

# CURRICULUM VITAE

**HEATHER STONE, PH.D.**

CLINICAL PSYCHOLOGIST, PSY 21112

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## Education:

**INSTITUTE OF IMAGINAL STUDIES**, Petaluma, California.

2005: Doctor of Philosophy, Clinical Psychology.

**AMERICAN COMMONWEALTH UNIVERSITY**, San Diego, California.

1987: Master of Arts, Psychology, with Specialization in Counseling Psychology.

**INTERNATIONAL COLLEGE**, Los Angeles, California.

1985: Bachelor of Arts, Psychology.

*\*Received writing award for best ethics paper*

## Clinical Experience:

### LICENSED PSYCHOLOGIST

Feb. 2007 - ***Private Practice, Santa Rosa, California.***

Present Private practice setting specializing in the treatment of anxiety disorders, depression, and posttraumatic stress disorder. Provide cognitive-behavioral therapy, relaxation training, and psycho-education to adults, adolescents, and families utilizing evidence-based treatment and research. Provide ongoing assessment of client progress through the use of psychological measures, screeners, and assessment tools. Collaborate with primary care physicians, psychiatrists, Child Protective Services, and Adult Protective Services. Provide clinical consultation and training to individual therapists, medical professionals, and agencies in the community. Provide limited home visits when necessary, (e.g., for the treatment of agoraphobia and compulsive hoarding).

### LICENSED PSYCHOLOGIST

Nov. 2006 - ***St. Joseph Health System, Partial Hospitalization Program, Behavioral Health.***

Present ***Santa Rosa Memorial Hospital, Santa Rosa, California.***

***Petaluma Valley Hospital, Petaluma, California.***

Facilitate psycho-education and therapy groups, incorporating approved curriculum and standard group facilitation techniques. Conduct initial assessments of new clients; develop, review, and update treatment plans; and incorporate input from treatment team. Attend treatment planning meetings; participate in discharge planning; and monitor medical records. Provide crisis intervention and conflict resolution. Assess the degree of danger to self or others as well as grave disability, and make arrangements for 5150. Assess for suspected domestic violence, child or adult dependent abuse, and provide appropriate intervention based on hospital policy. Make appropriate referrals to community services for aftercare and long-term support.

## **UNITED STATES COAST GUARD, CONTRACT SERVICE PROVIDER**

Sept. 2006 - ***United States Coast Guard, Family Advocacy Program.***

Present Perform assessment, crisis intervention, and/or ongoing psychotherapy to individuals and families suffering from domestic violence, substance abuse, relocation issues, special needs, and child abuse and/or neglect. Collaboration with Family Advocacy Specialist including treatment planning, consultation, verbal and written reports, and recommendations for treatment.

## **PROGRAM DIRECTOR FOR ANXIETY DISORDERS TREATMENT PROGRAM/ CLINICAL PSYCHOLOGIST/ INTAKE SPECIALIST FOR COMMUNITY COUNSELING SERVICES**

Aug. 2004 - ***Ananda Institute, Santa Rosa, California.***

Feb. 2007

*Program Director for the Anxiety Disorders Treatment Program.* Expanded agency's services to include individual therapy, groups, and psycho-education for the treatment of anxiety disorders; selected and ordered state-of-the-art assessment tools and client workbooks; created Training Manual; provided ongoing training to staff and interns; attended bi-monthly directors' meetings; consulted with Board of Directors as needed.

*Clinical Psychologist.* Provided psychotherapy to clients in Anxiety Disorders Treatment Program and Community Counseling Services; provided supervision to doctoral level interns; participated in clinical rounds; presented 8-minute client summaries to team; attended and/or provided didactics; attended case conferences; created treatment plans and treatment summaries; carried emergency pager. Collaborated with and/or provided written reports to psychiatrists, primary care physicians, attorneys, and referral sources, including Sonoma County Mental Health (Child Protective Services), Family Court/ Mediation Services, the Veterans Administration, the U.S. Coastguard, and Jewish Family Services.

*Intake Specialist.* Conducted intake interviews for ADTP and CCS; wrote intake summaries including multi-axial working diagnoses; conducted patient triage; assisted Clinical Director in assigning new cases; trained Intake Coordinator; created Standard Operating Procedure for intake positions; and presented new cases to team.

## **WRITING CONSULTANT/ EDITOR**

May 2004 - Provide editing services for graduate students' research proposals, dissertations, Present and APA internship applications. Provide editorial services to Michael A. Fraga, Psy.D., including reviewing and summarizing patient histories, court documents, and psychological evaluations; provide editorial review of Dr. Fraga's published work; and edit Dr. Fraga's neuro-psychological reports. Provide editorial services to the Ananda Institute, including Ananda's Business Plan, Resource Guide, and brochures.

## **JUVENILE PROBATION COUNSELING COORDINATOR AND KIDS PROJECT COORDINATOR**

Aug. 2003 - ***Drug Abuse Alternative Center, Santa Rosa, California.***

May 2004

*Youth Program:* Liaison between drug rehabilitation agency and Sonoma County Juvenile Probation Department. Participated in bi-weekly multi-disciplinary team to assess the needs of troubled youth at Juvenile Hall. Facilitated Life Skills Group; Pregnancy Group; and Making Choices Group. Conducted intake interviews; screenings;

and assessments, including Addiction Severity Index (“ASI”) at agency and on site at two high schools. Provided case management; oversaw drug testing; and monitored attendance. Synthesized data from countywide school-based program, (Toward No Drugs), and created narrative and statistical report. Collaborated with Sonoma County Mental Health and Office of Education; residential programs; and other agencies, at Consortium for Kids Project.

***Drug Abuse Alternative Center (continued)***

***Adult Program:*** Facilitated Women’s Process Group and Perinatal Group. Orchestrated and co-facilitated drug Intervention. Provided crisis counseling to adults as part of emergency response team to residential recovery program.

**PSYCHOLOGICAL ASSISTANT**

- Dec. 1997 - ***Center for Anxiety and Stress, Santa Rosa, California.***  
Dec. 2003 Psychological Assistant to Jeffery R. Martin, Ph.D. Provided individual, exposure-based, cognitive-behavioral therapy to adults and adolescents with anxiety disorders; facilitated Women’s Group; performed psychological research; co-created training video for seminars and workshops.

**ASSISTANT PROGRAM DIRECTOR**

- Sept. 1999 - ***Buckelew Programs: The Avenue, Napa California.***  
Feb. 2002 Directed Supported Living Program. Supervised front line staff, and provided education and training. Provided one-to-one counseling to adult residents; conducted intake interviews and hospital assessments; and conducted treatment team meetings. Carried emergency pager and provided emergency response to ensure the safety and stabilization of decompensated clients. Facilitated Symptom Management Group; Vocational Group; Women’s Group; and House Meetings. Provided outreach and support services to Napa County community clients living outside of Program. Participated in weekly Consortium meetings with Napa County Mental Health; collaborated with County case managers; Crisis Team; Child Protective Services; and Adult Services of Napa County. Responsible for Medi-Cal audits and maintenance of client files in compliance with Medi-Cal regulations.

**PATIENT EVALUATION COORDINATOR/ URGENT CARE COORDINATOR**

- July 1996 - ***Kaiser Permanente, Dept. of Psychiatry, Santa Rosa, California.***  
Sept. 1998 Coordinated psychiatric services for children and adults. Conducted intake interviews and assessments; made referrals for medication, psychotherapy, chemical dependency, and health education; provided patient triage; acted as liaison between patients, clinicians, and community resources. Provided back-up and relief for Urgent Care Coordinator.

**PSYCHOLOGICAL ASSISTANT**

- July 1995 - ***Petaluma Valley Hospital, Behavioral Health, Petaluma, California.***  
Aug. 1997 Psychological Assistant to Steven R. Hubert, Ph.D. Provided individual psychotherapy to adults and seniors; participated in treatment planning with staff. Wrote psychological

evaluations and reports to Social Security, Workers Compensation, Probation Officers, and Hospital Admissions.

## **BEREAVEMENT COUNSELOR**

Sept. 1994 - *Hospice of Petaluma, Petaluma, California.*

May 1996 Provided individual and group psychotherapy to children, adults and seniors in grief. Conducted psychosocial assessments of bereavement clients, hospice patients, and their families; provided emergency response to elementary school; provided counseling to terminally ill patients; provided referral services; collaborated with outside mental health professionals.

## **COMMUNITY SERVICE:**

Public relations and outreach to community, including professional consultation and in-service training to *Sonoma County Court Appointed Social Advocates* ("CASA"), and 12-step recovery groups.

## **MEMBER/PROVIDER:**

CALIFORNIA PSYCHOLOGICAL ASSOCIATION  
REDWOOD PSYCHOLOGICAL ASSOCIATION  
ANXIETY DISORDERS ASSOCIATION OF AMERICA  
OBSESSIVE-COMPULSIVE FOUNDATION  
PSYCHOLOGY TODAY

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