)**

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#### **U.S. DEPARTMENT OF VETERANS AFFAIRS, Phoenix, AZ – Postdoctoral Fellow (APA Accredited)**

August 2017 – August 2018

- Clinical psychology postdoctoral fellowship specializing in the assessment and treatment of trauma related disorders.
- Minor rotation in acute inpatient psychiatry which included crisis intervention and interdisciplinary consultation.
- Provided short-term individual and group evidence-based treatments including Cognitive Processing Therapy, Imagery Rehearsal Therapy, DBT skills and SAMHSA Illness Management and Recovery.
- Conducted psychodiagnostic testing and assessment to aid in treatment planning.
- Member of the Psychology Continuing Education committee.
- Provided umbrella supervision to doctoral level intern.

## **PREDOCTORAL INTERNSHIP (APA ACCREDITED)**

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### **U.S. DEPARTMENT OF VETERANS AFFAIRS, Canandaigua, NY – Doctoral Intern (APA Accredited)**

August 2016 – August 2017

- Major training rotations with the PTSD Clinical Team, Substance Use Disorders, and Inpatient Neuropsychological capacity evaluations.
- Minor rotations in bioethics consultation and suicide prevention clinical research.
- Provided psychodiagnostic assessments, diagnosis, and treatment recommendations.
- Provided individual and group therapy to veterans in inpatient, residential and outpatient settings utilizing CBT, MI and Seeking Safety techniques.
- Provided supervision to 2 doctoral externs and 1 masters level counseling student.
- Facilitated weekly consultation/behavioral rounds with interdisciplinary team.
- Developed behavioral plans for treatment of disruptive behaviors.
- Administered, scored, interpreted, and reported a fixed neuropsychological battery to the inpatient geriatric population with common presentations of dementia, TBI, PTSD and severe mental illness.

### **ALVARADO PARKWAY INSTITUTE - Doctoral Extern**

Acute Inpatient Hospital & Outpatient Services, San Diego, CA

August 2015 – August 2016

- Provided crisis interventions and short-term psychotherapy including CBT, DBT & MI to inpatients on involuntary confinement and forensic patients on administrative holds suffering with acute and chronic mental illnesses in a lockdown acute psychiatric hospital.
- Facilitated weekly psychoeducation and process groups.
- Conducted comprehensive psychodiagnostic evaluations as ordered by psychiatrists for diagnostic clarification, treatment planning and malingering.
- Provided long-term aftercare services to individuals with severe mental illnesses in an outpatient and partial hospitalization program.

## **RESEARCH EXPERIENCE**

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### **VISN 2 CENTER OF EXCELLENCE FOR SUICIDE PREVENTION - Research Assistant**

U.S. Department of Veterans Affairs, Canandaigua, NY

Principle Investigator: Lisham Ashrafioun, Ph.D.

January 2017 – June 2018

- Conducted comprehensive literature review and contributed to the development of a manuscript on the topic of suicidality, substance use disorders and chronic pain among veterans.

### **DISSERTATION RESEARCH**

Chairperson: Robert Geffner, Ph.D., ABPP, ABN

Dissertation: An Exploratory Analysis of Brain Impairment in Violent Offenders and Non-Offenders Using the MMPI & MMPI-2

Status: Defended 7/2016

**Rostami, T.** (2016). An exploratory analysis of brain impairment in violent offenders and non-offenders using the MMPI & MMPI-2. ProQuest Dissertations & Theses Global. (1826827546). Retrieved from <http://0search.proquest.com.library.alliant.edu/docview/1826827546>