

**Curriculum Vitae**  
**Lara Fielding, Psy.D., Ed.M.**  
**Clinical Psychologist**  
**(CA PSY 24351)**  
[Lara@doctorfielding.com](mailto:Lara@doctorfielding.com)

**EDUCATIONAL HISTORY:**

Doctorate in Clinical Psychology (Psy.D.)

Pepperdine University, Los Angeles, CA

APA accredited Psy.D. Program

August, 2009

Dissertation: "A Clinician's Guide to Integrating Mindfulness into Evidence-Based Practice: A Common Elements Approach." Edward Shafranske, Ph.D., ABPP, Dissertation Chair

Master's of Education in Mind, Brain and Education (Ed.M.)

Harvard University, Cambridge, MA

June, 2005

Thesis: "The Influence of Health Behaviors on Physiological Stress Reactivity and Cognition"

Wendy Berry Mendes, Ph.D., Thesis Mentor

Bachelors of Arts in Psychology

University of California, Los Angeles

June, 2004

- Summa cum laude
- Dean's Honor List

**PROFESSIONAL EXPERIENCE:**

**Supervision and Consultation Experience:**

*Supervisor Psychologist, UCLA*

Department of Psychology Clinic

2014-Current

- Supervision of Ph.D. Candidates
  - Implementation of DBT and ACT treatment protocols
    - Weekly face to face meetings
    - In vivo observation of clinical work
    - Telephone consultation

*DBT Cyber Case Consultation*

2013-Current

- Initiated, Developed, and Lead DBT Video Case Conference
  - Spearheaded research and development of HIPAA compliant novel technology to facilitate therapist CC compliance.
  - Gathered colleagues nationwide
  - Maintain system requirements, continuing ed, and consultation meetings

*Clinical Supervision of SPE hours:*

- Post-doctoral employees in private practice
  - Weekly face-to-face review of case load
    - Review of voice recorded sessions, development of case conceptualization, applications of evidence based interventions
  - Weekly didactic instruction on Mindfulness-Based Interventions
    - Supervision of DBT and ACT cases

*Dissertation and Clinical Supervision and Consultation:*

- Current doctoral student
  - Weekly consultation and advisory role in dissertation development
  - Didactics and Instruction in Mindfulness-based treatment applications

**Teaching and Professional Training Experience***Pepperdine University*

2014-Current

Adjunct Professor

- Physiological Psychology
  - Psychophysiology of emotion, cognition, and behavior and the effects of stress and clinical interventions.

*Professional Trainings:*

Mindfulness-Based CBT: A Compare and Contrast to Traditional CBT . . . . . Spring 2014  
 Integrating Mindfulness into Evidence-Based Treatment: UCLA Ph.D. program. . . . . Winter 2014  
 Integrating Mindfulness into Evidence-Based Treatment: Pepperdine Psy.D. Program. . . . . Fall 2013  
 Managing Work Related Stress with Mindfulness: Propaganda GEM. . . . . Winter 2013  
 Mindful Engagement in Treatment of Adolescent Cancer Patients: Children's Hospital Los Angeles. . . . . Winter 2013  
 Integrating Mindfulness into Evidence-Based Treatment: Pepperdine Psy.D. Program. . . . . Fall 2012  
 Integrating Mindfulness into Evidence-Based Treatment: West LA VA. . . . . Fall 2012  
 Integrating Mindfulness into Evidence-Based Treatment: UCLA Psychiatry Residents . . . . . Fall 2012  
 Integrating Mindfulness into Clinical Practice: Didi Hirsch Intern Training Program Winter 2010  
 DBT for Borderline Personality Disorder: Life Adjustment Team. . . . . Fall 2010  
 DBT for Borderline Personality Disorder: Sherman Oaks Hospital, Outpatient Program Fall 2010  
 Integrating Mindfulness into Clinical Practice: Didi Hirsch Community Mental Health . . . . . Fall 2008

**CLINICAL EXPERIENCE****Licensed Private Practice**

CA-PSY24351

2011-Current

- Treatments: Mindfulness-Based Cognitive Behavioral Therapies (CBT)
  - Acceptance and Commitment Therapy (ACT)
  - Dialectical and Behavior Therapy (DBT)
  - Mindfulness-Based Cognitive Therapy (MBCT)
  - Cognitive Behavioral Therapy (CBT)

- Populations: Adults and Adolescents experiencing disorders related to Emotion Dysregulation
  - Anxiety Disorders
  - Mood Disorders
  - Personality Disorders

### **Post-Doctoral Practice**

*David Plotkin Ph.D. and Associates*

Private Practice

Los Angeles, CA

October, 2009 – Current

Supervisor: David Plotkin, Ph.D.,

- Treatments: Mindfulness-Based skills training and Cognitive Behavioral Therapy (CBT)
- Populations: Adults and Adolescents with diagnoses related to Emotion Dysregulation

### **Doctoral Internship**

*Augustus F. Hawkins Mental Health Center-Women's Reintegration Services Center*

Los Angeles, CA

September 2008 – August 2009

Supervisor: La Tonya Wood, Ph.D.

- Treatments: Dialectical and Behavior Therapy (DBT) skills training groups
- Population: Recently incarcerated women with chronic emotional, behavioral and cognitive dysregulation
- Treatment: Acceptance and Commitment Therapy (ACT) (group and individual)
- Population: Women, Post Traumatic Stress Disorder (PTSD) .
  - Comprehensive psychological assessment batteries

### **Practicum**

*Augustus F. Hawkins Mental Health Center*

Los Angeles, CA

September 2007 – August 2008

Supervisor: La Tonya Wood, Ph.D.

- Treatment: CBT (Individual and group)
- Population: Adolescents with emotional and behavioral dysregulation.
  - Comprehensive psychological assessment batteries and reports

*Didi Hirsch Community Mental Health Center, Sepulveda (assessment)*

Los Angeles, CA,

September 2006 – September 2007

Supervisor: Doris Penman, Ph.D.

- Psychological Assessment batteries
- Population: Chronically mentally ill
  - Assessment of disability needs.

*Didi Hirsch Community Mental Health Center, Excelsior House, (therapy)*

Los Angeles, CA,

September 2006 – 2007

Supervisor: Tracy Caldeira, Psy.D.

- Psychological Assessments
- Treatment Planning
- Treatment: Short-term CBT interventions
- Population: Chronically mentally ill

*Pepperdine Psychological and Educational Services*

Los Angeles, CA

September 2005- 2008

Supervisor: Aaron Aviera, Ph.D.

- Psychological Assessment and Treatment Planning
- Treatment: CBT and Psychodynamic,
- Population: Adult, Individual and Couples

### **Research Experience:**

*Pepperdine University, Graduate School of Education and Psychology*

*Doctoral Dissertation*

Los Angeles, CA

September 2006 – February 2009

Supervisor: Edward Shafranske, Ph.D., ABPP

- Primary Investigator: Comprehensive qualitative content analysis of mindfulness-based empirically supported treatments (MB-ESTs); derive common elements; Integrate findings into clinical recommendations for evidence based practice (EBP).

*Harvard University, Psychology Department*

*Psychophysiology Lab*

Cambridge, MA

September 2004 to August 2005

Supervisor: Wendy Berry Mendes, Ph.D.

- Primary investigator: Conducted and supervised study of the effects of acute psychosocial stress on cortisol and perceptions of risk and vulnerability in adolescents.
  - Administered cognitive assessments, over saw and directed undergraduate RAs
- Independent Study: Investigate the interactions between health behavior (exercise, nutrition, and relaxation practices), stress reactivity (salivary cortisol), and cognitive processing.
- Experimenter and Research Assistant: Implement psychophysiological measures.
  - Scoring of ensemble autonomic nervous system data.

*University of California, Los Angeles, Psychology Department*

Los Angeles, CA

January 2004 to June 2004

Supervisor: Thomas Minor, Ph.D.

Independent Research:

- Behavioral Neuroscience and Learning Unit. Conducted in depth literature review on the topic of the effects of Brain Derived Neurotrophic Factor (BDNF) in mood disorders.
- Collaborated on study of the impact of exercise on BDNF in the brain and behavioral depression in rats.

*University of California, Los Angeles, Psychology Department*

Los Angeles, CA

June 2003 to November 2003

Supervisor: Lobsang Rapgay, Ph.D.

Research Assistant:

- Conducted literature review of the physiological underpinnings of emotion for the development of a Positive Emotion Enhancement Technique.

### **CONTINUING EDUCATION:**

Core Clinical Training in DBT; Shari Manning, Ph.D. and Magda Rodriguez. . . Spring/Fall 2014

Linehan Institute Zen Mindfulness Retreat for Care Providers; Marsha Linehan.....Summer 2013

Optimizing Exposure Therapy for Anxiety Disorders; Michelle G. Craske, Ph.D.....Winter 2013

Ethics and Risk Management in the Digital Era.....Winter 2013

Acceptance and Commitment Therapy: Experiential Training with Steven Hayes.....Fall 2012

Acceptance and Commitment Therapy: Follow Up Training. . . . .Winter 2009

Skills Training in Dialectical and Behavior Therapy: The Essentials. . . . .Spring 2008

The 6<sup>th</sup> Annual Scientific Conference: Integrating Mindfulness-based Interventions into

Medicine, Health Care, and the Larger Society. . . . .Spring, 2008

Acceptance and Commitment Therapy Training; Harbor UCLA, Robyn Walser, Ph.D. .Fall 2007

Mindfulness and Psychotherapy; Cultivating Well-Being in the Present Moment: UCLA. . . . .

.....Fall 2007

Dialectical and Behavior Therapy Training: Harbor UCLA, Lynn McFar, Ph.D. . . . .Fall 2007

The Mindful Brain: UCLA, Dan Siegle, MD. . . . .Spring 2007

Consciousness: Its Mystique and Growing Clinical Importance: UCLA. . . . . Fall,2005

### **PROFESSIONAL ASSOCIATIONS**

American Psychological Association (APA), Member

Association for Contextual Behavioral Science (ACBS), Member

Association for Behavioral and Cognitive Therapies (ABCT), Member

California Psychological Association (CPA), Member

Los Angeles County Psychological Association (LACPA), Member