

Tania Ann Davidson



EDUCATION AND QUALIFICATIONS

Doctor of Psychology (Clinical) United States International University (Alliant International)
San Diego, California, USA

Master of Arts, Psychology Duquesne University, Pittsburgh, Pennsylvania, USA

Bachelor of Music, Performance, Duquesne University, Pittsburgh, Pennsylvania, USA

INTERNSHIP

Pre-Doctoral: Charter Behavioral Health Systems of San Diego/ Alvarado Parkway Institute in San Diego, California. 1-year full time program in psychiatric hospital approved by my doctoral program for accrual of pre-doctoral hours toward licensure, Supervised by Clark Clipson, PhD and Alfred Adler, MD heads of the Psychology Department and Hospital Medical Staff respectively. I worked on the Women's Program Partial Hospitalization Program (PHP) that I had re-written myself after an inpatient Women's Program was dissolved following the purchase of the hospital by Charter (a Behavioral Health Corporation) just prior to my internship commencing. I rotated also on adult inpatient units (locked and open) as well, and performed psychological assessments as ordered by Dr. Adler.

Post-Doctoral: County of Ventura, Children's Behavioral Health Options Program Outpatient Clinics. I worked as a Psychological Assistant under Leslie Singer, PhD, Senior Psychologist, and accrued my post-doctoral hours toward licensure within a year's time (full time work at 2 clinics at the time). This program was a Public Agency clinic that served high-risk, low-income children and families funded by the State, Federal funds and grants that pertained to our target population. I worked one day a week at a clinic with primarily monolingual clients, as I was Spanish-Speaking at that time. Our clinics provided individual, conjoint, family and group psychotherapy as well as psychological assessment as needed and referral to psychiatrists within the County system.

LICENSE

California Board of Psychology PSY16510 Licensed Clinical Psychologist 1999-present, current license expires 02/28/25

New Zealand Psychology Board Registration Clinical Psychologist #90-07683 March 2023-present

AREAS OF EXPERTISE/INTEREST

My primary specialty throughout my 34+ years in this field (first with my Masters Degree) has been the treatment of trauma, in particular, treating child abuse trauma, sexual abuse most specifically. I have treated adults recovering from childhood abuse, traumatic injuries, accidents, military veterans, military sexual trauma, Indigenous peoples who carry multiple and intergenerational trauma along with a range of affective disorders that accompany post-traumatic stress disorder either in combination, or alone (anxiety, depression), in the wide variety of settings in which I have had the privilege of working. I have always seemed to work the best with adolescents, and I have absolutely loved it also. Although I have worked with such a broad range of ages and types of clients, and enjoyed them all, adolescence is an age where the awareness of possibilities are just beginning and I love nothing better than to clear away barriers to children realizing those potentials.

In my career, I have experience working for Public Agencies, Tribal Agencies, private groups and my own private practice. I am happiest when, in whatever employment structure, I am afforded the ability to be accessible to the people who need my services the most and to whom I can help the best. I excel at building programs, organizing groups of people to improve functioning of systems, and assessing community needs. While I very much enjoy and write outstanding psychological evaluations, for example, I want the end result (the report and recommendations) to be discussed with the treatment team for implementation, not sit in a chart or a file. When I work with children from a particular school, I like to meet with the school counselors to talk about how I might help them within the school (interventions) for them or for teachers.

MANAGEMENT AND LEADERSHIP SKILLS

I have supervised interns (Masters Level) since 1992, and Doctoral level since 2000. I decided to stop having Psychological Assistants (post-Doctoral interns) and other interns after approximately 2015 and in 2016 and instead pursue teaching as an Adjunct Professor to stay in a role where I was passing on knowledge and staying connected to up and coming psychologists.

I have managed and re-written programs since the years I listed above as well. Writing and revising programs, based on gathering efficacy data, is so enjoyable to me, particularly because I also get to perform the service itself and see the results! The program I rewrote with my colleague in 1992 (Daughters and Sons United in San Diego) which was part of a National Child Sexual Abuse Treatment Program model, was such a positive experience, but not nearly as positive as seeing the children (I managed 5-6 groups at one time, 2 therapists/group) and families get better. There have been many programs in between all the way up to directing the Holistic Health Program with Indian Health Services (twice) at a 100+ year old Indigenous Boarding School in Riverside, CA.

PROFESSIONAL WORK EXPERIENCE

Private Practice, Porirua/Kenepuru April 2021-Present

Clinical Psychologist

I have maintained a part-time private practice in Porirua servicing a wide range of clients, treating my areas of specialty (trauma recovery, children/adolescent psychology, ADHD, mood disorders) though not as an ACC contractor.

Te Whatu Ora (Capital and Coast DHB, formerly), MHAIDS Program, Porirua Child and Adolescent Mental Health Services Community Team: July 2022- present

Clinical Psychologist

CC Te Whatu Ora is the National agency in New Zealand that funds and manages Public Health services such as the Mental Health Addictions and Intellectual Disabilities (MHAIDS) program that I had remained within. I moved to the Community MH Services team with Children and Adolescents as my experience and expertise was most consistent with this work and best served both the clients and the psychology intern that I supervised and ones I continue to supervise with Victoria University, Wellington. I additionally supervise other psychologists within Te Whatu Ora (DHB), particularly in areas that are my specialties (children/teens/families) and for which I have training that is generally not in abundance in New Zealand (PCIT, Gestalt, Psychodynamic, Family therapy modalities, etc.). I have provided individual, conjoint, family therapy services and assessment to young people referred to CAMHS, provided testing/evaluation for ADHD, ASD and other suspected psychological disorders and liaised with the various community agencies (Public, NGO, other) that provide additional support and services our clients. I have provided in-service training to staff as well in CAMHS in areas that I have special interest (such as Positive Psychology assessment and treatment), and I became EMDR certified in Level I and in treating Addictions and Emotional Dysregulation. I will be attending Level II later this year.

Capital and Coast District Health Board, MHAIDS Program Porirua, Wellington April 2021-July 2022

Clinical Psychologist

CCDHB is the National agency in New Zealand that funds and manages Public Health services such as the Mental Health Addictions and Intellectual Disabilities (MHAIDS) program. This is a regional rehabilitation program that provides multidisciplinary treatment for severely mentally

ill, forensic, ID and addiction clients referred from the lower half of North Island New Zealand (Hamilton and South). [Mental Health, Addiction and Intellectual Disability Service \(mhaid.health.nz\)](http://mhaid.health.nz)

My responsibilities include providing individual and group psychological services to the resident clients in 2 units in the program on the Kenepuru Campus (Tane Mahuta and Tawhirimatia units) as well as psychological testing as requested by the client's team/treating psychiatrists. I participate in multidisciplinary team meetings to coordinate care, design programs for clients to enhance wellness and work alongside the clinical team of nurses, physicians and allied staff (occupational therapists, social workers, Kaimanaaki) providing consultation to them as well as support. My interventions are guided by the principles of Whakanui Oranga, Te Tiriti o Waitangi and Te Tehuhu/ The Mental Health Blueprint for mental health services in New Zealand. I supervised a psychologist intern from Victoria University of Wellington, provided key training to all staff, in my area of expertise (trauma-informed treatment) and built a small psychology program that had not existed for some time by helping to recruit a second psychologist and establishing regular group therapy as well as wellness practices clients could choose to engage on a drop-in basis (walks, meditations). I provided a technology upgrade proposal to Leadership that I presented to multiple groups that are stakeholders to upgrade the abilities of staff and clients to utilize technology to enhance not only services, but the ease of service delivery by eliminating tasks that can be automated and verified by technology, freeing up staff for more clinical duties.

California Board of Psychology, Sacramento, California USA September 2017-March 2021

Expert Reviewer

The California Board of Psychology is the entity that licenses psychologists in California and addresses any disciplinary issues brought to them by consumers (therapy clients) as complaints. www.psychology.ca.gov

My responsibilities include reading material provided to me by the Board on a case I accept to review that is disciplinary in nature and rendering an expert opinion based on the extent to which the psychologist adhered to the standard of care as dictated by our Ethics and Laws. Occasionally a Reviewer is called upon to testify in court on their decision when the issue results in loss of license or other legal penalties.

Pacifica Graduate Institute, Carpinteria, California, USA January 2017-March 2021

Adjunct Professor, Clinical Psychology Department

Pacifica Graduate Institute is a Private, Graduate School in Santa Barbara County with two campuses (one in Carpinteria, one in Montecito) offering Masters and Doctoral Degrees in Psychology and the Humanities. www.pacifica.edu

My duties have included instructing the Ethics and Laws in Professional Practice Course for Clinical Psychology Doctoral students in both the Summer and Fall semesters when it is offered. The Chair of this Department has been Oksana Yakushko, PhD.

Private Practice, Ventura, California, USA 12/11-Present

Private Practice, Carlsbad, California, USA 09/07-12/14

Licensed Clinical Psychologist, Private Practice

www.psychologyofstrength.com

I established my first practice in Carlsbad, and had several Psychological Assistants, several contractors working from a moderately-sized office in North Coastal San Diego. I moved my practice to Ventura in late 2011, sold the practice in Carlsbad, but continued to see several clients there, commute for several more years for one of my Psychological Assistants to complete her hours.

I provide psychological assessment, individual, conjoint (not couples), family and group psychotherapy, consultation to professionals as requested.

My achievements are that my practice has thrived, grown and prospered despite starting it at the height of the Great Recession and a legendary fire in San Diego. I had no trouble duplicating that in Ventura, as I had lived there previously, and maintained my connections. I published an article on bullying in a peer-reviewed journal in 2014 during this time, and rejoined the Ventura County Psychological Association with former colleagues/friends, writing an article in the bulletin that month.

U.S. Department of Health and Human Services, Indian Health Services, Riverside, California, USA 02/05-09/07 and 09/01-07/03

Clinical Psychologist, GS-13 Director Holistic Health Program

Indian Health Services is a Federal Agency within the Department of Health and Human Services that is responsible for providing health services to American Indians and Alaska Natives. This mandate is the result of a treaty of 1787 based on Article 1, Section 8 of the Constitution and has been made its present state by numerous other treaties and Supreme Court rulings. www.ihs.gov

My responsibilities were to (first time) make IHS welcome on the Boarding School campus again (the facility is run by the Bureau of Indian Affairs, a different branch of the Federal Government) to where we could construct a health clinic staffed with nurses and other therapists besides myself. At the same time, I was to provide all of the mental health services for 500+ of the highest-risk Indigenous high school students from Reservations representing >120 tribes. The second tour there, I supervised two licensed clinical social workers (LCSW's), 2 Nurse Practitioners and a receptionist as well as managed the HHP which included

paraprofessional dormitory “counselors” I also provided some training for on basic mental health and crisis management. My team consisted of 5.

My achievements were that I succeeded in my mission of getting IHS welcomed back, a fully-staffed clinic rebuilt, received adjunct-staff status from nearby Canyon Ridge Psychiatric Hospital with an MOA (Memorandum of Agreement) with IHS to fund the students we needed to hospitalize there, and allowed me the ability to write the hospitalization holds myself, attend them at the hospital and have continuity of care for the students. I transported students off-campus weekly to an LGBT group run by a volunteer from the University of California Riverside LGBT Center so that they could have a safe place to talk. I developed a proposal, after gathering statistical data with the help of my secretary, to not only fund our clinic, but to expand its services to include substance abuse treatment by billing third party insurance that many of the students carried, though it was denied by the Service Unit.

I resigned from that position to start my own practice near my home at that time. I had been commuting a considerable distance for years for this position.

Department of Veterans Affairs/Greater Los Angeles VA, Gardena, CA USA

September 2003-February 2005

Clinical Psychologist (GS-13) Military Sexual Trauma Psychologist, Gardena Vet Center

The Veterans Centers were an initiative funded through a Congressional Act following the Vietnam Veterans return and reluctance to trust the VA Hospitals. They are situated in communities and are storefront facilities with psychologists, benefits analysts and offered psychological services, support services and benefits connection services.

My responsibilities were to provide psychological services (individual, conjoint, group psychotherapy, assessment) to eligible Veterans who were referred primarily for Post-Traumatic Stress Disorder due to Military Sexual Trauma.

My achievements in this position were that I built a program for MST Veterans that had not previously existed (the positions such as mine had only been funded as such for 3 years in the VA), as a specialist in sexual trauma. I developed group programs for the men and women that addressed MST specifically. This program I constructed was recognized in 2004 in the local newspaper, the Torrance Daily Breeze. This article brought in a significant number of MST Survivors who had no knowledge of these services prior to the publication. I also supervised a post-doctoral student (Psychological Assistant) from a nearby Vet Center and developed a relationship with the Homeless Veterans program at the Long Beach Naval Base that had been converted to a substance abuse/homeless rehabilitation center. I participated in a Stand Down in San Diego (Balboa Park) which is a longstanding day-long outreach program to bring services and assistance to homeless Veterans.

I left this position in February 2005 after unsuccessfully lobbying the VA to make my position full time (it was part time) as it needed to be. I was offered my former job at Sherman Indian High School in Riverside back and accepted this.

Bloch Medical Clinic, Los Angeles and Long Beach, CA, USA

July 2003-February 2005

Clinical Psychologist / Workers Compensation Evaluator

Bloch Medical Clinic is an organization headed by Alfred Bloch, MD and provides psychological assessments and treatment for the plaintiff in Workers Compensation cases. They had a main office in Koreatown, Downtown Los Angeles, and offices where treatment was rendered throughout the Greater Los Angeles area.

My position's responsibilities were to provide Medical-Legal Psychological Assessments to plaintiffs in Workers Compensation cases that they referred to me, working within their system that included support staff that edited reports as well. I also provided psychotherapy services to injured workers through their Long Beach office on a part-time basis.

My achievements in this position were that I became very proficient at these specific evaluations, learning about the WC system and had many satisfied clients that I treated. I left this position when I returned to my former job as Director of the Holistic Health Program in Riverside, CA.

Norton Sound Health Corporation, Nome, Alaska USA

September 1999-September 2001

Clinical Psychologist

NSHC is a Native Alaskan-Owned Corporation (Tribal) that provides medical, mental health and substance abuse treatment services for residents, mainly indigenous Native Alaskans, in the Bering Straits regions of Alaska. www.nortonsoundhealth.org

My responsibilities included providing psychological services (individual, family, group psychotherapy, psychological assessment) to clients referred to me at the Outpatient Clinic in Nome, Alaska. This was an integrated mental health-substance abuse team approach to treatment and included itinerant psychiatrists from outside the Bush Communities such as ours. In the first year, I itinerated (traveled) to the Native Village of Unalakleet, South of Nome by about 145 miles on the Bering Sea every third week for several days and provided services in that community. Along with this, I trained a local intern who was studying to be a paraprofessional counselor (Village-Based Counselor) in the Village. I soon realized that these intermittent trips to the Village were inadequate to providing quality services and proposed a full-time position for myself there to the tribal leader, which they happily approved. Housing being very short, it took until September of 2000 to secure a place to live and I spent the next year in full-time

residence in the Village providing psychological services and community psychology programs. My intern, Dawn Blankenship, was exceptional and together we developed programs that benefitted children and increased awareness of suicide, sexual abuse and domestic violence. I was still asked to return to Nome every third week to meet with the team there. My team consisted of 3, but I worked in concert with the health clinic (also part of my employers') across the "street" also.

My achievements were that I developed a program in the largest of the Villages in the Bering Straits region (Unalakleet had a population of about 500) for full-time psychological services, that inspired the tribal leaders to include psychologist offices for the sub-regional clinic they had secured grants for while I was there from Indian Health Services. I took part in a 1-year+ post-doctoral training program through the University of Oklahoma Center for the Study of the Child called Project Making Medicine that was aimed at "training the trainer" to intervene with community involvement and treatment addressing child sexual abuse in Indian Country. I completed this program while working for NSHC (co-sponsored by NSHC and UO/grant) and the end project was a community event inviting the PMM leaders to the Village, having a conference with tribal leaders in the Village, Tribal Social Services and community members. I edited parts of a book written by my colleague, Ray Droby, PhD, a Public Health Service Psychologist, in the neighboring Village of Stebbins, called "With The Wind and the Waves" about treating indigenous populations as a non-indigenous psychologist, and taught the Introduction to Counseling course for the Village-Based Counselors program through the University of Alaska, Fairbanks, Nome Branch, in the School of Rural Human Services. I was also an emergency foster home for Kawerak, the Tribal Social Services agency in the region, when I was in Unalakleet.

I resigned this position to return home to California.

County of Ventura Children's Behavioral Health Options, Ventura, California, USA

June 1997-September 1999

Staff Psychologist/Senior Psychologist

Ventura County Health Care system was, at that time, a model for the State in what became known as System of Care. Behavioral Health was integrated with many other health services the County provided as a public service to low-income residents and others (hospital, outpatient clinics, public health clinics, substance abuse/mental health outpatient and inpatient units). The area I worked within was the Children's Behavioral Health Options program, funded by the State (grants specific to "target populations") and Federal (Medicaid) funds. www.vcbh.org

I started in this position as an unlicensed, post-doctoral registered Psychological Assistant, supervised by a licensed psychologist until I accrued all of my hours to sit for the licensing exam (at that time, California had two; a written exam and an oral exam). I provided psychological services (individual, family, group psychotherapy, psychological assessment to high-risk, low-income children and families in the Ventura area, mainly of Latino descent or recent immigrants (I was Spanish-Speaking at that time), and at another of the clinics in Santa Paula nearby. After I was licensed (I passed both exams), I was made "Senior" psychologist.

My achievements in this position were most in the area of learning. I learned that even though I knew “Spanish,” I had learned it in Baja California, and most of the folks in Ventura are from Mainland Mexico and speak more formal Spanish. That was not well-received. I learned about the bias and prejudice that the women especially received when they accessed health care (I would go with them sometimes to advocate for what they needed). I learned about the difficulty of accessing mental health services when the women were home with many children, and so I went to their homes to counsel them. I learned a great deal about the culture, about the cultural issues in Ventura itself, and how this fit into California’s mosaic.

While working for the County, I also worked as a Psychological Assistant for my colleague, Bruce Gladstone, PhD, in Ojai, California, one day a week, treating several clients and performing psychological assessments. I assisted Dr. Gladstone in starting the non-profit organization, The Aster Foundation, for funding long-term treatment for adult survivors of child sexual abuse.

I resigned this position after licensure

CERTIFICATIONS

Trained in Parent-Child Interaction Therapy (PCIT)

Trained in EMDR Level I, EMDR for Addictions, Emotional Dysregulation

MANDT and PART institutional restraining techniques trained

PROFESSIONAL AFFILIATIONS

Ventura County Psychological Association Member

California Psychological Association Member

Psychologists for Social Responsibility Member

Former San Diego Psychological Association Member and Chair of Women’s Issues Committee

Former Alaska Psychological Association Member and Elected Bush Representative

American Association for the Advancement of Science Member

New Zealand Psychological Society Member

New Zealand College of Clinical Psychologists Member

New Zealand Positive Psychological Association Member

CHARACTER

I am the kind of person who is an insatiable learner, knowing that there is always more to know. I am motivated by challenges others might call obstacles and inspired by the possibility of the outcomes that can be realized. Inequitable circumstances do not sit well with me, nor does conflict between people or groups left unresolved. I tend to want to facilitate communication and move toward understanding and mutual respect. I am the daughter of a Holocaust survivor and this has motivated me to work with the people who have been the most forgotten, marginalized or shouldered some of the greatest injustices.

COMMUNITY INVOLVEMENT

Currently, I am the Vice President for the Humanist Community of Ventura County (remotely). This is an organization that is secular in nature, motivated by ethics, reason and science. We create community for people in this area who seek it but do not wish to ascribe to an organized religion. In addition, our organization does community service regularly such as assisting Habitat for Humanity projects locally, fixing up facilities in transitional living houses, sponsoring book drives, trail building and similar projects. I hosted meetings for a sister organization to this one for over a year, bringing both organizations together.

Along with other members of Ventura County Psychological Association, I have done walks for NAMI (National Association for the Mentally Ill), to support families with members suffering mental illness and increase awareness, destigmatize mental illness. VCPA engages in walks/marches for social change that align with our values as psychologists as well and I participate in these as I am able.

In New Zealand, I have been involved in advocacy in my community (Titahi Bay) for water quality in the Bay, participate in community events with organizations I am a member (the Titahi Bay Bowling Club, RSA, etc.) and am keen to participate in local events that better my community in any way.

PERSONAL INTERESTS

I am a musician, as is apparent from my undergraduate degree, and I have always continued to play, be a band member at times, or play for fun when asked (I play several instruments and sing). I am very much an outdoors person and the majority of my interests are to be found outside. I have backpacked for over 30 years, mostly solo, I hike, kayak, snorkel, swim and bicycle. Likely the largest part of my soul is sailing. I have owned 5 sailboats to date, sailing my current beauty frequently. I ride motorcycles, and in the past, have been a road racer for 8+ years in the U.S., currently coaching others in a track day organization locally (volunteer, but I get so much fun from this!). In all of these worlds, there is community, and in these communities, wonderful people I have made close friendships with that I will always cherish.

PERSONAL STRENGTHS

Perseverance is likely my top strength. I am tenacious, and there are few obstacles that I balk at, and even those, I will try to overcome. Next, I believe is my sense of humor. I have a hearty, sometimes irreverent sense of humor that I believe gets me through the hardest of situations. I love making others laugh and could bore clients with the neurochemistry of why laughter makes us feel better, but instead, I use it sparingly and appropriately in my work as well as personally and it is appreciated. My friends have called me (dates me a bit) “the Energizer Bunny” because I just keep going and going! I do have energy beyond what others around me seem to possess. Despite what I do for a living, I am seen as a voice of reason and wise counsel by my friends, something I feel extremely privileged when called upon to give.

PROFESSIONAL STRENGTHS

Aside from the strengths mentioned previously, my professional strengths are partly temperament attributes and partly the result of many years of clinical experience. I am organized, or rather methodical in my way of approaching situations that appear to be chaotic. I can assess new clients in a relatively short period of time with a clinical interview that will not seem like a clinical interview to them, will establish a basic rapport, and leave the person feeling heard, seen and hopeful. I am a good writer, and I have heard, happily, that my psychological evaluations read as if you can see the person in front of you. I can establish rapport easily in most cases and work well with coworkers. I attend to documentation, despite its drudgery, because I am aware of its importance to the care of the client. As I have said before, I am naturally inclined to generate ideas for new or better services for clients.

EXPERT CONSULTATIONS

I have been an Expert Reviewer for the California Board of Psychology. In this role, I reviewed cases of licensed psychologists who have had a complaint filed against them and determine the extent of departure from the standard of care.

I have been an expert witness in court (Civil, Juvenile, Family) for attorneys and a treating psychologist witness in court for clients in these three court realms as well.

PRESENTATIONS

I have conducted trainings and workshops for many years, starting with the County of San Diego Department of Social Services Training and Development Center (early 90's), guested in University courses in San Diego colleges speaking on subjects in which I have expertise, instructed at the University level, but one of the most important to me was a workshop within the Fall Conference for the San Diego Psychological Association in 2010 where I presented a 2-credit Continuing Education workshop on “The Mother-Daughter Dyad in Adolescence.” This was presenting to my peers, some of whom are my mentors, and that was, for me, an achievement.

PUBLICATIONS

“Body-Mind Connection and Healing in Traumatic Brain Injury” *Massage New Zealand*, Issue 3, 2022, pp.35-36.

“The Drama of Adolescent Aggression and its Consequences” *Psychologie in Osterreich*, VI, 2013, pp.22-26.

“Depression in Adolescent Female Victims of Intrafamilial Child Sexual Abuse” Multivariate analysis of factors predicting level of depression, Doctoral Dissertation, USIU, April 1996. 221 pp.

REFEREES

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