

David Shepard, Psy.D.
Licensed Clinical Psychologist, PSY32258

Clinical Experience

Social Security Consultative Examiner
Megalithic Psychology, Inc.

August 2025 – Current

Conduct psychological evaluations with adults via telehealth and in person. Submit psychological reports to Social Security.

Owner/Psychologist of a Therapy Private Practice

Therapy With Dr. David

December 2023 – Current

Conduct therapy with adults and couples via telehealth. Use an electronic health record system.

Psychologist in Group Private Practice

Therapy Now SF

September 2019 – Current

Conduct individual psychotherapy, couples therapy, and case management with adults. Provide supervision for unlicensed psychologists. Serve as a consultant to private practice colleagues. Use an electronic health record system. Provide services in person and via telehealth platforms. Write entries for private practice blogs on a variety of mental health issues.

Psychologist in Group Private Practice

Ubuntu Psychological Services

October 2022 – March 2024

Conduct therapy with adults and couples via telehealth. Serve as a consultant to colleagues. Use an electronic health record system.

Wellness Center Therapist

Richmond Area Multi-Services, Inc.

August 2012 – February 2023

Conducted individual psychotherapy, couples therapy, case management and crisis intervention with diverse adolescents in a high school wellness center. Facilitated and co-facilitated ninth grade mentoring groups, African American youth empowerment groups, young men's health groups, Queer youth groups and sexual harassment groups. Conducted brief family therapy with adolescents and their families. Served as a consultant to teachers, school staff, and parents. Served as a mentor to therapist interns. Provided psycho-education workshops to teachers and school staff. Co-wrote a grant that resulted in funding for an African American student research project. Used an electronic health record system and an online Avatar system for documentation required for Medi-Cal clients to receive and maintain psychotherapy. Provided services in person and via telehealth platforms.

Pre-Doctoral Intern Therapist

Alameda Family Services

August 2010 – August 2011

Conducted psychotherapy with diverse populations in an outpatient community mental health clinic. Worked as an on-call crisis counselor for both over the phone crisis and walk-in crisis. Clients included young adults, senior citizens, couples, and families. Conducted individual psychotherapy and crisis intervention sessions with adolescents in a high school student health center. Facilitated and co-facilitated preschool socialization groups. Conducted family reunification with runaway children and their families. Conducted psychotherapy and served as a co-therapist utilizing a one-way mirror and reflecting teams. Also participated as a member of reflecting teams. Completed Medi-Cal paperwork required for clients to receive and maintain psychotherapy.

Early Intervention Specialist Therapist

The Link to Children

August 2009 – July 2010

Conducted child-centered psychotherapy with children 18 months to 5 years of age and family therapy with children and their parents. Provided parent counseling and parent education workshops. Worked as a consultant to teachers and administrators at an early development center. Used the Ages and Stages Questionnaire (ASQ) and the Ages and Stages Questionnaire for Social and Emotional Development (ASQ SE) as assessment instruments. Participated in gathering research and applying clinical implications of DECA C classroom study. Completed Medi-Cal paperwork required for clients to receive and maintain psychotherapy.

Clinical Supervisor Trainee

Argosy Intensive

May 2009 – August 2009

Supervised a therapist trainee from a narrative therapy approach as part of supervision and consultation training. Observed psychotherapy sessions through a one-way mirror. Co-facilitated sessions and was a part of reflecting teams.

Practicum Therapist Trainee

Davis Street Family Resource Center

September 2008 – July 2009

Conducted psychotherapy with a low-income population in an outpatient community mental health clinic. Clients included adults, children, the elderly, teenagers, couples, families, and individuals. Worked with clients with a diverse range of clinical issues including depression, anxiety, grief, interpersonal relationship problems, anger management, physical and mental abuse, sexual abuse, bipolar disorder, substance abuse, and adjustment problems.

Completed Medi-Cal paperwork required for clients to receive and maintain psychotherapy.

Awake Overnight Counselor

Seneca Center**August 2007 – February 2010**

Supervised children with a high level of emotional disturbance in a group home setting. Children age ranges were 5-13. Supervised morning hygiene, quiet activity, play activities, transition to school and the cleaning of rooms. Helped children develop, maintain, and independently utilize both effective social skills and coping skills to replace maladaptive behaviors. Provided children with crisis intervention while also providing emotional and behavioral support. Transported children to school. Charted bed checks and morning behaviors of children. Wrote mental health notes and incident reports as needed. Trained in Pro-Act, ethics and professional boundaries, privacy laws, mandated reporting, and sexual abuse reporting.

Mental Health Worker Volunteer**Sharp Mesa Psychiatric Hospital****March 2006 – May 2007**

Facilitated and co-facilitated cognitive group therapy. Assisted with recreational group therapy and behavioral modification programs. Assisted children with social interactions and conflict resolution. Supervised and ensured safety of children during free time. Discussed children's behaviors with the program social worker. Provided guidance and leadership to children. Supervised daily hygiene routine. Received supervision and consultations from psychologists, social workers, psychiatric nurses, and behavioral therapists.

San Diego State University Counseling and Psychological Services**August 2006 – May 2007****Peer Educator:**

Worked actively with campus psychologists and social workers to create and execute outreach events to decrease the stigma associated with receiving counseling. The events also provided education and interventions on topics such as coping with stress, promoting positive body image, adjustment to college life, establishing and maintaining healthy relationships, preventing domestic violence, substance abuse issues, and general psychological services awareness. Received mentoring from a psychology graduate intern. Learned presentation skills, counseling skills, motivational interviewing, and reflective listening.

Resilience Coach: Bounce Back Program

Served as a resilience coach to college students on academic probation. Co-facilitated large and small group discussions using basic counseling skills to help motivate students to improve academically and develop healthy coping skills to manage college life. Provided leadership and guidance to college students. Offered emotional and educational support. Received supervision from a licensed psychologist.

Clinical Certifications**Certified Clinical Anxiety Treatment Professional**

Evergreen Certifications

Certified January 2024

Certified Sex Therapy Informed Professional

Integrative Sex Therapy Institute & Evergreen Certifications

Certified April 2023

Education**Argosy University**, Alameda, CA

Psy.D. in Clinical Psychology granted December 2011

M.A. in Clinical Psychology granted July 2009

August 2007 – December 2011

San Diego State University, San Diego CA

B.A. in Psychology granted May 2007

August 2005 – May 2007

Academic Societies**Student Advisory Board: Counseling and Psychological Services****August 2006 – May 2007****Position Held: Historian**

Advocated for San Diego State Students and for Counseling and Psychological Services. Collaborated with licensed psychologists and student government to increase counseling service awareness, discuss psychological issues on campus and organize non-profit educational programs for students.

Psychology Club, San Diego State University, San Diego, CA**Joined April 2006**