

Mary You, Psy.D.
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Curriculum Vitae

EDUCATION:

The Chicago School of Professional Psychology (Anaheim, CA) June 2022
Doctorate in Clinical Psychology (PsyD) (APA accredited)
Concentration: Child and Adolescent Psychology

The Chicago School of Professional Psychology August 2020
Clinical Psychology Program
Master's in Clinical Psychology (MA)

University of California, Irvine June 2003
Bachelor of Science in Biology (BS)

CLINICAL EXPERIENCE:

Preston Hollow Health and Wellness (Dallas, TX) July 2022 – March 2024
Post Doctoral Resident
Individual Supervisor: Jennifer Bradford, PhD

- Provide direct services including individual and couple psychotherapy in a private practice setting (in-person and telehealth) utilizing humanistic, cognitive-behavioral therapy, dialectical cognitive behavioral therapy, emotionally focused therapy, family systems theories, psychodynamic theories, and self-psychology.
- The primary population includes adults with anxiety, depression, trauma, ADHD, communication difficulties, career transitions, infidelity, infertility, retirement, and relational difficulties.
- Consult and work with other mental health providers
- Participate in individual and group supervision
- Utilize Simple Practice for appointments, assessments, and patient notes
- Complete didactics on various topics

Dallas Children's Advocacy Center (Dallas, CA) July 2021 – June 2022
Psychology Internship
Individual Supervisor: Elena Doskey, PhD

Major Rotation: Outpatient Therapy at DCAC

- Deliver evidence-based interventions including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Parent Child Interaction Therapy (PCIT), Brief Peritraumatic Intervention (BPI) [modified version of Child and Family Traumatic Stress Intervention (CFTSI)], and Problematic Sexual Behavior (PSB) to children and adolescents with trauma and trauma-related disorders

- Complete intake assessments to determine the presence of trauma and trauma-related disorders, provide feedback regarding intake findings, and deliver treatment recommendations
- Conduct suicide and homicide risk assessments
- Consult and collaborate with medical professionals, law enforcement, and Department of Family and Protective Services, and social workers to diagnose, treat, and prevent child abuse

Minor Rotation: REACH Clinic at Children's Health Hospital

Individual Supervisor: Lisa Schuster, PhD

- Complete diagnostic intake evaluations to determine the presence of trauma and trauma-related disorders, provide treatment recommendations and referrals to children, adolescents, and families
- Conduct suicide and homicide risk assessments
- Coordinate care with medical teams, social workers, and child-family specialists

Minor Rotation: Family Advocate Screening at DCAC

Individual Supervisor: Katrina Cook, PhD

- Conduct screening assessments and intake interviews to determine the presence of trauma and trauma-related disorders
- Provide engagement sessions before families start treatment
- Consult, coordinate, and collaborate with other multidisciplinary team members

Saddleback College (Mission Viejo, CA)

September 2020 – June

2021

Doctoral Practicum: Advanced Therapy Practicum

Individual Supervisor: Lisa Schenitzki, PhD

- Primary population served includes young adults and adults.
- Participated in the entire spectrum of psychological assessment procedures, including medical record review, review of prior school records/test results, clinical interview with the patient and family, behavioral observations, test administration and scoring, and test interpretation.
- Consulted and worked in a multidisciplinary setting with psychiatrists, nurses, professors/teachers, case management, and members of the Health Clinic Team to assist children and adults with cognitive, behavioral, emotional, social, and family issues that affect their well-being.
- Provided direct services including individual, couple, and family psychotherapy in a community college mental health agency to a multiethnic child and their families drawing upon humanistic, cognitive-behavioral, family systems, psychodynamic theories, and self-psychology.
- Participated in weekly seminars, inpatient consults, and individual supervision sessions.

Western Youth Services (Santa Ana, CA)

September 2019 – August

2020

Doctoral Practicum: Therapy Practicum

Individual Supervisor: Kylie Le, PsyD

- Conducted intake interviews and administered assessment measures to determine the most effective treatment plan

- Provided psychoeducation to patients and their families on the importance of therapy, diagnosis, treatment, and parenting skills.
- Collaborated with patients on treatment goals, developed a comprehensive treatment plan based on assessment, and conducted evidence-based treatments (Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Family Focused Therapy (FFT), and TF-CBT).
- Provided individual and family therapy for children, adolescents, and families (CBT, TF-CBT, DBT, FFT, Incredible Years (IY), and PCIT)
- Coordinated with a multi-disciplinary team to follow up on the best individual treatment plan (social workers, psychiatrist, schoolteachers, counselors, and medical doctor)
- Experienced in working with EXYM and Medical (DMH)
- Trained in risk prevention, Seeking Safety, Law and Ethics, and Child Abuse Reporting
- Participated in professional development to further skills and maintain current knowledge of research and the profession at large (TF-CBT, DBT, FFT, risk assessment, and child abuse reporting)
- Participated in weekly clinical supervision and peer review to maintain clinical practice standards

Argosy University Therapeutic Assessment and Psychotherapy Services (Orange, CA)

September 2018 – March 2019

Doctoral Practicum: Diagnostic Practicum

Individual Supervisor: Darcey Johnston, PsyD

- Conducted clinical interviews to obtain the most comprehensive data and develop the most appropriate treatment plan
- Administered intellectual, achievement, and objective/projective personality tests to culturally diverse adults (WAIS, WIAT, Rorschach, MMPI, PAI, BAI, BDI, etc.)
- Scored and interpreted assessments administered to adults
- Wrote integrative psychological evaluation reports based on test data regarding patient's cognitive achievement and emotional functioning
- Provided feedback sessions following administration, scoring, interpretation, and write-up of psychological evaluation
- Worked with adult population (learning disability, depression, anxiety, trauma, etc.)

WORK EXPERIENCE:

TLC Learning Center (Garden Grove, CA)

April 2010 - August

2016

Teacher/Director

- Created and implemented a developmental curriculum for preschoolers and elementary school-age children (ages 2 to 10)
- Assessed children for special needs issues and referred children and their families out to community mental health centers
- Managed two schools and oversaw 25 staff members
- Developed alliances with parents and provided education on healthy parenting skills
- Supervised teachers and developed interpersonal skills
- Managed the school food program
- Planned and hosted holiday events, parties, Christmas plays, graduation ceremonies, and staff parties

- Conducted interviews, hired, and trained staff members

Research

Dissertation

April 2022

The Process of Forgiveness, Intrinsic Motivation, and the Effect of Forgiveness on Healing for Sexual Abuse Survivors

Chair: Dr. Mark Mac Millin

COMMUNITY INVOLVEMENT:

Evergreen Royale Motel (Anaheim, CA)

2016 - 2019

Volunteer

- Prepare and serve food for residents
- Teach bible study to children ages 1-12.

PROFESSIONAL Affiliation:

- Trained in Cognitive Behavioral Therapy
- Trained in Functional Family Therapy
- Trained in Trauma Focused Cognitive Behavioral Therapy
- Trained in Suicide Assessment and Child/Elderly Abuse Reporting
- Trained in Dialectical Behavior Therapy
- Trained in Parent Child Interaction Therapy

PROFESSIONAL SKILLS:

- Fluent in Korean
- Microsoft Word, Excel, and PowerPoint