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Clinical experience

INTEGRATIVE PSYCHOTHERAPY, Private Practice, Torrance, CA

May 2016 - current

- Mind/Body/Spirit Integration
- Ages 5+
- Individual, Couple, Group Therapy
- Classes and Workshops for Anxiety, Sleep Disorders, Stress Management

Torrance Memorial Hospital, Torrance, CA

March 2016 - current

- Teaching quarterly six-week series of SOUNDER SLEEP classes

The Wellness Center, Redondo Beach, CA

June 2015 - current

- Teaching Mindfulness for sleep classes and workshops

Sounder Sleep Systems, teacher-in-training

February 2014 - current

- Sleep Disorders, Stress Management

Prepare/Enrich facilitator

September 2006 - current

- Pre-marital and marital counseling

Private Practice, Palos Verdes Estates, CA

August 2014 - April 2016

- Working with children, adolescents, adults
- Individual and Couple Therapy
- Anxiety, Sleep Disorders, Stress Management

Private Practice, Torrance, CA

May 2012 - July 2014

- Supervised by Ellen Kimmel, LCSW, LCS 11387
- Individual and Couple Therapy
- Working with children, adolescents, adults

MFT intern, Airport Marina Counseling Services, Los Angeles, CA

February 2010 - May 2013

- Acquired over 1200 hours of counseling children, teenagers and adults
- Acquired experience in initial intake with individuals and families, individual counseling and family counseling

MFT intern, Harbor Area Counseling services, San Pedro, CA

June 2009 - March 2010

- Acquired over 200 hours of counseling children, teenagers and adults
- Acquired invaluable experience in individual and group therapy at Whittier Elementary School and at Narbonne High School

MFT intern, The Maple Center for Counseling, Beverly Hills, CA

September 2008 - March 2009

- Acquired over 100 hours of counseling adults
- Acquired experience in initial intakes, psychosocial assessment and psychodynamic case formulation

MFT trainee, South Bay Center for Counseling, El Segundo, CA

September 2007 - September 2008

- Acquired 250 hours of counseling adults and children.
- Acquired invaluable professional and personal experience while leading a teenage pregnancy group/new mothers group ages 15- 18, Gardena High School, Gardena, CA

Over 10 years of clinical experience as DDS, in USA and Romania

- DDS, The Children's Clinic, Dr. Donald Brown, Cerritos, CA, 2003-2005
- DDS, Chris Thanos, DDS, Torrance, CA, 2000-2003
- DDS, Carol Davilla Dental School, Bucharest, Romania, 1990-1995
- Learned to adapt quickly to new challenges, to work cooperatively with a wide range of personalities.
- Effective and knowledgeable in working with cultural/social differences
- Skilled in resolving conflicts and promoting harmonious relationships
- Able to pinpoint problems and to find creative solutions
- Excellent at working within a team environment
- Skilled at working with children and adults

Education

- Prepare Enrich workshop, April 2005
- Master's Degree in Psychology, Antioch University, Los Angeles, CA, June 2008
- DDS Degree, Carol Davilla Dental School, Bucharest, Romania, 1990