
DR. HEATHER A. HOSHIKO
PSY.D. CLINICAL PSYCHOLOGY
M.S. MARRIAGE AND FAMILY THERAPY



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Education

- 2016 **Doctor of Psychology (PsyD) in Clinical Psychology**
Southern California Seminary
Dissertation Title: *"Occupational Stress and Psychological Wellbeing: How Work Environment and Macroeconomics Impact the Emotional Climate of Private and Public Helping Professional's Employment Settings."*
(Dissertation Chair: Dr. Gino Pasquariello)
- 2012 **Master of Science in Marriage and Family Therapy**
University of Nevada Las Vegas
Thesis Project: *"Enhancing Intimacy in Relationships"* Chapter Editor and Contributor for Dr. Gerald Weeks and Stephen Fife's *"Couples in Treatment: Techniques and Approaches for Effective Practice" 2 Ed. Book*
(Thesis Chairs: Dr. Gerald Weeks and Dr. Stephen Fife)
- 2010 **Bachelor of Arts in Psychology**
Point Loma Nazarene University
Concentration: Therapeutic and Community Psychology

Professional Interests

Curriculum Development
Consulting and Advising
Diagnosis and Treatment
Research and Development

Academic and Advising Experience

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- 2020-Present **San Diego Faculty Lead of Undergraduate Psychology and Assistant Professor**
 Azusa Pacific University
- 2019-2020 **Director of Undergraduate Psychology for San Diego and Murrieta Regional Campuses**
 Azusa Pacific University
- 2018-2020 **Faculty Associate**
 Bethel University San Diego Behavioral Health Programs in Marriage and Family Therapy and Mental Health Counseling
- 2016-2018 **Adjunct Faculty**
 Bethel University San Diego
- 2014-2015 **Adjunct Faculty**
 Southern California Seminary
- 2011-2013 **Graduate Assistant Undergraduate Advisor / Instructor**
 University of Nevada Las Vegas

Publications

- 2014 Chapter 10 "Enhancing Intimacy in Relationships" Guest Editor and Contributor. Weeks, G.R., & Fife, S.T. (2014). *Couples in treatment: Techniques and approaches for effective practice*. (2nd Ed.). Routledge.
- 2013 Contributor to Hertlein, K.M., & Blumer, M.L.C. *The couple and family technology framework: Intimate relationships in a digital age*. (2013). Routledge.
- 2013 Allen, H., Bartone, M., Desruisseaux, J., & Hoshiko, H. (2013). Midnight in Paris review. *Journal of Feminist Family Therapy*, 25(3), 200-202.
<https://doi.org/10.1080/08952833.2013.777882>
- 2013 Hoshiko, H. (2013, December 19). Holiday hangovers: Detox your mind and body in time for the New Year. *Wellness Coach Blog*.
<https://veraviafit.com/2013/12/19/holiday-hangovers-detox-your-mind-and-body-in-time-for-the-new-year/>
- 2013 Hoshiko, H. (2013, October 25). Barbie investigated: The cultural components of image. *Wellness Coach Blog*. <https://veraviafit.com/2013/10/25/barbie-investigated-the-cultural-components-of-image/>
- 2012 Hoshiko, H., & Fife, S. (2012, April). Parenting children with autism spectrum disorder. *Parent's Guide Las Vegas*, 4th Annual Issue, 37.

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2007-2008 English. M., Hertzler, J., Hoshiko, H., Schaffner, N., & Wilson, T. (2008). *Exploring the relationships between materialism and personality based on motivation and achievement.*

Conference Presentations

2018 Zenga, D.J., Ellis, C., Sanders, B., Hoshiko, H., & Yu, S. (2018, April 26-29). Process evaluation of a comorbid chemical dependency pilot program in short-term, acute psychiatric inpatient setting. [Poster presentation]. California Psychological Association Annual Conference, San Diego, CA, United States.

2014 Hoshiko, H., & Taylor, G. (2014). *The demystification of the DSM-5* [Webinar]. Taylor Study Method. <https://www.taylorstudymethod.com/eppp/dsm-5-eppp-content>

2014 Hoshiko, H. (2014, June 25-26). *Barbie unmasked: How popular media and culture influence the female brain.* [Symposium]. FutureQuest Youth Conference, Santee, CA, United States.

2012 Hoshiko, H., & Fife, S. (2012, October 31-November 3) Relational Intervention with Gendered Health Issues. *Weighty issues of obesity: Emotional and physical impacts in the relational dyad.* [Symposium]. National Conference on Family Relations, Phoenix, AZ, United States.

2010 Hoshiko, H. A., Schaffner, N. L., Saldine, E. J., Bomba, J. L., & Wu, J. T. (2010, April 15-17). *Marriage communication in same race and interracial Asian, Latino, and White couples.* [Poster presentation]. Rocky Mountain Psychological Association, Denver, CO, United States.

2010 Bomba, J. L., Saldine, E. J., Schaffner, N. L., Hoshiko, H. A., & Wu, J.T. (2010, April 15-17). *Comparing premarital and current marriage behaviors among Asian, Latino, and White couples.* [Poster presentation]. Rocky Mountain Psychological Association, Denver, CO, United States.

Editing Experience

2020 Guest Editor for MPDI "Journal of Nutrients." Peer review for article *Separating the Journal from the Noise: How Psychiatric Diagnoses Can Help Discern Food Addiction from Dietary Restraint.*

2018 Guest Editor for MPDI "Journal of Clinical Medicine." Peer review for article *Treatment of Anorexia Nervosa – New Evidence-Based Guidelines.*

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- 2018 Guest Editor for MPDI "Journal of Clinical Medicine." Peer review for article *Perceived Discrimination and Binge Eating Disorder: Gender Difference in African Americans.*
- 2017 Guest Editor for MDPI "Religions." Peer review for article *Christian Spirituality in Eating Disorders.*

Clinical and Consulting Experience

- 2019-Present **Registered Psychological Assistant (94022552)**
 Megan B. Lewis, A California Psychology Corporation
 Supervised by Dr. Megan Lewis (18875)
- 2017- 2019 **Registered Psychological Assistant (94022552) and Social Worker III** Paradise Valley Hospital Behavior Health Unit and Bayview Behavioral Hospital
 Supervised by Dr. Walter Litwin, PhD (15701)
- 2016-2018 **Registered Psychological Assistant (94022552) and Associate**
 Phillips Medstone - Behavioral Chronic Pain Management
 Supervised by Dr. Autumn Phillips, PsyD (22939)
- 2013-2018 **Content Expert and Analyst**
 Taylor Study Method
 EPPP Test Preparation
- 2013-2014 **Marriage and Family Therapy Intern (74350)**
 Lighthouse Psychological Services
 Supervised by Dr. Barbara Burt (23977)
- 2013- 2014 **Assistant Director of Behavioral Health and Clinical Research Specialist**
 VeraVia
- 2012-2013 **Student Therapy Intern**
 Renewing Life Center Las Vegas
 Supervised by Mark Whelchell, M.S.
- 2011-2012 **Student Therapy Intern**
 Center for Individual Couple and Family Counseling at UNLV
- 2008 **Student Intern**
 Dr. Estelle Goldstein Ph. D
- 2008 **Student Intern and Volunteer**
 SHARP Memorial Arts for Healing

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2008 **Student Intern and Volunteer**
 SHARP Memorial Drug and Rehab Clinic

Other Professional Experience

2012- 2019 Provision of biofeedback and training using Heartmath Institute's
 emWave 2 and emWave Pro software for disordered eating, chronic pain
 management, anxiety and mood disorders, obsessive compulsive
 disorder, intermittent explosive disorder, and oppositional defiant
 disorder with adults, adolescents, and children

Honors and Awards

2016 Doctoral Graduation with Academic Distinction
 Requirement of 3.9 to 4.0 GPA

2014-2016 Doctoral Dean's List
 Requirement of full-time status in the degree program, a GPA of 3.90 or
 above

2012 Graduate of Honors Summa Cum Laude from the University of Nevada Las
 Vegas

2012 Phi Kappa Phi International Honor Society Inductee

2011 Delta Kappa Phi International Honor Society Inductee

2010 Graduate of Honors Magna Cum Laude from Point Loma Nazarene
 University

2009 Department of Psychology Scholarship of Academic Excellence

2007-2009 Point Loma Nazarene University Dean's List

2007 Psi Chi International Honor Society Inductee

Professional Affiliations and Memberships

2019-Present California Psychological Association Member

2017-Present San Diego Psychological Association Member

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- 2013- 2019 California Association of Marriage and Family Therapists Member
- 2010-2014 American Association of Marriage and Family Therapy Student Member
- 2009-2010 Rocky Mountain Psychological Association Student Member
- 2009-2010 Western Psychology Association (WPA) Student Member