

KATHERINE GOODMAN, PH.D.

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LICENSURE

Licensed Psychologist, State of California — License # PSY 36155

CLINICAL EXPERIENCE

Licensed Clinical Psychologist, Good Mind Private Practice — 2024–Present

- Provide telehealth and in-person psychotherapy for children, adolescents, parents, families, and siblings.

Co-Founder / Co-Director, Camp Sisterhood — 2024

- Co-founded and co-directed a therapeutic sleepaway camp for girls ages 11–18 focused on psychological development, connection to self and others, communication, friendships, healthy ego development, and intergenerational connection.
- Developed and facilitated programming centered on self-development, relationships with mothers and ancestors, and emotional growth.
- Led counselors and hosted workshops, including mother-daughter and seasonal programs, to deepen connection and strengthen relationships outside the sleepaway camp setting.

Predoctoral Clinical Psychology Intern, Integrated Primary Care — 2022–2023

Waimānalo Health Center, Waimānalo, HI

Supervised by Isidro Hermosura, PsyD, Darcy Ing, PsyD, and Leila Mitsunaga, PsyD

- Completed 2,000 hours of supervised full-time predoctoral internship training in an integrated behavioral health setting.
- Provided individual psychotherapy to adolescents and adults in a rural primary care setting.
- Provided CBT-based interventions and biofeedback training.
- Collaborated with primary care providers to support patients with complex medical and behavioral health needs.
- Participated in community outreach, prevention, and health education initiatives.

Doctoral Therapist Trainee / Psychological Associate — 2021–2024

Children's Anxiety Reduction Experts (CARE-LA), Los Angeles, CA

Supervised by Katrina Rydzewski-Dabby, PsyD

- Provided weekly cognitive behavioral therapy to children, adolescents, and young adults ages 5–26 with mood disorders, OCD, tic disorder, autism spectrum disorder, ADHD, eating disorders, and trauma.
- Administered psychodiagnostic assessments and formulated case conceptualizations to support diagnoses.
- Worked collaboratively with parents and other treatment providers to ensure continuity of care.
- Services provided in person and via telehealth.

Neuropsychology Trainee — Jan 2022–July 2022

The Integrated Clinic, Los Angeles, CA

Supervised by Lev Gottlieb, PhD

- Administered neuropsychological assessment batteries to children, adolescents, and young adults with attention deficits, learning disabilities, mood disorders, and brain injuries.
- Reviewed assessment data and formulated diagnoses and treatment recommendations with supervisor.

Doctoral Therapist Trainee — 2019–2021

Airport Marina Counseling Service, Los Angeles, CA

Supervised by Diana Hoffman, PhD, and Jill Lummus, PsyD

- Provided long-term weekly individual therapy to an ethnically diverse adult population.
- Led group therapy sessions on mindfulness, medication management, and parenting skills.
- Conducted initial consultations and prepared diagnostic reports.
- Received psychoanalytic training and supervision from a psychodynamic framework.

Doctoral Therapist Trainee — 2020–2021

Boys and Girls Club, Venice, CA

Supervised by Jill Lummus, PsyD, and Tejal Yarmand, MFT

- Provided weekly individual therapy and art therapy group sessions for children ages 10–15.
- Received supervision and training from a psychodynamic and family-systems orientation.
- Developed art therapy group curriculum focused on identity development, depression, and anxiety.
- Administered weekly questionnaires assessing depression and suicidality.

EDUCATION

Ph.D. in Clinical Psychology — 2024

California School of Professional Psychology (APA Accredited)

Alliant International University, Los Angeles, CA

Doctoral Emphasis: Health Psychology

M.S. in Clinical Psychology — 2021

California School of Professional Psychology (APA Accredited)

Alliant International University, Los Angeles, CA

B.S. in Psychology — 2017

Brigham Young University, Provo, UT

CERTIFICATIONS

Board Certified in Heart Rate Variability Biofeedback — June 2021

Biofeedback Certification International Alliance (BCIA)

Certification No. H6735/C-25

RESEARCH EXPERIENCE

Co-Principal Investigator — 2018–Present

Alliant International University, CSPP, Alhambra, CA

- Researched an art therapy protocol for chronic pain with Noah Hass-Cohen, PhD, and Rebecca Bokoch, PsyD.
- Reviewed literature, administered the protocol, organized and trained research assistants, and wrote and edited manuscripts for publication.

ADDITIONAL CLINICAL EXPERIENCE

Counselor / Research Assistant — 2017–2018

A Healing Place, Camarillo, CA

Supervised by Stephen Grinstead, PhD

- Provided care for patients with mood disorders, substance use disorders, and chronic pain.

- Led groups on psychoeducation, meditation, mindfulness, and biofeedback.
- Administered assessment measures for pain, depression, anxiety, PTSD, and quality of life.

House Manager / Neurofeedback Technician — 2017

La Ventana, Thousand Oaks, CA

- Supervised counselors, organized schedules, managed hiring, and administered daily neurofeedback training sessions.

Behavioral Health Technician — 2017

The Canyon at Peace Park, Malibu, CA

- Provided support to dual-diagnosis adult patients with substance use and mental health conditions.
- Led groups on mindfulness, relaxation, psychoeducation, DBT, and CBT.

Biofeedback Technician / Research Assistant — 2016–2017

Counseling and Psychological Services, Brigham Young University, Provo, UT

Supervised by Maureen Rice, PhD and Barbara Morrell, PhD

- Conducted biofeedback sessions for students and participated in weekly treatment meetings with clinicians.

Mental Health Technician — 2016–2017

Salt Lake Behavioral Health, Salt Lake City, UT

- Provided continuous patient care in inpatient psychiatric units and supported the milieu through groups, meditation, and crisis de-escalation.

REFERENCES

Available upon request