

Joelle Kobliska, CA PSY34562

- Efficient and Direct
- Goal-oriented
- Charismatic
- Focused

Education

PsyD, Clinical Psychology, January '11-July '18
California Southern University, Irvine, California

Masters of Human Services, Marriage and Family Counseling, May '08 – May '10
Liberty University, Lynchburg, Virginia

Bachelor of Social Work, August '04 – May '08
Sacramento State University, Sacramento, California

Work Experience

Think Wellness, October 2023 – Present, Owner, Clinical Psychologist

- Client intakes and assessments
- Provide ongoing therapy utilizing CBT, DBT, Mindfulness, Solution Focused, and Insight-Oriented individual psychotherapy services
- Marketing and recruiting clients for services
- Accounting services
- Supervisor of Psychological Assistant in predoctoral internship

Liberty University, October 2020 – May 2024, Adjunct Professor of Counseling

- Teach graduate level courses, via distance learning, each semester in congruence with Liberty University's program needs within the counselor education department
- Grade assignments and provide students with consistent and timely feedback
- Attend and collaborate with colleagues and supervisors within the counseling department
- Facilitate weekly discussions amongst students
- Provide individual support to students

iPsychological, January 2021 – March 2022, Psychological Assistant

- Teach practical skills to clients struggling with anxiety, ADHD, depression, bipolar disorder, borderline personality disorder, self-esteem issues, self-harming, and more.
- Online coaching for individuals looking to better their individual and professional lives
- Provide resources

Blue Sky Counseling Center, November 2020 – August 2022, Psychological Assistant

- Complete client intakes and assessments
- Teach practical skills to clients struggling with anxiety, ADHD, depression, bipolar disorder, borderline personality disorder, and more.
- Psychological diagnostic services
- Teach weekly DBT skills training consisting of parents, adolescents, families, and individual adults
- Provide individual psychotherapy to adolescents, young adults, and parents

Beautiful Minds Medical, Inc., January 2018 – January 2021 Psychological Assistant

- Complete client intakes and assessments
- Psychological diagnostic services
- Formulated curriculum and implemented a Dialectical Behavior Therapy skills training group averaging 8-10 clients weekly
- Teach weekly DBT skills training group consisting of parents, adolescents, families, and individual adults
- Provide individual psychotherapy
- Attend and collaborate in monthly staff meetings
- Teach Intensive Outpatient Classes
- Administer, score, and interpret a wide variety of standardized, intelligence, and psychological assessments

Auburn Davis Center for Dialectical Behavior Therapy (DBT) Psychological Assistant

- Complete client intakes and assessments
- Psychological diagnostic services
- Teach DBT skills training groups consisting of parents, adolescents, families, and individual adults
- Provide individual psychotherapy from DBT perspective
- Attend and collaborate in weekly team meetings
- Check insurance benefits
- Set up single case agreements with insurance companies

El Dorado Hills Psychological Center Psychological Assistant, Pre-Doctoral Hours

- Administered, scored, and interpreted a wide variety of standardized, intelligence, and psychological assessments, including, but not limited to WMS, WISC, WAIS, WRAT, MMPI, and Beck-Depression Inventory.
- Psychological Diagnostic Services
- Individual Therapy
- Couples Therapy
- Psychological Evaluations
- Relaxation Training
- Treatment Planning
- Assessments

- Competency Evaluations

Beautiful Minds Medical Psychology Practicum Student

- Assessed patients and implemented treatment plans to help facilitate change
- Conducted psychotherapy with mental health patients including eating disorders, bipolar disorder, depressive disorder, domestic violence victims, behavioral disorders, anxiety disorders, and substance abuse disorders
- Treatment planning
- Experience using cognitive-behavioral therapy, motivational interviewing, domestic violence counseling, mediation with couples, discuss and implement healthy coping techniques, meal planning, exercise planning, and empathic validation

Families United Social Worker

- Home visits with biological parents and foster homes
- Write assessments and reports on all children assigned to my caseload to be used in court and in decision making
- Transport children as needed
- Supervise visits with biological families and children
- Advocated for foster children and resource connection
- Work with county employees to decide what was in the best interest of the child

Professional References

- Elijah Meeker, PsyD, Clinical Psychologist, (916) 975-4358
- Daniel Binus, MD, Psychiatrist, (530) 889-8780
- Amanda Richardson, PsyD, Clinical Psychologist (808) 225-9924