

**ALAN GOODWIN, J.D., Ph.D.**

**Licensed Psychologist, Attorney**

## **CURRICULUM VITAE**

**16055 Ventura Blvd.  
Suite 507  
Encino, CA 91436**

(323)445-8900

[www.DrG@DrAlanGoodwin.com](http://www.DrG@DrAlanGoodwin.com)

### **ADMINISTRATIVE, PSYCHOTHERAPY, CONSULTATION, AND COUNSELING EXPERIENCE**

**Licensed Psychologist**, 2003-present. Short and long-term integrative psychotherapy provided to children ages 9-18, and adults of all ages. Areas of particular expertise:

- Generalized Anxiety
- Obsessive Compulsive Disorder
- Self-Esteem/Assertiveness
- Life Transitions
- Social Anxiety, Phobias
- Depression
- Substance Abuse
- ADHD
- Identity Development (L, G, B, & T)
- Career Counseling

**Director**, 2006-2016 (**Director + Training Director** 08/06-08/13)

Student Counseling Services

California Lutheran University, 8/06-2016

**Formal Responsibilities:** Provide counseling services for students, faculty and staff during crises and at other times related to personal, relationship, family, vocational, and educational issues. Direction of all aspects of the counseling center including program planning, service provision and evaluation, budget and fiscal control, personnel matters, technical support services, utilization of physical resources, and other management functions. Develop mission statement, overall goals, operational objectives, policies, procedures, and budgetary planning for unit. Provide direction, consultation, and assistance to all clinical and administrative members of the counseling unit. Train, oversee, supervise and evaluate staff of clinicians and administrative assistants. Monitor and directly supervise the provision of personal counseling services by staff. Provide consultation to Student Affairs units and directors, and campus administrators; membership on various campus committees.

#### **Additional responsibilities:**

- Articulate a mission and strategic plan for the Student Counseling Services Center that is consistent with the campus mission and with the broader Lutheran tradition of educating and preparing students to become global leaders guided by compassion, integrity, justice and a value for service to the community.
- Supervise the installation and coding of electronic record-keeping system. Train administrative and clinical staff on the use of the system. Write management agreement to guide overseeing activities of campus-based team of technology experts.

- Co-founder of the Campus Awareness, Referral and Education Team (CARE), a multidisciplinary “students of concern” team of campus professionals who regularly meet to discuss struggling students in order to devise ways to assist them to thrive, thus reducing the negative impact their struggles have on themselves and on the university community.
- Co-develop and lead training of Safe Zone Allies--faculty, staff, and students who act as Allies for campus community members who experience intolerance due to membership in an under-represented class.” 8-hour trainings.
- Serve as the primary representative of the Student Counseling Services unit at campus events such as New Student Orientation, relevant programming on campus, Campus Open Houses, Parent Weekends, Homecoming activities, and other campus-wide events.
- Provide outreach programming to campus community.
- Perform assigned tasks in role of the chief representative of Student Counseling Services in all university-sponsored crisis and emergency preparedness and response planning activities.
- Consult with the Student Health Center and other campus units to assist in the retention of an on-campus student health insurance program that provides adequate coverage to address students’ mental health treatment needs.
- Actively represent the University through involvement and leadership in regional and national associations.
- Consult with faculty, staff, and students’ families, remaining mindful of legal and ethical guidelines that apply to such communications.
- Make recommendations regarding policy guidelines impacting on the return to campus of students who have voluntarily or involuntarily withdrawn from classes citing medical conditions.

**Coordinator of Outreach Services and Consultation; Staff Psychologist**

University Counseling Services

California State University at Northridge, 11/01-8/06

Responsibilities: Coordinate and maintain record of outreach and consultation services provided both on and off-campus. Staff Psychologist: brief and longer term individual, couples and group psychotherapy to students presenting with personal, psychological, developmental, and career concerns. Specialties in LGBT identity issues, anxiety disorders (especially OCD, PTSD, and Panic), and Short-Term, Goal-Directed Integrative Psychotherapy. Supervision of pre-doctoral interns. Designed and implemented Short-term ATOD Treatment Program (Motivational Interviewing).Part-time until 07/02. Licensed 12/03. Directors: Robert Kemmerling, Ph.D., Bruce Shapiro, Ph.D. (Interim), and Mark Stevens, Ph.D.

**Psychotherapist**

Counseling Center

University of California at Riverside, 2/02-6/02

Responsibilities: Brief and longer term therapy to individual college students presenting with personal, psychological, developmental, and career concerns. Part-time and temporary position.

Supervisor: Catherine Steel, Ph.D., Director; Laura Hammond, Ph.D., Clinical Supervisor

**Pre-doctoral Intern**

Counseling Center

University of California at Davis, 8/99-8/00

Responsibilities: Brief and longer term psychotherapy.

Specific clinical foci: law student stress; working with LGBT students.

Group therapy, educational program design/delivery, working with a diverse student body, and quality control measures.

Supervisors: Emil Rodolfa, Ph.D., Training Director; Hieu Dovan, Ph.D., Chief Psychologist; Martin Rogers, Ph.D., Group Co-therapist and Clinical Supervisor; Paul Ratanasiripong, Ph.D., Clinical Supervisor.

**Adult Outpatient Program Intern**

Community Mental Health Center

Franklin-Williamson Human Services, W. Frankfort, IL, 5/98-6/99

Responsibilities: Brief and long- term psychotherapy, mild to severe mental illnesses, dual-diagnosed individuals, aged 18-70. Criminal Offenders Therapy/Support Group, Men's Psychotherapy Group, and general therapy group. Supervised individually.

Supervisors: Gary Van Reede, Ph.D., Donna Thomas, M.S.W., L.C.S.W., Teresa Abrams, M.S.W., L.C.S.W., Christine Rankin, M.S.

**Advanced Practicum: Individual Therapy**

Counseling Center

Southern Illinois University at Carbondale, 8/97-12/97; 6/98-8/98

Responsibilities: Brief and longer-term psychotherapy. Supervised individually and in group format.

Supervisor: Janet Coffman, Ph.D., Counseling Center Director

**Advanced Practicum: Individual Therapy**

Counseling Center

Oakland University, Rochester, Michigan, 1/98-5/98

Responsibilities: Brief and longer-term psychotherapy. Supervised individually and in group format.

Supervisor: Edward Rice, Ph.D., Counseling Center Training Director

**Counseling Practicum: Gay and Bisexual Men's Support Group**

Counseling Center

Southern Illinois University at Carbondale, 8/96-12/97, 8/98-5/99

Responsibilities: Co-facilitate support group for gay and bisexual men.

Supervisor: Sharon Nance, Ph.D., Coordinator, Women's Services; Virginia Hoffman, Ph.D.

**Basic Practicum: Individual Therapy**

Counseling Center

Southern Illinois University at Carbondale, 8/96-6/97

Responsibilities: Brief and longer-term psychotherapy to individual college students presenting with personal, psychological, developmental, and career concerns. Interpreted results obtained with standardized career interest instruments, plus computer programs designed for the same purpose.

Integrated assessment into career counseling. Supervised individually in each agency, in addition to weekly group supervision.

Supervisors: Jean Cunningham, Ph.D., Chief Psychologist; John Snyder, Ph.D., Senior Staff Psychologist, Faculty Member; Sharon Nance, Ph.D., Coordinator, Women's Services, Dan Segrist, M.A., Intern

**Beginning Practicum: Individual Therapy**

University Career Services

Southern Illinois University at Carbondale, 1/96-5/96

Responsibilities: Brief and longer-term psychotherapy to individual college students presenting with personal, psychological, developmental, and career concerns. Integrated assessment into career counseling. Supervised individually, in addition to weekly group supervision. Supervisor: Cynthia Glidden-Tracy, Ph.D.

**Crisis Counselor**

San Francisco Suicide Prevention Center

San Francisco, California, 4/93- 7/95

Responsibilities: 4-16 hours per week volunteer, plus some paid overnight coverage. Crisis intervention plus elder support, youth support, and substance abuse information/counseling/crisis. Supervisor: Eve Meyer.

### **Supported Employment Coordinator**

Kainos Home and Training Center  
Redwood City, California, 4/93- 7/95

Responsibilities: 40 hours per week position; supervised 4 job coaches; employment support for developmentally disabled workers; develop and instruct 40-week "Job Readiness Class"; case management of 30-40 clients; advocate for competitive and supported employment opportunities for the disabled; represent agency before Department of Rehabilitation; proficiency in WordPerfect 5.1, Microsoft Word, PageMaker, Lotus 1-2-3, 1993-1995

### **Group Counseling**

- Traditional Process Group Therapy
- Men's Therapy Group
- Gay Men's Therapy Group
- Therapy Group for Physically Disabled Male Veterans
- Support/Therapy Group for Adult Criminal Offenders
- LGBTIQ Psychotherapy/Support Group
- Men's Support Group
- Career Exploration Workshop Series
- Adolescent Offender Anger Control Group

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### **PUBLICATIONS AND RESEARCH**

Goodwin, A. (2016). **At-risk Students**, In New Directions in College Student Mental Health (Levine, H. & Stock, S., Eds.). Jossey-Bass, San Francisco.

Goodwin, A. (2014). **Threat Assessment: Are We Using the Wrong Nets?** Journal of College Student Psychotherapy 28(4), pp. 252-256.

Menzano, S., Goodwin, A., Rockett, G., Morris, K. (2011). **Practical, Ethical, and Legal Considerations regarding Video-counseling in College and University Counseling Centers: A Response to Quarto's "Influencing College Students' Perceptions of Video-counseling**, Journal of College Student Psychotherapy, 25, 326-333.

Goodwin, A. (2010), **Guidelines on Conflict of Interest**, Document provided to the online Directors' resource library of the Organization of Counseling Center Directors in Higher Education.

Goodwin, A. (2009). **Best Practices in Dealing with Potentially Violent Clients in University Counseling Centers**. Document provided to the online Directors' resource library of the Organization of Counseling Center Directors in Higher Education.

Goodwin, A. (2008). **A Comment on Resiliency, Teaching Effectiveness, and Burnout**. T-CARE (Teachers Connecting to Advance Retention and Empowerment) newsletter, Vol. 1, Issue 1. Center for Teaching and Learning, California State University, Northridge.

Wright, L., Esnil, E., Goodwin, A., Ramos-Sanchez, L., Riggs, S., Touster, L., Ratanasiripong, P., Rodolfa, E. (2001). **Negative Supervisory Events: Effects on Supervision Satisfaction and Supervisory Alliance**. Professional Psychology: Research and Practice (2002), 33(2), 197-202.

## TRAININGS AND PRESENTATIONS AT CONFERENCES

- Goodwin, A. & Rosenstein, I. (2016). **Evolving Legal Standards and Their Impact on Counseling at UCC's**, training provided at the Organization of Counseling Center Directors in Higher Education Spring conference, Montecito.
- Goodwin, A., Thomas, B., Turks, S., & Linden, K. (2016). **On-Campus Violence Prevention: Preserving Social Justice and Respect for Cultural Diversity**, training provided at the Organization of Counseling Center Directors in Higher Education Spring conference, Montecito.
- Goodwin, A. & Sprinkle, S. (2015). **On-Campus Violence Risk Assessment: Case examples and an open forum regarding the costs and benefits of UCC Involvement**, presentation at the Association for University and College Counseling Center Directors (AUCCCD) yearly conference, Salt Lake City.
- Goodwin, A. (2015). **Depositions: What they Are and How to Survive Them**, training provided at the Organization of Counseling Center Directors in Higher Education Fall conference, Shell Beach.
- Goodwin, A. (2015). **HIPAA, UCC's, and Student Privacy: A Legal and Ethical Update and Open Forum**, training provided at the Organization of Counseling Center Directors in Higher Education Spring conference, Montecito.
- Goodwin, A. (2014). **Depositions: What They Are and How to Survive Them**, presentation at the Association for University and College Counseling Center Directors (AUCCCD) yearly conference, Fall, Chicago.
- Meier, B., Goodwin, A. (2014). **Collaboration and Caring Within the Context of Things We Never Thought Would Happen**, presentation at the Association for University and College Counseling Center Directors (AUCCCD) yearly conference, Fall, Chicago.
- Goodwin, A., Horton, C. (2014). **Got Sued? Got Resilience? Two directors who were sued discuss resiliency within the context of the process, content, and psychological sequelae of a lawsuit**, presentation at the Association for University and College Counseling Center Directors (AUCCCD) yearly conference, Fall, Chicago.
- Goodwin, A. (2014). **Law and Ethics Torture Session: Some Reasons Therapists Get Sued—and Some Ways to Avoid it**, training provided at the Organization of Counseling Center Directors in Higher Education Fall conference, Shell Beach.
- Goodwin, A. (2011, 2012, 2013, 2014, 2015). **Directors on Duty (An Elements of Excellence Program)**, presentation at the Association for University and College Counseling Center Directors (AUCCCD) yearly national Conference.
- Goodwin, A., Maxey, C. **Fear Factor U: How to Effectively Manage Disruptive Students**, training provided at the California Lutheran University Faculty Retreat, Fall, 2013.
- Payne, A., Goodwin, A., Sevig, T., Harper, D., Thomas, B. (2013). **Creating Welcoming Spaces for Students Who Are Not Clients—Yet**, presentation at the Association for University and College Counseling Center Directors (AUCCCD) yearly national conference.
- Maril, V., Theresa, P., Goodwin, A. (2012). **UCC's Can Teach Class: Fun, Interactive Programming to Enhance Class Awareness**, experiential training provided at the Organization of Counseling Center Directors in Higher Education Fall conference, Shell Beach.
- Goodwin, A. & Haskell, C. (2012). **Class in Class: Examining the Role of Social Class in College**

- Counseling**, experiential training provided at the Organization of Counseling Center Directors in Higher Education Spring conference, Montecito.
- Hampel-Kozar, V., Goodwin, A., Meek, W., Palombi, B., Raforth, K. (2010). **Understaffed centers – "The Begging Bowl": Managing Shortages and Service Delivery**, presentation at the Association for University and College Counseling Center Directors (AUCCCD) yearly national conference, Portland.
- Haskell, C., Bommersbach, M., Axelroth, E., Goodwin, A., Wolfe, L.(2010). **Brave Space: Clinical and Administrative Considerations for Directors of University Counseling Centers**, experiential training and presentation at the Organization of Counseling Center Directors in Higher Education Fall conference, Montecito.
- Goodwin, A. (2008). **Public versus Private Identity: Clinical and Administrative Considerations for Directors of University Counseling Centers**, presentation at the Association for University and College Counseling Center Directors (AUCCCD) yearly national conference, Asheville.
- Goodwin, A (2007). **How and Why Forgiveness Enters Psychotherapy**. Presentation to the Annual Southwest Synod Assembly of the Evangelical Lutheran Church of America. June 1, 2007, California Lutheran University.
- Goodwin, A. (2007). **Dealing with Difficult People: Intersections between Religion and Psychology**. Presented at the Psych and Soul: Issues in Psychological and Religious Health Conference, California Lutheran University, 04/07.
- Goodwin, A. (2006). **Emotional Wellness: Strategies for Assisting University Students**. Presented at Tonghi University, Shanghai, China, 07/06.
- Goodwin, A. (2005). **Non-Intimate Domestic Violence: Clinical and Training Issues in Working with Women of South Asian and Middle Eastern Descent**, yearly conference for the Organization of Counseling Center Directors in Higher Education conference, Shell Beach, 2005.
- Goodwin, A., Spector, C., Barrett, S. (2005). **Applying Learning-Centered University Concepts to enhance students' First-Year Experience**," 2 hour Roundtable at CSUN Faculty Retreat, 2005.
- Masequesmay, G., Goodwin, A., Smith A. (2005). **LGBTIQQ "Ally Training for CSUN Faculty Members**, 2 hour Training Session. Yearly CSUN Faculty Retreat, 2002-present.
- Goodwin, A., Noack, Y. (2005). **Virtual Reality Psychotherapy for Public Speaking Anxiety**. Poster presented at the CSUN Faculty Retreat, 1/05.
- Goodwin, A., Noack, Y. (2004). **Virtual Reality Psychotherapy for Public Speaking Anxiety**. Poster presented at the Learning Centered University Symposium, CSUN, 10-8-04.
- Goodwin, A. (2004). **The Treatment of Psychological Disorders in Students on College Campuses in the United States**, Discussant, Guangzhou Medical College, Guangzhou, China. 7/04.
- Goodwin, A. (2004). ) **Treating LGBT Students in a University Setting: Clinical Challenges the X-Cultural Texts Don't Address**. 2004 Southern California Training Directors and Interns Conference, 3/04.
- Goodwin, A. (2002) **The Development of a Measure to Assess Behavior-based Interrole Strain**. A paper presented at the American Psychological Association Convention, Chicago, IL.

Goodwin, A.(2002) **Comparing Anger, Anxiety, and Depression levels in Pre-first-Year, First-Year, Second-Year, and Third-year Law Students**. A paper presented at the American Psychological Association Convention, Chicago, IL.

Ramos-Sanchez, L., Esnil, E., Goodwin, A., Riggs, S., Touster, L., Wright, L., Ratanasiripong, P., and Rodolofa, E. (2001). **Negative Supervisory Events: Effects on Supervision Satisfaction and Supervisory Alliance**. A paper presented at the American Psychological Association Convention, San Francisco, California.

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## **EDUCATIONAL HISTORY**

- Ph.D. Major: Counseling Psychology.  
Southern Illinois University, Carbondale, 2001. APA accredited.  
Internship: University of California, Davis, Counseling and  
Psychological Services, 1999-2000. APA accredited.  
**Dissertation: The Development of an Instrument to Assess Behavior-based Inter-  
role Conflict.**
- M.A. Major: Counseling Psychology. Southern Illinois University,  
Carbondale, 1998. APA accredited.  
**Thesis: A comparison of Anger, Anxiety and Depression in Pre-Law, First, Second  
and Third Year Law Students.**
- J.D. Major: Law. University of Michigan Law School, 1990.
- B.S. Major: Multi-disciplinary Social Science (Economics, Political Science,  
English), Dual Major: Political Science. Michigan State  
University, 1986. Cum Laude.

## **CONTINUING EDUCATION**

Areas of continual attention to preserve currency: law/ethics, solution-focused treatments,  
ADHD assessment, psychopharmacology, measurement.

## **LICENSES/CREDENTIALS**

Licensed Psychologist, State of California, PSY 19421  
Licensed Attorney, State of California, 156717  
Certified Mediator, Los Angeles County Bar Association

## **PROFESSIONAL AFFILIATIONS**

American Psychological Association, 1997-present  
Association for University and College Counseling Center Directors, 2006-present  
Emeritus Member since 2016.

Organization for Counseling Center Directors in Higher Education, 2006-present  
Emeritus Member since 2016.

California Psychological Association, 2008-present  
Los Angeles County Psychological Association, 2003-present

State Bar of California, 1990-present  
American Bar Association, 1990-present  
Southern California Mediation Association, 2008-2010

## **SERVICE TO PROFESSIONAL ASSOCIATIONS**

**Member, Legal and Ethics Subcommittee of the Organization of Counseling Center Directors in Higher Education (OCCDHE), 2006-2016 (Chair 2008-2016).**

**Member, OCCDHE Conference Planning Committees: Spring, 2009; Spring, 2010; Fall, 2011, Fall, 2012, Spring 2014, Fall, 2015, Spring 2016.**

**Member, OCCDHE Steering Committee, 2014-2016.**

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## **TEACHING and OUTREACH EXPERIENCE**

### **I. On-Campus Teaching/Training**

#### **A. Cognitive-Behavioral Psychotherapy: Advanced Seminar (2014-present).**

Instructor for yearly intensive advanced course to Marriage and Family Therapy students, focused on clinical training.

#### **B. Research Fellow, Center for Teaching and Learning (2005-2012).**

Michael D. Eisner School of Education, California State University at Northridge. Co-developed T-CARE ("Teachers Collaborating to Advance Retention and Empowerment"). T-CARE was developed by a working group of four research Fellows at the Center for Teaching and Learning:—Alan Goodwin, J.D., Ph.D. and Corinne Barker, Ph.D., (Psychologists), Steve Holle and Robin Mlynarik (Professors, Education).

##### **Research foci:**

Assist teaching professionals, at all experience levels, to explore the developmental stages in their career. Through this process, T-CARE endeavors to establish and maintain a close, mutually –supportive network of teaching professionals who will work together to:

1. Gain a deep appreciation for the challenges all helping professionals confront.
2. Sensitize teaching professionals to the value of cognitive and behavioral self- affirming practices.
3. Help them to develop higher levels of resiliency and job satisfaction.

##### **Additional Research foci:**

1. Revisit and assess validity of Mohr's 6 phases of Teacher Development.
2. Using learning profiles to assist college students pursuing Teaching Certification to recognize personal strengths and challenges and their impact on academic achievement.
3. Develop pre-service training for teachers to assist them in coping with special needs' student failures.
4. Design and create web-based tools for pre-service and in-service teachers to assist in facilitating the development of mutually supportive relationships among teaching professionals.

#### **C. Mini-Seminar-based Training of Pre-doctoral Interns, Post-doctoral Fellows, Practicum students, and Marriage and Family Therapy Trainees**



**1. Law and Ethics Lecture**

"Potentially Violent Clients: Guidelines for Clinicians." 2007-present

**2. Ethics Seminar**

4-hour vignette-based training focusing on effective clinical interventions in the face of difficult ethical dilemmas. Yearly; 2003-present.

**3. LGBT Psychotherapy Seminar**

"Clinical Challenges in Working with LGBT Clients: Issues the Cross-cultural Texts Don't Address."

4-hour vignette-based training focusing on recognizing potential pitfalls in providing psychotherapy to LGBT students. Yearly; 2002-2006.

**4. Programming and Outreach Seminar**

Developed and led 8 and 16 hour training modules for Pre-doctoral interns, focusing upon outreach program design (assessment of need, determination of logistical challenges, acquisition of materials) and presentation skills. Fall, 2002, 2003, 2004.

**D. Clinical Supervision of Practicum Students, Pre-Doctoral Interns and Post-doctoral Fellows**

Group and individual supervision. 2001-2016.

**E. Clinical Supervision of Supervision of Practicum Students and Pre-Doctoral Interns**

Group supervision of supervision provided to Post-doctoral Fellows supervising Predoctoral Intern and Practicum level-trainees. 2006-2016.

**F. Law Student Stress Management**

- "Law student Anger, Anxiety and Depression: the history of psychological inquiry, plus recent findings"
- "A Law Student's Guide to Effectively Managing Test Anxiety"
- "Anxiety management for Law Students"
- "Stress Management for Law Students"

**G. Subjects of Peer Educator/Resident Advisor Training**

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|--------------------------------|----------------------------------|
| • Suicide Prevention           | • Cutting/Self-injury            |
| • Multiple Relationships       | • White Privilege                |
| • Anxiety Mgt.                 | • Work-Life Balance              |
| • International Student Stress | • Peer Counselors in Sexuality   |
| • LGBT Peer Support            | • Telephone Chat Line Techniques |

**H. Faculty/Staff Training**

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|--|---|
| • Workplace Relations, Healthy Boundaries. | • Campus Public Safety: Managing Disturbed/Distraught Students. |
| • Campus Public Safety: Survivors          | • The Early Warning System(TEWS):                               |

- of Sexual Assault.
- Virtual Reality Therapy for Public Speaking Anxiety
- Psychotherapy with LGBT clients
- Working Effectively with Angry Students.
- Forgiveness in Short-term Psychotherapy.
- Students in Danger of Failing.
- Embracing Cultural Diversity
- Helping Angry Students
- Counseling Law Students
- Shame and LGBT Identity.

## I. Class lectures

### Law School

"Law Student Stress: coping strategies that work." 2002-2005.

### Department of Health Sciences

Understanding the importance of Diversity in Hiring: an Experiential Exercise and Open Discussion, lecture for Health Administration students, Fall, 2004, 2005, Spring 2006

Drug Use/Abuse and Psychopathology (2002-2005)

### Graduate Counseling Class

Treating Anxiety Disorders. 2004-present (twice yearly)

The Role of Shame in LGBT Emotional Wellness. 2010

### Graduate School of Education

Psychotherapy with College Students on a College Campus, 2007-2014.

### Department of Psychology

Psychopathology: "How, When, and Why Sexual Identity Development and Psychopathology Sometimes Converge" (2003-2006; twice yearly)

### Department of Educational Psychology and Counseling

LGBT Identity Development in Children and Young Adults" (2003-2010).

The Role of Lifespan Human Development in Counseling University Students.

Clinical Challenges Confronting Therapists Working with LGBT Clients (Fall, 2003; Spring, 2003; Fall, 2004).

Recognizing disorders in students and effectively intervening (Fall, 2004).

Client Confidentiality: Recognizing Potential Breaches Before They Become Breaches," Spring, 2003.

### Sociology Department

"Counseling Interventions with Lesbian, Gay, Bisexual and Transgender People—Risks and Potential Benefits." 11/04

"Recognizing and Understanding the Oppression of LGBT People," 3/02.

### Department of Theater and Music, Cast members

"Sexual Identity Development in High School Students"(Spring, 2003).

## J. The California State University at Northridge Leadership Institute

- "Emotional Intelligence"
- "Anger Management for People who don't have "Anger Problems"

- "Building Self-Esteem"
- "The Art of Networking"
- "Dealing with Angry and Difficult People"
- "Stress Management and Relaxation Training"
- "Stress Management"
- "Intoxicated with Aspiration (How to cope with substance use in professional gatherings)"
- "Avoiding Workaholism"

#### **K. LGBTIQ and Diversity Workshop Design and Presentation Experience**

- Safe Zone: Training Faculty, Staff and Students to be Allies for Campus Community Members Who Experience Identity-based Intolerance." Co-designer, twice yearly, 8 hour training regime. California Lutheran University, 2006-2016.
- Positive Space Ally Training: Training Faculty and Staff to be Allies for Campus Community Members Who Experience Sexual Orientation-based Intolerance." Co-designer. California State University at Northridge. 2002-2006
- "Emotional Difficulties Common for International Students and Ways to Cope Effectively"
- "Understanding the role of sexual orientation in discussions of culture"
- "Coping with Multiple Self-Identities"

#### **L. Stress Management Workshop Design and Presentation Experience**

- "Coping with PTSD: Residual Post-Trauma from the Northridge Earthquake, 10 Years Later"
- "Understanding and Coping with Anger and Anxiety"
- "Coping with Stress Caused by World Events"
- "Stress management and time management for engineering students"
- "The Counseling Center as a resource for Residence Hall Advisors."

#### **M. Communication Skills Workshop Design and Presentations**

- "Ending romantic relationships in healthy ways"
- "Balancing romantic relationships with work and other responsibilities and needs"
- "Mediation and conflict resolution for Residence Hall Advisors"
- "Sexual Violence" Workshops
- "Cross-disciplinary Analysis of Communication-related Challenges Confronted by Teachers of Undergraduates"

### **II. Community Service/Outreach**

#### **A. Parents and Friends of Lesbians and Gays (P-FLAG), Los Angeles.**

LGBTIQ Identity and Shame, Los Angeles, 10/05.

#### **B. Geriatric Consultation**

Open Forum Discussion: The challenges of Living in a Diverse, Mature Community.  
Twice Monthly meetings, beginning May, 2005-2007.

#### **C. LGBTQ Sensitivity Training for High School Students.**

Northridge High School. October, 2005.

Reseda High School; LGBT sensitivity training for high school students, 2005.

**D. Multiple presentations to professional organizations in and around Thousand Oaks:**

Stress Management, Anger Management, Grief and Bereavement, and Dealing with Difficult People.

**E. "Emotional Wellness for Teachers: Challenges Confronted by Teachers at a Private Armenian School." 2005.**

**F. "Step Up Program: preparing to thrive at a learning-centered university."**

Discussions with college-bound high school students at public high schools near CSUN. 30 high school students plus CSUN undergraduate mentors.

**G. "Stress management for lawyers."**

MCLE approved activity; Los Angeles County Counsel's Office, Los Angeles, CA, 2001.

**III. Previous Lecture Experience**

Lecturer, Cognitive-Behavioral Psychotherapy

Lecturer, Organizational Psychology

Teaching Assistant, Organizational Psychology

Teaching Assistant, Introductory Psychology

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**SERVICE TO THE UNIVERSITY COMMUNITY**

**Campus-wide committee positions:**

**Member, CLU CARE Team (Campus Awareness Referral and Education Team)**

A cross-divisional Behavior Intervention Team that meets weekly to review student cases related to social, mental health, academic, behavioral, and/or a combination of these issues. The purpose of the CARE Team is to serve the university and individual students by arranging, coordinating, monitoring, evaluating, and advocating for students in need of assistance. Through collaboration and coordination of resources, the CARE Team seeks to foster academic and personal success for students.

**Member, CLU Retention Committee**

A multi-disciplinary team of campus faculty and staff members dedicated to recommending policies and practices that assist the university to maximize retention of its students.

**Founding Member, CLU Campus Awareness, Referral and Education Team (CARE)**

A consultation team that promotes and protects the health and well-being of all members of the CLU community. Consultation meetings are held twice monthly and as needed, at the request of CLU faculty, staff, or students who are concerned about the behavior of a CLU community member (student, faculty or staff member) that is potentially dangerous to him/herself or to others, or is extremely disruptive. Permanent members of CLU's CARE Team include the CLU Campus Safety and Security Director, the Associate Director of Student Life, the Director of Student Counseling Services and the Director of Health Services.

**Freshmen 101 All Students (Diversity) Committee Member**

Assessed the effectiveness of the required life skills course all Freshmen at CLU must take in terms of its effectiveness in speaking to the diversity of students represented in the entering student body, accounting for special needs related to ability, first-generation student status, or cultural identity factors. Extensive report created and submitted to the broader committee and president to assist program planning.

**Member, CHOICES Committee**

Charged with directing the administration of grant funding to prevent alcohol abuse on campus.

**Fellow, Marilyn Magaram Center.**

A premier research and educational facility for Nutrition, Dietetics and Food Science at California State University, Northridge.

**Chair, Subcommittee of the Chancellor's Committee on Alcohol, Tobacco and other Drug Abuse.**

Led the effort to create and disseminate campus-wide policy and procedure manual for Faculty and Staff to use in assisting students challenged by ATOD use or abuse. 2003-2004.

**Elected Faculty Representative, Academic Grievance and Grade Appeals Board.**

Hears appeals from students, investigates them for merit, and either dismisses them or grants the student's request. 2004-2006.

**Safe Zone**

Served as the primary contact for faculty, staff and students who serve as allies to assist members of under-represented groups on campus to combat identity-related mistreatment. 2006-2016.

**Positive Space.**

Forming member of a group of staff and faculty members who designed and implemented an Ally Training Program at CSUN. 2002-2006.

**CSU Chancellor's Steering Committee on Alcohol, Tobacco and other Drug Use/Abuse.**

Assist in developing programs to combat alcohol, tobacco and other drug abuse on the campus of CSUN. 2003-2006.

**First-Year Experience Committee.**

Created to develop ways to reduce the percentage of Freshmen students who fail to thrive academically. 2003-2005(CSUN).

**Alcohol, Tobacco and other Drug Social Norms Committee.**

Developed and implemented social norms campaign targeted at fraternity and sorority members. 2002-2003 Academic year.

**Honorary Member, Phi Beta Delta.**

Honor Society for International Students. Provide on-going training of international student mentors and support to international students.

**University Counseling Services committee positions (2002-2006):**

- **First-Year Experience Committee**
- **Life Skills Coaching Committee**
- **Special Populations Committee** (International Students and ATOD-using students)