

DANIELLE MASON (SHE/HER)

Licensed Psychologist

CA #31304 / TX #39723 / LA #1741



## SUMMARY

Clinical & research interests: PTSD, substance use, and co-occurring mental health conditions, integration of non-traditional approaches with evidence-based psychotherapy practices, and death and dying

Populations of Interest: Veterans, activists, caregivers, and health care workers

---

## EDUCATION

**University of Southern Mississippi (USM), 2013 - 2018**

Doctor of Philosophy in Counseling Psychology (APA-Accredited)

**University of Louisiana at Lafayette (ULL), 2008 - 2012**

Bachelor of Science in Psychology, Minor in Sociology

---

## CURRENT WORK EXPERIENCE

**CEO & Founder, 2019 - Present**

Illuminence Therapy & Consulting, LLC

- Provide trauma-focused psychotherapy that integrates somatic, liberation, and evidence based practices
  - Perform independent mental health evaluations for veterans at the request of third-party entities (e.g., general mental health and PTSD evaluations, DBQs, and Nexus Letters)
  - Provide consultation services to organizations and corporations interested in increasing the awareness of various mental health topics for their employees
-

## **PREVIOUS CLINICAL EXPERIENCE**

### **Research Psychologist, 2020 - 2025**

San Francisco Veterans Health Care System

- Co-investigator on a research project focused on the experiences of racial trauma among Black Veterans in the context of trauma-focused treatment using quantitative and qualitative research methods
- Conduct phone screenings and qualitative interviews with Black veterans
- Co-develop study protocol, procedures, and analysis framework

### **Lead Mental Health Coach, 2022 - 2024**

Black Girls Breathing, Inc.

- Conduct monthly mental health related facilitated discussions exclusively for Black women

### **Group facilitator, 2019 - 2023**

Lyra Health

- Lead facilitated discussions focused on various mental health topics
- Topics have included: Mental Health Awareness for Black Employees, Mental Health Awareness & Coping for DEI practitioners, Asian and Black Solidarity, Racial Trauma & Resiliency, Pride: LGBTQ+ Mental Health & Resilience, Grief and loss support

### **Clinical manager of Culturally Responsive Care (CRC), 2021 - 2023**

Lyra Health

- Key thought leader to develop strategy for CRC initiatives across clinical programs related to training and education of providers, consultation for clinical supervisors, and data driven monitoring of clinical quality standards
- Managed 2 direct reports in the implementation of CRC projects and initiatives
- Primary thought leader and strategic partner in the development of the Associate Fellowship/Training Program aimed to address racial disparities in the field by licensing BIPOC associate social workers in CA
- Cross functional collaborator with clinical, operational, and business teams on various clinical efforts:

- Collaborative partner with clinical quality, clinical product and user research teams to develop and integrate a qualitative measurement of CRC into online therapy and coaching platform
- Co-developer with clinical product to create digital lessons and content related to CRC, such coping with racial microaggressions
- Key strategic partner and clinical consultant to the DEIB team
- CRC Spokesperson for public facing events, such as panel discussions, current and prospective customer presentations and Lyra's annual virtual conference
- Clinical Subject Matter Expert on marketing and communication projects related to public facing content on CRC

### **Clinical Manager of DEIB (CRC), 2020 - 2021**

Lyra Health

- Primary thought leader in visioning for Enhanced Access project aimed at financially supporting BIPOC clinicians interested in starting a private practice
- Developed, implemented, and managed the Lyra Ambassador program for recruitment of BIPOC providers into the network
- Worked cross-functionally to develop, implement, and managed clinical DEIB initiatives (e.g., recruitment and retention of diverse providers, creation of affinity groups to build community among providers)
- Facilitated group discussions and informational panels focused on various mental health topics (e.g., coping and healing from racial and intergenerational trauma, navigating the workplace as a racial/ethnic minority, managing productivity and stress in COVID) for employee resource groups and teams of Lyra's customer companies

### **Clinical Quality Supervisor, 2019 - 2020**

Lyra Health

- Managed clinical care of 15-20 providers as it relates to quality assurance purposes
- Provided on-going individual and group clinical consultation
- Provided teletherapy services via Lyra's online platform using evidence-based practices for various mental health conditions

### **Co-occurring PTSD and Substance Use Disorders Psychology Fellow, 2018 - 2019**

San Francisco VA Health Care System (APA-Accredited)

- Provided individual and group psychotherapy for a diverse veteran population (e.g., race/ethnicity, gender, sexual/affective orientation, ability status, SES) with diagnoses of PTSD and co-occurring substance use disorders. Additional trauma presentations include moral injury, complex and/or developmental trauma presentations.
- Integrated CBT and psychodynamic approach for time-limited and long-term trauma recovery within a phase-based model

### **Predoctoral Psychology Intern, 2017 - 2018**

Southeast Louisiana VA Health Care System (APA-Accredited)

- Provided individual and group psychotherapy for a diverse veteran population presenting with a range of mental health concerns (e.g., PTSD, complex/developmental trauma, mood disorders, substance use disorders, serious mental illness)
- Co-developed, coordinated, and evaluated an 11-month treatment program that emphasizes an interprofessional approach to providing patient-centered and holistic care to veterans with PTSD using the Whole Health paradigm and modules
- Developed and led a 10-week DBT skills group for women veterans with mood disorders
- Rotations included: General PTSD, PTSD and Co-Occurring SUDs, Community Based Outpatient Clinic, General Mental Health, Psychosocial Rehabilitation

---

### **CLINICAL SUPERVISORY EXPERIENCE**

#### **Postdoctoral Clinical Supervisor, 2018 - 2019**

San Francisco VA Health Care System

- Supervised (e.g., weekly individual or group supervision, reviewed audio recordings of therapy sessions, live supervision) psychology trainees and psychiatry residents using the Integrated Developmental Model

#### **Doctoral Supervisor Assistant, 2016 - 2017**

USM Department of Counseling Psychology

- Supervised (e.g., weekly individual supervision, reviewed video recordings of therapy sessions) paraprofessional master's and doctoral student counselors using the Integrated Developmental Model

---

## RESEARCH EXPERIENCE

### Research Grants

#### **Heart & Armor Foundation, 2020 - Present**

Study Title: Trauma, Race, and Healing: A Qualitative and Quantitative Assessment of Traumatic Stress Treatment in Veterans

### Manuscripts in Progress

Hubbard, A., Cottonham Mason, D., Huggins, J., Purcell, N., Burkman, K., Ranney, R., Akman, E., & Maguen, S. Addressing Race-Based Trauma for Black Veterans Engaged in PTSD Evidence-Based Psychotherapy.

### Manuscript Submitted for Publication

Ranney, R., Jun, H., **Cottonham, D.**, Hubbard, A., Huggins, J., Purcell, N., Burkman, K., & Maguen, S. (accepted). Experiences of Providers Delivering Evidence-Based Psychotherapy for PTSD to Black Veterans: A Qualitative Study. *Psychological Services*.

### Manuscripts Published

Maguen, S., Batten, A., Hubbard, A., Holder, N., Burkman, K., **Cottonham, D.**, Purcell, N., Mehlman, H., & Shiner, B. (2023). Advancing health equity by understanding race disparities and other factors associated with PTSD symptom improvement following evidence-based psychotherapy. *Journal of anxiety disorders*, 98, 102747.

Owusu, J. T., Wang, P., Wickham, R. E., **Cottonham, D.P.**, Varra, A. A., Chen, C., & Lungu, A. (2023). Blended Care Therapy for Depression and Anxiety: Outcomes across Diverse Racial and Ethnic Groups. *Journal of racial and ethnic health disparities*, 10(6), 2731-2743.

**Cottonham, D.P.**, Madson, M.B., Nicholson, B.C., & Mohn, R.S. (2018). Harmful alcohol use and alcohol-related sex expectancies as predictors of risky sex among African American female college drinkers. *Journal of Ethnicity and Substance Abuse*, 17, 389-400.

### **Professional Conference Posters & Presentations**

- O'Reilly, M., Harrison, L., **Cottonham, D.**, Warner, A., & Turner, E. (August 2023). Therapy that can hear us: Infusing liberation psychology into CBT for Black clients. Symposium presented at the American Psychological Association Conference. Washington, D.C.
- Uddo, M., Stockdreher, T., **Cottonham, D.**, Ball, J., Cuccurullo, L., Dewey, D., Hamilton, M., & Walton, J. (November 2018). Whole Health for Trauma Recovery: A Pilot Program. Poster presented at the International Society for Traumatic Stress Studies Conference. Washington, D.C.
- Villarosa – Hurlocker, M., Madson, M., **Cottonham, D.**, & Moorer, K. (August 2018). Who are safe drinkers? Within-group differences in protective strategy use. Presentation at American Psychological Association. San Francisco, CA.
- Uddo, M., Stockdreher, T. & **Cottonham, D.** (June 2018). Whole health for trauma recovery. Presentation at National Alliance on Mental Illness Conference. New Orleans, LA.
- Cottonham, D.**, Madson, M. B., Nicholson, B., & Mohn, R. (March 2016). Alcohol-related sex expectancies and risky sex among African American female college drinkers. Poster presented at the South Eastern Psychological Conference. New Orleans, LA.
- Cottonham, D.**, Scully, K., Madson, M. B., & Ziegler-Hill, V. (March 2016). Injunctive drinking norms, protective behavioral strategies, and alcohol-related outcomes among African American college students: The moderating role of gender. Poster presented at the South Eastern Psychological Conference. New Orleans, LA.
- Villarosa, M., **Cottonham, D.**, Carroll, M., Madson, M. B., & Ziegler-Hill, V. (March 2016). Drinking context and alcohol-related outcomes: Does protective behavioral strategies moderate the association? Poster presented at South Eastern Psychological Association. New Orleans, LA.
- Kison, S. D., **Cottonham, D.**, Winner, N., Nicholson, B.C., Madson, M. B., & Mohn, R. S. (March 2014). Differences in the influence of parenting on protective behavioral strategy use and alcohol consumption among African American and White non-Hispanic students. Poster presented at the International Counseling Psychology Conference. Atlanta, GA.
- Griffin, K., Landry, K., Blount, H., Nelson, R., Cottonham D., Protti, T., & Brown, A. (February

2012). Exposure to negative victim attitudes, rape myth acceptance, and judgment of rape victims. Poster presented at the Louisiana Psychology Association Conference (LPA). Baton Rouge, LA.

### **Research Scholarships**

#### **Graduate Student Research Award on Minority Issues, 2016**

1st place recipient of the Committee on Equality of Professional Opportunity for the Southeastern Psychological Association

#### **USM Committee on Services and Resources for Women, 2016**

Recipient of the Peggy Jean Connor Research Award

### **Research Lab Experience**

#### **USM Behavioral and Alcohol Research Lab, 2013 - 2017**

- Completed independent dissertation and master's thesis project
- Participated in collaborative research projects examining topics such as drinking context, use of protective behavioral strategies, and negative outcomes among college students
- Participated in and periodically led weekly journal club meetings to discuss articles related to substance use among college students

#### **USM Health Ethnic Racial Disparities Lab, 2014 - 2015**

- Assisted in qualitative and quantitative research focused on HIV stigma among African American males seeking services from health providers
- Conducted pilot interviews with HIV positive African American men who have sex with men
- Provided feedback on studies exploring acculturation differences among Vietnamese families and elderly abuse among Vietnamese women

#### **ULL Sexual Violence Research Lab, 2011 - 2012**

- Participated in weekly meetings and discussions focused on research related to sexual victimization, perceptions on rape, social norms, and stigma
- Assisted in social experiments with college students that focused on perceptions of rape and level of rape myth acceptance

#### **ULL McNair Scholarship Research Project, 2011-2012**

- Presented research paper and proposal to committee about self-esteem, sexual

## **TEACHING EXPERIENCE**

### **Adjunct Instructor, Present**

Muhlenberg College - Department of Graduate and Continuing Education

Title: The Psychology of Discrimination

- 14-hour virtual graduate course on the social psychological research that explores racism, sexism, and other forms of discrimination in our world
- Key objectives: Explore and critically evaluate theories and research related to the psychological processes of discrimination; examine the impact experiences of discrimination and inclusion have on mental health; discuss how a liberation-based approach can be used to foster healing and social change within our communities

### **Instructor, 2021 - Present**

Smith College School for Social Work

Title: From Surviving To Thriving: Treatment Considerations for Race-Based Traumatic Stress

- 9-hour virtual course on broadening the understanding and treatment of race-based traumatic stress (RBTS) within a historical and sociocultural context for continuing education of licensed clinical social workers
- Key Objectives: integrating social justice principles into clinical practice, theoretical perspectives for case conceptualization, assessment tools, challenges in assessment and diagnosis, and clinical implications and interventions for treatment

### **Instructor - 2019 - 2021**

University of California at Berkeley - Adult Extension

Title: Treatment Considerations for Race-Based Traumatic Stress & Substance Use

- 8-hour in-person or virtual seminar on treatment considerations for race-based traumatic stress (RBTS) and substance use disorders for mental health professionals enrolled in the trauma treatment program
- Key Objectives: Review theoretical perspectives for co-occurring trauma and substance use, identify challenges in diagnosis and treatment in RBTS and co-occurring substance use, differentiate RBTS from other trauma-related



disorders, and increase awareness for the role of clinician's intersecting identities in treatment

**Co-Instructor, 2018 -2019**

San Francisco VA Health Care System

Title: Cognitive Processing Therapy (CPT) Seminar

- Co-developed weekly didactic curriculum for a seminar that focused on appropriately adapting CPT protocol to include relapse prevention and specialty topics (e.g., moral injury, race-based traumatic stress) for psychology interns
- Key Objectives: Overview of underpinning cognitive theories, discuss clinical considerations and adaptations while maintaining fidelity to the treatment model, clinical consultation/supervision on CPT cases

**Graduate Instructor, 2015 - 2017**

University of Southern Mississippi

Title: Online Alcohol & Substance Intervention

- Online undergraduate course taught approximately 25 students through Blackboard
- Key objectives: Understand the physiological and psychological impact of substance use, discuss current theoretical perspectives on substance use, identify assessment and prevention/intervention methods, and critically analyze how course material relates to real-world situations

Title: Psychology of Personality

- In-person undergraduate course taught to approximately 30 students through Blackboard
- Key Objectives: Discuss relevant historical context related to the development of personality theories, critically analyze various theoretical perspectives on personality development, and demonstrate how course material relates to real-world situations

---

**PRESENTATION EXPERIENCE**

**Estee Lauder Companies Presenter, 2021 - Present**

Title: From Every Chair: Unpacking and Driving Awareness of Racial Trauma

- Multiple sessions focused on the impact of racism on mental health and the role of anti-oppressive mentorship

Title: Mental Health Awareness Month Conversation: Honoring the Mind, Body, and Spirit of the Black Community

- Panel discussion on the historical context of mental health in the Black community, the impact of racial trauma, and how to integrate holistic well-being and mindfulness practices into your life.

Title: Network of Black Leaders and Executives (NOBLE) Healing Session

- Presented on the differences between self-care and radical healing, indicators of needing mental health support, what to expect in therapy, factors to consider when choosing your therapist and how to find a culturally responsive therapist

#### **Kaiser Permanente Presenter, 2022**

Mental Health & Addiction Symposium

Title: Culturally Responsive Care: Integration of an Anti-Oppressive Framework

- 60-minute presentation to mental health practitioners on the theoretical underpinnings of culturally responsive clinical practice and the development of anti-oppressive clinical skills

#### **Welleo Health Presenter, 2020**

Wellness Reset Summit

Title: This Is Our Home: Addressing Systemic Racism through Healing and Allyship

- Presented on systemic racism, coping and healing for communities of color, and allyship to an audience of mental health professionals and the general public

#### **Lyra Health Presenter, 2019**

Title: Understanding Implicit Bias

- Presented on implicit bias, the implications of bias in therapy, and recommendations on how to address implicit bias as an organization to the company at-large

---

### **BRAND AMBASSADOR EXPERIENCE**

#### **Board Memberships**

**Board Member - Secretary, 2022 - 2025**

Black Women's Mental Health Institute

- Support in organizational governance strategic planning, financial oversight, organizational assessment, and fund development
- Serve an ambassador for the mission of mental health awareness and support for Black women and girls

### **Discussion Panels & Interviews**

#### **Lyra Health**

- NEBH Battling Racial Health Disparities in Employer-Sponsored Healthcare
- Putting the I and B in DEI&B: Next Steps towards Inclusion, Belonging, and Employee well-being
- Integrating Diversity and Inclusion in Employee Mental Health Strategy
- Black + Equity Series: Mental Health Awareness
- Employee Well Being: Would you recommend your workplace to a friend?
- For Providers: Culturally Responsive Care
- A Conversation on The state of Mental Health in 2020

### **Blog Posts**

#### **Lyra Health**

- What's Causing the Shortage of Diverse Mental Health Providers?
- Why Culturally Responsive Care Must be Part of your Mental Health Benefits Strategy
- 8 Steps Employers Can Take to Support Women in Their Workforce
- Why Inclusion and Belonging Needs to be Part of Your Well-Being Strategy

### **Podcasts**

#### **Lyra Health**

- Featured on "Melaninated Mental Health" Podcasts
- Featured on Health Benefits Series: Mental Health Education

---

## **SELECTED PROFESSIONAL SERVICE & OUTREACH**

### **Professional Mentor, 2014-Present**

- Mentor undergraduate and graduate students on conducting independent research projects, exploring career goals and other graduate school related topics (e.g., navigating relationships, advocating for opportunities, developing a self-care plan

### **Mentor, 2021 - 2022**

California Association for Licensed Professional Clinical Counselors (CALPCC)

- Provide educational and developmental advice and guidance on how mentees can achieve their personal and professional goals
- Specifically paired with mentees looking to connect with a Black woman mentor

### **Ladies' Night: Celebrating Women Veterans, 2018**

Southeast Louisiana Veterans Health Care System

- Co-coordinated an informational booth to provide resources to women veterans about the Whole Health Trauma Recovery Program and discuss various ways to get connected to care

### **Social Advocacy Project: HIV/STD Awareness, 2015**

USM Counseling Psychology Department

- Co-coordinated a weekly informational to educate college students about HIV/AIDS and STD rates
- Provided free condoms and resources about proper condom use, other safe sex practices, and local community centers that provide free HIV/STD screening

### **Student Representative, Counseling Psychology Diversity Committee, 2015 - 2017**

USM Counseling Psychology Department

- Assisted faculty and peers in creating a safe space to foster productive and meaningful conversation about difficult topics related to the field of counseling psychology
- Coordinated diversity dialogues addressing various topics related to multiculturalism and diversity such as police brutality, racial profiling, power differentials, and navigating incongruence between personal beliefs and professional values of counseling psychology

### **College Alcohol Awareness Week, 2013 - 2017**

USM Counseling Psychology Department

- Assisted in coordinating activities for College Alcohol Awareness Week, an annual campus outreach effort to provide education and awareness about college student drinking and safe drinking practices through interactive activities
- Conducted drinking related exercises (e.g., "Walk the Line" drunk goggles) and brief

alcohol screenings with students

**Organizer, 2013**

ULL Black Women Leadership Association

- Co-organized a campus organization for Black collegiate women that focused on fostering leadership, promoting community involvement, and empowering young women to be agents of social justice and change
- 

**ADDITIONAL EXPERIENCE - SELECTED TRAININGS**

**Veteran Health Care System**

- Evidence-Based Psychotherapy for PTSD via Telemental Health Serviced – Web Based Training
- Telemental Health Seminar Series
  - Interpersonal Psychotherapy (IPT) Using Telemental Health Technology
  - Web-based Skills Training in Affective and Interpersonal Regulation: An innovative, empowering resource for Veterans who have experienced trauma
- Online Course for Skills Training in Affective and Interpersonal Regulation
- Transgender Mental Health Services

**USM Counseling Psychology Department**

- PTSD, CPT, and PE Seminar
- USM Trauma Seminar
- BASICS Protocol/Motivational Interviewing Training – Part I
- BASICS Protocol/Motivational Interviewing Training – Part II
- ALLIES Training

**Louisiana Public Health Institute**

- HIV Outreach Training
  - HIV Education and Testing
- 

**RELEVANT MEMBERSHIPS & PROFESSIONAL ORGANIZATIONS**

**Louisiana Psychological Association**

- Executive Council - Director
- Diversity Committee

- Public Affairs & Services Committee
- Legislative & Government Affairs Committee

### **Association of Black Psychologists**

### **American Psychological Association**

- Division 17 – Society of Counseling Psychology
  - Student Affiliate of Division Seventeen (2015 – 2016)
- Division 35 – Society for Psychology of Women
  - Section 1: Psychology of Black Women
- Division 45 – Society of Psychological Study of Culture, Ethnicity, and Race

### **California Psychological Association**

### **Southeastern Psychological Association**

### **Alpha Kappa Alpha Sorority, Inc., Current**

---

## **RELEVANT PREVIOUS EMPLOYMENT**

### **Adult Facilitator, Sisters Informing, Healing, Living, and Empowering (S.I.H.L.E.)**

- Conducted weekly intervention for 14 to 18-year-old African American women on gender and ethnic pride, safe sex practices, HIV/AIDS and STD education, and healthy relationships

### **Acadiana Concern for AIDS Relief, Education, and Support (C.A.R.E.S.)**

- Participated in HIV/AIDS prevention outreach in the local community
- Provided HIV/AIDS counseling and testing to the local community
- Assisted in bi-weekly Gay Man's Wellness clinic to provide HIV/STD testing to young men in the local community