

PHAEDRA CARUSO-RADIN, PSY.D.

Licensed Clinical Psychologist (PSY 17386)
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EDUCATION:

- September 1999 **California School of Professional Psychology**, Alameda, CA
Psy.D., Clinical Psychology
- September 1997 **California School of Professional Psychology**, Alameda, CA
M.A., Clinical Psychology, Psy.D. Program
- May 1992 **San Diego State University**, San Diego, CA
BA, Psychology. Honors: Dean's List

PRINCIPAL POSITIONS:

CLINICAL PSYCHOLOGIST:

Private Practice, Berkeley, CA: 2001 – present

- Conduct Cognitive Behavioral Therapy for outpatient adults and adolescents presenting with a wide range of mental health issues
- Integrate modalities such as Psychodynamic Therapy, Guided Imagery, Motivational Interviewing as needed

Home Away From Homelessness, San Francisco, CA: March 2009 – present

- Provide clinical consultation to multi-disciplinary team providing after-school and recreational services to homeless children and their parents; 8-10 hours monthly
- Provide trainings as needed

Acupuncture and Integrative Medicine College, Berkeley, CA: January 2008 – December 2008

- Acted as Behavioral Medicine Specialist in the Integrative Medicine Weight Management Clinic
- Assisted in planning for and developing Integrative Medicine Program
- Facilitate Cognitive Behavioral Therapy-based classes to assist clients in the modification of the thoughts and behaviors involved in losing and maintaining weight loss
- Consult with a diverse team of practitioners including physicians, acupuncturists, integrative nutrition specialist and exercise physiologist

City and County of San Francisco, Human Services Agency, Disability Evaluation Consultation Unit, San Francisco, CA: 2000 – 2008

- Assessed homeless and at-risk adults for employability versus mental health disability
- Conducted full evaluations using a battery of tests for diverse clients experiencing psychiatric, substance abuse and co-morbid medical issues seeking help with Social Security benefits (SSI/SSDI) application
- Provided crisis intervention when appropriate
- Co-designed and maintained a program to provide benefits assistance to disabled clients
- Provided primary psychiatric consultation to a multidisciplinary team
- Reviewed and assimilate medical records
- Aided a wide range of community-based clinicians in writing effective assessment reports

- Coordinated a twice weekly training seminar series to educate multidisciplinary staff on psychological, medical, substance abuse, and employability vs. disability issues as well as community-based services and case discussion seminars
- Provided trainings on issues related to the combination of medical, psychiatric, substance abuse and psychosocial issues for a diverse population
- Provided in-service trainings to clinicians in community based clinics on how to write reports documenting the issues pertinent to an SSI/SSDI application
- Coordinated and managed several programs and a large staff to provide team-based SSI/SSDI assistance at Project Homeless Connect (a citywide and nationally recognized program developed to outreach to homeless clients on a bi-monthly basis)
- Honored 2004 and 2006 as “Star Performer” – an colleague nominated award for providing outstanding service
- Upon my resignation, honored by having August 1, 2008 proclaimed “Dr. Phaedra Caruso-Radin Day” in San Francisco by the Mayor’s Office

University of California San Francisco (UCSF) and Veterans Affairs (VA) San Francisco, CA:
2001 – 2003

- Provided Cognitive Behavioral Phone Therapy as part of a study funded by NIMH for mobility impaired clients suffering from Multiple Sclerosis and Major Depression

POSTDOCTORAL PSYCHOLOGY FELLOW

UCSF/SFGH, Department of Psychosocial Medicine, Maxine Hall Health Center, San Francisco, CA:
1999 – 2000

- Trained in a UCSF-funded Pilot Program designed to integrate mental health and primary care in a community clinic serving a low-income, diverse population presenting with a wide range of medical and psychiatric diagnoses
- Consulted directly with and assisted primary care physicians on medical and mental health care of patients
- Conducted Cognitive Behavioral Therapy for individuals and groups
- Co-led groups including a Chronic Pain Education Group, D.A.R.E. Group (a harm reduction group for those with substance abuse) and Body & Soul (a psychoeducational class held spontaneously in the waiting room)
- Co-facilitated a class teaching interview skills to use while working with psychiatric patients for second-year medical students
- Co-developed a program for orienting and training incoming psychology interns

PSYCHOLOGY INTERN

Oak Forest Hospital, Department of Psychology, Oak Forest, IL: 1998 – 1999

- Performed assessment and treatment of adolescent and adult medical/surgical and psychiatric patients within an APA-approved, JCAHO and CARF-accredited medical center
- Consulted and acted as liaison with all members of a multidisciplinary team in several rotations including: Rehabilitation Medicine (i.e., Cerebral Vascular Accident, Traumatic Brain Injury, spinal injury, neurological disease and alcohol/drug related physical decrements); Neuropsychology; and Subacute/Infectious Disease
- Co-led an inpatient/outpatient psychotherapy group
- Conducted traditional and medical outpatient psychotherapy
- Conducted outpatient psychodiagnostic and neuropsychological assessment

PSYCHOLOGY TRAINEE

Kaiser Permanente, Department of Psychiatry, Milpitas, CA: 1997 – 1998

- Performed initial intake interviews
- Conducted clinical assessment and testing
- Co-led educational and therapeutic groups
- Provided short-term individual, couples, and group therapy for multi-ethnic patients with mild to severe psychological disturbances
- Facilitated Guided Imagery groups for diabetic, hypertensive, and cardiac patients
- Consulted with psychiatrists in evaluating patients for medication needs

PSYCHOLOGY TRAINEE

West Coast Center for Social Therapy, San Francisco, CA: 1996 – 1997

- Conducted individual and couples therapy
- Co-led therapy groups
- Conducted intake interviews and assessments for outpatient adults in a privately funded therapeutic center
- Facilitated training workshops and community groups designed to provide an arena to support the practice of new behaviors

PSYCHOLOGY TRAINEE

Red Cross, Alameda, CA: 1995 – 1996

- Assessed and case managed multi-ethnic clients at risk of being homeless
- Developed and implemented strategies to provide information, referrals, and budget planning to prevent homelessness

ADDITIONAL PROFESSIONAL WORK EXPERIENCE:

EDITOR, *Alameda County Psychological Association Newsletter: 2005 – 2008*

- Evaluated, edited and selected quality submissions for local psychological association
- *Awarded Outstanding Newsletter of 2006 by CPA

GUIDED IMAGERY SPECIALIST, *Charlotte Maxwell Complementary Care Clinic, Oakland, CA: 9/01 – 9/05*

- Provided Therapeutic Imagery (Guided Imagery) to low and no income women with cancer in a volunteer based clinic

TEACHING EXPERIENCE:

Elephant Pharmacy, Berkeley, CA: 2003- 2009

- Taught 1-4 psychoeducational presentations per month on various psychosocial issues such as negative thinking, addressing procrastination, preventing worry, treating depression, guided imagery and other topics for adults at an innovative and education-focused pharmacy

Acupuncture and Integrative Medicine College, Berkeley (AIMC, Berkeley): 2006- present

- Teach acupuncture students *Motivational Interviewing and Stages of Change – Helping Patients to Make Changes* as a regular guest lecturer

City and County of San Francisco, Human Services Agency, Disability Evaluation Consultation Unit, San Francisco, CA: 2000 – 2008

- Coordinate training program for bachelor, masters and doctoral level team on medical, mental health and substance abuse diagnoses, prognoses and treatment

- Develop and present weekly trainings on mental health and psychosocial issues
- Organize and facilitate staff training seminars including professional guest speakers, staff of community based organizations, and community clinic/organization visits

UCSF, Ward 6B at SFGH: 2000

- Co-facilitated small group portion of an Introduction to Clinical Psychiatry Class for medical students with Eric Glassgold, M.D. and David Elkin, M.D.

UCSF/Mt. Zion Clinical Cancer Center, Guided Imagery Project, San Francisco, CA: 1997 – 1999

- Designed and implemented Guided Imagery Project for the UCSF/Mt Zion Infusion Center
- Developed and instituted Practicum Program that allowed first year Psy.D./Ph.D. students to learn research techniques, work as a multi-disciplinary team member, interact with patients coping with serious illness, and have exposure to a medical setting
- Trained volunteers and students on appropriate communication with chemotherapy patients facing initial treatment including how to explain research protocols and measures and communicate with patients and families experiencing an anxiety-producing situation

SAMPLING OF ADDITIONAL PRESENTATIONS:

Caruso-Radin, P. (2003 - 2007). *Using Guided Imagery with Cancer Patients*. Presentation for New Volunteers at Charlotte Maxwell Cancer Center, Oakland, CA.

Caruso-Radin, P. (2001, November). *CBT and Motivational Interviewing with Substance Abuse Clients*. Workshop for Horizon Substance Abuse Services, Hayward, CA.

Caruso-Radin, P. & Helge, T. (2000, August). *A Comparison of Guided Imagery Techniques with Chemotherapy Patients*. Poster presented at the APA Annual Convention, Washington, D.C.

Caruso-Radin, P. (2000, May). *Stress Reduction and Avoiding Job Burnout*. Workshop for Adolescent Health Conference 2000, San Francisco, CA.

Caruso-Radin, P., Scheidt, S., Gregg, K., Valus, K., Himmelhoch, S., Johnson, Y. (2000, March). *Body & Soul: Bridging the Gap between Mental Health and Primary Care*. Grand Rounds, San Francisco General Hospital, San Francisco, CA.

Caruso, P. & Helge, T. (1997, August). *A Comparison of Guided Imagery Techniques with Chemotherapy Patients*. Presented to the Psychosocial Oncology Committee, University of California, San Francisco/Mt. Zion Hospital, San Francisco, CA.

RESEARCH:

Dissertation: *A Comparison of Guided Imagery Techniques with Chemotherapy Patients*. Conducted on-site research at UCSF/Mt. Zion Cancer Center; under the supervision of Ed Bourg, Ph.D., Andrew Kneier, Ph.D., and Marty Rossman, M.D.: 11/96 – 9/99

PUBLICATIONS:

Invisible Heroes, 2004 by Belleruth Naparstek: research cited in this book on treating trauma

Health Journeys: 2001 – present, Website of Belleruth Naparstek on Guided Imagery, research cited

PROFESSIONAL AFFILIATION:

9/04 - Present Alameda County Psychological Association

9/95 - Present American Psychological Association

LICENSES/CERTIFICATIONS

2006: Heartsaver AED

2002: First Aid Basics

2002: Heartsaver CPR

2002: Advanced Disaster Relief

2001: Licensure in Clinical Psychology: California Board of Psychology