

Amanda Gorlick, Ph.D.
Licensed Clinical Psychologist PSY28519

EDUCATION

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| September 2015-August 2016 | Post-Doctoral Psychology Fellow VA San Diego Healthcare System (APA Accredited) |
| September 2015 | Ph.D., Clinical Psychology (APA Accredited) Loma Linda University Dissertation chair: Jason Owen, Ph.D., M.P.H. Dissertation title: Evaluating the acceptability and preferences for evidence-based psychological treatments Dissertation defense: May 2015 Awarded Dean's Award for Doctoral Student |
| August 2014-August 2015 | Pre-Doctoral Psychology Intern VA Phoenix Health Care System (APA Accredited) |
| June 2011 | M.A., Psychology (APA Accredited) Loma Linda University Thesis chair: Jason Owen, Ph.D., M.P.H. Thesis title: Evaluating the motivators and barriers to behavioral engagement in an Internet-based intervention for cancer survivors with distress Thesis defense: March 2012 |
| June 2007 | B.A., Psychology University of California, San Diego Major: Psychology Minor: Cognitive Science Graduated Magna Cum Laude |

CLINICAL AND CONSULTING EXPERIENCE

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| December 2023-Present | Cognitive Behavior Associates Staff Psychologist |
| January 2022-November 2023 | Clinical psychologist in private practice providing individual evidence-based therapy for depressive disorders, anxiety disorders, trauma-related disorders, and sleep-related disorders. |
| July 2019-January 2023 | UCLA Depression Grand Challenge Supervisor: Michelle Craske, Ph.D., Eliza Congdon, Ph.D. Clinical Risk Supervisor |

- Develop, teach, evaluate, and refine risk protocols across studies in accordance with legal and ethical standards.
- Provide training and supervision to research staff, clinical staff, and affiliated staff engaged in multiple clinical research studies of diverse populations.
- Provide supervision of the delivery of evidence-based treatments by advanced graduate students and postdoctoral fellows.
- Facilitate communication and coordination among research staff.

October 2016-June 2019

UCLA Counseling and Psychological Services

Supervisor: Tanya Brown, Ph.D.

Staff Psychologist

- Conducted psychodiagnostic interviews and care-coordination.
- Provided individual, evidence-based therapy for a wide range of mental health concerns.
- Developed, organized, and ran evidence-based therapy group for female-identified sexual abuse/sexual assault survivors.
- Facilitated evidence-based group therapy for anxiety disorders (e.g., CBT and ACT).
- Provided prevention and outreach services as part of UCLA Campus Assault Resources and Education program.

September 2015-August 2016

VA San Diego Healthcare System

Supervisor: Emmanuel Espejo, Ph.D.

Post-doctoral Psychology Fellow

- Conducted psychodiagnostic interviews and care-coordination.
- Provided individual therapy (e.g., CPT, ERRT, CBT-I, CBT, ACT).
- Facilitated group therapy (e.g., Transdiagnostic CBT, CBT-I, ACT).
- Provided CPAP desensitization for veterans with obstructive sleep apnea in consultation with Pulmonary Sleep Department.

August 2014-August 2015

VA Phoenix Health Care System (APA Accredited)

Pre-doctoral Psychology Intern

Medical Psychology rotation

Supervisor: Matthew Weyer, Ph.D.

- Completed psychodiagnostics assessments re: comorbid medical and mental health-related concerns and provided individual and group therapy (e.g., ACT, MI, CBT-Tinnitus/Insomnia).

Posttraumatic Stress Disorder Clinical Team rotation

Supervisor: Tim Ayers, Ph.D.

- Completed psychodiagnostics assessments and provided individual and group therapy (e.g., CPT, PE, IRT).

Mental Health Clinic rotation

Supervisor: Andrea Hekler, Ph.D.

- Completed psychodiagnostics assessments and provided individual and group therapy (e.g., CBT, IPT, BA, DBT)

Chronic Pain Management Program rotation

Supervisor: Heather Okvat, Ph.D.

- Completed psychodiagnostics assessments and provided individual and group therapy (e.g., CBT and ACT).
- Provided consultation to interdisciplinary team.

February 2014-July 2014

VA Loma Linda Healthcare System

Psychology Trainee

Evidence-Based Services rotation

Supervisor: Michael Gann, Ph.D.

- Completed psychodiagnostics assessments and provided individual and group therapy (e.g., CBT, ACT, MI, DBT)

Geropsychology rotation

Supervisor: Shirley Kilian, Ph.D.,

- Provided patient advocacy and consultation to interdisciplinary team regarding mental health needs of patients with a skilled nursing need, undergoing physical rehab, and in palliative care.
- Completed psychodiagnostic interviews and neuropsychological screening.
- Conducted brief individual supportive and evidence-based therapy (e.g., relaxation training, ACT, CBT).

June 2013-June 2014

Valenta Eating Disorder Clinic

Supervisor: Diana Jochai, Ph.D.

Psycho-diagnostic Assessor

- Administered admission and discharge psychodiagnostic assessments to adults with eating disorders and co-morbid diagnoses (e.g., PTSD) enrolled in an intensive outpatient program/partial hospitalization program.
- Provided consultation to multidisciplinary team about symptomology and treatment planning.

August 2012-July 2013

Loma Linda University Cancer Center

Surgical Oncology Clinic

Supervisors: Laura Thoreson, Psy.D., Jason Owen, Ph.D., M.P.H.

Psychology Consultant

- Provided consultation to multidisciplinary team regarding co-morbid mental health diagnoses and treatment planning.
- conducted brief in-session interventions (e.g., relaxation techniques, supportive therapy).

July 2012-June 2013

Loma Linda University, Department of Family Medicine

Supervisor: Randy Stinnett, Psy.D.

Psychology Trainee

- Provided consultation to multidisciplinary primary care team regarding comorbid mental health symptomology and treatment planning.
- Conducted psychodiagnostic assessments and individual therapy for a wide range of diagnoses and age groups (e.g., CBT, ACT, DBT).

July 2011-June 2012

Loma Linda University

Behavioral Health Institute

Supervisor: Sylvia Herbozo, Ph.D.

Psychology Trainee

- Conducted psychodiagnostic interviews and neuropsychological assessments.
- Conducted individual therapy with children, young adults, and older adults with a variety of presenting problems.

May 2011-June 2012

Loma Linda University

Health-Space.Net

Supervisor: Jason Owen, Ph.D., M.P.H.

Group Facilitator

- Facilitated an NCI-funded Internet-based support group for a diverse population of cancer patients

involving synchronous chat sessions, sending messages to promote engagement, posts to the discussion board, and responses to questions.

January 2009-June 2009

VA San Diego Healthcare System

Supervisor: Susan Tapert, Ph.D.

Group Co-Facilitator

- Co-facilitated an orientation group for veterans interested in joining the Substance Abuse and Mental Illness Clinic.

CERTIFICATION

Provider Status in Cognitive Processing Therapy

SUPERVISION EXPERIENCE

July 2019-January 2023

UCLA Depression Grand Challenge

Supervisor: Michelle Craske, Ph.D., Eliza Congdon, Ph.D.

- Provide supervision to research and clinical staff engaged in multiple clinical research studies of depressive and anxious populations.
- Provide supervision of the delivery of evidence-based treatments by advanced graduate students and postdoctoral fellows.
- Supervise clinical risk assessments.

April 2016-July 2019

UCLA Counseling and Psychological Services

Supervisor: Tanya Brown, Ph.D.

- Co-led therapy groups (e.g., CBT for anxiety disorders, ACT for anxiety disorders) with clinical trainees and provided weekly supervision.
- Co-facilitated Prevention and Outreach seminar for clinical trainees in the clinic.

September 2015-June 2016

VA San Diego Healthcare System

Supervisor: Emmanuel Espejo, Ph.D.

- Provided weekly instruction on psychodiagnostic assessment and documentation to undergraduate psychology clinical research assistants.

July 2013-June 2014

Loma Linda University

Behavioral Health Institute

Supervisor: George Vasquez, Psy. D.

- Provided weekly supervision to a doctoral student in their first year of therapy practicum as a pre-intern supervisor.

TEACHING EXPERIENCE

Instructor/Adjunct Faculty

Pepperdine University, Graduate School of Education and Psychology
Supervisor: Robert deMayo, Ph.D., ABPP
August 2021-Present

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| Fall 2023 | Behavioral Principles and Theories of Learning |
| Summer 2023 | Law and Ethics |
| Summer 2023 | Behavioral Principles and Theories of Learning |
| Spring 2023 | Behavioral Principles and Theories of Learning |
| Fall 2022 | Behavioral Principles and Theories of Learning |
| Summer 2022 | Preparation for Practicum |
| Spring 2022 | Behavioral Principles and Theories of Learning |
| Fall 2021 | Behavioral Principles and Theories of Learning |

Guest Lecturer

January 2020
University of California, Los Angeles
Department of Sociology
Primary Instructor: Terri Anderson, Ph.D.

- Created and delivered lecture for Sociology of Emotions course for undergraduate students.

February 2019
University of Southern California
Suzanne Dworak-Peck School of Social Work
Primary Instructor: Kristen Zaleski, Ph.D.

- Created and delivered lecture on Dialectical Behavior Therapy to 2nd year MSW students.

Invited Lectures

September 2022
Re-Wiring Survival Instincts through Cognitive Processing Therapy (CPT): An Evidence-Based Treatment for Trauma. Presented by the University of California Los Angeles Counseling and Psychological Services Summer Institute.

January 2019
Presentation on grief, trauma, and resources to Los Angeles Chapter leadership of TeamRWB, organization for veterans.

November 2018
Trauma Conceptualization and Treatment: Re-Wiring Survival Instincts toward Healing. Presented by the Cognitive Behavior Therapy Institute.

July 2017
The Intersection Between Trauma, Sleep, and Pain: Conceptualization and Treatment. Presented by the University of California Los Angeles Counseling and Psychological Services Summer Institute.

Trainings

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| October 2023 | Cognitive Restructuring with Trauma Narrative. Presented to clinicians at UCLA Depression Grand Challenge. |
| September 2022 September 2021 September 2020 September 2019 | Cognitive Processing Therapy (CPT): An evidence-based trauma treatment. Presented to psychology graduate students, postdoctoral fellows, and psychiatry residents at UCLA Depression Grand Challenge. |
| July 2022 July 2021 October 2020 October 2019 | Clinic Risk Assessment Training Orientation. Presented to psychology graduate students, postdoctoral fellows, and psychiatry residents at UCLA Depression Grand Challenge. |
| October 2020-November 2020 | Co-facilitated 5-week discussion hour as an adjunct to an online crisis prevention course provided by the Crisis Prevention Institute to UCLA Depression Grand Challenge staff. |
| November 2018 October 2018 April 2018 | Trauma conceptualization and treatment in a brief therapy setting. Presented to psychology practicum students, social work interns, and CARE advocates at UCLA Counseling and Psychological Services. |
| August 2018 | Psychoeducation: Trauma. Presented to psychology interns at UCLA Counseling and Psychological Services. |
| November 2017 | Trauma-Informed Therapy. Presented to social work intern and psychology practicum students at UCLA Counseling and Psychological Services. |
| October 2017 August 2017 | Introduction to ACT & Acceptance and Commitment Therapy: In Practice. Presented to psychology interns, post-doctoral fellows, and social work interns at UCLA Counseling and Psychological Services. |
| April 2017 | Prolonged Exposure: An Evidence-Based Treatment for PTSD. Presented to the Social Work interns at UCLA Counseling and Psychological Services. |
| February 2017 | Theories and Treatment of Trauma-Related Nightmares. Presented at UCLA Counseling and Psychological Services for clinical staff and trainees. |

Teaching Assistantship

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| Summer 2013 | Loma Linda University Evidence Based Psychology Practice I Supervisor: Kendall Boyd, Ph.D. |
| Winter 2013 | Loma Linda University Phenomenological Therapy Supervisor: Todd Burley, Ph.D. |
| Spring 2011 | Loma Linda University Advanced Statistics III Supervisor: Jason Owen, Ph.D., M.P.H. |
| Winter 2010 | Loma Linda University Advanced Statistics II Supervisor: Brian Distelberg, Ph.D. |
| Fall 2010 | Loma Linda University Advanced Statistics I Supervisor: Brian Distelberg, Ph.D. |
| Spring 2007 | University of California, San Diego Introduction to Statistics Supervisor: John Pascual, Ph.D. |
| Fall 2005 | University of California, San Diego Physiology Supervisor: George Fortes, Ph.D. |

Outreach

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| April 2016-June 2019 | UCLA Counseling and Psychological Services Supervisor: Tanya Brown, Ph.D. |
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Built relationships with various departments/organizations at UCLA, including Campus Assault Resources & Education, Residential Life, Graduate Division, Career Center, and Academic Affairs. Delivered presentations for students and staff at UCLA. Presentation topics included:

- Bruins Rise presentations to incoming freshman and transfer students
- Physiology of trauma, trauma reactions, trauma-informed communication, vicarious trauma
- Panel discussion with members of Netflix's 13 Reasons Why Season 1
- Title IX
- Upstander Intervention

- Podcast on mental health needs in student population
- Responding to students in distress/peer counseling skills
- Stress management skills
- Empowerment and advocacy for career development journey
- Introduction to mental health services at UCLA
- Student and veteran mental health needs.

February 2018
April 2017

Alliant International University - California School of Professional Psychology

- Created and delivered presentation to clinical psychology graduate students on professional roles.

August 2015

VA Phoenix Health Care System (APA Accredited)
Chronic Pain Management Program
Supervisor: Heather Okvat, Ph.D.

- Created and delivered presentation on the topic of time-based pacing at Pain School, a multidisciplinary drop-in outreach effort to inform veterans, family members, and other providers about chronic pain management.
- Co-led introductory presentations with nursing staff to veterans, family members, and VA providers about the biopsychosocial model of pain, methods to manage chronic pain, and available resources in the VA and community.

April 2013

Redlands High School
Instructor: Jaime Pelen, M.A.

- Created and delivered presentation to high school students in AVID program regarding college and graduate school preparation.

August 2008-June 2009

University of California, San Diego
Project Options
Supervisor: Sandra Brown, Ph.D.

- Provided individual and group Motivational Interviewing to high school students as part of an NIAAA-funded substance use prevention program.

PEER-REVIEWED PUBLICATIONS

Espejo, E., **Gorlick, A.**, & Castriotta, N. (2017). Changes in Threat-Related Cognitions and Experiential Avoidance in Group-Based Transdiagnostic CBT for Anxiety Disorders.

Journal of Anxiety Disorders, 46, 65-71.

Gorlick, A., Bantum, E.O., & Owen, J. E. (2014). Internet-based interventions for cancer-related distress: exploring the experiences of those whose needs are not met. *Psycho-Oncology*, 23(4), 452- 458.

Hanson, K. L., Medina, K. L., Nagel, B. J., Spadoni, A. D., **Gorlick, A.**, & Tapert, S. F. (2010). Hippocampal volumes in adolescents with and without a family history of alcoholism. *The American Journal of Drug and Alcohol Abuse*, 36, 161-167.

Owen, J., Bantum, E., Criswell, K., Bazzo, J., **Gorlick, A.**, & Stanton, A. (2013). Representativeness of Two Sampling Procedures for an Internet Intervention Targeting Cancer-Related Distress: A Comparison of Convenience and Registry Samples. *The Journal of Behavioral Medicine*, 37(4), 630- 41.

Owen, J. E., Bantum, E. O., **Gorlick, A.**, & Stanton, A. L. (2014). Engagement with a social networking intervention for cancer-related distress. *Annals of Behavioral Medicine*, 1-11.

PROFESSIONAL PRESENTATIONS

Gorlick, A. (April 2016). Acceptability and Preferences for Empirically-Supported Therapies. Presented at the California Psychology Association, Irvine, CA.

Gorlick, A., Owen, J., Bantum, E., & Stevens, S. (March, 2013). Internet-based Interventions for Cancer-Related Distress: Exploring Survivors' Unmet Needs. Presented at the Society of Behavioral Medicine, San Francisco, CA.

Gorlick, A., Owen, J., Thoreson, L., Bantum, E., & Stanton, A. (February, 2013). When Participant and Treatment Goals Align: The Effects of Personal Goals on Engagement with an Internet-based Intervention for Cancer. Presented at the American Psychosocial Oncology Society, Huntington Beach, CA.

Gorlick, A., Lewallen, A., Regts, G., & Owen, J. (February, 2011). A systematic review of behavioral engagement in internet-based interventions for cancer. Presented at the American Psychosocial Oncology Society, Anaheim, CA.

Bava, S., Jacobus, J., **Gorlick, A.**, Scarlett, A., Frank, L., & Tapert, S. (March, 2009). Longitudinal Diffusion Tensor Imaging Analysis of White Matter Maturation During Adolescence. Presented at the Psychiatry Research Symposium, San Diego, CA.

Squeglia, L., Spadoni, A., **Gorlick, A.**, Norman, A., Ebersson, S. & Tapert, S. (June, 2008). Effects of Hangover on Neurocognition in Adolescents: A Prospective Study. Presented at the Research Society on Alcoholism, Washington, DC.

Hanson, K., **Gorlick, A.**, Medina, K., Nagel, B., Norman, A., Spadoni, A., & Tapert, S. (January, 2008). Affective and Behavioral Correlates with Hippocampal Volumes in

Adolescents With and Without a Family History of Alcoholism. Presented at the Research Society on Alcoholism, Washington, DC.

Padula, C., McQueeney, T, **Gorlick, A.**, & Tapert, S. (January, 2008). Spatial Working Memory in Adolescent Binge Drinkers: an fMRI study. Presented at the second International Conference on Applications of Neuroimaging to Alcoholism, New Haven, CT.

RESEARCH EXPERIENCE

- July 2019-January 2023 UCLA Depression Grand Challenge
Supervisor: Michelle Craske, Ph.D., Eliza Congdon, Ph.D.
Risk Supervisor
- Function as part of research team supporting staff with participant interactions and clinical/risk issues.
- September 2015-July 2016 VA San Diego Healthcare System
Anxiety Disorders Clinic
Supervisor: Emmanuel Espejo, Ph.D.
Post-doctoral Psychology Fellow
- Completed quantitative evaluation on CBT for Insomnia groups, completed data analysis, and presented findings.
- January 2010-June 2011 Loma Linda University
Behavioral Oncology Lab
Supervisor: Jason Owen, Ph.D., M.P.H.
Graduate Research Assistant
- Recruited participants into an NCI-funded Internet-based support group for cancer survivors.
 - Completed a qualitative evaluation using interviews to assess the needs and barriers of internet support group participants and published findings.
- July 2007-September 2009 UCSD Adolescent Brain Imaging Project
Supervisor: Susan Tapert, Ph.D.
Research Assistant/Project Coordinator
- Provided oversight and management of study proceedings.
 - Conducted structured psychiatric interviews, collected toxicology data, administered and scored neuropsychological assessments, and operated fMRI.
- April 2007-June 2007 UCSD Department of Psychology - Vision Group
Supervisor: Stuart Anstis, Ph.D.
Psychology Independent Study Student

- Ran perception studies of visual, motor, and cross-modal integration and produced demos using Director and Photoshop.

January 2007-June 2007

UCSD Cognitive Neurosciences Laboratory

Supervisor: Jaime A. Pineda, Ph.D.

Psychology Independent Study Student

- Trained in experimental preparation, electrode placement, and administration of experiment examining mu rhythm and mirror neuron functioning.

January 2006-June 2006

UCSD Research on Aging and Development Laboratory

Supervisor: Jeanne Townsend, Ph.D.

Psychology Independent Study Student

- Trained in electrode placement, administration of event-related potential experiments, and filtered raw EEG data.

PROGRAM EVALUATION EXPERIENCE

July 2019-January 2023

UCLA Depression Grand Challenge

Supervisor: Michelle Craske, Ph.D., Eliza Congdon, Ph.D.

Risk Supervisor

- Evaluating risk assessment protocols as well as refining and developing risk protocols.

September 2015-July 2016

VA San Diego Healthcare System

Anxiety Disorders Clinic

Supervisor: Emmanuel Espejo, Ph.D.

Post-doctoral Psychology Fellow

- Developed and managed database for sleep-related referrals in the mental health service.
- Quantitatively evaluated CBT-I group program.

February 2015-August 2015

VA Phoenix Health Care System

Chronic Pain Management Program

Supervisor: Heather Okvat, Ph.D.

Pre-doctoral Psychology Intern

- Qualitatively evaluated the needs of veterans with comorbid sleep and pain-related disorders. Created and managed database of outcome data for groups run in the clinic. Completed evaluation of group program, prepared and presented results of evaluation to inform future group therapy in the clinic.