

CATE VOGL, PSYD

• Licensed Clinical Psychologist (PSY33113) •

EDUCATION

Graduate

2017-2020 • Chicago School of Professional Psychology

Psy.D. In Applied Clinical Psychology
GPA 4.0 - Los Angeles, CA

2015-2017 • University of Southern California
Masters of Marriage and Family Therapy
GPA 4.0 - Los Angeles, CA

Undergraduate

2012-2014 • University of Southern California
GPA 3.9 - Los Angeles, CA

2010-2011 • Dartmouth College
GPA 3.8- Hanover, NH

AWARDS / SPEAKING

2020 • Young Survivors Coalition Summit*

"How Do I Tell The Kids?"

Frankly Speaking About Cancer Presentation

2019 • Cancer Support Community Los Angeles
"How Do I Tell The Kids?"

Frankly Speaking About Cancer Presentation

2018 • The Chicago School of Professional Psychology

Merit Ground Scholarship

2016 -2017 • University of Southern California

Harold W. Cook Endowed Scholarship

Ruth Russell Shelby Endowed Scholarship

2014 • University of Southern California

Psi Chi Honors Society

2013 • University of Southern California

Phi Beta Kappa Honors Society

Phi Kappa Phi Honors Society

*Rescheduled for 2021 due to Covid-19 pandemic

TRAINING / CERTIFICATIONS

2022 • Reflective Parenting Program (Center for Reflective Communities)

2020 • Eye Movement Desensitization and Reprocessing (EMDR Institute)

2017 • Certified Externship in Emotionally-Focused Therapy for Couples (International Center for Excellency in EFT)

2016 • Certified in Parent-Child Interaction Therapy (University of California, San Diego)

2016 • Certified in Trauma-Focused Cognitive-Behavioral Therapy (University of Southern California)

EXPERIENCE

Private Practice

Vogl Psychological Services

Licensed Clinical Psychologist (PSY33113) | 2024 - present

- Deliver individual therapy for adolescents (16+) and adults, addressing a wide spectrum of clinical concerns including anxiety, depression, trauma, relationship challenges and chronic illness, using evidence-based, integrative approaches tailored to each client
- Provide comprehensive parent coaching for caregivers of children across all developmental stages, supporting them in strengthening connection, implementing effective boundaries, navigating tantrums/ emotional dysregulation, and fostering healthy relationships with food, body, and self
- Offer EMDR to support clients in processing trauma, resolving stuck points, and developing adaptive, resilient beliefs that enhance emotional well-being and long-term functioning

The Malone Collective - Intensive Outpatient Program

Licensed Clinical Psychologist (PSY33113) | 2024 - 2025

- Provided individual therapy, Eye Movement Desensitization and Reprocessing (EMDR) therapy and family outreach for individuals 18+ recently discharged from residential treatment centers for substance use disorders
- Created and implementing treatment plans uniquely tailored for each individual's diagnoses, presenting problems, treatment history, psychiatric needs and life circumstances
- Collaborated with a holistic team of providers - from external case managers and sober coaches to internal somatic practitioners and medical doctors
- Guided patients through the transition from residential care to IOP, sober living or other post-residential options

NorthStar Families Therapy Group

Dr. Wendy Denham's Group Practice

Licensed Clinical Psychologist (PSY33113) | 2022 - 2024

- Provided individual therapy to ages 5+ for an array of presenting problems including anxiety, depression, trauma, chronic illness and more
- Offered parent coaching to parents with children of all ages, assisting with everything from building connection and setting boundaries to managing tantrums and creating healthy relationships with food
- Provided couple and family therapy to address differing parenting styles, sibling conflict, divorce/separation, marital conflict and intimacy issues
- Administered diagnostic assessments and treatment planning for families trying to determine next steps in their child's care

Institutes of Health

Behavioral Medicine and Trauma Specialist | 2021-2022

Psychological Assistant (PSB94024669) under the supervision of Dr. Tina Wolfe (PSY28694)

Evaluation | Provided a range of evaluations necessary to determine treatment within the Worker's Compensation system including, Psychological Evaluations, AOE/COE Evaluations, Chronic Pain Evaluations, and Surgical Clearance Evaluations. Each evaluation required a unique clinical interview and set of psychological testing to be administered and scored. Finalized reports were extensive, requiring both strong writing skills and attention to detail.

Treatment | Provided therapy for an array of patients within the Worker's Compensation system, from those with Chronic Pain Syndrome to those diagnosed with PTSD following a workplace trauma. Individualized treatment plans using various approaches including behaviorally-based pain management techniques, mindfulness based stress reduction, cognitive behavioral therapy, mindful self-compassion and exposure therapy.

Cancer Support Community Los Angeles

Child, Teen & Family Coordinator | 2020 - 2021 | Post-doctoral Fellowship

Child, Teen & Family Associate | 2019 - 2020 | Pre-doctoral Internship

Psychological Assistant (PSB94024669) under the supervision of Dr. Shannon La Cava (PSY27456)

Program Management | Promoted from Associate to Coordinator following completion of Predoctoral Internship (1500 hours) and PsyD degree; directly responsible for crafting and implementing vision for Child, Teen & Family program including counseling, support groups, events, social media presence and relationships with hospitals.

Clinical Work | Provided individual and group therapy for children, teens and parents impacted by cancer under the supervision of a licensed psychologist; devised and implemented individualized treatment plans; provided peer-to-peer supervision to CSCLA Doctoral and MFT Trainees.

Telehealth | In response to the COVID pandemic, successfully transitioned Child, Teen and Family programming online in March 2020, which included developing new protocols and paperwork for both group and individual therapy to ensure HIPAA compliance and best practices.

Speaking Engagements | Invited to present on the topic of psycho-oncology with children both for CSCLA and other national organizations such as Young Survivors Coalition.

Social Media | Created social media content ("Cate's Corner") with weekly therapeutic activity videos for the organization's Instagram, Facebook and public website, which became popular and ultimately shared by HQ and CSC locations across the country.

Hazelden Betty Ford - West Los Angeles Outpatient

Doctoral Practicum Student | 2019 - 2020

- Under the supervision of Dr. Matthew Polacheck (PSY22442)
- Provided individual, couple and family therapy for adults enrolled in the Intensive Outpatient Program
- Helped create content for and lead both process and pscyhoeducation groups
- Completed comprehensive intake interviews for new patients and assisted with integrating them into the program
- Devised and implemented treatment plans for patients struggling with substance abuse and various comorbid disorders

Gray Matters Neuropsychological Healthcare Services

Doctoral Practicum Student | 2019 -2020

- Under the supervision of Dr. David Sitzer (PSY21769)
- Administered, scored and interpreted neuropsychological assessments including: WAIS-IV, Boston Naming Test, Rey-O Complex Figure Test, CVLT-II, MMPI-2, D-KEFS and Grooved Pegboard Test
- Conducted background interviews with clients prior to testing and determined appropriate assessment battery
- Followed up with clients after testing, schedule feedback session to explain assessment results

Cancer Support Community Los Angeles

Doctoral Practicum Student | 2018 - 2019

- Under the supervision of Dr. Shannon La Cava (PSY27456)
- Co-facilitated support groups for cancer patients and their caregivers
- Provided short-term individual therapy for cancer patients and their caregivers
- Devised and implemented treatment plans for individual therapy through supervision and consultation with a licensed clinical psychologist
- Participated in weekly staff meetings and didactic trainings regarding end-of-life and medical issues

Paradigm Malibu - Residential Treatment Center

Associate Marriage and Family Therapist | 2017- 2018

- Provided individual and family therapy for adolescents age 12-19 as part of a residential treatment program for alcohol and substance use disorders
- Created content for various groups on topics such as substance use, managing anxiety and depression, healthy relationships and disordered eating
- Completed comprehensive biopsychosocial assessments for incoming clients based on intake protocol
- Devised and implemented treatment plans for adolescents struggling with substance abuse, eating disorders, trauma, depression and anxiety

The Maple Counseling Center

Marriage and Family Therapist Trainee | 2016- 2017

- Provided long-term, low-fee individual therapy to adults ages 18-64 through a Psychodynamic lens
- Consulted with colleagues and supervisors to devise and implement individualized treatment plans
- Received bi-monthly evaluations based on videotaped sessions and subsequently incorporated feedback through continual self-reflection
- Received extensive training in intake assessment and diagnosis