

# Guido G. Urizar Jr., Ph.D.

Curriculum Vita

## PERSONAL INFORMATION

Office Address: California State University, Long Beach  
Department of Psychology  
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## ACADEMIC POSITIONS

2006 – Present **Assistant Professor (Tenure-Track)**  
Department of Psychology  
California State University, Long Beach, CA

2004 – 2006 **Research Associate**  
Stanford Healthy Aging Studies, Stanford Prevention Research Center  
Stanford University School of Medicine, Stanford, CA

## EDUCATION

2002 – 2004 **Postdoctoral Research Fellow**  
Stanford Prevention Research Center  
Stanford University School of Medicine, Stanford, CA  
*Area:* Cardiovascular Disease Epidemiology & Prevention

2001 – 2002 **Postdoctoral Fellow**  
Clinical Psychology Training Program  
University of California, San Francisco (UCSF)  
*Area:* Public Service & Minority Mental Health

2000 – 2001 **Clinical Psychology Internship**  
Clinical Psychology Training Program  
University of California, San Francisco (Full APA Accreditation)

1996 – 2001 **Doctor of Philosophy, Psychology**  
University of Florida, Gainesville, FL (Full APA Accreditation)  
*Area:* Clinical & Health Psychology

1992 – 1996 **Bachelor of Science, Psychology**  
University of Miami, Coral Gables, FL  
*Major:* Psychology (*Minors:* Biology, Chemistry)

## AREAS OF INTEREST AND SPECIALIZATION

Health Promotion and Disease Prevention in Medically Underserved Populations  
Behavioral Medicine in Community-Based Settings  
Maternal and Infant Health  
Psychoneuroendocrinology

## HONORS and AWARDS

2008 American Psychosomatic Society Citation Award for "Excellent Paper Submission"

2006 *Fellow*, Summer Institute on "Basic Pathways Linking Behavior and Disease,"  
Pittsburgh Mind Body Center, Pittsburgh, PA

2006 *Fellow*, NCI/NIH Minority Investigators Workshop on Behavioral Methodologies

2005 *Fellow*, Summer Institute on "Sleeping, Eating, and Physical Activity: A Focus on  
Health Behavior," Pittsburgh Mind Body Center, Pittsburgh, PA

2004 Richard B. Terry Memorial Award for "High Achievement and Promise in Heart  
Disease Research," Stanford Prevention Research Center

2004 & 2006 Society of Behavioral Medicine Citation Award for "Excellent Paper Submission"

**HONORS and AWARDS (Continued)**

2004	<i>Fellow</i> , Summer Institute on the “Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions,” Office of Behavioral and Social Sciences Research (OBSSR), National Institutes of Health (NIH), Arlie, VA
2003 – 2004	Society of Behavioral Medicine Meritorious Student Paper Award
2003	<i>Fellow</i> , 29 <sup>th</sup> Ten-Day Seminar on the Epidemiology & Prevention of Cardiovascular Disease, American Heart Association (AHA), Tahoe City, CA
2003	<i>Fellow</i> , Grant Writing Workshop for Hispanic Researchers, Center of Excellence, Stanford University School of Medicine, Palo Alto, CA
2002	Robert E. Harris Memorial Award “Outstanding Fellow in Clinical Psychology,” UCSF School of Medicine
1999 – 2000	University of Florida Delores A. Auzenne Fellowship for “Academic Merit in Graduate Study”
1998	National Outstanding Young Man of America Award for “Professional Excellence”
1997 & 1999	University of Florida Graduate Minority Supplemental Scholarship
1996 – 1999	University of Florida Graduate Minority Fellowship
1995 – 1996	University of Miami Provost’s Honor Roll for “Attaining the Highest Scholastic Achievement in Undergraduate Studies”
1994 – 1995	National Dean’s List “Recognition by College Dean for Academic Excellence”
1994 – 1996	University of Miami Dean’s List, College of Arts and Sciences “In Recognition of Scholarly Achievement”
1992 – 1996	University of Miami Jay F.W. Pearson Scholarship for “Distinguished Academic Accomplishment”

**PROFESSIONAL AFFILIATIONS**

2006 – Present	American Psychosomatic Society (APS)
2000 – Present	American Psychological Association (APA) Division 38 (Health Psychology) Division 45 (Society for the Psychological Study of Ethnic Minority Issues)
1998 – Present	Society of Behavioral Medicine (SBM) Ethnic Minority & Multicultural Health (EMMH) Special Interest Group Physical Activity Special Interest Group

**FUNDED RESEARCH GRANTS**

2007	<b>Principle Investigator</b> Title: <i>Does Stress During Pregnancy Predict Adverse Health Outcomes in Low-Income Mothers and their Children?</i> Agency: California State University, Long Beach (CSULB) SCAC Summer Stipend Award, College of Liberal Arts
2006 – 2009	<b>Principle Investigator</b> Title: <i>Depression Prevention Among Low-Income Ethnic Minority Women and their Children</i> Agency: Minority Research Infrastructure Support Program (MRISP), CSULB National Institute on Mental Health (NIMH)
2004 – 2006	<b>Co-Principal Investigator (Co-PI: AC King)</b> Title: <i>Salivary Cortisol Assessment of Older Family Caregivers</i> Agency: Minority Investigator Research Supplement (MIRS) Award National Institute on Aging (NIA)
2001 – 2003	<b>Co-Principal Investigator (Co-PI: RF Muñoz)</b> Title: <i>Launching a Longitudinal Study of Latinas and their Babies</i> Agency: University of California, MEXUS Grant

**PUBLICATIONS**

- Muñoz, R.F., Le, H., Ghosh Ippen, C., Diaz, M.A., **Urizar, G.**, Soto, J., Mendelson, T., Delucchi, K., & Lieberman, A. (2007). Prevention of postpartum depression in low-income women: Development of the *Mamás y Bebés/Mothers and Babies Course*. *Cognitive & Behavioral Practice, 14*(1), 70-83.
- Urizar, G.**, & Sears, S.F. (2006). Psychosocial and cultural influences on cardiovascular health and quality of life among Hispanic cardiac patients in south Florida. *Journal of Behavioral Medicine, 29*(3), 255-268.
- Madan, A., Palaniappan, L., **Urizar, G.**, Wang, Y., Fortmann, S.P., & Gould, J.B. (2006). Sociocultural factors that affect pregnancy outcomes in two dissimilar immigrant groups in the United States. *Journal of Pediatrics, 148*(3), 341-346.
- Winkleby, M.A., Kim, S., **Urizar, G.**, Ahn, D., Jennings, M.G., & Snider, J. (2006). Ten-year changes in cancer-related health behaviors and screening practices among Latino women and men in California. *Ethnicity & Health, 11*(1), 1-17.
- Urizar, G.**, Hurtz, S., Albright, C., Ahn, D., Atienza, A., & King, A. (2005). Influence of maternal stress on participation in a physical activity intervention: The IMPACT project. *Women & Health, 42*(4), 63-82.
- Urizar, G.**, Milazzo, M., Muñoz, R.F., Le, H., Delucchi, K., & Sotelo, R. (2004). Impact of stress reduction instructions on stress and cortisol levels during pregnancy. *Biological Psychology, 67*(3), 275-282.
- Urizar, G.**, Sears, S.F., Handberg, E., & Conti, J.B. (2004). Psychosocial intervention for geriatric implantable cardioverter defibrillator (ICD) patients: A case of fear reduction. *Psychosomatics, 45*(2), 140-144.
- Ma, J., **Urizar, G.**, Alehegn, T. & Stafford, R. (2004). Diet and physical activity counseling during ambulatory care visits in the U.S. *Preventive Medicine, 39*(4), 815-822.
- Urizar, G.**, & Winkleby, M.A. (2003). AIDS knowledge among Latinos: Findings from a community and agricultural labor camp survey. *Hispanic Journal of Behavioral Sciences, 25*(3), 295-311.
- Muñoz, R.F., Penilla, C., & **Urizar, G.** (2002). Expanding depression prevention research with children of diverse cultures. *Prevention and Treatment, 5*(13), 1-9.
- Finney, M., & **Urizar, G.** (2001). Ethnic and cultural diversity: Issues and challenges. *Health Psychologist, 23*(1), 9.
- Sears, S.F., **Urizar, G.**, & Evans, G.D. (2000). Applying a stress-coping model of burnout and depression in extension agents. *Journal of Occupational Health Psychology, 5*(1), 56-62.
- Sears, S.F., Todaro, J.F., **Urizar G.**, Saia-Lewis, T., Sirois, B., Wallace, R., Sotile, W., Curtis, A.B., & Conti, J.B. (2000). Assessing the psychosocial impact of the ICD: A national survey of health care providers. *PACE – Pacing and Clinical Electrophysiology, 23*(6), 931-933.
- Sears, S.F., Rodrigue, J.R., Sirois, B., **Urizar, G.**, & Perri, M.G. (1999). Extending psychometric norms for pre-cardiac transplantation evaluations: The Florida cohort 1990-1996. *Journal of Clinical Psychology in Medical Settings, 6*(3), 303-316.

**Published Abstracts**

- Urizar, G.**, Garcia, B., & Muñoz, R.F. (2008). Impact of a prenatal depression intervention on reducing risk for postpartum birth complications. *Psychosomatics, 70*(3), A14. Citation poster presented at the 66<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Baltimore, MD.
- Garcia, B., **Urizar, G.**, & Muñoz, R.F. (2008). Effect of prenatal maternal depression and stress on infant birth complications. *Annals of Behavioral Medicine, 35*, S130. Poster presented at the 29<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
- Ade, E., **Urizar, G.**, & Muñoz, R.F. (2008). Role of social support on maternal depression and stress among low-income pregnant women. *Annals of Behavioral Medicine, 35*, S141. Poster presented at the 29<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.

- Urizar, G.** (2006). Depression risk status and cortisol in a low-income obstetric population: Impact of a prenatal intervention. *Psychosomatics*, 68(1), A30. Paper presented at the 64<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Denver, CO.
- Urizar, G.**, Ahn, D.K., & King, A.C. (2006). Health behavior change: How does it relate to emotional strain in caregivers? *Annals of Behavioral Medicine*, 31, S179. Citation poster presented at the 27<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Urizar, G.**, & Muñoz, R.F. (2005). Effects of a prenatal mood management intervention on postnatal salivary cortisol levels in mothers and their infants. *Annals of Behavioral Medicine*, 29, S127. Paper presented at the 26<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Boston, MA.
- Urizar, G.**, Castro, C.M., Pruitt, L., Bliwise, D., & King, A.C. (2005). Does morningness-eveningness classification affect sleep characteristics in older adults presenting with sleep complaints? *Annals of Behavioral Medicine*, 29, S187. Poster presented at the 26<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Boston, MA.
- Urizar, G.**, Ahn, D.K., Hurtz, S.Q., Albright, C.L., & King, A.C. (2004). Influence of maternal stress on successful participation in a physical activity intervention: The IMPACT project. *Annals of Behavioral Medicine*, 27, S41. Citation paper presented at the 25<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
- Urizar, G.**, Moreno, A., & Muñoz, R.F. (2004). Prenatal predictors of health outcomes in low-income mothers and their infants: Examination of salivary cortisol. *Annals of Behavioral Medicine*, 27, S65. Citation poster presented at the 25<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
- Urizar, G.**, Muñoz, R.F., Milazzo, M., Sotelo, R., Delucchi, K., & Lorizio, W. (2003). Impact of a prenatal mood management course on biological markers of stress in a low-income obstetric population. *Annals of Behavioral Medicine*, 25, S39. Paper presented at the 24<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
- Milazzo, M., **Urizar, G.**, Sotelo, R., Christiansen, E., & Muñoz, R.F. (2002). Impact of relaxation instructions on both self-perceived and biological markers of stress in a Latina obstetric population. *Annals of Behavioral Medicine*, 24, S117. Poster presented at the 23<sup>rd</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
- Saia-Lewis, T., Sears, S.F., **Urizar, G.**, Sirois, B., Wallace, R., Conners, N., Lee, J.T., King, L., Curtis, A.B., & Conti, J.B. (2002). Pre-implant predictors of quality of life in implantable cardioverter defibrillator recipients. *Annals of Behavioral Medicine*, 24, S145. Paper presented at the 23<sup>rd</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
- Saia-Lewis, T., Sears, S.F., Sirois, B., **Urizar, G.**, Wallace, R., Conners, N., Lee, J.T., King, L., Curtis, A.B., & Conti, J.B. (2002). Dispositional optimism and health expectations predict experience of firings in ICD recipients. *Annals of Behavioral Medicine*, 24, S76. Poster presented at the 23<sup>rd</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
- Urizar, G.** & Sears, S.F. (2001). Impact of psychosocial and cultural variables on health outcomes of Hispanic cardiac patients. *Annals of Behavioral Medicine*, 23, S117. Poster presented at the 22<sup>nd</sup> Annual Meeting of the Society of Behavioral Medicine, Seattle, WA.
- Sears, S.F., Todaro, J.F., Eads, A., **Urizar, G.**, Sirois, B., Sotile, W., Curtis, A.B., & Conti, J.B. (1999). The national survey of ICD health care providers: Differences in perceptions of patient psychosocial issues between physicians and nurses. *PACE*, 22(4), 895.
- Sears, S.F., Eads, A., Marhefka, S., Sirois, B., **Urizar, G.**, Todaro, J., Sotile, W., Curtis, A.B., & Conti, J.B. (1999). The U.S. national survey of implantable cardioverter defibrillator recipients: Examining the global and specific aspects of quality of life. *European Heart Journal*, 20, 232.
- Berlant, N.E., Newton, R.L., Durning, P., Campbell, C., **Urizar, G.**, Anton, S.D., Locke, B., Sears, S.F., Perri, M.G. (1999). Exercise promotion in a rural health clinic. *Annals of Behavioral Medicine*, 21, S30. Poster presented at the 20<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
- Urizar, G.**, Sears, S.F., & Evans, G.D. (1998). A stress-coping-outcome model of burnout and depression in extension agents. *Annals of Behavioral Medicine*, 20, S136. Poster presented at the 19<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.

## Presentations

- Urizar, G.**, & Muñoz, R.F. (2007). *Prediction of adverse neonatal health outcomes among low-income mothers and their infants: Role of prenatal depression and cortisol*. Poster presented at the 28th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
- Urizar, G.**, Goldberg, J., Perkins, C., Lee, R., Durkin, L., Kiernan, M. (2006). *Short bout use among overweight/obese adults : The Stanford Healthy Weight Project*. Poster presented at the 27th Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Urizar, G.**, Diaz, M.A., Mendelson, T., & Muñoz, R.F. (2004). *Culturally competent interventions with immigrant families in community settings*. Symposium presented at the 112th Annual Meeting of the American Psychological Association, Honolulu, HI.
- Le, H.N., **Urizar, G.**, Mendelson, T., Soto, J., Diaz, M., & Muñoz, R.F. (2004). *Preventing maternal depression in Latinas: Lessons learned*. Poster presented at the 12th Annual Meeting of the Society of Prevention Research, Quebec City, Canada.
- Valenzuela, P., **Urizar, G.**, & Muñoz, R.F. (2003). *Los Primeros Años: Estudio de la relación entre la depresión materna y el desarrollo de los hijos (The First Years: Examining the relationship between maternal depression and child development)*. Poster presented at the 29th Interamerican Congress of Psychology, Lima, Peru.
- Urizar, G.**, Albright, C., Hurtz, S., Ahn, D., & King, A.C. (2003). *Influence of emotional well-being on physical activity in a multiethnic population: A prospective analysis*. Poster presented at the 24th Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
- Hurtz, S., Albright, C., **Urizar, G.**, & King, A.C. (2003). *Predictors of changes in physical activity levels among low-income Latina women: A prospective analysis*. Poster presented at the 24th Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
- Voisin, I., Muñoz, R.F., Le, H, & **Urizar, G.** (2001). *Maternal stress and depression during pregnancy and cortisol levels*. Poster presented at the 109th Annual Meeting of the American Psychological Association, San Francisco, CA.
- Todaro, J.F., Rodrigue, J.R., Sears, S.F., **Urizar, G.**, Lichter, C., & Samaha, A. (2001). *Assessing the psychological functioning and quality of life of pediatric heart transplant recipients*. Poster presented at the Annual Meeting of the American Psychosomatic Society, Monterey, CA.
- Sears, S.F., Todaro, J.F., **Urizar G.**, Saia-Lewis, T., Sirois, B., Wallace, R., Sotile, W., Curtis, A.B., & Conti, J.B. (1999). *Assessing the psychosocial impact of the ICD: A national survey of health care providers*. Poster presented at the University of Florida (UF) Health Science Center Research Symposium, Gainesville, FL.
- Sears, S.F., Marhefka, S., **Urizar, G.**, Sirois, B., Todaro, J.F., Sotile, W., & Conti, J.B. (1999). *The national survey of ICD patients and spouses: Assessment of global health outcomes*. Poster presented at the UF Health Science Center Research Symposium, Gainesville, FL.
- Dede, D.E., Collins, M.W., Phalin, B., Moser, D.J., Houck, C., **Urizar, G.**, & Sears, S. F. (1999). *The impact of concussion on baseline neuropsychological functioning in college football players*. Poster presented at the 23rd Annual Meeting of the International Neuropsychological Society, Boston, MA.

## Treatment Manuals

- Ramos, M., Diaz, M., Muñoz, R.F., & **Urizar, G.** (2001). The Mothers and Babies Course: Relaxation Methods for Managing Stress (<http://www.medschool.ucsf.edu/latino/pdf/Relaxation/RelaxationEN.pdf>).
- Diaz, M., Ramos, M., Muñoz, R.F., & **Urizar, G.** (2001). El Curso de Mamás y Bebés: Los Métodos de Relajación Nos Ayudan a Combatir el Estrés (<http://www.medschool.ucsf.edu/latino/pdf/Relaxation/RelaxationSP.pdf>).
- Muñoz, R.F., Le, H., Gosh-Ippen, C., Diaz, M., **Urizar, G.**, & Lieberman, A. (2004). Mothers and Babies Course: A Reality Management Approach (<http://www.medschool.ucsf.edu/latino/Englishmanuals.aspx>).
- Muñoz, R.F., Le, H., Gosh-Ippen, C., Diaz, M., **Urizar, G.**, & Lieberman, A. (2004). El Curso de Mamás y Bebés (<http://www.medschool.ucsf.edu/latino/Spanishmanuals.aspx>).

### Invited Addresses and Workshops

- Aquino, T. & **Urizar, G.** (2008). *Psychologies of Inner Peace*. Invited workshop for university faculty. College of Liberal Arts Faculty Retreat, CSULB, Long Beach, CA
- Urizar, G.** (2006). *Behavioral Cardiology: Psychology as an Integral Component in Cardiovascular Disease Management*. Invited workshop for psychology and social work interns and professionals. Cognitive Behavioral Therapy Seminar, Division of Psychosocial Medicine, San Francisco General Hospital. San Francisco, CA.
- Urizar, G.** (2005). Información Sobre El Sueño (Sleep Management). Invited address for Spanish-speaking, older, frail adults as part of the Stanford Successful Aging Workshop Series. Eastside Community Senior Center. San Jose, CA.
- Urizar, G.** (2005). Comunicando Con Su Doctor (How to Communicate With Your Doctor). Invited address for Spanish-speaking, older, frail adults as part of the Stanford Successful Aging Workshop Series. Eastside Community Senior Center. San Jose, CA.
- Garovoy, N. & **Urizar G.** (2005). *Impact of Hormones on Cardiovascular Risk: New Opportunities for Behavioral Intervention and Preventive Medicine Research*. Invited address for faculty and research staff. Stanford Prevention Research Center, School of Medicine, Stanford, CA.
- Urizar, G.** (2005). *Manejando Dolor Cronico (Pain Management)*. Invited address for Spanish-speaking, older, frail adults as part of the Stanford Successful Aging Workshop Series. Eastside Community Senior Center. San Jose, CA
- Urizar, G.** (2004). *Stress Management: Applications for Health*. Invited address for older, frail adults as part of the Stanford Successful Aging Workshop Series. Stanford Prevention Research Center, Stanford University School of Medicine. Stanford, CA.
- Urizar, G.** (2003). *Role of Psychology in Cardiovascular Disease*. Invited workshop for psychology and social work interns and professionals. Cognitive Behavioral Therapy Seminar, Division of Psychosocial Medicine, San Francisco General Hospital. San Francisco, CA.
- Goldberg, J., Danhauer, S., Oliveira, B., & **Urizar, G.** (2003). *Addressing Depression and Other Psychological Issues in Clinical Research*. Invited psychology in-service for research staff and faculty. Department of Medicine, Stanford University. Palo Alto, CA.
- Muñoz, R.F., Gosh-Ippen, C., Le, H., Rao, S., & **Urizar, G.** (2001 & 2002). *Cognitive Behavioral Treatment of Major Depression*. Invited training workshop for psychiatry residents and mental health professionals. Department of Psychiatry, UCSF. San Francisco, CA.
- Urizar, G.** (2001). *El Estigma y Recibiendo Servicios Psicológicos/Stigma and Receiving Psychological Services*. Invited address for low-income, Spanish-speaking clientele seeking mental health services. El Grupo de Plática y Salud, Division of Psychosocial Medicine, San Francisco General Hospital. San Francisco, CA.
- Urizar, G.** (2000). *Health Promotion & Stress Reduction: A Multidisciplinary Approach*. Invited address for outpatients from the public sector. Orientation to Wellness Group, Division of Psychosocial Medicine, San Francisco General Hospital. San Francisco, CA.
- Sears, S.F., Dede, D., **Urizar, G.**, Newton, R., & McCoy, K. (1999). *Preventing Burnout and Promoting Wellness*. Invited workshop for mental health staff of locked inpatient unit. Alachua County Rehabilitation Center, Gainesville, FL.
- Sears, S.F. & **Urizar, G.** (1997). *Understanding and Preventing Burnout in Extension Agents*. Invited address for rural and urban community extension agents. Environmental Agents Conference, St. Augustine, FL.

**TEACHING EXPERIENCE****Areas of Interest and Specialization**

Health Psychology	Research Methods and Design
Psychobiology	Cognitive Behavioral Theory and Practice
Health Promotion	Abnormal Psychology
Psychology of Stress	

**Courses Taught**

2007 – Present	Psychology of Stress (PSY 379), Undergraduate Course Department of Psychology, California State University, Long Beach
2007 – Present	Independent Research Study (PSY 499/599), Undergraduate/Graduate Course Department of Psychology, California State University, Long Beach
2006 – Present	Health Psychology (PSY 378), Undergraduate Course Department of Psychology, California State University, Long Beach
2006 – 2007	Psychobiology (PSY 141), Undergraduate Course Department of Psychology, California State University, Long Beach
2005 – 2006	Obesity in America (HUM BIO 133), Co-Instructor, Undergraduate Course Human Biology Department, Stanford University School of Medicine
2004 – 2005	Graduate Seminar in Stress Management Department of Medicine, Stanford University
2001 – 2002	Graduate Seminar in Pain Management Assessment & Therapy, Co-Instructor Division of Psychosocial Medicine, University of California, San Francisco
2001 – 2002	Graduate Seminar in Cognitive Behavioral Theory & Practice, Co-Instructor Division of Psychosocial Medicine, University of California, San Francisco

**Other Teaching Activities**

2007	<i>Symposium Speaker</i> , 4 <sup>th</sup> Annual Teaching Professor Conference, Atlanta, GA. <u>Symposium Title</u> : Building a Repertoire of Social Justice-Inspired Pedagogical Tools across Disciplines in a Contemporary University Classroom
2007 – Present	<i>Course Coordinator</i> , Health Psychology (PSY 378) Department of Psychology, California State University, Long Beach
2007	<i>Guest Lecturer</i> , Health Psychology (PSY 378), Undergraduate Course <u>Lecture Title</u> : Cardiac Psychology <u>Course Instructor</u> : Dr. Bianca Wilson Department of Psychology, California State University, Long Beach
2006 – 2007	<i>Guest Lecturer</i> , Research Methods (HDEV 320), Undergraduate Course <u>Lecture Title</u> : Research Methods and Design in Health Research <u>Course Instructor</u> : Dr. Lauren Rauscher Department of Human Development, California State University, Long Beach
2006	<i>Guest Lecturer</i> , Health Psychology (PSY 378), Undergraduate Course <u>Lecture Title</u> : Utilization of Stress Reduction Strategies in Health Populations <u>Course Instructor</u> : Dr. Bianca Wilson Department of Psychology, California State University, Long Beach
2006	<i>Guest Lecturer</i> , Cognitive Behavioral Therapy Graduate Seminar <u>Lecture Title</u> : Behavioral Cardiology: Psychology & CVD Management <u>Course Instructor</u> : Dr. Steve Rao Division of Psychosocial Medicine, University of California, San Francisco
2006	<i>Guest Lecturer</i> , Obesity in America (HUM BIO 133), Undergraduate Course <u>Lecture Title</u> : Cultural Competency in Designing Community-Based Interventions <u>Course Instructor</u> : Dr. Michaela Kiernan Human Biology Department, Stanford University School of Medicine

- 2005 *Guest Speaker*, Graduate Research Seminar  
Discussion Topic: Career Development in the Field of Clinical Psychology  
Course Instructors: Drs. Steve Rao and Nancy Haug  
 Division of Psychosocial Medicine, University of California, San Francisco
- 2003 – 2004 *Seminar Coordinator*, Postdoctoral Professional Development Series  
 Stanford Prevention Research Center, Stanford University School of Medicine
- 2000 – 2006 *Research Mentor and Advisor*, Latino Mental Health Research Program  
 San Francisco General Hospital, University of California, San Francisco

## **CLINICAL EXPERIENCE**

### **Postdoctoral Experience (Stanford University)**

- 2005 *Stability First – Weight Maintenance Program*  
 Conducted a five-week pilot program focused on promoting weight maintenance skills, prior to weight loss, in overweight/obese women and men.
- 2002 – 2004 *Cardiovascular Multi-Risk Factor Reduction Program*  
 Conducted behavioral assessments for cardiovascular disease (CVD) risk and counseled socioeconomically disadvantaged, Spanish-speaking patients to reduce several CVD risk factors within a multidisciplinary team setting.

### **Clinical Internship Practicum (UCSF)**

- 2000 – 2002 *Mothers and Babies Course*  
 Co-led CBT groups, in both Spanish and English, designed to prevent depression & promote maternal and infant health in low-income pregnant women.
- 2000 – 2002 *Psychosocial Medicine Outpatient Clinic*  
 Conducted diagnostic interviews and provided individual and group CBT for Spanish- and English-speaking, low-income patients with various mental health problems (depression, anxiety, personality disorders, substance use)
- 2000 – 2001 *Pain Outpatient Clinic*  
 Provided diagnostic assessment, individual treatment, and case management for adult outpatients with various chronic & acute pain syndromes, within a multidisciplinary pain consultation service.
- 2000 – 2001 *Psychiatric Emergency Services*  
 Provided clinical evaluations and triage for primarily low-income, severely mentally ill patients, meeting legal criteria for danger to self/danger to others/gravely disabled, within an emergency room setting.
- 2000 – 2001 *Inpatient Psychiatric Unit with Asian and Pacific Islander Focus*  
 Participated in multidisciplinary treatment planning, case management, and Individual treatment of severely mentally ill patients, primarily of Asian descent, within a locked inpatient facility.

### **Medical/Health Psychology Graduate Practicum (University of Florida)**

- 1999 – 2000 *Advanced General Practicum in Primary Care, Eastside Clinic*  
 Provided diagnostic assessments and brief therapy, in a community health, primary care setting, for predominantly African-American adults and children.
- 1998 – 2000 *Fear and Anxiety Disorders Clinic*  
 Conducted individual CBT across spectrum of anxiety disorders.
- 1997 – 2000 *Medical/Health Psychology Rotation, Shands Hospital*  
 Provided psychological consult and therapy services, in inpatient and outpatient medical settings, for adults and children diagnosed with a chronic medical illness or who had recently undergone an invasive surgical procedure.
- 1997 – 1998 *Levy County Public Health Department*  
 Co-facilitated an exercise program for sedentary men and women, within a rural, primary care setting.

**Pediatric/Child Psychology Graduate Practicum (University of Florida)**

- 1999 – 2000 *Advanced Specialty in Pediatric Obesity, Lipid Clinic*  
Provided consultation and treatment for morbidly obese children to address psychological factors influencing eating behaviors.
- 1998 – 2000 *Center for Pediatric Psychology & Family Studies*  
Provided individual and family therapy in the rural community for adolescents who had a history of poor management of their Type I diabetes regimen.
- 1998 – 2000 *Advanced Specialty in Pediatric Diabetes, Endocrinology Clinic*  
Provided consultation-liaison services and treatment of children diagnosed with both Type I and II Diabetes, within an outpatient multidisciplinary team setting.
- 1997 – 1998 *Diabetes Project Unit, Children Mental Health Unit*  
Provided individual and family psychotherapy/case management for child and adolescent medical inpatients with unmanaged diabetes.
- 1997 – 2000 *Pediatric/Child Psychology Rotation, Shands Hospital*  
Conducted psychodiagnostic assessment of cognitive, personality, and psychosocial functioning for children/adolescents presenting with broad spectrum of mood, conduct, and behavioral difficulties.

**Neuropsychology Graduate Practicum (University of Florida)**

- 1997 – 1998 *Neuropsychology Rotation, Shands Hospital*  
Conducted comprehensive neuropsychological assessments of cognitive and personality functioning of inpatients and outpatients with documented or suspected brain impairment.

**SERVICE EXPERIENCE****Professional/Community Service**

- 2007 – Present *National Council Member, Ethnic Minority & Multicultural Health (EMMH) Special Interest Group, Society of Behavioral Medicine*
- 2002 – Present *Ad-Hoc Reviewer:*  

American Journal of Preventive Medicine	Cytokine
Annals of Behavioral Medicine	Ethnicity and Disease
Annals of Epidemiology	Psychosomatics
General Hospital Psychiatry	
- 1999 *Assistant Program Leader, Kids Day Camp '99, Hospice North Central Florida, Daytona Beach, FL*
- 1998 *Health Screening Aide, Rural Chronic Disease Prevention Program, State of Florida Department of Health, Bronson, FL*
- 1998 *Health Screening Aide, Levy County Health Department, Smoking Cessation Program, Bronson, FL*

**University/College/Department Service**

- 2007 *Invited Speaker, Students Active in Community Health (SACH), CSULB*
- 2006 – Present *Co-Faculty Advisor, Psi Chi (National Psychology Honor Society), CSULB*
- 2006 – Present *Invited Faculty Advisor, Black Psychology Student Association (BPSA), CSULB*
- 2006 – Present *Research Mentor, Career Opportunities in Research (COR) Program, CSULB*
- 2006 – Present *Committee Member, Colloquia Committee, CSULB*
- 2003 – 2005 *Student Mentor, Stanford Medical Youth Science Program (SMYSP)*
- 2003 – 2004 *Coordinator, Behavioral Sciences Journal Club, Stanford University*
- 2001 – 2002 *Psychology Fellow Representative, UCSF Clinical Psychology Training Program*
- 2001 *Invited Speaker, Health Careers Night, University of California, Berkeley*
- 2000 – 2002 *Member, Latino & Asian Task Force, UCSF Department of Psychiatry*