

Mayra A. Gomez Padua, M.S.

Academic Affiliation

Palo Alto University
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Residence

San Francisco CA 94115
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EDUCATION

- 9/2016 – present** **Doctoral Candidate, Ph.D. program in Clinical Psychology**
Palo Alto University, Palo Alto, CA (APA Accredited)
Emphasis: Adult Trauma
Faculty advisor: Lisa M. Brown, Ph.D., ABPP
Dissertation: “A dimensional perspective of adverse childhood experiences: Relations to adult health and neurocognitive characteristics in veterans with comorbid PTSD and alcohol use disorder.”
Chair: Lisa M. Brown, Ph.D.
Status: Proposed successfully September 25, 2019
- 9/2016 – 6/2019** **Master’s in Science, Psychology**
Palo Alto University, Palo Alto, CA.
Advisor: *Lisa M. Brown, Ph.D., ABPP*
Emphasis: Adult trauma
- 9/2008 – 6/2011** **Bachelor of Arts, Psychology**
University of California, San Diego, CA
- 9/2005 – 3/2008** **Associates Degree, Psychology**
Mount San Antonio College, Walnut, CA

CLINICAL AND RESEARCH INTERESTS

Trauma-related disorders and posttraumatic growth, substance use disorders, behavioral medicine/ health psychology, neurocognitive assessments, stress, anxiety, chronic diseases, aging and end-of-life-care, risk and resilience factors

HONORS AND AWARDS

- 9/2016 – 6/2019** **Palo Alto University Minority Fellowship Award**
 \$20,000 disbursed over 3 years
 Fellowship award provides financial support to underrepresented minority group, who may be first-generation university graduates, and/or who are interested in working with underserved communities.
- 5/17/2017** **Palo Alto University Certificate of Excellence in Trauma Research**
 Awarded best trauma research poster by Palo Alto University's local research conference

LANGUAGES

- Spanish** Proficient in speaking, reading, writing and delivering individual and group therapy.

CLINICAL EXPERIENCE

- 7/2019 – present** **Pre-Doctoral Level Health Psychology Extern**
Health Psychology, San Francisco Veterans Affairs Healthcare System
San Francisco, CA
Supervisors: *Payal Mapara, Psy.D. and Erin Watson Psy.D.*
Current intervention hours: 46.0; **Current assessment hours:** 3.0
- Provide individual psychotherapy and group psychotherapy via Video Teleconference (VTEL) to northern VA clinic locations: Eureka, Clearlake, and Ukiah.
 - Provide health-related evidence-based treatments (EBTs) such as: Cognitive Behavioral Therapy (CBT) for tinnitus, chronic pain, insomnia, anxiety, depression, and stress management.
 - Conduct comprehensive pain evaluations for the interdisciplinary pain team, Intensive Pain Rehabilitation Program (IPRP).
 - Conduct up to 4 bariatric evaluations per training year (completed: 1), which consist of chart review, comprehensive intake, and feedback to patients. Assessments: MoCA; PHQ-9; GAD-7; MBMD, and QWEP.
 - Co-developing an 8-week stress management group manual with Infectious Disease Clinic psychology extern. Will promote group to multiple clinics, develop and conduct phone screens and currently co-facilitate group. Anticipated start date: December, 2019.
 - Will co-facilitate weight management group (MOVE) with clinical supervisor starting January, 2020.

- Attend weekly Integrated Care, Primary Care Psychology Seminar facilitated by ICP staff. Topics are specific to behavioral medicine as well as professional development.
- Receiving ongoing risk assessment training.
- Receive one-hour weekly individual supervision from primary supervisor and 30-minute supervision from an Integrated Care, Primary Care Post-Doctoral Fellow.
- Conduct insomnia and chronic pain phone screen for Veterans interested in individual and group psychotherapy in person or via VTEL.

**6/2018 – 6/2019 Pre-Doctoral Level TeleMental Health Psychology Extern
TeleMental Health, Palo Alto Veterans Affairs Healthcare System
Menlo Park (Division), CA**

Supervisor: *Fletcher Thompson, Psy.D.*

Total intervention hours: 300.25; **Total assessment hours:** 69.00

- Provided individual and group psychotherapy using Telehealth technologies, such as clinic-to-clinic care and clinic-to-home (VTEL and Video to Connect [VVC]).
- Provided individual psychotherapy to five VA clinics throughout rural East Bay county VA locations: San Jose, Sonoma, Monterey, Stockton, and Capitola.
- Provided services to a diverse Veteran population, such as age, gender identity, ethnicity, psychological conditions, substance use, comorbid disorders, and health-related conditions.
- Conceptualized cases and provided treatment using EBTs, such as CBT, Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy (CPT), Motivational Interviewing (MI), and Seeking Safety.
- Conducted comprehensive intake evaluations.
- Treated a range of mental health conditions: Generalized Anxiety Disorder (GAD), depression, Posttraumatic Stress Disorder (PTSD), chronic pain, substance use, and coping with grief and bereavement.
- Facilitated two rounds of a 6-week Life Skills group using VTEL.
- Developed a 6-week Grief & Loss group manual, did phone screens, and facilitated four rounds of group.
- Administered and interpreted self-report assessments for intakes and to monitor treatment progress throughout (e.g. PHQ, GAD-7, LEC, PCL-5, BDI, AAQII, CPAQ, and CAPS-5).
- Collaborated with a multidisciplinary team to discuss assigned cases, treatment, and address risk management.
- Weekly 1.5-2 hour weekly individual supervision with supervisor.
- Received weekly didactic training, including professional development with primary supervisor or Palo Alto VA staff.

- 6/2017 – 6/2018 Pre-Doctoral Level Student Therapist**
Gronowski Center, Palo Alto University (community training clinic)
Los Altos, CA
Supervisor: *Martha Hernandez, Ph.D.*
Intervention hours: 165.90; **Assessment hours:** 49.45
- Provided individual psychotherapy in Spanish and English to Latinx adults and older adults.
 - Treated a range of mental health conditions: anxiety, PTSD, depression, and coping with interpersonal and relational issues.
 - Conceptualized cases and conducted treatment using the following theoretical orientations: Family Systems, CBT, ACT,
 - Learned MI and Seeking Safety techniques.
 - Co-facilitated a Spanish 12-session CBT for depression group with student colleague.
 - Conducted comprehensive intakes, administered, scored and interpreted assessments (e.g. BDI, PHQ, PCL-5, Bicultural Assessment Scale [BAS], Depression and Anxiety Stress Scale [DASS], MoCA Spanish and English version, PAI, WAI, OQ-30 & OQ-45).
 - Wrote progress notes, intake reports,
 - Presented new cases to clinical director and staff.
 - All individual and group psychotherapy sessions were video recorded.
 - Received one-hour weekly individual supervision with video review of sessions.
 - Received 1.5-hour weekly group supervision with video review of sessions.
 - Attended bimonthly one-hour didactic training.

RESEARCH EXPERIENCE

- 6/2019 – present Dissertation in Clinical Psychology**
Title: “A dimensional perspective of adverse childhood experiences: Relations to adult health and neurocognitive characteristics in veterans with comorbid PTSD and alcohol use disorder.”
Chair: *Lisa M. Brown, Ph.D., ABPP*
Committee: *Adrienne Heinz, Ph.D., Matthew Cordova, Ph.D., Matthew Yalch, Ph.D.*
Current status: Data analytic phase
- Utilized an IRB/NIH dataset from the National Center for PTSD, Menlo Park Division. The data was collected from a group of veterans with comorbid PTSD and alcohol use disorder seeking cognitive remediation treatment.
 - The primary aim of dissertation is to analyze relationships between adverse childhood experiences (ACEs) to health outcomes and neurocognitive impairments by using two theoretical models of ACEs.

- The secondary aim is to compare the predictive value of two theoretical models (Risk Cumulative Model vs. the Dimensional Model of ACEs) to identify differential relationships.

7/2019 – present

Research Assistant

Addiction Research Program, San Francisco VA

Supervisor: *David Pennington Ph.D. (P.I)*

- The Strengthening Neuroplasticity in Addiction Recovery (SPARC) focuses on the development, implementation, and evaluation of cognitive neuroscience informed technology-based interventions (virtual reality working memory retraining, virtual reality mindfulness training, alcohol approach bias modification) for remediating cognitive dysfunction associated with comorbid substance use disorders and traumatic brain injury.
- Primary roles involve working with P.I on study manuscripts and provide statistical research support.

6/2017 – present

Graduate Student Lab Assistant

Risk and Resilience Research Lab (RRRL), Palo Alto University

Faculty advisor: *Lisa M. Brown, Ph.D., ABPP*

- The RRRL investigates the determinants of resilience and risk in response to life stressors and traumatic events. The lab focuses on addressing mental health needs of underserved populations.
- Activities include planning and developing new research projects, grant writing, and dissertation research.

5/2018 – 8/2019

Research Assistant

Substance and Anxiety Intervention Lab (SAIL), National Center for PTSD

Supervisor: *Adrienne Heinz, Ph.D. (P.I)*

- The SAIL lab investigates the impact of a mobile, computerized cognitive training program on recovery outcomes among Veterans with alcohol use disorder and PTSD.
- Duties included administration and scoring of a three-hour neuropsychology battery (e.g. HVLT, BVMT, Trails A&B, DKEFS color/work inference test, DKEFS Tower Test, Letter-Number Sequencing, Conner's CPT).
- Presented exploratory data findings at national research posters and co-author manuscripts.
- Using dataset for dissertation.

- 1/2013 – 6/2016** **Blinded Project Coordinator/ Clinical Research Associate (paid position)**
Veterans Medical Research Foundation /VA San Diego Health Care System/ Department of Defense.
San Diego, CA
Supervisor: *Thomas Rutledge, Ph.D. (P.I.), Sandford Nidich, Ed.D. (P.I.), Pia Heppner, Ph.D. (Co-P.I.), Paul Mills, Ph.D. (Co-P.I.)*
- A Department of Defense (DOD) funded randomized controlled trial of Transcendental Meditation compared to Prolonged Exposure Therapy and PTSD education control.
 - Duties involved using creative efforts to recruit 3-6 participants per month (e.g. do presentations, collaborate with coalition groups, flyers, newspaper ad, etc.).
 - Administered 108 baselines and 150 post-tests of the standardized DSM-IV Clinician Administered PTSD Scale (CAPS), and other assessments.
 - Administered and scored the following assessments: LEC, PCL-M, SLUMS, POMS, Q-LES-Q, and SSQ.
 - Prepared DNA plasma assays, cell washing for RNA analysis, centrifuged and stored blood and urine samples.
 - Entered and monitored study data, using VISTA, and Excel.
 - Managed quality assurance of IRB informed consents for annual audits.
 - Co-managed administration duties with unblinded study coordinator and data manager.
 - Attended military conference and presented preliminary study research data.
 - Co-authored a manuscript with study PIs.
- 8/2012 – 7/2014** **Research Assistant**
Co-Occurring Disorders Program, University of California, San Diego Outpatient Psychiatric Services
San Diego, CA
Supervisors: *Patricia Judd, Ph.D. (P.I.), Susan Orgera, Ph.D., and Diana Panizzon, Psy.D.*
- The UCSD Co-Occurring Disorders Program is an integrated treatment and research program, which provides intensive integrated services for individuals with comorbid substance use disorder and other mental health conditions.
 - Duties included administration and scoring of neuropsychological assessments (e.g. CVLT-II, Conners' CPT-II, trails test, WAIS-IV, Stroop test, Barkley Adult ADHD scale, WASI-II, CTQ, DES-T, ECR-R).
 - Managed scheduling, data entry, management, and analysis.
 - Presented a first-authored poster at the San Diego Psychological Association (SDPA).

- 7/2012 – 12/2013 Research Assistant I (paid position)**
University of California San Diego, Department of Psychiatry
San Diego, CA
Supervisor: *Julie Wetherell, Ph.D. (P.I.)*
- An NIH-funded randomized controlled trial evaluating the efficacy of an in-home intervention aimed at treating older adults with excessive fear of falling and Mindfulness-Based Stress Reduction (MBSR) for older adults with depression or anxiety.
 - Duties were to assist with recruitment efforts and record therapy session for interrater reliability.
 - Administered and scored neuropsychological tests (e.g. DKEFS, Verbal Fluency, Trail Making, Color-Interference tests, RBANS, CVLT I, and the WTAR).
 - Translated sleep and activity counts via Actigraph software.
 - Data entry, data management, and analysis.
 - Co-authored a poster with study coordinator that was presented The Gerontological Society of America.
- 9/2011 – 6/2012 Research Assistant**
University of California San Diego, Department of Psychiatry
San Diego, CA
Supervisor: *Sandra Brown, Ph.D. (P.I.) and Nicole Beckman, Ph.D.*
- A longitudinal brain and genetic sibling study assessing the genetic and neurocognitive behavior of siblings with Antisocial Personality Disorder (ASPD), and drug dependence.
 - Duties involved conducting phone and in-person interviews and tracking participants.
 - Managed databases, assisted project coordinator with IRB and R&D grant renewals, cover letters, and research plans for other laboratory projects.
- 8/2010 – 6/2011 Senior Research Assistant**
University of California San Diego, Department of Psychiatry
San Diego, CA
Supervisor: *Sandra Brown, Ph.D.*
- The Alcohol and Recovery in Adolescents (ARIA) study used neuroimaging tools, fMRI, to examine neurocognitive recovery among adolescent binge drinkers during a one-month period of monitored abstinence.
 - Duties involved recruitment, scheduling, phone screens assessments of adolescents and parent participants.
 - Scored neuropsychological assessments (e.g. REY-O and Taylor Complex figures, CVLT, and WISC).
 - Managed database software (e.g. text messaging software, Actigraph, SPSS, Access, and TrueCrypt).

- Assisted graduate student with fMRI sessions.
- Collected toxicology screens at participants homes.

PUBLICATIONS

Accepted/in press/ published

1. **Gomez, M. A.**, Meffert, B.N., Mosich, M.K., Lucas, E.L, Berkemeyer, M., Rhodes, L., Heinz, A.J. (accepted). A Dimensional perspective of adverse childhood experiences: childhood exposure to threat, deprivation and household dysfunction and adult neurocognitive characteristics among U.S. military Veterans. *Development and Psychopathology*.
2. **Gomez M. A.**, & Brown L. M. (in press). Childhood psychotherapy: Treatment across lifespan. Gianfranco Spalletti, Defina Janiri, Patrizia Brogna, & Gabriele Sani (Ed.), *Childhood Trauma in Mental Disorders*.
3. Rutledge T, Nidich S, Schneider R, Mills PJ, Salerno J, Heppner P, **Gomez M. A**, Gaylord-King C, Rainforth M. (2014). Design and rationale of a comparative effectiveness trial evaluating transcendental meditation against established therapies for PTSD contemporary clinical trials. *Contemporary Clinical Trials*, 39, 1, 50-56.

Submitted for peer review

1. **Gomez M. A.**, Eastwood, J, Pepine C. J, Handberg E. M, Bittner V, Mehta P. K, David S. Krantz D. S, Vaccarino V, Eteiba W, Merz N. B, Rutledge T. (under review). Psychological stress, cardiovascular risk factors, and cardiovascular event risk associations in the Women's Ischemia Syndrome Evaluation.
2. Fogle, B. M., **Gomez, M. A.**, Cohen, N., Lee, H. K., Heinz, A. J. (under review). Mobile cognitive training for veterans with Alcohol Use Disorder and co-occurring Posttraumatic Stress Disorder: A randomized controlled trial.
3. Lucas, E.L., Meffert, B.N., **Gomez, M. A.**, Mosich, M., Berkemeyer, M., Heinz, A.J. (under review). Executive functioning and prediction of risky behavior: A multimodal examination among military Veterans with Alcohol Use Disorder and PTSD.

In preparation for submission

1. Pennington, D.L., **Gomez, M.A.**, Hoyman, L.C., Batki, S.L. (under review). Synergistic effects of heavy alcohol use and age on cognitive functioning in Veterans with Posttraumatic Stress Disorder.
2. Walsh, J., Charissa, H., Lucas, E.L., **Gomez, M. A.**, Brown, L.M. (under review). Indirect self-destructive behavior among older adults: A Systematic Review.

CONFERENCE PRESENTATIONS

1. Meffert, B.N., **Gomez, M.A.**, Lucas, E.L., Mosich, M., Berkemeyer, M., Kyu, L., Heinz, A.J. (Accepted). *Mobile cognitive training for military Veterans with Alcohol Use Disorder and Co-occurring Posttraumatic Stress Disorder*. Poster to be presented at the International Society of Traumatic Stress Studies Conference, Boston, Massachusetts.
2. **Gomez, M.A.**, Meffert, B.N., Lucas, E.L., Mosich, M., Berkemeyer, M., Heinz, A.J. (Accepted). *Dimensional model of adversity and psychopathology: Exposure to childhood threat and deprivation and relation with depression, suicide attempt, and obesity in US military veterans*. Poster to be presented at the International Society of Traumatic Stress Studies Conference, Boston, Massachusetts.
3. Lucas, E.L., Meffert, B.N., **Gomez, M.A.**, Mosich, M., Berkemeyer, M., Heinz, A.J. (2019, July). *Executive functioning and prediction of risky behavior: A multimodal examination among military Veterans with Alcohol Use Disorder and PTSD*. Poster presented at the International Society of Neuropsychology Meeting, Rio De Janeiro, Brazil.
4. **Gomez, M.A.**, Meffert, B.N., Lucas, E.L., Mosich, M.K., Sawicki, D., Cloitre, M., Heinz, A.J. (2019, February). *A Dimensional perspective of adverse childhood experiences: Childhood exposure to threat and deprivation and adult Neurocognitive Characteristics among US Military Veterans*. Poster submitted for presentation at *The International Society of Neuropsychology Annual Meeting*, New York City, NY.
5. Palacios, M, **Gomez, M.A.**, & Oropeza, N. (2018, October). *Implementation of Spanish CBT groups for Latinx adults at a community mental health clinic: Challenges, successes, and future recommendations*. Symposium presented at The National Latino/a Psychology Biennial Conference. San Diego, CA.
6. **Gomez, M.A.** (2018, October). *Addressing the multiple intersecting identities within the Latinx community through the development of a specialized training clinic*. Symposium presented at The National Latino/a Psychology Biennial Conference. San Diego, CA.
7. Gutierrez, R., **Gomez, M.A.**, (2018, August). *The impact of trauma and acculturation stress on Latinx immigrants*. Hospitality suite presented at The American Psychological Association Conference. San Francisco, CA.
8. **Gomez, M.A.**, Heppner P., Sanford, N., Schneider R., Mills, P.J., Salerno J., Gaylord-King C., Rainforth M., Rutledge T. (2016, February). *Psychosocial and occupational factors predicting quality of life among treatment-seeking Veterans with Posttraumatic Stress Disorder*. Poster presented at the 2016 Military and Veteran Resiliency Medicine Summit Naval Medical Center. San Diego, CA.
9. **Gomez, M.A.**, Heppner, P., Mills, P., Rainforth, M., Salerno, J., Schneider, R., King, C., Sanford, N., Rutledge, T. (2014, August). *Prevalence and predictors of suicidal ideation in a sample of treatment seeking Veterans with Post-Traumatic Stress Disorder*. Poster presented at The Military Health System Research Symposium (MHSRS). Fort Lauderdale, FL.
10. **Gomez, M.A.**, Orgera, S. E, Panizzon, D. C., Bousman, C. A., Twamley, E. W., Norman, S. B., Everall, I. P., Heaton, R. K., & Judd, P. A. (2013, December). *Gender differences in pathological dissociation among a co-occurring disorder (COD) population with and*

without Post-Traumatic Stress. Poster presented at The San Diego Psychological Association Annual Conference. San Diego, CA.

11. Merz, C.C., Bower, E., **Gomez, M.A.**, Wetherell, J.L. (2012, November). *Adapted activity card sort: A patient centered measure of avoidance due to fear of falling*. Poster presented at The Gerontological Society of America 65th Annual Scientific Meeting. San Diego, CA.

TEACHING EXPERIENCE

9/2018 – Present **Teacher's Assistant - Professional Standards II, three quarters (Fall 18'; Summer 19'; Fall 19')**
Palo Alto University - Palo Alto, CA
Faculty: *Jayme Peta, Ph.D.*

- A course taught by the Office of Professional Advising and Development (OPAD) to prepare students for external clinical training. Professional Standards II focuses on developing strategies for external practicum training that fits individual professional and internship training goals and understanding the application process. Competencies expected for practicum level of clinical training will be emphasized.
- Roles involve attending class meeting to facilitate group discussions, grade cover letters, CVs, review students' clinical training goals and provide advising sessions for practicum sites.

INVITED LECTURES

- 10/24/19** • **Gomez, M.A.** (2019). *Cultural considerations in health psychology: Barriers, risks and resilient Factors*. Invited class lecture for Cultural Considerations Ph.D. course. Palo Alto University. Palo Alto, CA.

TRAININGS

- 2/2019 – 8/2019** **ACT Mini Rotation, Palo Alto Veteran Affairs Healthcare System**
Trainers: *Robyn Walser, Ph.D. and Veronica Reis, Ph.D.*
- Received a six-month training for the Acceptance and Commitment Therapy (ACT).
 - Attended weekly didactic training, supervision and feedback with client cases, and created a project that uses ACT model with a specific population.

4/2018 – 5/2019 CAPS-5 Training and administration**National Center for PTSD, Menlo Park Division**

Trainers: *Brian P. Marx, Ph.D., Michelle Bovin, Ph.D., and Patricia Watson, Ph.D.*

- Received a three-step training for the Clinician-Administered PTSD Scale, DSM-5 that included a completion of a 4.5-hour online training.
- Attended two in-person training seminars where trainees received further didactic training, role played administering the CAPS (audio-recorded) with fellow trainee, scored CAPS and reviewed scores for interrater reliability.

PRIMARY REVIEWING EXPERIENCE
7/2018

- Student grant award reviewer for American Psychological Science (APS).

STUDENT AFFILIATED/ LEADERSHIP POSITIONS/ SERVICE
7/2019 – present San Francisco VA Psychology Diversity Committee - Student Member Diversity Didactics and Discussion (D3) Subcommittee

Staff Leads: *William Q. Hua, Ph.D. & Stephanie L. Cardoos, Ph.D.*

- Role involves collaborating with SFVA staff leads and coordinating on diversity related events and didactic trainings.
- Assist in selecting relevant diversity topics for didactic and seminar trainings.
- Prepare flyers, dissemination and marketing of upcoming events.

6/2018 – 6/2019 Public Relations Representative

Palo Alto University, Palo Alto University Latino Student Organization (PULSO)

- Involved in coordination of diversity events throughout the year.
- Hosting webinars, creating and disseminating flyers, representing diversity student body at university board meetings.

6/2017 – 6/2018 Student Organization Representative

Palo Alto University, Association for Traumatic Stress Studies (ATSS)

- Involved in coordination of webinars and presentations of trauma experts for university students throughout the year.
- Created and disseminated flyers and advertised ATSS events. ATSS members Bimonthly didactic seminars.

- 10/2011 - 4/2012 Community Advisor
UCSD, Dominican Republic Service Trip**
- Mentored volunteer site coordinators to prepare their volunteer students for an international service trip to Dominican Republic.
 - Attended group meetings, provided resources and assisted volunteers to coordinator efforts of service trip.
- 9/2010 – 5/2011 Site Coordinating Leader, Dominican Republic volunteer trip.
Alternative Breaks, at UCSD Non-Profit Organization**
- Co-coordinated trip and monitored site volunteers throughout a week-long service trip to the Dominican Republic.
 - Spanish-English translator for a service trip.
 - Led English classes at local rural elementary schools.
 - Assisted in raising money, supplies and donated funds to rural schools in the area.
- 9/2009 – 6/2010 Brazil Site Student Volunteer
Alternative Breaks, at UCSD Non-Profit Organization**
- Volunteered for AIDS/HIV Women and Family Center.
 - Provided psychoeducation and medical aid to local marginalized community members e.g. women and children in rural Brazil.

OTHER WORK EXPERIENCE

- 7/2018 – 1/2019 Spanish Content Developer of Sonoma Resiliency Mobile application,
Independent Contractor (Paid Position)
Healthcare Foundation Northern Sonoma County**
- The Wildfire Mental Health Collaborative is a partnership of FEMA, NAMI Sonoma, regional mental health professional associations, local hospitals, nonprofits, and the County of Sonoma. The mission is to increase access to care through the development of a Spanish trauma-informed mobile based app tailored for survivors of Northern California wildfires called Sonoma Rises.
 - Primary role involved the development and translation of Spanish trauma-informed content that is culturally sensitive and designed to provide psychoeducation, foster resilience, teach coping skills, and provide connection to community resources.
- April 2015 Yoga Teacher Training – 200 hours, Yoga Alliance**
- Learned Vinyasa and Hatha style yoga
 - Trained in leading breathwork exercises, such as Sama Vritti (equal breath), abdominal breathing, Nadi Shodhana (alternate nostril breathing), Kapalabhati (skull skinning breath), progressive relaxation, and guided meditation.

CERTIFICATIONS

7/2019	TeleMental Health Training (TMS), San Francisco VA Healthcare System <ul style="list-style-type: none"> • Did VTEL training, learned how to submit VTEL RTCs and encounters. How to address risk via VTEL.
7/2018	TeleMental Health Training (TMS), VA Palo Alto Healthcare System <ul style="list-style-type: none"> • Did VTEL and VVC training, learned how to submit VTEL RTCs and encounters. How to address risk via VTEL.
4/2018	Clinician Administered PTSD Scale (CAPS-5) structured interview training for DSM-V
2/2013	Clinician Administered PTSD Scale (CAPS-IV) structured interview training for DSM-IV

MEMBERSHIPS AND AFFILIATIONS

2019 – present	International Neuropsychological Society (INS), student member
2018 – present	National Latinx Psychological Association (NLPA), student member
2017 – present	International Society for Traumatic Stress Studies, student member
2016 – present	APA, Division 56 - Trauma Psychology, student member
2016 – present	APA, Division 40 EMA – Ethnic minority affairs, student member

REFERENCES

Clinical References

Payal Mapara, Psy.D.

Current Primary Clinical Supervisor
Staff Psychologist
Pain Clinic & Health Psychology Program
VA San Francisco Healthcare System
4150 Clement St, San Francisco, CA 94121
payal.mapara@va.gov
(415) 221-4810, ext. 22315

Fletcher Thompson, Psy.D.

Clinical Supervisor, 18' - 19'
Clinical and Staff Psychologist,
TeleMental Health Program
VA Palo Alto Health Care System
795 Willow Road, Menlo Park, CA 94025
fletcher.thompson@va.gov
(650) 493-5000, ext. 26063

Martha Hernandez, Ph.D.

Clinical Supervisor 17' - 18'
Licensed Psychologist
PAU Gronowski Center – Clinica Latina
5150 El Camino Real C, Los Altos, CA
94022
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(310) 721-6676

Research References

Lisa M. Brown, Ph.D., ABPP.

Faculty Advisor
Licensed Psychologist
Palo Alto University
1791 Arastradero Road, Palo Alto, CA 94304
lbrown@paloaltou.edu
650-433-3843

Adrienne Heinz, Ph.D.

External Research Mentor, 18' - present
National Center for PTSD Clinical
Researcher, Substance & Anxiety
Intervention Laboratory
VA Palo Alto Health Care System
795 Willow Road, Menlo Park, CA 94025
adrienne.heinz@va.gov
(415) 656-8210

Thomas R. Rutledge, Ph.D., ABPP.

Research Mentor, 13' - present
Licensed Psychologist
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