

Arezoo M. Esfahani, Ph.D.
Clinical Psychologist, PSY 33153

PROFESSIONAL SUMMARY

Bilingual, devoted, and organized licensed clinical psychologist with well-rounded and progressive clinical and assessment experience. Substantial experience providing services to TAY, adults and older adult clients in various settings, including: community mental health clinics, inpatient facilities, college counseling centers, and forensic agencies. Wide range of experience in diagnostic and clinical assessment, as well as group, couples, individual, and rehabilitation therapy services in-person and via telehealth. Well-versed in numerous psychological techniques, including: Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Motivational Interviewing, Trauma Focused Cognitive Behavioral Therapy, Seeking Safety, Self-Compassion, and mindfulness-based and emotion focused therapies. Specialized in assessment and treatment of clients with mood and anxiety disorders, co-occurring disorders, trauma, BPD, and emotional dysregulations. Committed to providing quality, individualized, culturally-sensitive, and solution-focused client care. Dedicated to life-long learning with a growth mindset. Flexible and able to adapt, lead, and supervise. Highly value and embrace the culture of inclusion and compassion to reduce the stigma of mental health treatment. Excellent work ethics, including: didactic thinking, time management, and highest level of integrity within an ethical-minded practice.

EDUCATION

- **Doctorate of Philosophy in Clinical Psychology**- May 2018
California School of Professional Psychology at Alliant International University, San Diego, CA
APA-Accredited Program
- **Masters of Art in Clinical Psychology, with honors** – May 2014
California School of Professional Psychology at Alliant International University, San Diego, CA
APA-Accredited Program

LANGUAGES

- **English:** Full Oral and Listening Proficiency, Advanced Reading, and Writing Proficiency
- **Farsi:** Full Oral and Listening Proficiency, Advanced Reading, and Writing Proficiency

CLINICAL AND ASSESSMENT EXPERIENCE

Licensed Clinical Psychologist- March 2021-Present

Psychiatric Alternatives and Wellness Center, Los Angeles, CA

- Providing culturally sensitive individual, couples and family therapy services to TAY, adults and older adult clients in Farsi and English (utilizing treatment modalities such as DBT, ACT, CBT, SST, MI, and TF-CBT)
- Providing psycho-diagnostic assessments, writing reports, and maintaining required documentation

Mental Health Clinician/ Outpatient Community Service Program Co-Manager- February 2020- February 2021

Institute for Multicultural Counseling and Education Services (IMCES), Los Angeles, CA

APA Accredited

- Co-managed the OCS program and provided weekly reports of administrative, logistical, and utilization of budget and clinical issues to the management team
- Leadership and development of clinical training programs
- Led weekly DBT groups
- Provided phone coaching to assist the clients effectively utilizing their learned DBT skills
- Recruitment and coordination of externs, interns, and postdoctoral staff
- Review, revision, and implementation of training procedures
- Provided supervision to externs and staff
- Provided crisis assessment services, and wrote 5150-holds for clients in danger to themselves/others
- Provided culturally sensitive individual, rehabilitation, group and family therapy, and case management services to FSP, AOT, DBT, OCS, PEI/CBT, and MHS adult clients in Farsi and English
- Provided psycho-diagnostic assessments, wrote reports, and maintained required documentation
- Attended weekly EBP training sessions and presented on various treatment modalities such as DBT, ACT, CBT, SST, MI, and TF-CBT
- Participated in weekly multidisciplinary team meetings and presented clients' cases to modify their treatment plans
- Conducted initial assessments, developed treatment plans, and provided therapy services in person and via telehealth
- Attended weekly DMH- SALT-2 team leaders' meeting to provide feedback to DMH on the quality of their programs and services
- Attended court hearings for FSP and AOT clients, participated in their mental health evaluations, and provided reports of their clinical progress

OCS Co-Manager/Post-Doctoral Fellow- September 2018- February 2020

Institute for Multicultural Counseling and Education Services (IMCES), Los Angeles, CA

APA Accredited

- Completed APA-accredited post-doctoral training program with an honor
- Co-coordinated the OCS program and managed outcome evaluations
- Provided comprehensive assessments (diagnostic, socioemotional, cognitive, personality, and risk assessment), and developed individualized treatment plans and comprehensive reports
- Participated in weekly quality assurance and efficacy evaluation meetings
- Provided weekly training and presentations on DBT, CBT, MI, SST and MSC modalities
- Participated in weekly DMH/Beck Institute's CBT consultation meeting and presented CBT cases
- Provided crisis assessments and interventions, and wrote 5150 holds for clients who were in danger to themselves or others
- Provided individual, rehabilitation, case management, group and family therapy services to adult and adolescent clients and their families (in Farsi and English) in the office, field, and via telehealth
- Collaborated with other community agencies to provide culturally sensitive care for clients
- Provided peer supervision to interns and staff; participated in the selection of doctoral interns
- Conducted research projects and program evaluation
- Provided weekly EPPP and CPLEE training sessions for pre and post-doctoral interns

Doctoral Intern Trainee- August 2016- August 2018

Institute for Multicultural Counseling and Education Services (IMCES), Los Angeles, CA

APA Accredited

- Provided short and long-term individual, family, and rehabilitation therapy, and case management services in English and Farsi to underserved adults, children, and families in the office and field
- Completed intake assessments that consist of an assessment of the clients' functional impairments, development of individualized treatment plan, and referrals as necessary
- Conducted high-risk assessment and developed individualized safety plans for clients

- Advocated for clients and assisted them with obtaining treatment, benefits, and adjunct resources outside of IMCES by consulting and coordinating with other community care providers/services
- Conducted collateral interviews with professionals such as psychologists, teachers, and nurses to obtain more information regarding clients' statuses to modify their treatment plans
- Administered and scored psychological and cognitive assessments and interpreted results in comprehensive reports. Consulted with the referring agent to clarify the referral questions and determine the cognitive/projective testing tools
- Received didactic training in DBT, CBT, TF-CBT, MI, SST, Matrix, ACT, law and ethics, substance dependency, crisis assessment and intervention, documentation, and diversity
- Participated in advocacy and community outreach program and conducted psychoeducational/support groups on mental health stigmas, LGBTQ+ related issues, and self-compassion/mindfulness to immigrant parents of high school students in Monrovia, CA
- Provided weekly peer supervision and assisted mentees with establishing goal-oriented behaviors
- Participated in the monthly DMH/FSP and Capacity Building Project, created and submitted proposals to promote health and wellbeing among diverse cultural communities and to distribute resources
- Attended court evaluations for clients with severe mental illnesses and legal problems to advocate for them and consult with their public defenders; provided treatment reports and progress letters

Doctoral Assessment Practicum Trainee- June 2012-September 2015

Advanced Cognitive, Neurological, and Personality/Projective Assessment Practicum, Alliant International University, San Diego, CA

APA Accredited

- Took the Advanced Elective Assessment Practicum Course for over three years
- Contacted referral agencies and consulted with them to clarify the referral questions and determine the type of testing tools needed
- Interviewed underserved and culturally diverse population of TAY, adults, and older adults with various presenting problems, including: mild to severe mental disorders, personality disorders, cognitive, neurological, and learning disabilities, and substance abuse and legal problems
- Administered a wide variety of tests including: psychological, intelligence, cognitive, neurological, and objective and projective measures of personality (e.g., WAIS –IV, WISC-IV, WRAT-4, WRAML-4, RBANZ, MoCA, MMPI-2, MMPI-2-RF, MCMI, PAI, TAT, Rorschach)
- Interpreted and synthesized findings from psychological tests and completed comprehensive reports
- Participated in a weekly individual supervision and group training, and presented test reports

Elective Doctoral Practicum Trainee- December 2014-September 2015

Intensive Treatment Program (ITP), Sharp Mesa Vista Hospital, San Diego, CA

- Provided short and long-term individual and rehabilitation therapy in both English and Farsi to adults and older adults hospitalized involuntarily and voluntarily due to acute phase of various psychiatric disorders, danger to self/ others, and chemical intoxication
- Co-facilitated structured and semi-structured psychotherapy groups using CBT, DBT, ACT, Schema Therapy, MI, Mindfulness, Self-Compassion, and Solution-Focused Therapy
- Facilitated psychoeducation groups on a variety of topics, including: balanced thoughts, anger and mood management, mindfulness, grief, assertiveness, and relapse prevention
- Administered and scored assessments and interpreted results of both psychological and neuropsychological assessments as ordered by treating psychiatrists to assist with diagnostic clarification, risk assessment, and treatment planning
- Conducted regular risk assessments to evaluate inpatients' risk of danger to self or others
- Created behavioral plans to increase healthy behaviors
- Consulted with psychiatry, nursing, and social work personnel regarding testing results, treatment, and aftercare planning for patients

Elective Doctoral Practicum Trainee- August 2014-January 2015

Cognitive and Dialectical Behavioral Therapy Informed Skills Program, Sharp Mesa Vista Hospital, San Diego, CA

- Co-facilitated DBT and CBT groups for adults with persistent mental illnesses
- Facilitated psycho-educational groups focused on: recovery issues, cognitive skills, re-integration into the community, self-care, emotion regulation, anxiety and anger management, conflict resolution, grief, trauma, relapse prevention, and behavioral techniques to manage maladaptive behaviors
- Conducted integrative structured intake interviews with patients and their families to clarify diagnostic presentation and eligibility for the program and provide recommendations for treatment to patients and their referring clinicians
- Administered, scored, and gave feedback on psychological tests to the referring psychiatrist
- Conducted risk evaluations by assessing suicidal and homicidal ideations, and consulted with the medical team
- Provided psychoeducational aftercare classes for patients and their families

Doctoral Practicum Trainee- June 2013-August 2014

South Bay Guidance Wellness and Recovery Center (SBWGC), San Diego, CA

- Provided individual psychotherapy in English and Farsi to a yearly-caseload of 75 adults with mild to severe psychiatric disorders, personality disorders, substance use disorders, comorbid medical conditions, legal issues, homelessness, and SES concerns
- Completed a minimum of four intake assessments per week that consisted of an assessment of functioning, DSM diagnosis, treatment plan, and referrals as necessary
- Facilitated weekly DBT, CBT, Trauma, Mindfulness, and Co-Occurring Disorders groups
- Conducted high-risk assessments and safety plans for clients
- Assisted clients with obtaining treatment and adjunct resources outside of SBWGC by consulting and coordinating with other community care providers
- Attended weekly training seminars on psychological assessment approaches, therapy techniques, and cultural competency skills
- Conducted collateral interviews with professionals such as psychologists and nurses
- Administered and scored psycho-diagnostic tests and interpreted results in comprehensive reports
- Testing completed with preliminary results and recommendations made within 72 hours
- Participated in Community Outreach Program and provided psychoeducational groups on anxiety and depression symptoms to underserved members of the San Diego County

Doctoral Practicum Trainee- December 2012-June 2013

Center for Applied Psychology Services (CAPS) (College Counseling Center), San Diego, CA

- Provided long and short-term psychotherapy using psychodynamic and evidence-based treatment modalities to adults, college students, and married or LGBT couples with presenting problems such as mood/anxiety disorders, academic and career difficulties, gender-identity issues, grief, and relationship difficulties (in both English and Farsi)
- Conducted weekly intake assessments to measure the level of functioning, determine the diagnosis, develop/update treatment plans, and provide referrals as necessary
- Provided and updated weekly treatment and relapse prevention plans for clients
- Volunteered and participated at San Diego Psychoanalytic Society and Institute
- Participated in weekly didactic training focused on techniques in treating specific mood disorders, personality disorders, and culturally competent practices
- Administered and scored psychological and cognitive assessments and interpreted results in reports

TEACHING AND MENTORING EXPERIENCE

Peer Supervisor and Co-Leader of EBP Training Groups- August 2017-Present

Institute for Multicultural Counseling and Education Services (IMCES), Los Angeles, CA

- Conducting ongoing workshops relating to various clinical interventions (DBT, CBT, SST, MI, DV, substance use, and crisis management), supervision strategies, law and ethics, and outcome measures
- Providing supervision/mentoring to pre-doctoral interns

Teaching Assistant-Graduate Level- Spring 2015

California School of Professional Psychology, San Diego, CA

Intellectual Assessment Course

- Assisted in the development and presentation of lectures on areas related to intellectual assessments
- Facilitated lab sections to assist first year graduate students in the development of better understanding of the variety of intellectual assessments such as WAIS-IV, WIAT- III, WRAML-2, WRAT-IV, RBANS, KBIT-2 R, Bender-Gestalt II, and DAS II

Teaching Assistant- Graduate Level- Fall 2014

California School of Professional Psychology, San Diego, CA

Advanced Psychopathology Course

- Co-led class lectures on various topics related to psychopathology
- Supervised first year graduate students practicing psychotherapy in dyads, provided feedback regarding skills, and modeled effective therapeutic techniques

Teaching Assistant- Graduate Level- Spring 2013

California School of Professional Psychology, San Diego, CA

Research Design Course

- Independently facilitated weekly review sections to assist first-year graduate students with the understanding of empirical research design

Teaching Assistant- Graduate Level- Fall 2013

California School of Professional Psychology, San Diego, CA

Foundations of Measurement Course

- Co-facilitated the class presentations on various areas related to psychological measurements, test development and psychometric properties
- Facilitated weekly review sections to assist graduate students in understanding psychological test conceptualization and development

RESEARCH EXPERIENCE

Dissertation Research- August 2014- May 2018

California School of Professional Psychology, San Diego, CA

- Dissertation Topic: "The Role of Mindful Self-Compassion on Reduction of Shame in Healthcare Providers"
- Examined the effectiveness of three components of self-compassion (kindness toward self- common sense of humanity, and mindfulness) on reduction of self-judgment, shame, anxiety, and depression, and increase in self-compassion, mindfulness and satisfaction with life in healthcare providers

Doctoral Intern Research Trainee- September 2016- June 2017

Institute for Multicultural Counseling and Education Services, Los Angeles, CA

Primary Investigator: Dr. Tahereh Pirhekayati

- Research Topic: "Approaches to Diversity"
- Assessed the existing differences among ways of approaching diversity in many contexts while recognizing the influence of unconscious biases and the effect of systemic social constructs

Graduate Research Assistance- June 2014- June 2016
California School of Professional Psychology, San Diego, CA
Primary Investigator: Dr. Kristian Mano

- Research Topic: “The Effects of Gratitude Journaling on Levels of Parenting Stress, Affect, Mood, Well-Being, and Self-Compassion in Parents of Young Children”
- Administered, scored, and interpreted tests including: PANAS, PSI, and SCS

Graduate Research Assistance- May 2013- May 2015
California School of Professional Psychology, San Diego, CA
Primary Investigator: Dr. Donald Viglione

- Research Topic “The Rorschach Profiles of Over-weight and Healthy People”
- Administered, scored and interpreted 30 Rorschach Performance Assessment System profiles

Graduate Research Assistant- January 2013- January 2014
California School of Professional Psychology, San Diego, CA
Primary Investigator: Dr. Janina Scarlet

- Research Topic: “The Effect of a Brief Self-Compassion Intervention on Emotion Regulation in Individuals with Generalized Anxiety Disorder”
- Assisted with data entry, SPSS analysis, and interpretation of results of the study

Graduate Research Assistant- July 2013- January 2014
Naval Center for Combat and Operational Stress Control (NCCOSC), San Diego, CA
Primary Investigator: Dr. Donald Viglione

- Research Topic: “Effects of Anxiety, Trauma, and Combat-Related PTSD on Active Duty Military”
- Administered, scored and interpreted variety of tests including: Rorschach, WAIS-IV, MMPI-2, TAT, TOMM, and PAI

Graduate Research Assistant- September 2012, July 2014
California School of Professional Psychology, San Diego, CA
Primary Investigator: Dr. Jill Stoddard

- Research Topic: “The Efficacy of the Unified Protocol in the Treatment of Individuals with Borderline Personality Disorder”
- Assisted in interviewing patients using the SCID-I/P and assessed patients’ progress

Graduate Research Assistant- September 2011-April 2012
California School of Professional Psychology, San Diego, CA
Primary Investigator: Dr. John Langluis

- Research Topic: “The Influence of Avoidance Coping and Stressors on Depression Risk”
- Administered BDI and CBAS, scored assessments, and coded for SPSS analysis

PUBLICATIONS & PRESENTATIONS

- Lopez, M.E., Stoddard, J.A., Noorollah, A., Zerbi, G., Payne, L.A., Hitchcock, C.A., Meier, E.A., **Esfahani, A.M.**, & Ray, D. B. (2014). Examining the efficacy of the unified protocol for trans-diagnostic treatment of emotional disorders in the treatment of individuals with borderline personality disorder. *Cognitive and Behavioral Practice*
- **Esfahani, A.**, Pineda, J., & Park, C. (2021). *Factors Contributing to the Migration from Honduras*. Presentation at Institute for Multicultural Counseling and Education Services
- **Esfahani, A.**, Okamoto, A., & Mohseni, S. (2020). *Effective Interventions for Psychotic Disorders as Identified by Practitioners in Community Mental Health Settings*.

Presentation at Institute for Multicultural Counseling and Education Services.

- **Esfahani, A., & Miller, C.** (May 2010). *Effects of Parental Authoritarianism on the Development of GAD in Adults and Adolescents*. Presentation at the California State University, Marcos, Research Fair
- **Esfahani, A.** (May 2010). *Effects of References to Narcissism and Altruism in Lyrics of Popular Music on Empathic-related Behaviors in Adults.*” Presentation at the California State University, San Marcos, Research Fair

PROFESSIONAL DEVELOPMENT TRAINING AND CERTIFICATIONS

- Dialectical Behavioral Therapy- One year of intensive training and consultation -(LACRO-DBT)
- Crisis and Risk Assessment- LPS Certified- DMH
- Cognitive Behavioral Therapy- One year of intensive training and consultation- Beck Institute-DMH
- Motivational Interviewing-DMH
- Managing and Adapting Practice (MAP)-DMH
- Matrix Model of Substance Abuse Therapy-IMCES
- CBT for Substance Use Disorder-DMH
- Cognitive Assessment (MoCA)-IMCES
- Seeking Safety-IMCES
- Clinical Supervision by Edward Shafranske, Ph.D.-IMCES
- Domestic Violence Training- IMCES
- Trauma-Focused Cognitive Behavioral Therapy- IMCES
- Mindfulness Training for Clinicians at New Mindful Life-CSPP
- Compassion Cultivation Training- Sharp Memorial Hospital, San Diego
- Mindful-Self Compassion Training- UCSD Center for Mindfulness, San Diego
- Personality Assessments (MMPI-2, MMPI-2-RF, MCMI-IV, Rorschach R-Pas, TAT) and Intellectual Assessments (WAIS-IV, RBANS)- CSPP
- Acceptance and Commitment Therapy-ACT Boot CAMP, Nevada
- Mindfulness in Clinical Practice, Education and research- UCSD Center for Mindfulness
- Administration of the Structured Clinical Interview (SKID) for DSM diagnosis-CSPP
- Group Psychotherapy Training- San Diego Psychological Association

HONORS & AWARDS

- Psi Chi, Psychology Honor Society, Lifetime Membership
- Golden Key International Honor Club, Lifetime Membership
- Dean's Award of Excellence Scholarship (CSPP), 2011, 2012, 2013, & 2014
- California State University, San Marcos, Magna Cum Laude, June 2010
- Dean's Academic Excellence Award, CSU, San Marcos, August 2008, 2009, & 2010
- Dean's List, Palomar College, San Marcos, August 2006, 2007, & 2008

SKILLS

- Lanterman-Petris-Short (LPS) certified
- Provide bilingual counseling in English and Farsi
- Provide peer supervision to the members of different programs at IMCES
- Proficient computer skills and strong awareness, knowledge, and skills in using of HIPAA-Compliant telehealth services
- Advanced training and knowledge of EXYM program to complete client's assessments, treatment plans, notes and discharge plans

- Experienced with DMH's documentation and paperwork requirements
- Advanced training and knowledge of the ANASTAZI and CERNER program to complete clients' assessments, treatment, and discharge plans
- Trained in the administration of the SCID-I

REFERENCES (available upon request)

NOT YET RETAINED