

CHRISTINE E. VALDEZ, Ph.D., ABPP

Board Certified Clinical Psychologist

Forensic Evaluation of Psychological Injury, PTSD, and Trauma

1460 Maria Lane, Suite 300, Walnut Creek, CA 94596 | christine@valdezforensic.com | ValdezForensic.com

LICENSURE AND CERTIFICATION

- Licensed Psychologist, California (PSY28590)
 - Board Certified in Clinical Psychology (ABPP Certification Number: 10409)
-

PROFESSIONAL EXPERIENCE

California State University, Monterey Bay (CSUMB)

Professor of Clinical Psychology (effective 2026)

Associate Professor of Clinical Psychology (2021-2026)

Assistant Professor of Clinical Psychology (2016-2021)

- Teach Psychopathology/Abnormal Psychology, Trauma, and Advanced Research Methods
- Conduct research on trauma, PTSD, and recovery

Forensic Examiner – U.S. Department of Veterans Affairs

(2023-Present)

- Conduct Independent Medical Evaluations for mental disorders, including PTSD
- Completed **1,000+ forensic psychological evaluations and reports** involving diagnostic and nexus opinions
- Perform comprehensive record reviews and structured clinical interviews
- Assess psychiatric functioning, impairment, and causal relationships (nexus) between psychological conditions and identified events

Licensed Clinical Psychologist – Private Practice

(2016-Present)

- Provide trauma-focused psychotherapy and psychological assessment, specializing in interpersonal trauma and PTSD
-

FORENSIC PSYCHOLOGICAL SERVICES

- Evaluate the psychological impact of traumatic events on functioning, distress, and life outcomes
- Independent Medical Evaluations (IMEs)
- Psychological injury evaluations
- PTSD and trauma-related psychological injury evaluation
- Record review and expert rebuttal

AREAS OF EXPERTISE

- Psychological injury in civil litigation
- Trauma and Posttraumatic Stress Disorder (PTSD)
- Interpersonal violence (domestic abuse, sexual assault, stalking, harassment, credible threats)
- Trauma-related cognitions and functional impairment
- Differential diagnosis of trauma-related conditions

EDUCATION AND TRAINING

Ph.D. Clinical Psychology (APA-Accredited) (2009-2015)

Northern Illinois University

APA-Accredited Predoctoral Clinical Internship and Postdoctoral Research Fellowship (2014-2016)

University of California, San Francisco (UCSF)

San Francisco General Hospital – Trauma Recovery Center

Predoctoral Clinical Externship (2012-2013)

Department of Veterans Affairs, Hines VA Hospital - Trauma Services Program

Research Fellowship (2011-2012)

Northern Illinois University, Center for the Study of Family Violence and Sexual Assault

SELECTED PEER-REVIEWED PUBLICATIONS (TRAUMA AND PTSD)

25. Chou, C., **Valdez, C. E.**, Stevens, T., Shumway, M., & Matthews, C. (2026). Effects of trauma, shame, and self-criticism on hoarding: Comparative data and treatment implications. *OBM Integrative and Complementary Medicine*, 10(4).
[Special Issue on Compassion-Focused Therapy \(CFT\) - Advances and Innovations](#)
[Featured Cover Story on Issue Book](#)
24. **Valdez, C. E.**, Conen, K., & Stevens, T. (2025). "It gave me the grit and determination I have today": Trauma, community violence, and posttraumatic growth among former gang members. *Journal of Interpersonal Violence*.
Online ahead of print.
23. Cook, J. M., Newman, E., & **New Haven Trauma Competency Group**. (2025). Revised trauma competencies for education and training: Consensus updates and highlights. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication.
22. **Valdez, C. E.**, Stevens, T., Garnier-Villarreal, M., & Shumway, M. (2023). Using Bayesian methods to clarify the role of trauma-related cognitions on the course of posttraumatic stress in non-specific trauma-focused therapy. *Psychological Trauma: Theory, Research, Practice, and Policy*, 15, 88-99.
[Special Issue on Applying Bayesian Statistics to Research on Psychological Trauma](#)
21. **Valdez, C. E.**, London, M. J., Gregorich, S., & Lilly, M. M. (2021). Development and validation of the Trauma-Related Cognitions Scale. *PLOS ONE*, 1-23.

20. **Valdez, C. E.** (2021). Posttraumatic distress and treatment barriers among former gang members: Implications for improving access to traumatic stress resources in marginalized populations. *Journal of Traumatic Stress, 34*, 309-321.
19. Fields, L., **Valdez, C. E.**, Richmond, C., Murphy, M., Halloran, M., Boccellari, A., & Shumway, M. (2020). Communities Healing and Transforming Trauma (CHATT): A trauma-informed speakers' bureau for survivors of violence. *Journal of Trauma & Dissociation, 21*, 437-451.
Special Issue on Trauma, Advocacy, and Social Movements
Honorable Mention, Richard P. Kluft Award for Journal of Trauma & Dissociation 2020 Best Article
18. **Valdez, C. E.**, & Lilly, M. M. (2019). The effects of dissociation on posttraumatic symptomatology after trauma processing among women with varying histories of victimization. *Journal of Interpersonal Violence, 36*(13-14), NP7596-NP7618.
17. Sandberg, D. A., **Valdez, C. E.**, Heaton, J. E., & Menghrajani, E. (2019). Attachment as a risk factor for experiencing intimate partner violence: A 6-month prospective study among college women. *Journal of Interpersonal Violence, 34*, 1410-1427.
16. **Valdez, C. E.**, & Lilly, M. M. (2019). Modes of processing traumatic experiences: Self-compassion buffers affective guilt. *Mindfulness, 10*, 824-832.
15. **Valdez, C. E.**, & Lilly, M. M. (2017). Posttraumatic rumination: Content, correlates, and processes. *Journal of Clinical Psychology, 73*, 707-721.
14. **Valdez, C. E.**, Sherrill, A. M., & Lilly, M. M. (2016). Present moment contact and nonjudgmental observation: Pilot data on dismantling mindful awareness in trauma-related symptomatology. *Journal of Psychopathology and Behavioral Assessment, 38*, 572-581.
13. **Valdez, C. E.**, & Lilly, M. M. (2016). Self-compassion and trauma processing outcomes among victims of violence. *Mindfulness, 7*, 329-339.
12. Lim, B., **Valdez, C. E.**, & Lilly, M. M. (2015). Making meaning out of interpersonal victimization: The narratives of IPV survivors. *Violence Against Women, 21*, 1065-1086.
11. **Valdez, C. E.**, & Lilly, M. M. (2015). Posttraumatic growth in survivors of intimate partner violence: An assumptive world process. *Journal of Interpersonal Violence, 30*, 215-231.
10. **Valdez, C. E.**, Lim, B., & Parker, C. (2015). Positive change following adversity and psychological adjustment over time in abused foster youth. *Child Abuse and Neglect, 48*, 80-91.
9. **Valdez, C. E.**, & Lilly, M. M. (2014). Biological sex, gender role, and Criterion A2: Rethinking the "gender" gap in PTSD. *Psychological Trauma: Theory, Research, Practice, and Policy, 6*, 34-40.
8. **Valdez, C. E.**, Remington-Bailey, B. E., Santuzzi, A. M., & Lilly, M. M. (2014). Trajectories of depressive symptoms in foster youth transitioning into adulthood: The roles of emotion dysregulation and PTSD. *Child Maltreatment, 19*, 209-218.
Special Issue on Child Maltreatment and Emerging Adulthood
7. **Valdez, C. E.**, Lim, B., & Lilly, M. M. (2013). "It's going to make the whole tower crooked": Trajectories of victimization in IPV. *Journal of Family Violence, 28*, 131-140.

6. **Valdez, C. E.**, & Lilly, M. M. (2012). Thought control: Is it ability, strategies, or both that predict posttraumatic symptomatology in victims of interpersonal trauma? *Journal of Psychopathology and Behavioral Assessment*, 34, 531-541.
 5. Lilly, M. M., & **Valdez, C. E.** (2012). Interpersonal trauma and PTSD: The roles of gender and a lifespan perspective in predicting risk. *Psychological Trauma: Theory, Research, Practice, and Policy*, 4, 140-144.
 4. Lilly, M. M., & **Valdez, C. E.** (2012). The unique relationship of emotion regulation and alexithymia in predicting somatization versus PTSD symptoms. *Journal of Aggression, Maltreatment and Trauma*, 21, 609-625.
 3. **Valdez, C. E.**, & Lilly, M. M. (2012). Emotional constriction and risk for posttraumatic stress: The roles of trauma history and gender. *Journal of Aggression, Maltreatment and Trauma*, 21, 77-94.
 2. **Valdez, C. E.**, Lilly, M. M., & Sandberg, D. A. (2012). Gender differences in attitudinal acceptance of intimate partner violence perpetration under attachment relevant contexts. *Violence and Victims*, 27, 229-245.
 1. Lilly, M. M., **Valdez, C. E.**, & Graham-Bermann, S. A. (2011). The mediating effect of world assumptions on the relationship between trauma exposure and depression. *Journal of Interpersonal Violence*, 26, 2499-2516.
-

BOOK CHAPTERS

- Valdez, C. E.** (2023). Considerations for developing a First Year Seminar on psychological trauma. In E. Stromberg (Ed.), *Trauma-informed pedagogy in higher education: A faculty guide for teaching and learning*. Routledge.
- Valdez, C. E.**, *Totaan, J., *Orlandi, M., *Hetebrink, I. (2022). Development of posttraumatic growth among former gang members leads to messages of wisdom to deter youth gang involvement. In J.A. Jaworski (Ed.), *Advances in sociology research*. Nova Science Publishers, Inc.
- Lilly, M. M., Ivey-Stephenson, A., Graham-Bermann, S. A., London, M. J., & **Valdez, C. E.** (2018). Working with African American Families in the Mom’s Empowerment Program (MEP). In S.A. Graham-Bermann (Ed.), *Culture and intervention for families exposed to intimate partner violence*. Nova Science Publishers, Inc.
-

INVITED PROFESSIONAL TRAININGS & CONTINUING EDUCATION PRESENTATIONS

- 2025 “Advanced Trauma-Informed Strategies for Supporting Domestic Violence Survivors in Unsheltered and Mobile Contexts” — Professional Development Workshop for the San Francisco Department of Public Health, Homeless Outreach Team
- 2025 “Cognitive Processing Therapy for PTSD” (1 CEU) — Sutter Health Psychiatry Grand Rounds / Alta Bates Summit Medical Center Medical Education Department
- 2025 “Vicarious Trauma and How to Heal” — Professional Development Workshop for the Alameda County Victim-Witness Assistance Division
- 2024 “Vicarious Trauma and How to Heal” — Professional Development Workshop for the San Francisco Department of Public Health, Homeless Outreach Team

- 2023 “Cognitive Processing Therapy for PTSD” (8 CEUs) — Alameda County Behavioral Health Clinicians, Mind Matters LLC
- 2022 “Trauma-Focused CBT: Cognitive Processing Therapy” (8 CEUs) — Seneca Centers Clinicians, Mind Matters LLC
- 2022 “Trauma-Focused Cognitive Behavioral Therapy: Cognitive Processing Therapy” (6 CEUs) — Alameda County Behavioral Health Clinicians, Mind Matters LLC
- 2018 “Cognitive Processing Therapy: Successes and Challenges” (2 CEUs) — Mind Therapy Clinic
- 2017 “Trauma Assessment: Using Measures to Guide Treatment” (1.5 CEUs) — Mind Therapy Clinic
- 2015 “Successes and Challenges in Applying Cognitive Processing Therapy: Case Presentation” — Trauma Seminar, Psychosocial Medicine Psychology Training Program, Trauma Recovery Center, University of California–San Francisco
- 2014 “Trauma and Traumatic Stress Assessment” — Trauma Seminar, Psychosocial Medicine Psychology Training Program, Trauma Recovery Center, University of California–San Francisco
-

SELECTED ORAL PRESENTATIONS

- Valdez, C. E.** (2026, April). Courageous care in practice: A Trauma-Informed Pedagogy Certification for faculty. Educational Development and Pedagogical Innovation session presented at the 2026 American Association of Colleges and Universities (AAC&U) Conference on Learning and Student Success (CLASS), Tucson, AZ.
- Valdez, C.E.** (2025, May). Trauma-informed teaching: Building resilient & equitable classrooms. In J. Lovell (chair) *Trauma-informed teaching and promoting wellness in the psychology classroom*. Symposium presented at the annual Western Psychological Association Convention, Las Vegas, NV.
- Valdez, C. E.** (2021, June). “What is trauma?": Challenges and successes in recruiting former gang members for a mixed methods study on psychological trauma and traumatic stress. In J. Shaw (chair), *Recruiting hidden and hard-to-reach populations: Stories from the field*. Virtual symposium presented at the 17th Biennial Conference of the Society for Community Research and Action.
- Alvarez-Bautista, J., Anderson, C., Houchin, Q., Calgano, A., Rodriguez, A., Hernandez, M., D’Costa, S., & **Valdez, C. E.** (2021, February). *Mitigating COVID-19’s differential impact on marginalized students with trauma*. On-Demand Session presented at the National Association for School Psychologists Annual Convention.
- Valdez, C. E.**, (2019, November). *Stages of trauma recovery in former gang members: Leveraging wisdom for social change*. Papers presented at the Virtual Brown Bag Series of the Department of Psychology, Northern Illinois University, DeKalb, IL.
- Valdez, C. E.**, Fields, L., *Conen, K., *Whitney, K. (2018, November). *Posttraumatic distress and barriers to treatment among former gang members: Implications for improving access to traumatic stress resources in marginalized populations*. Oral paper presented at the International Society for Traumatic Stress Studies 34th Annual Meeting, Washington, D.C.
- Valdez, C. E.**, & Lilly, M. M. (2017, November). *The effects of dissociation on analogue trauma symptoms after trauma processing among women with varying histories of lifespan victimization*. Oral paper presented at the International Society for Traumatic Stress Studies 33rd Annual Meeting, Chicago, IL.

- Fields, L., **Valdez, C. E.**, Shumway, M., Murphy, M., Richmond, C., & Boccellari, A. (2015, November). *Communities Healing and Transforming Trauma (CHATT): Development and evaluation of a speakers' bureau for victims of violence*. Panel presented at the International Society for Traumatic Stress Studies 31st Annual Meeting, New Orleans, LA.
- Sherrill, A. M., **Valdez, C. E.**, & Lilly, M. M. (2014, June). *A mindful path to decrease trauma intrusions: Utility and implications of present moment awareness*. In V. Follette (chair) *Mindfulness in ACT: Theoretical and practical implications*. Symposium presented at the Association for Contextual and Behavioral Science (ACBS) 12th Annual Convention, Minneapolis, MN.
- Valdez, C. E.** (2013, May). *Intimate partner violence survivors: Trauma narratives, cognitive schemas, and posttraumatic growth*. Papers presented to the Trauma Services Program, Edward Hines, Jr. VA Hospital, Hines, IL.
- Valdez, C. E.** (2013, March). *From schema reconstruction, to posttraumatic growth, to psychological adjustment over time in trauma survivors: Perspectives from longitudinal research*. Papers presented at the Brownbag Series of the Center for the Study of Family Violence and Sexual Assault, Northern Illinois University, DeKalb, IL.
- Lim, B., **Valdez, C. E.**, & Lilly, M. M. (2012, July). Trauma and cognitions: How do survivors of intimate partner violence make sense of their abuse? In M. M. Lilly (chair) *Cognitive processes in survivors of IPV: Making meaning to IPV perpetration using quantitative and qualitative methodology*. Symposium presented at the International Family Violence and Child Victimization Research Conference, Portsmouth, NH.
- London, M. J., **Valdez, C. E.**, & Lilly, M. M. (2012, July). Schematic response patterns in IPV survivors and posttraumatic distress. In M. M. Lilly (chair) *Cognitive processes in survivors of IPV: Making meaning to IPV perpetration using quantitative and qualitative methodology*. Symposium presented at the International Family Violence and Child Victimization Research Conference, Portsmouth, NH.
- Valdez, C. E.**, Lim, B., & Lilly, M. M. (2012, July). "You build the bottom block as crooked, it's going to make the whole tower crooked": Trajectories of victimization in the lives of IPV survivors. In M. M. Lilly (chair) *Cognitive processes in survivors of IPV: Making meaning to IPV perpetration using quantitative and qualitative methodology*. Symposium presented at the International Family Violence and Child Victimization Research Conference, Portsmouth, NH.
- Lilly, M. M., & **Valdez, C. E.** (2010, July). *Interpersonal trauma and PTSD: The roles of gender and a lifespan perspective in predicting risk*. Paper presentation at the Annual International Family Violence Research Conference, Portsmouth, NH.
- Valdez, C. E.**, & Lilly, M. M. (2010, April). *The mediating effect of world assumptions on the relationship between trauma exposure and depression*. Paper presentation at the Midwestern Psychological Association (MPA) Annual Meeting, Chicago, IL.

SELECTED POSTER PRESENTATIONS (TRAUMA AND PTSD)

(Selected from 50+ poster presentations)

- Totaan, J., Reyes, M., Hetebrink, I. & **Valdez, C. E.** (2019, November). *Development of posttraumatic growth among former gang members leads to messages of wisdom to deter youth gang involvement*. Poster presented at the International Society for Traumatic Stress Studies 35th Annual Meeting, Boston, MA.
- Whitney, K., Stevens, T., Conen, K., Fields, L., & **Valdez, C. E.** (2018, November). *Posttraumatic distress and posttraumatic growth: Narratives and correlates of trauma and community violence exposure in a sample of former gang members*. Poster presented at the International Society for Traumatic Stress Studies 34th Annual Meeting, Washington, D.C.

- Valdez, C. E.**, Kalantar, E., Hebert, C., Conen, K., Whitney, K., & Lemus, C. (2017, November). *Modes of processing traumatic experiences: Self-compassion buffers affective guilt*. Poster presented at the International Society for Traumatic Stress Studies 33rd Annual Meeting, Chicago, IL.
- Valdez, C. E.**, Golubjatnikov, A., Harris, J., Kabutaulaka, G., Martinez, B., & Shumway, M. (2017, April). *Information-processing styles in traumatic-stress related comorbidity and prognosis*. Poster presented at the Anxiety and Depression Association of America (ADAA) Annual Conference, San Francisco, CA.
- Valdez, C. E.**, Shumway, M., Fields, L., Barrantes, M., Biassetto, C., Romo, D., & Valdez, A. (2016, November). *Spanish translation and adaptation of the posttraumatic information processing survey*. Poster presented at the International Society for Traumatic Stress Studies (ISTSS) 32nd Annual Meeting, Dallas, TX.
- Valdez, C. E.**, Fields, L., Boccellari, A., Murphy, M., Richmond, C., & Shumway, M. (2015, November). *Decreasing violence and stigma, increasing awareness of the value of trauma treatment: How does a speakers' bureau of trauma survivors impact audience beliefs?* Poster presented at the International Society for Traumatic Stress Studies (ISTSS) 31st Annual Meeting, New Orleans, LA.
- Sherrill, A. M., **Valdez, C. E.**, & Lilly, M. M. (2014, September). *Dismantling mindful awareness in the context of trauma-related symptomatology*. Poster presented at the 17th International Conference on Violence, Abuse, and Trauma (IVAT), San Diego, CA.
- Valdez, C. E.**, & Lilly, M. M. (2014, August). *Duty-related peritraumatic distress, experiential avoidance, and obesity in 9-1-1 telecommunicators*. Poster presented at the American Psychological Association (APA) 122nd Annual Convention, Washington, D.C.
Outstanding APA Convention Poster Award, Division 56 (Trauma Psychology)
- London, M. J., **Valdez, C. E.**, & Lilly, M. M. (2013, November). *Modeling a Unified Conceptual Framework for Resilience in Trauma Exposed Women*. Poster presented at the Welcome Reception at the International Society for Traumatic Stress Studies (ISTSS) 29th Annual Meeting, Philadelphia, PA.
Welcome Reception Featured Poster for Theory and Traumatic Stress Studies SIG
- Valdez, C. E.**, Lim, B., London, M. J., & Parker, C. (2013, November). *Growing from adversity and psychological adjustment over time in abused foster youth*. Poster presented at the Welcome Reception at the International Society for Traumatic Stress Studies (ISTSS) 29th Annual Meeting, Philadelphia, PA.
Welcome Reception Featured Poster for Intergenerational Transmission of Trauma & Resilience SIG
- Lim, B., **Valdez, C. E.**, & Lilly, M. M. (2011, November). *Shared pathogeneses of post-trauma pathology: Attachment, emotion regulation, and cognitions*. Poster presented at the International Society for Traumatic Stress Studies (ISTSS) 27th Annual Meeting, Baltimore, MD.
- Rosen, C., Greenbaum, M., Laffaye, C., Fitt, J., Norris, V., & **Valdez, C. E.**, (2009, November). *Correlates of mental health care use among VA patients diagnosed with PTSD*. Poster presented at the International Society for Traumatic Stress Studies (ISTSS) 25th Annual Meeting, Atlanta, GA.
- Valdez, C. E.**, & Sandberg, D. A. (2009, September). *An attachment perspective on gender differences in the degree of physical assaults on partners*. Poster presented at the 14th International Conference on Violence, Abuse, and Trauma (IVAT), San Diego, CA.

EDITORIAL/REVIEWER POSITIONS

2014-Present **Reviewer**
2017-2025 ISTSS Conference Proposals
2017, 2019, 2021, 2022, 2025 APA Division 56 Convention Proposals
2017 ADAA Conference Proposals

Ad hoc Reviewer

Journal of Traumatic Stress
Psychological Trauma: Theory, Research, Practice and Policy
European Journal of Psychotraumatology
Review of General Psychology
Current Psychology
Journal of Clinical Psychology in Medical Settings
Mindfulness
Administration and Policy in Mental Health and Mental Health Services Research
Journal of Clinical Psychology
Journal of Affective Disorders
Translational Issues in Psychological Science
Violence against Women
Journal of Traumatic Stress Disorders & Treatment

2014-2017 **Advisory Editor for Book Reviews**
Trauma Psychology News, Quarterly Newsletter of APA Division 56: Trauma Psychology

PROFESSIONAL AFFILIATIONS

American Psychological Association
Division 56: Trauma Psychology
