

Aimée M. Vadnais, Psy.D, MFT

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LICENSES

- Licensed Marriage and Family Therapist in California (MFC #39973)
- Licensed Clinical Psychologist in California (PSY #21368)

CERTIFICATIONS

- Prepare/Enrich Trained Counselor for couples
- MFT Supervisor

EDUCATION

- **Alliant International University (formerly California School of Professional Psychology)**
San Diego, CA 2002 -- 2005
(Psy.D) Doctor of Psychology in Marriage and Family Therapy
Dissertation: “The Effects of Emotional Intelligence on Marital Satisfaction”
Doctoral Program Cumulative G.P.A. : 3.78
- **University of San Diego**, San Diego, CA 1998 -- 2000
M.A. in Marriage and Family Therapy (MFT)
Graduate School G.P.A. : 3.85
- **Pepperdine University**, Malibu, CA 1994 -- 1998
B.A. in both Psychology and Public Relations
Cumulative Collegiate G.P.A. : 3.6

CLINICAL EXPERIENCE

- **Carmel Valley Psychological Services** (Jan., 2008—present)
Psychologist/Marriage and Family Therapist—Founder and CEO of a comprehensive private practice organization that caters to individuals, children and adolescents, couples, and families. Conducts assessments, diagnostics, therapy, and psychological testing, as well as psychological consultation and marriage and family therapy supervision. Therapeutic services provided for a wide range of common mental health and behavioral disorders, as well as life coaching, infertility and reproductive counseling, sensory processing disorders, and premarital counseling. Emphasis in positive psychology and strengths based, solution-focused interventions.
- **PsyCare Inc.**, San Diego, CA (March, 2006 – June, 2007)
Psychologist/Marriage and Family Therapist—Responsible for assessment, diagnostics, and therapy for individuals, children, adolescents, couples and families. Provides comprehensive treatment from a brief, solution-focused perspective, emphasizing cognitive-behavioral and family systems techniques. Also conducts psychological testing for children, adolescents, and adults. Assists patients to maximize their strengths, to resolve their presenting problems, to educate them on effective coping skills to aid in symptom reduction, and to return to healthy levels of functioning.
- **Alvarado Parkway Institute, Outpatient Services**, San Diego, CA (March, 2005 – March, 2006)
Weekend Program Director/Treatment Coordinator (Post-Doctoral Psychology Assistant)— As weekend program director of the outpatient program, responsible for managing nursing and mental health staff, as well as coordinating weekend curriculum and supervising crisis issues. As treatment coordinator, responsible for individual and group therapy as well as case management for chronically mentally ill adults in an outpatient setting. Co-developer of a weekly Social Skills & Communication group that educates patients how to improve their interpersonal and communication skills.

- **Scripps Clinic, Division of Mental Health**, La Jolla, CA (Jan., 2004—Nov., 2004)
Marriage and Family Therapist/Psychology Pre-doctoral Internship--Responsible for individual, couple, and family therapy for geriatric patients with depression, anxiety, dementia/Alzheimer's, and marital/family problems in an outpatient setting. Responsible for case management, charting progress notes, and working collaboratively with physicians and psychiatrists. Also facilitated a weekly psychoeducational Caregiver's Support Group for family members of geriatric patients.
- **Scripps Hospital Outpatient Behavioral Health**, La Jolla, CA (Jan., 2001—Nov., 2003)
Marriage and Family Therapist/Case Manager—Responsible for individual and group therapy, case management, insurance reviews, and charting progress notes for adults with chronic mental illness, dually diagnosed patients and geriatric patients in the outpatient and partial hospitalization programs. In charge of leading multiple group therapy sessions covering such topics as functional skills development, dual diagnosis, symptom evaluation, illness management, enrichment activity and processing thoughts and feelings. Also responsible for individual one-to-one therapy sessions on an as needed basis. Worked from a medical model perspective in collaboration with psychiatrists, nurses, doctors, social workers and other marriage and family therapists. Leader of a monthly Family and Friends educational and support group for family and friends of Scripps patients.
- **Sharp Mesa Vista Hospital: Child Partial Hospitalization Program**, San Diego, CA (Jan., 2001-March, 2001)
Marriage and Family Therapist Intern—Responsible for assisting and counseling children ages 5-12 with emotional and behavioral problems
- **Sharp Mesa Vista Hospital: CHANGES Chemical Dependency Intensive Outpatient Program**, San Diego, CA (Nov., 2000 -- March, 2001)
Chemical Dependency Counselor—Responsible for individual, family, and group therapy sessions for adolescents with chemical dependency and substance abuse disorders and their families. Co-leader of multiple adolescent group therapy sessions with topics in chemical dependency education, communication skills, anger management, self-esteem, relationship issues, stress management, and art therapy. Also in charge of co-leading weekly multi-family therapy sessions and conducting a weekly parent education group with topics such as enabling, detachment, the disease model of addiction, and relapse warning signs. Responsible for conducting assessments, writing psychosocial histories, writing master treatment plans, gathering and submitting urine analysis screenings and writing progress notes. Worked from a cognitive behavioral perspective in collaboration with psychiatrists and insurance companies.
- **Teen Screen**, San Diego, CA (Nov., 2000 -- March, 2001)
Teen Screen ResultGiver—Responsible for providing family members with drug test results for their children/adolescents, educating them on these results, and answering any drug or alcohol related questions. Also provided referral information for them for rehabilitation centers and residential treatment centers.
- **Children's Hospital Outpatient Psychiatry**, San Diego, CA (Sept., 1999 – Sept., 2000)
Marriage and Family Therapy Trainee—Responsible for individual, family, and group therapy sessions for children ages 4-18 and their families. Leader of an anger management group and an Attention Deficit Hyperactivity Disorder group. In charge of conducting intakes, diagnosing clients, setting up treatment plans and goals, writing mental health assessments, recommending medication evaluations and psychological testing, and attending school visits and Individualized Education Plan/AB2726 meetings. Also did crisis counseling as the on-call therapist and have made child abuse reports when indicated. Worked from a medical model perspective in a collaborative relationship with psychiatrists, social workers and doctors.
- **The McDonald Center for Drug and Alcohol Addiction**, La Jolla, CA (Spring, 1994)
High School Volunteer—Responsible for various clerical and administrative duties, as well as admitting and assisting patients

TEACHING/SUPERVISION EXPERIENCE

- Program Director, MA in Clinical Psychology Program at Azusa Pacific University, San Diego Campus (2008—present)—responsible for developing San Diego graduate psychology program, admitting students, recruiting and interviewing adjunct faculty, teaching core curriculum, and overseeing program duties. Responsible for managing

and mentoring adjunct faculty, resolving student matters, and coordination with main campus for student and administrative issues. Further duties include coordination of and overseeing annual practicum fair, VOICES conferences, bi-annual faculty meetings, MFT Information Meetings, New Student Orientations, and master's hooding ceremonies. Currently, assisting other Program Directors at other APU campuses with the COAMFT accreditation process, to be in effect by Fall 2017. Courses taught include Introduction to Clinical Practice: Basic Skills; Introduction to Clinical Practice: Advanced Skills; Advanced Developmental Psychology; APA Seminar.

- Adjunct professor in the Marriage and Family Therapy Department at the University of San Diego (Course taught, "Professional Issues in Marriage and Family Therapy" (2006-2013).
- MFT Supervisor at the University of San Diego, providing supervision to MFT interns/trainees (2006-2007).
- Guest lecturer at Azusa Pacific University and National University regarding issues in educational psychology (2004-2008).
- Took a graduate-level elective course entitled "College Teaching" at the University of San Diego (2006). This class taught pedagogy, curriculum development, assessment, and ways to improve college teaching practices.

PUBLICATIONS/PROFESSIONAL CITATIONS

- "Making Marriage a Success: Pearls of Wisdom from Experts Across the Country." (2011).
<http://www.amazon.com/MAKING-MARRIAGE-SUCCESS-Pearls-Experts/dp/1614345252>
- "Infidelity: Is Your Spouse Leading a Double Life? Eight Warning Signs to Consider." Divorce 360. (2008).
<http://www.divorce360.com/divorce-articles/cheating/causes/does-spouse-have-secret-life.aspx?artid=810>
- "Parenting: Forcing Kids to Become too Responsible after Divorce Can Hurt in Long Run." (2008).
<http://www.divorce360.com/divorce-articles/child/effects/forcing-kids-to-become-a-parent-after-divorce.aspx?artid=830>
- Dissertation: "The Effects of Emotional Intelligence on Marital Satisfaction" (2005).
<http://www.citeulike.org/user/emromesco/article/9851321>

PRESENTATIONS

- "Incorporating Movement Therapy, Vision Therapy, Listening Therapy, and Meditation into Traditional Martial Arts Instruction to Address the Underlying Neurological and Physiological Causes of Learning, Social, Emotional, and Behavioral Disorders." Hawaii International Conference on Education (HICE), 2016.
- Speaker on the topic of Psychology at Cal Coast Academy for high school students September 2015
- La Jolla Country Day Career Day Speaker on topic of Careers in Psychology, March, 2014
- Network 9 Presenter to undergraduate Social Science students at Point Loma Nazarene University, February 2014 and October 2015
- "Using Research-Based Positive Psychology Interventions to Maximize Emotional Well-Being in K-12 Schools." Hawaii International Conference on Education (HICE). 2012.

HONORS

- Accomplishment plaque received for being faculty at Azusa Pacific University for 5 years, 2013
- Included in the 2008/2009 Cambridge Registry's, "Who's Who Among Executive and Professional Women Honors Edition."
- Recipient of Scripps Hospital Presidential Scholarship Award in 2002 and 2003
- Member of Alpha Chi, a National College Honor Scholarship Society
- Member of the Golden Key National Honor Society, which recognizes scholastic achievement and excellence
- Member of Pi Gamma Mu, an International Honor Society in Social Science
- Member of Psi Chi, the National Honor Society in Psychology
- Phi Eta Sigma National Honor Society for students with outstanding academic records

LEADERSHIP/MEMBERSHIP/VOLUNTEERISM

- Member of Grace Point Church (AWANA, Vacation Bible School, and Child Ministries volunteer
- Active volunteer at children's schools (Sage Canyon Elementary and the Kids Bay Learning Center)
- Licensed Member of the California Association of Marriage and Family Therapists (CAMFT)
- Clinical Member of the American Association for Marriage and Family Therapy (AAMFT)

- Member of the American Psychological Association
- Former Associate Member of the San Diego Psychological Association
- Former Full Member, California Psychological Association (Division I: Clinical & Professional Practice)
- Sustainer member of the Junior League of San Diego – worked with homeless teenagers at Storefront teaching life skills to prepare them for getting a job and/or going to community college; worked with Academic Improvement Mentoring (AIM) to offer mentoring support and enrichment activities to at-risk children and teenagers; event planning to raise funds for educational purposes; served on Education Toolbox, providing back-to-school backpacks for low income students.
- Nominated by the Dean of Students, Pepperdine University, to participate in the 2nd Annual Student Leadership Retreat: Developing a Sense of Belonging in an Intercultural Community, 1997
- Awarded a full scholarship by Pepperdine University to attend its Youth Citizenship Seminar for high school student leaders, 1993
- Kiwanis Key Club President -- Planned and conducted weekly meetings and organized community service, projects with Special Olympics, Muscular Dystrophy Foundation and First Presbyterian Church in San Diego, 1991-1992

COMPUTER SKILLS

- Proficient in both MAC and PC computers
- Microsoft (Word, Excel, Outlook)
- Google and Gmail
- World Wide Web/Internet
- Power Point presentations

SEMINARS/CONTINUING EDUCATION

- Up-to-date on all Psychology licensing requirements
- Up-to-date on all MFT supervision CEU requirements
- Up-to-date on all MFT licensing CEU requirements, including Law & Ethics, Domestic Violence, HIV/AIDS, and Aging and Long Term Care

REFERENCES

To be furnished upon request.