

Kristen Kochamba, PsyD

Licensed Clinical Psychologist

CA PSY 30345

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EDUCATION:

- August 2017 **PsyD Clinical Psychology** (APA Accredited Program).
- Emphasis: Family Psychology.
 - Azusa Pacific University, Azusa, CA.
 - Cumulative GPA: 3.896
 - Dissertation titled, “Integrating Mindfulness-Based Empirically Supported Treatments into Evidence Based Practice: A Common Elements Approach.”
- July 2014 **MA Clinical Psychology**
- Azusa Pacific University, Azusa, CA.
- June 2011 **BA Sociology**
- University of California, Irvine, Irvine, CA.
 - Cumulative GPA: 3.863

HONORS & AWARDS:

- 5/2017 Outstanding Dissertation Award, Azusa Pacific University
- 9/2012 – 6/2016 Dean’s Honor’s List, Azusa Pacific University.
- 9/2012 Dean’s Award of Excellence, Azusa Pacific University.
- 6/2011 Latin Honors: Magna Cum Laude, University of California, Irvine.
- 9/2008 – 6/2011 Dean’s Honor List, School of Social Sciences, University of California, Irvine.

LISCENSURE/CERTIFICATIONS:

- 9/2017 Certified in Cognitive Behavioral Therapy (CBT), Academy of Cognitive Therapy (ACT)
- 5/2016 Certified Rater, Cognitive Therapy Rating Scale (CTRS), ACT.
- 8/2014 Certified Magnetic Resonance Imaging (MRI) Safety Technician, UCLA Center for Cognitive Neuroscience (CCN).
- 6/2014 Certified Rater, Yale Brown Obsessive Compulsive Scale (YBOC), Brainsway, Ltd.
- 6/2013 Certified Rater, Hamilton Depression Rating Scale (HDRS), Brainsway, Ltd.

PROFESSIONAL ORGANIZATIONAL MEMBERSHIPS:

- 9/2015 Association for Behavioral and Cognitive Therapies (ABCT)
- 5/2013 Association for Contextual Behavioral Science (ACBS)
- 9/2012 Diversity Committee, Azusa Pacific University
- 9/2012 American Psychological Association for Graduate Students (APAGS)

CLINICAL EXPERIENCE:

9/2018 – present

Licensed Clinical Psychologist, CA PSY 30345

Mindful-Mastery, Beverly Hills, CA

- Owner/Operator: Lara Fielding, PsyD, EdM
- Theoretical orientation: Mindfulness-Based Cognitive Behavioral Therapies (ACT, DBT, MBCT, CBT).
- Type of site: Private practice.
- Population/diagnoses: Adults and Adolescents experiencing problems related to Emotion Dysregulation (e.g. anxiety, mood, and personality disorders).
- Services: Evidence-based individual therapy and skills training for adolescents and adults; participation in weekly team consultation; co-authoring a blog for Psych Central and Thrive Global; supervising research assistants in the development of research projects; teaching, training, and outreach at various institutions in the community.

9/2017 – 10/2018

Postdoctoral Fellow/Psychological Assistant, CA Board of Psychology, 94023521

CBT California/DBT California, Beverly Hills, CA, and Newport Beach, CA

- Supervisors: Julie Orris, PsyD and Jessica Schneider, PsyD.
- Clinical Director: Lynn McFarr, PhD
- Theoretical orientation: DBT, CBT, ACT, and CBASP.
- Type of site: Private practice.
- Population/diagnoses: Adults and adolescents with severe and persistent psychological problems to mild and acute emotional problems.
- Services: Provides comprehensive DBT, which includes weekly individual therapy, skills coaching, skills group, and team consultation. Delivered evidence-based interventions, including CBT, ACT, and CBASP, utilizing audio tape review and rating forms to ensure adherence. Co-authored a paper for publication. Provided didactic instruction, consultation, and supervision for research assistants in the development of research projects at CBTC. Co-taught a class, “Advances in CBT” at Harbor-UCLA Medical Center for psychology externs, postdocs, staff, and social work interns. Supervised a Masters-level clinician in weekly face-to-face review of case load, review of voice recorded sessions, development of case conceptualization, and applications of evidence based interventions.

8/2016 – 8/2017

Pre-Doctoral Clinical Psychology Intern (APA Accredited)

Loma Linda University, School of Medicine (LLUSM)

- Supervisors: Janet Sonne, PhD and Antonia Ciovica, PhD
- Theoretical orientation: CBT, Dialectical Behavior Therapy (DBT), and Integrative.
- Type of site: Rotations in (1) Health Psychology at three outpatient medical settings; Riverside University Health System (a) Cardiology and (b) General Medicine clinics and (c) Loma Linda University International Heart Institute Adult Cardiology clinic; (2) LLU Student Counseling Center; and (3) Partial hospitalization/Intensive outpatient DBT program (PHP/IOP) in a private hospital.
- Population/diagnoses: A broad spectrum of clients at various stages of development, presentations, and demographic characteristics to include children, adolescents, adults, older adults, ethnic minorities, and university students often co-morbid with medical and psychiatric diagnoses.
- Services: Provide individual and group DBT informed psychotherapy, and psychological assessment in the Adult PHP/IOP for clients with chronic suicidal/self-harm behaviors; behavioral health services for individuals with comorbid medical and

psychiatric problems; individual psychotherapy and assessment for clients across the lifespan in the outpatient faculty clinic, which includes the LLU Student Counseling Center; and supervision of practicum II students. Coordinate services with a multidisciplinary team of psychiatrists, social workers, medical doctors, and nurses.

9/2015 – 8/2016

Adult CalWORKs CBT Extern

Adult Outpatient Psychiatry Clinic, Harbor-UCLA Medical Center

- Supervisors: Lisa Bolden, PsyD, Rachel Higier, PhD, and Sarah Klein, PhD.
- Clinical Director: Lynn McFarr, PhD
- Theoretical orientation: DBT, CBT, Acceptance and Commitment Therapy (ACT), and Cognitive Behavioral Analysis System of Psychotherapy (CBASP).
- Type of site: Adult outpatient clinic at a community mental health hospital.
- Population/diagnoses: Adult patients referred from the Los Angeles County Department of Social Services who are receiving welfare services and present with mental health barriers to securing gainful employment. The population includes a range of ethnic groups with severe and persistent psychiatric diagnoses to mild and acute emotional problems including substance abuse and domestic violence.
- Services: Provided individual and group evidence based treatment, assessment, and case management. Received in depth training in CBT utilizing audio tape review and CTRS rating to ensure adherence. Completed Department of Mental Health (DMH) paperwork; intakes, client care coordination plans, and treatment outcome measures. Coordinated services with a multidisciplinary team of psychiatrists, social workers, and case managers. Participated in two audits, which evaluated the fiscal integrity and quality of care for the (1) CALWORKs and (2) Supported Employment programs. Developed a research project, entitled “Effectiveness of CBT for Welfare Recipients” and presented the poster at the Harbor-UCLA “Scientific Sessions on Mental Health.”

8/2015– 8/2016

Assessment Clerk

Community Counseling Center, Azusa, CA

- Supervisor: Jenss Chang, PhD.
- Theoretical orientation: CBT.
- Type of site: Assessment clerkship at a community mental health setting.
- Population/diagnoses: Clients across the lifespan representing a wide range of clinical problems and ethnic, cultural, and demographic diversity.
- Services: Provided clinical interviews and administered objective and projective measures to assess for cognitive, academic, strength-based, and personality functioning. Experience administering the 16 PF, BDI, BHS, BAI, BSI, CBCL, Child Trauma Symptom Checklist, CONNORS, MMPI-2, MMPI-A, MCMI-III, NEO PI-R, PAI, Roberts-2, Rorschach, TOVA, WAIS-IV, WISC-IV, and WRAT. Attended weekly group supervision and didactic assessment training with integrated report writing skills.

1/2015– 7/2015

OCD Exposure Extern

Adult OCD Intensive Treatment Program, UCLA Semel Institute for Neuroscience and Human Behavior

- Supervisors: Sarosh Motivala, PhD, Jamie Feusner, MD, Karen Maidment, RN, MFT, Michelle Massi, MFT, Shana Doronn, LCSW, PsyD.
- Theoretical orientation: Exposure and Response Prevention (ERP), CBT, and mindfulness skills.
- Type of site: Intensive outpatient program (IOP) at a public hospital.

- Population/diagnoses: Adults ranging from 18-70 years of age representing a wide range of ethnic, cultural, and demographic diversity, presenting with moderate to severe Obsessive-Compulsive Disorder (OCD).
- Services provided: Administered, scored, and interpreted the Yale-Brown Obsessive Compulsive Scale (YBOC), created hierarchies, designed real-life and imaginal exposures, and provided in-vivo ERP for clients enrolled in the OCD Intensive Treatment Program. Conducted intake assessments to identify appropriate clients for the program, and co-led a CBT skills group. Attended weekly educational opportunities, such as the UCLA Psychiatry Grand Rounds and supervision to maintain and expand knowledge of OCD and mental health care.

8/2014– 8/2016

Psychological Assistant, California Board of Psychology, 94021030

Michael E. Cameron, PhD, Private Practice, Westwood, CA

- Supervisor: Michael E. Cameron, PhD.
- Theoretical orientation: CBT with mindfulness and acceptance based interventions.
- Type of site: Outpatient private practice setting.
- Population/diagnoses: Adult clients with anxiety and mood disorders.
- Services provided: Developed comprehensive treatment plans using a case conceptualization driven approach to cognitive behavioral therapy. Consulted with psychiatrists and primary care physicians. Referred clients to programs and community agencies to enhance treatment process. Attended weekly supervision and didactics on evidence based treatment for anxiety and mood disorders.

6/2014– 12/2014

Behavioral Health Extern

Healthy Hearts Behavioral Medicine Program, UCLA Semel Institute for Neuroscience and Human Behavior

- Supervisor: Sahib Khalsa, MD, PhD.
- Theoretical orientation: CBT.
- Type of site: Outpatient behavioral health program at a public hospital.
- Population/diagnoses: Adults with cardiac arrhythmias and implantable cardiac defibrillators (ICD) with co-morbid symptoms of anxiety and depression.
- Services provided: Provided brief assessment, crisis intervention, telephone screening, and referrals to various treatment programs. Assisted in the development and administration of a screening tool that targeted mental health and psychosocial symptoms specifically related to cardiac arrhythmias and the presence of an ICD.

5/2013 – 8/2016

Chief Psychology Extern

Adult Anxiety Disorders Program, UCLA Semel Institute for Neuroscience and Human Behavior

- Supervisors: Alexander Bystritsky, MD, PhD, Raphael Rose, PhD, Jamie Feusner, PhD, David Plotkin, PhD, Richard Ross, PhD, Linda Trozzolino, PhD, Tanya Vapnik, PhD, Emil Soorani, MD, Melanie Zermeno, MD, and Jose Schuster, MD.
- Theoretical orientation: CBT.
- Type of site: Outpatient anxiety disorders program at a public hospital.
- Population/diagnoses: Adults ranging from 20-80 years of age representing a wide range of ethnic, cultural, and demographic diversity, and presenting with anxiety disorders including panic disorder, social phobia, specific phobia, GAD, and OCD.
- Services provided: Chief extern responsible for supervising externs in their training, administration of measures, and intake screenings for clinic and research participants. Conducted individual therapy and co-lead a CBT skills and relapse prevention group.

Assessed core beliefs associated with anxiety-related thoughts via the Alarm-Belief-Coping (ABC) model of CBT developed by Dr. Bystritsky. Administered, scored, and presented results on the Mini-International Neuropsychiatric Interview (M.I.N.I.), Hamilton Anxiety Rating Scale (HARS), Yale-Brown Obsessive Compulsive Scale (Y-BOCS), and Hamilton Psychiatric Rating Scale for Depression (HDRS). Observed through a one-way mirror, psychiatric residents engaging in medication management and providing CBT interventions for training purposes. Presented and discussed cases in supervision with an interdisciplinary team including MDs, psychiatry residents, psychologists, and MFTs with over 100 years of collective experience.

7/2013 –8/2014

Psychology Extern

Student Counseling Center, Azusa Pacific University

- Supervisor: Daniel Puls, PsyD.
- Theoretical orientation: CBT, solution-focused, strengths-based, and client-centered.
- Type of site: A student counseling center and non-profit community mental health agency providing clinical services to children and adolescents within a public and private school setting, and individual adults, couples, or family therapy and assessment.
- Population/diagnoses: Adults, children, adolescents, and families from a wide range of ethnic, cultural, and demographic diversity, and clinical problems, including personality disorders, PTSD, autism spectrum disorders, ADHD, oppositional defiant disorder, mood disorders, and anxiety disorders.
- Services provided: Provided individual and group therapy, and consultation in a diverse community mental health setting. Consulted with parents, teachers, and school administrators to develop appropriate treatment plans and provide recommendations. Consulted with DCFS regarding suspected child abuse. Prepared and maintained documents such as intake reports, treatment plans, progress notes, and discharge plans. Administered assessment measures such as the Beck Depression Inventory, Beck Anxiety Inventory, Brief Symptom Inventory, and session rating scales. Developed and implemented a program training elementary and middle school students on coping with and responding to bullying using the “Bullies2Buddies” model (Kalman, 2000). Facilitated the program in classrooms grades 3-8, within a private school setting.

RESEARCH EXPERIENCE:

9/2012 – 8/2016

Principal Investigator

“Integrating Mindfulness Based Empirically Supported Treatments into Evidence Based Practice: A Common Elements Approach,” Doctoral Dissertation, Graduate School of Psychology, Azusa Pacific University, Azusa, CA

- Proposal date: December 3, 2014
- Projected Defense Date: February 2017
- Dissertation chair: Katharine Putman, PsyD.
- Committee Members: Lara Fielding, PsyD and Marjorie Graham-Howard, PhD.
- Summary: Qualitative content analysis of mindfulness-based empirically supported treatments (MB-ESTs). Derived common elements and elicited clinical considerations from common elements approach, which will optimally align mindfulness treatment modalities and evidence based practice.

5/2015 – 8/2016

Staff Research Associate

“Transcranial direct current stimulation (tDCS) and cognitive training for treating mild cognitive impairment,” UCLA Semel Institute for Neuroscience and Human Behavior

- **Principal Investigators:** Gary Small, MD, Alexander Bystritsky, MD, PhD, & Linda Ercoli, PhD.
- **Project:** Study investigating the use of transcranial direct current stimulation and cognitive training for treating mild cognitive impairment.
- **Responsibilities:** Assisted in the recruitment of research subjects, performed clinical screenings, and conducted research interviews. Coordinated, submitted, and followed up on protocols submitted to the Office of Protection of Research Subjects.

9/2014 – 8/2016

Staff Research Associate

“Cholinergic involvement in fear extinction and effectiveness of scopolamine in addition to exposure protocols for treatment of specific phobias,” UCLA Semel Institute for Neuroscience and Human Behavior

- **Principal Investigators:** Michelle G. Craske, PhD, Michael Fanselow, PhD.
- **Project:** UCLA Anxiety Disorders Research Center study, funded by the National Institute of Mental Health (NIMH), investigating the process of anxiety and learning, and evaluating methods for reducing fear, particularly a fear of public speaking. Determining whether training for public speaking anxiety can be enhanced with a medication called Scopolamine.
- **Responsibilities:** Performed clinical screenings, managed recruitment efforts, registered patients into CareConnect and assigned an MRN. Training in CareConnect software.

9/2014 – 8/2016

Staff Research Associate

“Relationship between Mood and Anxiety Disorders and Cardiovascular Risk: The Role of Rumination,” UCLA Semel Institute for Neuroscience and Human Behavior

- **Principal Investigator:** David Shapiro, PhD.
- **Project:** Research study that utilizes heart rate monitors and android phones for data collection to investigate consequences of ruminative thoughts on heart rate, daily moods, and quality of sleep in adults with depression, social anxiety, and healthy controls.
- **Responsibilities:** Performed clinical screenings of subjects with social anxiety disorder using the Mini-International Neuropsychiatric Interview (M.I.N.I.).

6/2013 – 8/2016

Staff Research Associate/Certified Rater

“A Prospective, Double Blind, Randomized, Controlled Trial to Evaluate the Safety and Efficacy of the H1-Coil Deep Transcranial Magnetic Stimulation (TMS) in Subjects with (1) Bipolar Depression, (2) Obsessive Compulsive Disorder (OCD), (3) Smoking Cessation, and (4) Post Traumatic Stress Disorder (PTSD),” Anxiety Disorders Clinic, UCLA Semel Institute for Neuroscience and Human Behavior

- **Principal Investigator:** Alexander Bystritsky, MD, PhD
- **Project:** An international multi-site study examining the safety and efficacy of H1 coil deep Transcranial Magnetic Stimulation (rTMS) in subjects with bipolar disorder, OCD, smoking cessation, and PTSD.
- **Responsibilities:** Conducted structured interviews, coded videotape interviews, and administered and scored assessments and rating scales, including the Structured Clinical Interview for DSM-5, HAM-A, HDRS-21, Young Mania Rating Scale (YMRS), & Scale of Suicidal Ideation (SSI). Submitted, and followed up on protocols submitted to the Office of Protection of Research Subjects. Managed recruitment

efforts, trained new externs on the assessments and study protocols, coordinated the scheduling of participants, study physicians, and diagnostic interviewers, and oversaw the workflow and all administrative duties to maintain studies. Received specialized training in IRB procedures, OpenClinica software, and operation of rTMS equipment.

6/2013 – 8/2016

Staff Research Associate

“Deep Brain Stimulation (DBS) Therapy for Obsessive Compulsive Disorder (OCD) using the Reclaim™ Therapy,” UCLA Semel Institute for Neuroscience and Human Behavior

- **Principal Investigators:** Alexander Bystritsky, MD, PhD, Alessandra Gorgulho, MD, Antonio De Salles, MD, PhD, Nader Pouratian, MD, PhD, and Randall Espinoza, MD.
- **Project:** The Medtronic Reclaim DBS Therapy is indicated for bilateral stimulation of the anterior limb of the internal capsule used along with medications and as an alternative to anterior capsulotomy for treatment of chronic, severe, treatment-resistant OCD in adult patients who have failed at least three SSRIs. The purpose is to provide treatment approved by the FDA for treatment resistant OCD patients.
- **Responsibilities:** Performed clinical screenings, conducted structured interviews, managed recruitment efforts, and maintained IRB documents and submissions.

6/2013 – 10/2015

Staff Research Associate

“Functional Magnetic Resonance Imaging (fMRI) Study of Prefrontal Cortex Function in General Anxiety Disorder (GAD) and Healthy Volunteers,” Anxiety Disorders Clinic, UCLA Semel Institute for Neuroscience and Human Behavior

- **Principal Investigators:** Alexander Bystritsky, MD, PhD, and Alex Korb, PhD.
- **Project:** fMRI study evaluating patterns of brain activation/deactivation associated with emotional and cognitive processing (prefrontal cortex) in GAD and healthy controls.
- **Responsibilities:** Performed structured interviews, and administered and scored rating scales. Oversaw all administrative duties to maintain study, and maintained IRB submissions. Obtained MRI safety certification to assist Dr. Korb with fMRI scanning. Received specialized training in the operation of fMRI equipment. Currently assisting in the development of a manuscript that reports on the research findings.

ACCEPTED FOR PUBLICATION:

Kochamba, K., Kronemeyer, D., Bystritsky, A. (in press). Complementary & alternative treatments for anxiety symptoms & disorders: Physical, cognitive, & spiritual intervention. *Depression & Anxiety*.

MANUSCRIPTS IN DEVELOPMENT:

2/2018 – present

Co-author of Manuscript

“DBT – Brief: A Comparison of Standard Year-Long DBT to Six-Month DBT Across Treatment Outcomes”

- Collaborated with Hollie Granato, PhD, Miriam Wollesen, PsyD, Brittany Tolstoy, MA, and Lynn McFarr, PhD to present findings on study.

7/2016 – present

Co-Investigator of Manuscript

“Functional Magnetic Resonance Imaging (fMRI) Study of Prefrontal Cortex Function in General Anxiety Disorder (GAD) and Healthy Volunteers”

- Collaborated with Alexander Bystritsky, MD, PhD, David Kronemeyer, PhD, and Alex Korb, PhD, to present findings on study.

8/2013 – 8/2016

Co-Developer of Smart Phone Application “ABC Tracker” for www.anxiety.org

- Assisted Alexander Bystritsky, M.D., Ph.D. in developing a smart phone application to track ABC’s of anxiety: triggers, alarms, beliefs, and coping. Developed modules including mindfulness, thought monitoring, and exposure and response prevention.

PRESENTATIONS:

Granato, H., Kochamba, K., Wollesen, M., Tolstoy, B., McFarr, L. (2018, April). *DBT – Brief: A Comparison of Standard Year-Long DBT to Six-Month DBT Across Treatment Outcomes.* Poster presented at Scientific Sessions, Harbor-UCLA Medical Center, Torrance, CA.

- Postdoctoral Research Fellow, Co-Investigator
- 3rd place winner at conference.

Kochamba, K., Morgan, J. (2016, April). *Efficacy of Cognitive Behavioral Therapy for Welfare Recipients.* Poster and presentation presented at Scientific Sessions, Harbor-UCLA Medical Center, Torrance, CA.

- Research Practicum Student, Principal Investigator
- Designed, implemented, evaluated, and presented poster examining the effectiveness of CBT for welfare recipients.

TEACHING EXPERIENCE:

9/2017 – 7/2018

Postdoctoral Teaching Fellow

Advances in CBT, Harbor-UCLA Medical Center, Torrance, CA

- Description: Co-teaches a doctoral level course on case conceptualization CBT.
- Responsibilities: Co-taught “Advances in CBT” at Harbor-UCLA Medical Center for psychology externs, postdocs, staff, and social work interns. Provides didactics on case conceptualization-driven CBT, CBT interventions, and treatment planning. Provides feedback on in vivo roles plays of clinical skills to ensure adherence to CBT.
- Supervisor: Lynn McFarr, PhD

9/2015 – 12/2015

Graduate Teaching Assistant

Clinical Practicum I: Professional Practice and Introduction to Case Conceptualization, Azusa Pacific University, Azusa, CA

- Description: Assisted in teaching a doctoral level course on basic skills in assessment, interviewing, and diversity, with a special focus on case conceptualization.
- Responsibilities: Assisted students in case conceptualization skills, provided feedback on clinical skills via role plays, and reviewed clinical scenarios to ensure adherence to ethical procedures. Guest lectured on “DBT Case Conceptualization and Treatment Planning,” and “Ethical Issues in the Practice of Psychology.”
- Supervisor: Sheryn Scott, PhD

1/2014 – 5/2014

Graduate Teaching Assistant

Psychobiology and Psychopharmacology, Azusa Pacific University, Azusa, CA

- Description: Assisted in teaching a doctoral level course on the biological and neurological bases of human behavior and the use of psychotropic medication as an adjunctive therapy to psychotherapy.
- Responsibilities: Graded class assignments and tests, advised students, and provided a lecture on “Psychotropic Medications for the Treatment of Anxiety Disorders.”
- Supervisor: Joy Bustrum, PsyD

SPECIALIZED TRAINING (recent partial list):

- September 2018 **Emotion Efficacy Therapy**
Praxis Continuing Education, Culver City, CA
Presenter: Aprilia West, PsyD
- February 2018 **Acceptance and Commitment Therapy (ACT) Boot Camp**
Praxis Continuing Education, Burbank, CA
Presenters: Steven Hayes, PhD Robyn Walser, PhD and Kelly Wilson, PhD
- Sept 2017 **Acceptance and Commitment Therapy (ACT) Training Workshop**
Harbor-UCLA Medical Center, Torrance, CA
Presenter: Lynn McFarr, PhD
- Sept 2017 **Dialectical Behavior Therapy (DBT) Training Workshop**
Harbor-UCLA Medical Center, Torrance, CA
Presenter: Lynn McFarr, PhD
- July 2016 **Cognitive Behavioral Analysis System of Psychotherapy (CBASP) Training**
Harbor-UCLA Medical Center, Torrance, CA
Presenter: Jim McCullough, PhD
- May 2016 **Dialectical Behavior Therapy - Accepting the Challenges of Exiting the System**
(DBT-ACES) Training
Harbor-UCLA Medical Center, Torrance, CA
Presenter: Kate Comtois, PhD, MPH
- Mar 2014 **Dialectical Behavior Skills Training: Utilization and Teaching of DBT Skills to**
Individuals with Emotional Dysregulation
LACPA, Los Angeles, CA
Presenter: Lynn McFarr, PhD
- Nov 2013 **Rorschach: Administration and Scoring.**
Azusa Pacific University, Azusa, CA
Presenters: Robert Welsh, PsyD