NEURO EXPERTS®, PC
Clinical, Academic, and Forensic Services

DANIELLE N. ESSES, PsyD
FORENSIC PSYCHOLOGIST

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Dr. Danielle Esses is a licensed clinical and forensic psychologist who specializes in comprehensive psychological evaluations for civil and medico-legal cases, focusing on trauma, PTSD, emotional distress, and psychological injury. She earned her doctorate from the PGSP–Stanford PsyD Consortium and completed advanced training at prestigious institutions, including the Stanford University School of Medicine, Montefiore Medical Center, and the World Trade Center Mental Health Program at Mount Sinai. Her clinical expertise spans complex, high-acuity psychiatric conditions such as borderline personality disorder, anxiety, mood disorders, and suicide risk, with research focused on dialectical behavior therapy (DBT). In her forensic practice, Dr. Esses integrates clinical interviews, psychometric testing, and extensive record reviews to deliver objective, evidence-based opinions regarding psychiatric diagnoses, causation, and functional impairment.

LICENSURE

09/25-Present **Licensed Psychologist, California**
PSY 36160

10/25-Present **Licensed Psychologist, New York**
027627

EDUCATION

2024 **Doctoral of Psychology**
PGSP-Stanford PsyD Consortium (APA Accredited)
Palo Alto University, Palo Alto, CA
Dissertation: *Emotional Acceptance and Change in DBT: Does Order Matter?*
Committee: Janice Kuo, PhD and Debra Kaysen, PhD

2021 **Master of Science, Clinical Psychology**
PGSP-Stanford PsyD Consortium (APA Accredited)
Palo Alto University, Palo Alto, CA

2018 **Bachelor of Science, Psychology**

Tulane University, New Orleans, LA

2016 **Study Abroad**
University of Sydney, Sydney, Australia

HONORS AND AWARDS

2024 Cheryl Koopman Dissertation Award, Palo Alto University
2019-2024 Merit and Diversity Fellowship Award, PGSP-Stanford PsyD Consortium
2021 Student Poster Award, International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT)

AREAS OF PROFESSIONAL INTEREST

Dialectical Behavior Therapy (DBT)
Psychodynamic psychotherapy
Forensic psychological evaluation
Trauma/post-traumatic stress disorder (PTSD)
Borderline personality disorder (BPD)
Suicide, self-harm, and risk assessment

CLINICAL EXPERIENCE

09/25-Present **Licensed Clinical Psychologist & Owner**
Bicoastal Psychology, Los Angeles, CA and New York, NY

Individual Therapy
Within a private outpatient psychology practice, provide psychotherapy, clinical consultation, and psychodiagnostic evaluation to adolescents, young adults, and adults. Integrate evidence-based treatments, including Dialectical Behavior Therapy (DBT) and Cognitive Behavioral Therapy (CBT), with psychodynamic and relational approaches to tailor treatment to the needs of a diverse caseload. Treat individuals presenting with mood and anxiety disorders, trauma-related disorders, personality disorders, emotion dysregulation, complex interpersonal difficulties, and high-risk behaviors. Provide services in person in Beverly Hills and via telehealth throughout California and New York.

Forensic Evaluation
Conduct forensic psychological evaluations and provide consultation for attorneys, courts, and individuals in criminal and civil matters. Evaluate complex mental health presentations involving psychosis, bipolar disorder, trauma-related disorders, substance use disorders, suicidality, and personality pathology. Provide diagnostic clarification, psychological assessment, risk assessment, records review, and psycholegal consultation as relevant to the referral question. Integrate clinical interview data, collateral information, and records into comprehensive, evidence-based reports that emphasize clarity, nuance, and accessibility to legal professionals.

08/24- **Postdoctoral Fellow** (PSB 94028455)

08/25 **CBT California**, Los Angeles, CA

Delivered evidence-based psychotherapies, including DBT, CBT, Exposure and Response Prevention (ERP), and Cognitive Behavioral Analysis System of Psychotherapy (CBASP) to adolescents and adults in an outpatient setting. Maintained a caseload of patients with diverse clinical presentations, including BPD, narcissistic personality disorder (NPD), anxiety and mood disorders, and obsessive compulsive disorder (OCD). Within a comprehensive DBT program, provided individual DBT, led DBT Skills Groups, provided phone coaching, and participated in weekly DBT team meetings. Provided parent coaching to caregivers of individuals with emotion dysregulation. Assessed and managed risk in a high-acuity caseload. Worked collaboratively with external psychiatrists to enhance quality of care. Conducted psychodiagnostic evaluations and developed treatment plans. Taught select DBT didactics. Led an Advanced Clinical Seminar on ethical and legal hazards in private practice settings. Participated in weekly CBASP consultation meetings with treatment developer, Dr. James McCullough. Supervised clinical psychology externs in DBT, CBT, ERP, and CPT. Contributed to research projects, including leading a poster presentation.
Supervisor: Alexandra King, PhD
Hours/week: 40

08/24-
08/25 **Editorial Assistant**
DBT Bulletin, *Remote*

Collaborated with the editorial team to review submissions for a publication that highlights clinical application and innovation in DBT. Liaised with contributors and reviewers to support the peer review process.
Supervisor: Lynn McFarr, PhD
Hours/week: 1

07/23-
06/24 **Intern**
Department of Psychiatry and Behavioral Sciences
Montefiore Medical Center
Albert Einstein College of Medicine, Bronx, NY

Provided evidence-based services in a variety of specialty clinics listed below. Served a population of culturally diverse and largely underserved individuals with varying diagnostic comorbidities and levels of acuity. Attended weekly didactics, covering topics relevant to interns within adult, child, and neuropsychology specializations. Attended Department of Psychiatry grand rounds.
Hours/week: Various rotations occurred simultaneously and total hours/week was 40.

***Consultation and Liaison Service (C/L)*: 3 months**
Conducted rapid diagnostic evaluations, assessed psychiatric risk, and provided brief interventions and psychoeducation to medically-compromised patients. Collaborated with multidisciplinary teams, including physicians and social workers, to coordinate patient care and support illness adjustment. Presented to psychiatry team to enhance staff understanding of and compassion for patients with BPD and to promote the use of DBT-informed care in the C/L setting.
Supervisor: Brett Simpson, PsyD

Transplant Psychology Service: **3 months**
Conducted pre-surgical evaluations for prospective kidney and liver transplant recipients, and living donors. Provided brief psychological intervention for patients who were hospitalized following transplant. Provided weekly individual psychotherapy for a patient with binge eating disorder who was working toward approval for bariatric surgery. Collaborated with multidisciplinary teams, including physicians and social workers, to coordinate patient care and support patient adjustment pre- and post-transplantation. Attended kidney selection and liver selection meetings.
Supervisor: Lisa Teh, PhD

Psychiatric Observation Suite: **4 months**
Conducted rapid diagnostic evaluation, suicide and violence risk assessment, crisis intervention, and disposition planning in the psychiatric emergency room. Interviewed collateral sources to support diagnostic assessment, risk assessment, and disposition planning. Worked closely with supervising psychiatrists and integrated psychiatric and psychological recommendations to optimize patient care. Provided brief psychological intervention and psychoeducation. Collaborated with an interdisciplinary team, including attending physicians, resident physicians, nurses, psychiatric technicians, medical students, social workers, and security personnel.
Supervisors: Rebecca Klein, MD (primary); Joan Gerbasi, MD; Paroma Mitra, MD; Adele Munsayac, MD

Elective: Dialectical Behavior Therapy for Adolescents (DBT-A): **12 months**
Participated in the Child Outpatient Psychiatry Division's DBT-A consultation team. Provided individual psychotherapy and 24/7 phone coaching to an adolescent within a fully adherent DBT-A program. Coordinated with the patient's parent when appropriate to optimize safety and treatment generalization. Collaborated with the patient's psychiatrist, a child psychiatry fellow. Participated in weekly DBT didactics.
Supervisors: Maria Alba, PsyD & William Buerger, PsyD

Klau 2, Adult Inpatient Psychiatry: **3 months**
Provided diagnostic assessment, crisis intervention, treatment planning, and both individual and group psychotherapy to multi-diagnostic adult psychiatric inpatients of both voluntary and involuntary statuses. Interviewed collateral sources to support diagnostic assessment, risk assessment, and disposition planning. Encouraged insight building, skill building, and safety planning using integrative treatment approaches in individual psychotherapy. Co-led Yalom-style interpersonal process groups with an intern-year resident physician. Participated in interdisciplinary treatment team meetings with attending physicians, resident physicians, nurses, psychiatric technicians, medical students, and social workers. Managed crises by implementing verbal and behavioral de-escalation strategies with the support of treatment teams and security personnel when appropriate. Created behavior plans for patients at high risk of harm to self or others while on the unit. These plans aimed to increase consistency and cohesion of care teams to optimize contingency management and patient skill generalization.
Supervisor: Sharon Spitzer, PsyD

Adult Outpatient Psychiatry Division: **6 months**

Maintained a caseload of 16 patients with anxiety and mood disorders, OCD, SMI, trauma-related disorders, and personality disorders. Treated patients using psychodynamic, CBT, and DBT modalities, with respective supervision for each. Conducted psychodiagnostic intake evaluations. Conducted evaluations for gender-affirming medical procedures for transgender and gender non-binary (TGNB) patients. Participated in weekly case conferences, bi-weekly staff meetings, and weekly TGNB consultation meetings.
Supervisors: Shahab Motamedinia, PhD; Simon Rego, PsyD; and Denise Guarino, PsyD

07/22-
06/23 **Practicum Student**
World Trade Center Mental Health Program
Icahn School of Medicine
Mount Sinai Hospital, New York, NY
Provided psychodynamically-oriented and trauma-informed individual and group psychotherapy to individuals who were first responders after the 9/11 terrorist attacks at the World Trade Center (WTC). Most patients were diagnosed with PTSD and with WTC-linked medical conditions. Co-led process group for individuals with chronic medical conditions and personality traits that led to difficulty managing medical problems and maintaining social supports. Conducted psychodiagnostic intakes that included the PCL-5, with an emphasis on determining whether symptoms were meaningfully-linked to 9/11. Participated in staff meetings and case conferences. Administered cognitive and personality assessments and wrote an integrated report. Assessments included the PAI, MoCA, WAIS-IV, CAPS-5, THQ, and WMS-IV. Received individual and group supervision.
Supervisors: Joshua Stieber, PhD; Kelby Skelton, MD; Peter Glick, PhD; and Robin Brody, PsyD
Hours/week: 20

05/22-
06/26 **Study Rater**
Alto Neuroscience, Los Altos, CA
Administered assessments via video conferencing as an independent rater for a de-centralized clinical trial investigating the efficacy of an atypical antidepressant in reducing major depressive symptoms. Assessments administered included SCID-5, ATRQ, PHQ-9, CHRT-C, MADRS, HDRS, and CGI-S.
Supervisor: Fadi Abdel, MD
Hours/week: 5

08/21-
06/22 **Practicum Student**
Women's Enrichment Center
Star Vista, San Carlos, CA
Provided individual psychotherapy, using predominantly DBT, CBT, and CPT to women with substance use disorders in an intensive outpatient setting. Some clients were court-mandated for treatment and the majority had complex trauma histories. Substance use treatment was provided through both abstinence-based and harm reduction lenses, depending on client preference. Independently led DBT skills groups and co-led relapse prevention, interpersonal communication, grief and loss, and intergenerational trauma psychotherapy groups. Provided crisis intervention. Conducted assessments using SCID-5, PAI, PAS, MoCA, SLUMS and self-report symptom measures. Completed integrated reports. Communicated with multidisciplinary providers, including residential treatment teams and psychiatrists. Received individual and group supervision.

Supervisor: Nancy Quiggle, PhD
Hours/week: 20

07/20-
06/21 **Practicum Student**
Mental Health Clinic
VA Palo Alto Health Care System, Menlo Park, CA
Provided individual psychotherapy, using predominantly CBT, DBT, and CPT to Veterans in an outpatient setting with a wide range of diagnoses. These included, anxiety, depressive, trauma- and stressor-related, psychotic spectrum, and personality disorders. Conducted structured clinical interviews using SCID-5 for intakes. Conducted abbreviated psychological assessment battery via telehealth using the CVLT-II, WAIS-IV, WASI-II, DKEFS, and Clock Drawing Task. Mood and personality measures administered verbally due to limitations of telehealth included MMPI-II, BAI, and BDI-II. Completed integrated report. Communicated and coordinated with providers within a multidisciplinary treatment setting. Received individual and group supervision.
Supervisors: Erin Heinemeyer, PsyD; Sharon Humphrey, PsyD; Axel Valle Alerhand, PsyD
Hours/week: 16

06/20-
05/21 **DBT Practicum Student**
Psychosocial Treatment Clinic
Department of Psychiatry and Behavioral Sciences
Stanford University School of Medicine, Stanford, CA
Co-led DBT skills group for young adult and adult patients via telehealth. Participants presented with personality, anxiety, and depressive disorders and frequently comorbid trauma histories. Rotated among teaching skills, leading mindfulness practice, and leading homework review. Managed crisis situations that arose during group by calling distressed participants and encouraging practice of DBT skills that would promote return to group. Conducted group intakes guided by Marsha Linehan's biosocial theory of emotion dysregulation/BPD. Received weekly individual supervision and didactics.
Supervisor: Elsa Rojas, PhD
Hours/week: 2.5

06/20-
12/20 **CBT Practicum Student**
Functional Neurological Disorder (FND) Track
La Selva Group, Palo Alto, CA
Co-led CBT skills group via telehealth for young adult and adult patients with FND (and often trauma histories) in a residential treatment setting. Led homework review and alternated teaching CBT skills with supervisor. Received weekly individual supervision.
Supervisor: Juliana Lockman, MD
Hours/week: 2

RESEARCH EXPERIENCE

07/21–
06/23 **Dissertation in Clinical Psychology**
PGSP-Stanford PsyD Consortium, Palo Alto, CA
Title: *Emotional Acceptance and Change in DBT: Does Order Matter?*

As described by Linehan (1993), "Therapeutic change can only occur in the context of acceptance of what is; however, 'acceptance of what is' is itself change." This study examined the sequential nature of acceptance- and change-based emotion regulation strategies during DBT treatment, including how these mechanisms unfold and influence each other. It utilized secondary analyses of a single-blinded, randomized clinical trial examining the clinical and cost-effectiveness of 20 weeks of DBT-Skills Training versus a Waitlist Control. Indirect effects of emotion regulation facets on the relationship between treatment condition and clinical outcomes were assessed using serial mediation analyses.
Committee: Janice Kuo, PhD and Debra Kaysen, PhD
Defended: June 2023

11/19-06/24 **Research Assistant**
Borderline Personality Disorder, Emotion Science, and Treatment (BEST) Lab
Palo Alto University, Palo Alto, CA
Prepared posters related to childhood trauma, BPD, emotion regulation, and DBT. Contributed to design of an experimental task to measure emotion regulation in a group of self-harming individuals. Assisted with IRB preparation. Assisted with preparation of an NIH grant application for a pilot study examining the use of Cognitive Processing Therapy (CPT) for individuals with comorbid post-traumatic stress disorder (PTSD) and BPD. Completed assessment trainings for CAPS-5, SCID-5, IPDE, LSASII, and SASII. Participated in didactics covering DBT theory and techniques.
Principal Investigator: Janice Kuo, PhD

03/21-09/21 **Research Assistant**
Psychological Distress in Parents of Premature Infants Lab
Lucile Packard Children's Hospital
Stanford University School of Medicine, Palo Alto, CA
Conducted literature review and led the development of a short-term treatment protocol for the prevention of PTSD in parents who receive a prenatal diagnosis of fetal abnormality. This protocol integrates facets of Cognitive Behavioral Conjoint Therapy (CBCT), Interpersonal Therapy (IPT), and CBT.
Principal Investigator: Richard Shaw, MD

06/18-06/19 **Research Assistant**
Child Outpatient Psychiatry Division (COPD)
Department of Psychiatry and Behavioral Sciences
Montefiore Medical Center
Albert Einstein College of Medicine, Bronx, NY

Anxiety and Mood Program (AMP)
Entered clinical assessment data into database. Recorded clinical information reported during AMP rounds. Contributed to ongoing research project investigating discrimination and mental illness in adolescents. Responsibilities included administering consent protocol, analyzing data, and contributing to a poster presentation. Recruited participants and administered consent protocol for a study investigating the role of clergy members in emotional health experiences of Bronx youth.
Principal Investigator: Sandra Pimentel, PhD

Arts and Integrative Medicine Program (AIM)

Contributed to curriculum development of Visual Arts, and Body Regulation and Movement Group therapies for a culturally diverse adolescent population. Advocated for and organized installation of permanent exhibition space in Montefiore's lobby for the artwork of AIM participants. Facilitated planning of hospital-wide events that recognized AIM as an adjunctive treatment modality at Montefiore, and celebrated clients' artwork and success stories. Participated in team meetings with the Chair of the Department of Psychiatry, Dr. Jonathan Alpert. Contributed to development of IRB proposal for use of virtual reality as an exposure treatment for children with social anxiety disorder. Contributed to application for grant to fund AIM's art therapy groups and research initiatives.
Principal Investigator: Jenny Seham, PhD

PRESENTATIONS

Christensen, K., **Esses, D. N.,** & Kuo, J. (18 November, 2021). *The Differential Effects of Childhood Trauma Predicting Features of Borderline Personality Disorder*. [Poster Presentation]. International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Virtual.

Esses, D. N., Christensen, K., & Kuo, J. (18-21 November, 2021). *Delineating the Relationship Among Childhood Emotional Abuse, Emotion Dysregulation, and BPD.* [Poster Presentation]. Association for Behavioral and Cognitive Therapies, Virtual.

Esses, D. N., & Kuo, J. (17 November, 2022). *Pain Plus Non-Acceptance Equals Suffering: Dimensions of Emotion Dysregulation Explain the Relationship Between Childhood Trauma and BPD Severity.* [Poster Presentation]. International Society for the Improvement and Teaching of Dialectical Behavior Therapy, New York, NY, United States.

Esses, D. N., Polanco-Roman, L., Bihun, C., Klimek, B., Dackis, M., & Pimentel, S. (15-18 November, 2018). *Does Racism Impact the Mental Health of Teenagers?* [Poster Presentation]. Association for Behavioral and Cognitive Therapies, Washington, DC, United States.

Esses, D.N. & Rosenberg, J. (12 August, 2024). *Keys to success in handling surgical anxiety* [Video]. American Academy of Ophthalmology. https://www.aao.org/education/resident-lectures video/keys-to-success-in-handling-surgical-anxiety-day-o

Esses, D.N. Sherrill, C., Shorter, P., Montgomery, R., King, A., Drake, B., McFarr, L. (2025). *Emotion Dysregulation in SGM Individuals: Evidence for the Efficacy of DBT.* [Poster Presentation]. Submitted to the Associated for Behavioral and Cognitive Therapist, New Orleans, United States.

Rosenberg, J. & **Esses, D.N.** (October 2025). *Keys to Success in Handling Surgical Anxiety.* Invited speaker at the symposium *Surgical Performance Anxiety: Recognizing and Addressing Task-Related Stress in Trainees and Practicing Ophthalmologists* (SYM05), American Academy of Ophthalmology (AAO) Annual Meeting, Orlando, FL.

Yangchen, T., **Esses, D. N.**, Rodrigues, G., & Seham, J. (6-9 August, 2020). *The Impact of Patient Artwork on Mood and Perceptions of a Hospital Community.* [Poster Presentation]. American Psychological Association Convention, Virtual.

PUBLICATIONS

Esses, D. N., McMain, S., Kuo, J. *How Does DBT Improve Self-Harm? The Sequential and Dialectical Impacts of Acceptance and Change-based Emotion Dysregulation.* Manuscript under review at Journal of Personality Disorders.

Stoltenberg, J. & **Esses, D.N.** (2022). When Ethical Perspectives Collide: Navigating Supervisor-Supervisee Discrepancy as a Trainee*. The California Psychologist, 56*(4).

TEACHING EXPERIENCE

10/23-07/24 **Programming Assistant**
Arts and Integrative Medicine Program (AIM)
Montefiore Medical Center, Bronx, NY
Designed and taught a didactic course to Albert Einstein College of Medicine first year medical students, who were participating in AIM as part of a service-learning course. Course covered topics related to trauma and trauma-informed care.
Supervisor: Jenny Seham, PhD

Teaching Assistant
Palo Alto University, Palo Alto, CA

04/22-06/22 ***Cognitive Behavioral Therapy II***
Clinical Psychology PhD Program
Attended classes, answered questions related to course content, evaluated course performance, and collaborated with professor for course planning for second year graduate students.
Instructor: Janice Kuo, PhD

01/22-03/22 ***Affective Bases of Behavior***
Clinical Psychology PhD Program
Answered questions related to course content, evaluated course performance, and collaborated with professor for course planning for first year graduate students.
Instructor: Janice Kuo, PhD

09/21-12/21 ***Brief Psychodynamic Psychotherapy***
PGSP-Stanford PsyD Consortium, Palo Alto, CA
Gained experience in developing syllabus, answering questions related to course content, evaluating course performance, and collaborating with professor for session planning for second year graduate students.
Instructor: Jonathan Peretz, PsyD

SERVICE

07/21-09/23 **Student Member**
Ethics Committee

California Psychological Association
Attended bimonthly Ethics Committee meetings. Gained exposure to discussions of ethical issues that arose in psychologists' ethics consultations. Participated in review of relevant legal and ethical issues. Gained exposure to discussions of activities of the Board of Psychology, including present or future regulations. Published an article for "Ethics Corner" in *The California Psychologist.*

SELECT PROFESSIONAL TRAININGS ATTENDED

3/26 **Evaluation of Mental State at the Time of the Offense (Insanity/Criminal Responsibility)** (15 hour training)
Facilitator: Ira Packer, PhD

3/26 **AAFP: Assessment of Competence to Stand Trial** (4 hour training)
Facilitator: Lori Hauser, PhD, ABPP

3/26 **Effective Expert Testimony for Forensic Evaluation** (10 hour training)
Facilitator: Randy Otto, PhD, ABPP

3/26 **Report Writing for Forensic Evaluation** (10 hour training)
Facilitator: Randy Otto, PhD, ABPP

1/26 **Evaluation of Risk for Violence Using the HCR-20 Version 3** (20 hour training)
Facilitators: Stephen Hart, PhD; Laura Guy, PhD; Kevin Douglas, PhD

1/26 **Evidence for Forensic Mental Health Professionals** (10 hour training)
Facilitator: Dr. David DeMatteo

11/25 **3-Day Intensive Workshop: Prolonged Exposure for PTSD** (19.5 hour training)
Facilitators: David Yusko, PsyD; Christina DiChiara, PsyD; Steve Tsao, PhD; Shannon Murphy, PhD

10/24 **Jump Start in DBT** (15 hour training)
Facilitator: Shari Manning, PhD

10/24 **Cognitive Processing Therapy for PTSD** (13 hour training)
Facilitator: Christinia DiChiara, PsyD

09/24 **4-Day Intensive Workshop: Exposure and Response Therapy for OCD** (27 hour training)
Facilitators: Steven Tsao, PhD; David Yusko, PsyD; Christina DiChiara, PsyD; Shannon Murphy, PhD

PROFESSIONAL AFFILIATIONS

2021-present Association for Behavioral and Cognitive Therapies (ABCT)
2025-present American Psychological Association (APA)
2025- present Los Angeles County Psychological Association (LACPA)

2025-present New York State Psychological Association (NYSPA)