

**FORESTEEN SANDRA FORBES, Psy.D.**

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**EDUCATION**

**Psy.D., Clinical Psychology (APA-Accredited)**

Azusa Pacific University, 1997–2003

**M.A., Marital and Family Therapy**

Azusa Pacific University, 1984–1986

**B.S.N., Nursing**

Biola University, 1970–1975

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**LICENSURE**

**California Licensed Psychologist** — PSY 21049 (2006–Present)

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**AREAS OF CLINICAL COMPETENCE (QME-Relevant)**

- Psychological assessment & psychodiagnostic report writing
- FAA Fitness-for-Duty evaluations
- Personality & objective testing (MMPI-2, MCMI-III, PACL, projectives)
- Adult psychiatric disorders & severe mental illness
- Trauma, PTSD, dissociation, narcissistic abuse, complex trauma
- Depression, anxiety, panic, stress-related disorders
- Relationship, communication, and family systems issues
- Crisis intervention, suicide risk assessment, safety planning
- Somatic therapy, CBT, guided imagery, trauma-informed care
- Multidisciplinary treatment team collaboration
- Psychopharmacology knowledge (teaching & clinical integration)

- Military mental health & medical–psychiatric interface
- Behavioral medicine & chronic mental illness
- Parenting, DCFS-involved families, anger-management interventions

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## **PROFESSIONAL EXPERIENCE**

### **2024–Present**

#### **Psychologist — Rula (Online Counseling Platform)**

- Provide assessment and treatment for anxiety, depression, grief, trauma-related disorders, phobias, and relationship/communication issues.
- Utilize CBT, somatic therapy, guided imagery, and trauma-informed approaches.
- Specialized focus on narcissistic abuse and complex trauma.

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### **2021–Present**

#### **Psychologist — BetterHelp**

- Provide online individual therapy for anxiety, stress, mood disorders, grief, phobias, and relational difficulties.
- Utilize evidence-based modalities including CBT and supportive interventions.

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### **2007–2022**

#### **Staff Psychologist — Metropolitan State Hospital, Norwalk, CA**

- Provided psychological assessment and treatment for adults with severe mental disorders.
- Conducted individual and group therapy (behavior modification, DBT, psychotherapy).
- Administered, scored, and interpreted psychological tests.
- Completed clinical evaluations and made recommendations for admission, transfer, discharge, and treatment programs.

- Consulted with medical and interdisciplinary teams on diagnosis, risk, and treatment planning.
  - Participated in treatment team meetings, professional trainings, and development programs.
  - Served as internal consultant and contributed to staff and volunteer training.
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**2009–2016**

**FAA Fitness-for-Duty Evaluations — Air Traffic Controllers**

- Administered and interpreted the MMPI-2, MCMI-III, and Personality Adjective Checklist.
  - Conducted Fitness-for-Duty evaluations for Air Traffic Controllers.
  - Produced detailed psychological reports and formal recommendations to the FAA.
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**SUPERVISED CLINICAL EXPERIENCE**

**2004–2005**

**Postdoctoral Intern — VA Los Angeles Ambulatory Care Center**

*Supervisor: Stephen Strack, Ph.D.*

- Conducted full psychological assessment batteries and authored integrated reports.
  - Provided weekly psychotherapy to veteran clients.
  - Researched combined use of the MCMI-III and PACL in “fake-good” response patterns.
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**2005**

**Instructor — Psychopharmacology for Counselors, CSU Los Angeles**

- Taught psychopharmacology principles, commonly prescribed psychotropic medications, and clinical collaboration with medical providers.
- Instructed on referral processes, adherence issues, and integration of medication with psychotherapy.

- Addressed cultural and social influences on medication use.
  - Administered and scored course assessments.
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### **2003–2006**

#### **Registered Psychologist — Children’s Institute International, Torrance, CA**

*Supervisors: Hershel Swinger, Ph.D.; Manuel Rivera, Ph.D.*

- Provided psychotherapy and assessment for DCFS-involved and voluntary parents, children, and families.
  - Addressed reunification, behavioral management, school issues, and family communication.
  - Conducted behavioral assessments and collaborated with school administrators and multidisciplinary teams.
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### **2001–2003**

#### **Pre-Doctoral Intern — Children’s Institute International**

*Supervisor: Hershel Swinger, Ph.D.*

- Led psychodynamic parenting groups for DCFS-mandated and voluntary parents.
  - Provided individual and conjoint family therapy focusing on reunification and behavioral issues.
  - Conducted assessments for high-risk students and implemented anger-reduction behavior programs.
  - Collaborated with school personnel and community agencies.
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### **2000–2001**

#### **Practicum II — Psychological Assessment**

*Supervisor: Liza Auciello, Ph.D.*

- Administered full assessment batteries to adults and children.

- Interpreted and integrated findings into comprehensive psychodiagnostic reports.
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## **1999–2000**

### **Practicum I — Parenting & Family Counseling**

*Supervisor: Jana Plasters, M.F.T.*

- Co-led parenting groups for DCFS-involved families.
  - Provided individual and conjoint counseling to support reunification.
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## **OTHER CLINICAL EXPERIENCE — NURSING & MILITARY**

### **United States Navy — Registered Nurse**

#### **1994 — USS *Kitty Hawk* (CV-63), Medical Department**

- Counseled sailors regarding psychiatric symptoms, suicidality, homicidality, and relationship issues.
- Assisted Senior Medical Officer in psychiatric evaluations.
- Escorted psychiatric patients during medical evacuation flights.
- Developed suicide-prevention education and training.

#### **1990–1991 — Fleet Hospital 15, Persian Gulf**

- Assisted in establishing psychiatric unit.
  - Provided psychiatric nursing care, medication administration, and intake evaluations.
  - Attended psychiatric training and clinical seminars.
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### **Los Angeles Community College — RN, Student Health Center, 1997**

- Provided crisis intervention, psychiatric assessment, and referrals.
- Counseled students on suicidality, depression, and relationship issues.

### **St. Mary Health Center, Long Beach — RN, Gero-Psychiatric Unit, 1999**

- Charge nurse on 25-bed geriatric psychiatric unit.

- Conducted intake interviews and provided crisis support.

**St. John's Health Center, Santa Monica — RN, Adult Psychiatric Unit, 1981–1986 & 1998–1999**

- Charge nurse and staff nurse on 25-bed psychiatric unit.
- Managed acute and chronic psychiatric populations.
- Supervised LVNs and mental health aides.
- Led therapy groups and provided behavioral interventions.

**UCLA Neuropsychiatric Institute — RN, Developmentally Disabled Adolescent Unit, 1980–1981**

- Provided psychiatric nursing care for adolescents with autism, conduct disorders, personality disorders, and eating disorders.

**Antelope Valley Hospital — RN, Adult Psychiatric Unit, 1979–1980**

- Charge nurse on night shift; conducted ER psychiatric intakes and assessments.

**Northridge Hospital & Medical Center — RN, Adult & Gero-Psychiatric Units, 1986–1998**

- Staff RN, charge nurse, and department manager.
- Supervised 50 nursing staff; provided psychiatric nursing care across adult and geriatric units.

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**RESEARCH EXPERIENCE**

**2004–Present**

- Ongoing research on combined use of MCMI-III and PACL in “fake-good” response profiles.

**1998–2003 — Doctoral Dissertation**

**Anton Boisen: Pioneer in the Study of Mental Disorder and Religious Experience — A Critical Review of the Literature**

Chair: Michael Donahue, Ph.D.

Committee: George Larson, Ed.D.; David Brokaw, Ph.D.