

Curriculum Vitae

Gretchen Kubacky, Psy.D.

Health Psychologist PSY 21917
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EDUCATION

Doctor of Psychology, Clinical Psychology

June 2006

Master of Arts, Counseling Psychology

June 2004

Ryokan College

Los Angeles, CA

Clinical Case Study dissertation, *A Relational and Feminist Approach to Early Unresolved Trauma*, addressing a case of Major Depressive Disorder and Pain Disorder Associated with Psychological Factors.

Bachelor of Arts, Studio Art

May 1987

Scripps College

Claremont, CA

Phi Beta Kappa. Dean's List. Thesis, *The Power of the Mask*, a psychosocial study of the historic and contemporary uses of masks.

CERTIFICATES

Certified Integrative Mental Health Professional (CIMHP) 2018

PESI, Inc.

Online Course

Certified to provide assessments, education, and recommendations for nutritional and integrative medicine.

Certificate in Mindfulness-Based Cognitive Therapy

2018

PESI, Inc.

Santa Ana, CA

Certified to implement and lead structured experiential eight-week group therapy course developed by Jon Kabat-Zinn, Ph.D. as MBSR to help clients cope effectively with pain.

Certified PCOS Educator

2010

inCYST Institute for Hormone Health

Phoenix, AZ

Certified in dietetics, weight loss, exercise, stress management, and psychological aspects of managing Polycystic Ovarian Syndrome (PCOS).

Certificate in Crisis Management

2006

Airport Marina Counseling Center

Westchester, CA

Completed six-month Crisis Track training and provided short-term crisis counseling to individuals.

Certified Children's Bereavement Facilitator

2003

The Center for Grief and Loss for Children

Glendale, CA

Advanced training to work with children who are dealing with the loss of home, health, or family members, utilizing therapeutic play methods.

Certified Bereavement Facilitator

Glendale Adventist Hospital (Beyond Loss)

Introductory training to work with adults who are experiencing a variety of losses, primarily death and chronic or terminal illness.

2002

Glendale, CA

PROFESSIONAL EXPERIENCE

Gretchen Kubacky, Psy.D., Inc. Private Practice, Los Angeles, CA

Health (Clinical) Psychologist

April 2008 - Present

Individual, couples, and family therapy within context of an inter-disciplinary and holistic approach for management of diabetes, cancer, auto-immune illnesses, infertility-related stressors, PCOS, other chronic health issues, depression, anxiety, trauma, addictions, eating disorders, marital issues, and PTSD, utilizing Relational-Cultural Theory, Trauma Resiliency Model, psychodynamic, Gestalt, existential, mindfulness, cognitive restructuring, CBT, ACT, and mind-body theory and techniques. Supervision and training of four psychological assistants. Management, operation, and sub-leasing of a three-office suite.

PCOS Wellness, Los Angeles, CA

Founder

May 2015 - Present

Creator of multi-media health education materials for Polycystic Ovary Syndrome patients and health care providers. Provide ongoing informal patient education through social media channels, including PCOSWellness.com.

Ask Dr. Gretchen, LLC, Los Angeles, CA

Owner and President

February 2015 - February 2016

Provided of health education and motivational training. Developed, wrote, produced, designed, and marked multi-media health education materials for patients dealing with chronic illness.

Families for Children/Family Counseling Center, Inglewood, CA

Contract Therapist

June 2005 – April 2009

Facilitated individual and family therapy in-home with adoptive and foster care families. Provided family preservation therapy for couples, families and individuals, including development and implementation of treatment and discharge plans. Utilized art therapy and child-centered play therapy to assist in building and reinforcing attachment relationships, facilitating self-expression and problem solving, and enhancing communication skills. Worked closely with psychiatrists and physicians to address medical needs of foster children with significant medical and psychological diagnoses. Prepared Department of Mental Health documentation. Made clinical case presentations and introduced experiential interventions in multimodal group supervision setting. Multidisciplinary collaboration and consultation.

Church of the Visitation, Westchester, CA

Bereavement Support Group Leader

2007 - 2008

Provided psycho-education and group coordination for a pilot program featuring a spiritual approach to grief. Group members addressed death, cancer, financial, and other forms of loss. Collaborated with and advised founder on proposed structure, format, content, pricing, progress, and process for current and ongoing groups. Conducted two eight-week groups.

Wendy Ashley, Psy.D., LCSW, Los Angeles, CA

Psychotherapist/MFT Intern

August 2006 – April 2008

Private practice under LCSW supervision. Provided psychotherapy to individuals with trauma, phase of life issues, chronic medical issues with psychological factors, and geriatric patients. Assessed, formulated treatment plans, coordinated insurance billing, and reviewed treatment with supervisor. Initiated emergency hospitalizations, mandated child abuse reports and crisis interventions.

Airport Marina Counseling Service, Westchester, CA

Psychological Intern/Assistant

August 2005 – August 2006

Conducted individual and family intakes. Provided long-term psychodynamic therapy to individuals and play therapy to children at community mental health clinic.

Survivors After Suicide, a Program of Didi Hirsch Community Mental Health Center, Culver City, CA

Support Group Therapist Leader

2004 - 2013

Telephone Support Counselor

2002 – 2004

Support Group Co-facilitator

2001 – 2003

Facilitated support groups for persons who have lost a loved one to suicide. Developed group cohesion, provided psycho-education, assessed for crisis situations, and provided appropriate interventions. Oversaw training of psychological assistant as co-facilitator. Provided interim telephone support and counseling to same. Assisted with new volunteer training and evaluation.

The Wellness Community, West Los Angeles, Santa Monica, CA

Intern

July 2003 – June 2004

Co-facilitated support groups for cancer patients and their caregivers, as well as “Your Creative Journey,” a structured 10-week art therapy program for patients living with cancer. Provided limited term individual counseling.

COMMUNITY SERVICE EXPERIENCE

Wounded Warrior Project

Mental Health Program Volunteer

2020 – Present

Provide weekly and as-needed psychological counseling service to veterans, at no charge to the veteran or the program.

Los Angeles County Psychological Association, Los Angeles, CA

The Los Angeles Psychologist, Editor

2019 - Present

Board Member (Communications Chair)

2019 - Present

The Los Angeles Psychologist, Co-Editor

2012 – 2018

Executive Committee Member (Treasurer)

2014

Board Member (Treasurer)

2014

Finance Committee Chair

2014

Guest Editor, Feminist Psychology Issue, The Los Angeles Psychologist

November – December 2013

Executive Committee Member (Treasurer-Elect)

2013

Finance Committee Member (Treasurer-Elect)

2013

Board of Directors, Member

2011 – 2014

Guest Editor, Health Psychology Issue, The Los Angeles Psychologist
November – December 2012
Health Psychology Committee, Chair
2011 – 2012

PCOS Challenge Health Advisory Board, Atlanta, GA
Board of Directors, Member
2013 – Present

Group Psychotherapy Association of Los Angeles, Los Angeles, CA
Board of Directors, Member
2010
Communications Committee, Co-Chair
2010
Listserv Moderator
2008 – 2010

Los Angeles Gay and Lesbian Center, Los Angeles, CA
Supervisor (Volunteer)
2008
Acted as primary supervisor for one psychological assistant. Provided training and oversight in theoretical orientation, ethical practice, and appropriate documentation.

Administrative Team Associates, Santa Monica, CA
President
2002 – 2004
Vice-President
2000 – 2002
Insurance Commissioner
2000
Coordinated and oversaw 150-person bargaining unit business, negotiations, and labor dispute resolution, including medical/insurance/leave time issues. Negotiated contentious transition from hourly to salaried status. Served as employer/employee mediator.

Free Arts for Abused Children, Los Angeles, CA
Teacher
1994 – 1995
Planned, organized, and taught structured art and poetry classes to adolescents living in foster care/group homes (Aviva Center and Andelson House). Provided psychological support and stress reduction training.

Gay and Lesbian Community Services Center, Los Angeles, CA
Big Sister Program
1989 – 1992
Acted as mentor and resource for young women.
Youth Rap Facilitator
1988 - 1989
Planned and facilitated discussion groups on healthy communication skills, crisis intervention, youth sexuality and relationships, and “safe sex” and AIDS prevention practices for youth ages 14 - 23.

SELECTED PRESENTATIONS

Simple Practice
Simple Approaches to Complex Bereavement
January 21, 2022
Invited speaker; created and presented continuing education application, multi-state post-tests, and presented both live and recorded to the single largest audience of Simple Practice users to date, on assessing and treating complex bereavement.

Zur Institute
Worldwide (Virtual) Teleseminar/Permanent Archive/Continuing Education Seminar
October 2, 2021
Invited speaker; co-presented with Robert William Wheeler, CPA.

Building a Healthy Relationship With Money: Insights From Psychology and Accounting

Los Angeles County Psychological Association *August 29, 2020*
Worldwide (Virtual) Teleseminar/Permanent Archive/Continuing Education Seminar
Invited speaker; co-presented with Robert William Wheeler, CPA.
Building a Healthy Relationship With Money: Insights From Psychology and Accounting

Neuromuscular Disease Foundation *July 31, 2020*
Worldwide (Virtual Teleseminar)/Permanent Archive
Invited speaker for GNEM Symposium Speaker Series, with Carol Gelbard, LCSW, facilitator.
Exploring Intimacy and Physical Connection for GNEM Patients and Their Partners

Los Angeles County Psychological Association *June 5, 2020*
Teleseminar
Invited speaker for Couples Special Interest Group
Health Milestones Through the Lifespan

Los Angeles County Psychological Association *April 7, 2020*
Worldwide (Virtual) Teleseminar/Permanent Archive
Invited speaker; “sold out” and most downloaded continuing education presentation.
A Tsunami of Grief: Coping with Loss During a Pandemic

Neuromuscular Disease Foundation *February 6, 2019*
Worldwide (Virtual)
Invited speaker for GNEM Special Speaker Series.
Chronic Loss and GNE Myopathy: Coping with Disappointment and Grief

PCOS Challenge
Orlando, FL *September 22, 2018*
Invited keynote speaker, national symposium.
PCOS and Mental Health: Understanding the Connection and Overcoming Anxiety, Mood Swings, and Depression

PCOS Challenge
Orlando, FL *September 22, 2018*
Invited break-out group speaker, national symposium.
Infertility, Sexuality, and Relationships with PCOS

The PCOS Summit
Worldwide Teleseminar *June 26, 2018*
Invited international summit speaker.
PCOS Mental Health Issues

PCOS Challenge PCOS Awareness Symposium/UCLA Division of Reproductive Endocrinology
Los Angeles, CA *July 25, 2015*
Emotional Wellness in Women with PCOS
Couples Therapy: Managing PCOS Relationship Challenges

Los Angeles County Psychological Association Health and Pain Psychology Special Interest Group
Encino, CA *November 11, 2014*

Chronic Illness: Addressing Medical Illness in Psychotherapy

Los Angeles County Psychological Association Health and Pain Psychology Special Interest Group

Encino, CA

November 11, 2014

Chronic Illness: Addressing Medical Illness in Psychotherapy

PCOS Challenge PCOS Awareness Symposium

Atlanta, GA

October 21, 2014

PCOS Mental Health Challenges

Northridge Family Medical Residency/Dignity Health

Northridge, CA

February 4, 2014

Diabetic Dilemmas: Enhancing Compliance

Los Angeles County Psychological Association Convention

Culver City, CA

October 19, 2013

Thriving with Chronic Illness: An Integrative Approach

Beit T'Shuvah

Los Angeles, CA

August 22, 2013

Essentials of Grief and Loss Counseling

Iranian Psychological Association of America

Los Angeles, CA

July 28, 2013

Surviving Loss: Strategies for Moving Through Grief with Grace

Los Angeles County Psychological Association Networking Committee

Torrance, CA

May 17, 2013

Overcoming Marketing Myths and Inertia

Los Angeles County Psychological Association Brown Bag Lunch Series

Encino, CA

March 22, 2013

Women, Mood and Hormones: Practical Clinical Approaches

Iranian Psychological Association of America

Los Angeles, CA

November 18, 2012

Endocrine Disorders and Infertility

Los Angeles County Psychological Association Networking Committee

Encino, CA

September 11, 2012

Overcoming Marketing Myths and Inertia

Los Angeles County Psychological Association Health Psychology Committee

Culver City, CA

April 11, 2012

Mental Health Issues in Polycystic Ovarian Syndrome (PCOS)

Los Angeles County Podiatric Medical Society

Los Angeles, CA

February 4, 2012

Move Swiftly and Surely: Getting the Multiple Issues Patient in and Out With Ease! (Featured Speaker)

Center for Healthy Sex

Los Angeles, CA

How Chronic Illness Affects Sexuality

August 26, 2011

Peer to Peer Expert Series, SMARTYpeople.com

Culver City, CA

Wellness 360 (co-presented with Lani Anderson, L.Ac. and Karen Doolittle)

November 2009

Peer to Peer Expert Series, SMARTYpeople.com

Culver City, CA

In the Quest to Have it All, Are You Headed for a Fall?

Fall 2009

RESOLVE: The Infertility Association

International Teleseminar

“I Need Someone to Talk to: Why Join a Support Group”

August 6, 2009

Airport Marina Counseling Center

Westchester, CA

Utilizing Relational-Cultural Theory in the Psychodynamic Setting

April 16, 2009

California State University School of Social Work

Northridge, CA

Suicide and the Family Structure: Counseling the Survivors

April 16, 2009

Airport Marina Counseling Center

Westchester, CA

Introduction to Relational-Cultural Theory

April 13, 2009

The Institute of Psycho-Structural Balancing

Los Angeles, CA

Healing the Mind by Healing the Body: How Bodywork Supports Psychotherapy

February 28, 2009

Culver-Palms YMCA

Culver City, CA

Surviving and Thriving During the Holidays

November 13, 2008

WISE and Healthy Aging

Santa Monica, CA

Grief and Loss Issues in an Aging Population

July 2, 2008

University of Southern California

Los Angeles, CA

Bereavement Issues in Family Therapy

March 27, 2008

University of Southern California

Los Angeles, CA

Conducting Bereavement Groups

September 27, 2007

Airport Marina Counseling Center
Westchester, CA
Relational Cultural Theory

July 2006

PROFESSIONAL AFFILITATIONS

- American Psychological Association
- California Psychological Association
- Los Angeles County Psychological Association
- California Association of Marriage and Family Therapists

AWARDS

Distinguished Service to LACPA (Los Angeles County Psychological Association) 2022

BOOKS

Moving Through Grief: Proven Techniques for Finding Your Way After Any Loss

Callisto Media, 2019

Highly-rated action-oriented self-help guide based on Acceptance and Commitment Therapy.

The PCOS Mood Cure: Your Guide to Ending the Emotional Roller Coaster

iUniverse, 2018

The pioneering, highly-rated book describing the mental health conditions associated with Polycystic Ovarian Syndrome, along with a comprehensive program of holistic and integrative self-care. Extensive review of relevant supplements, prescription medications, and medical providers.

ARTICLES/BOOK CHAPTERS/CDs

The Pope Calling People Who Don't Have Kids Selfish, BoredPanda.com

Quoted

January 7, 2022

Ask Your Parents These 12 Questions Now, nextavenue.com

Quoted

August 18, 2021

What to Say When Someone Says Sorry for Your Loss, UpJourney.com

Guest Post

May 4, 2020

So Your Loved One is a Therapist or Counselor in Private Practice, TheCounselorsCoach.com

Guest Post

October 21, 2019

Why It Can Be So Hard to Have Sex After Cancer (and What to Do About It), TheMighty.com

Quoted

August 4, 2019

The 10 Sexiest Things to Say to Her On a First Date, BestLifeOnline.com

Quoted

July 26, 2019

8 Tips for Keeping Your Relationship Healthy While Dealing with PCOS-Related Infertility, PCOSWellness.com

Guest Post

April 18, 2018

Polycystic Ovary Syndrome and Mental Health Issues, The Los Angeles Psychologist Magazine
Spring 2017

Your Child is Not Your Confidant, The Washington Post (Online)

Quoted

March 23, 2017

The 5 Health-Related Components of Fitness, VeryWellFit.com

Quoted

February 9, 2017

If We're Always 'Fine,' That's Not So Good, LifeZette.com

Quoted

February 7, 2017

Top 20 PCOS Blogs Winners: PCOS Wellness Ranked #14, blog.Feedspot.com

January 28, 2017

The Truth About Progress Pics: The Good, The Bad, And The Very Fake, TheCultureTrip.com

Quoted

January 24, 2017

Keeping Your Marriage Intact Over the Holidays, VeryWellMind.com

Quoted

December 16, 2016

Love and Money: 6 Signs of Financial Abuse You Shouldn't Ignore, CheatSheet.com

Quoted

November 25, 2016

Words That Almost Always Mean You're Getting Crappy Health Advice, Thrillist.com

Quoted

November 22, 2016

Best Time of Day to Meditate: 4 Experts Share their Opinion, Mind-Globe.com

Quoted

November 16, 2016

To be a successful leader, work to improve your EQ, HeraldTribune.com

Quoted

November 12, 2016

How We Can Heal After This Horrible Election Cycle, TalkSpace.com

Quoted

November 9, 2016

27 Genius Things Healthy Couples Do Together, RedbookMag.com

Quoted

November 9, 2016

New Study Shows Young Women Are Drinking Just as Much as Men. Yikes!, Recovery.org

Quoted

November 8, 2016

- 7 Ways To Show Real Support To Friends And Family Battling Health Issues, Huffpost.com***
Quoted November 1, 2016
- Conquering Barriers to Weight Training for Women Over 50, PsychologyToday.com***
Quoted November 1, 2016
- Drunk Texting This Number Can Prevent Suicide, TeenVogue.com***
Quoted October 28, 2016
- Here's How You Can Overcome Health & Nutrition Misinformation Overload, VitaCost.com***
Quoted October 16, 2016
- I'm 23 and I've Never Been on a Date — HELP!, Revelist.com***
Quoted October 12, 2016
- Unemployment Wrecks Young Adults' Health, LifeZette.com***
Quoted October 10, 2016
- 9 Interesting Clues That Predict Your Marriage Won't Last, Romper.com***
Quoted September 28, 2016
- Polycystic Ovary Syndrome: the Silent Disorder That Wrecks Havoc on the Body, USNews.com***
Quoted July 25, 2015
- When Missed Periods Are a Metabolic Problem, TheAtlantic.com***
Quoted June 25, 2015
- Managing Halloween Candy Challenges, PCOSNutritionCenter.com***
Guest Post October 31, 2014
- Guest Editor's Column, The Los Angeles Psychologist Magazine Feminist Psychology Issue***
 November – December 2013
- Guest Editor's Column, The Los Angeles Psychologist Magazine Health Psychology Issue***
 November – December 2012
- Beat PCOS and Boost Fertility: The Complete Health & Fitness Handbook for Women with Polycystic Ovary Syndrome (Ed., A. Charalambous) – "Mental Fitness" Chapter***
 October 2012
- When the Personal is Political (is Professional) The Los Angeles Psychologist Magazine***
 January/February 2012
- Mental Health Monday weekly blog-post on Polycystic Ovarian Syndrome Mental Health Issues at www.inCYST.com***
 2011 – 2012
- PCOS Magazine – Ask Dr. Gretchen Column***
 Spring 2010

Living Happier and Healthier with PCOS (CD), PCOSChallenge.com
2009

Book Review, CAMFT Magazine, Mommies, Daddies, Donors, and Surrogates
February 2009

INTERVIEWS

- The PCOS Girls (thepcosgirls.com)
Navigating PCOS and Mental Health (Podcast) August 25, 2020
- PCOS Diva (pcosdiva.com)
Managing PCOS, Dating, & Relationships (Podcast) March 21, 2018
- Voyage LA (voyagela.com)
Meet Gretchen Kubacky, Psy.D. of PCOS Wellness January 15, 2019
- U.S. News and World Report (usnews.com)
Polycystic Ovary Syndrome: The Silent Disorder That Wreaks Havoc on the Body
Interviewed about PCOS by Magaly Olivero July 27, 2015
- The Atlantic (theatlantic.com)
When Missed Periods are a Metabolic Problem
Interviewed about PCOS by Sydney Parker June 26, 2015
Ask Dr. Gretchen About PCOS and Sexuality www.blogtalkradio.com/
- PCOSChallenge June 19, 2013
- The Los Angeles Psychologist Magazine Health Psychology Issue
An Interview with Three Health Psychologists (Ed., J. Geirland) November – December 2012
- “Ask the Experts” with Brittney Castro, CFP, YouTube.com* July 11, 2012
- Why Commercial Diets Rank Ahead of Doctors: It’s About Patient Respect*
Examiner.com (Interviewed by Monika Woolsey, MS, RD) November 4, 2011
- Sex Talk with Lou Paget, TogiNet.com* November 30, 2011
- Survivor Q&A (Ed., Christa Scalies), GigggleOn.com* November 29, 2011
- Let’s Talk with Dr. Sheila: PCOS, www.healthylife.net* March 11, 2011
- Ask Dr. Gretchen About PCOS and Sexuality, www.blogtalkradio.com/*
PCOSChallenge March 2, 2011
- Checking in With Dr. Gretchen, www.blogtalkradio.com/inCYST*
September 27, 2010