

## Curriculum Vitae

### ***Gretchen Kuback, Psy.D.***

*Health Psychologist PSY 21917*

2001 South Barrington Avenue, Suite 121 • Los Angeles, CA • 90025

(310) 625-6083

E-Mail: AskDrGretchen@gmail.com

www.DrGretchenKubacky.com

### ***EDUCATION***

**Doctor of Psychology, Clinical Psychology** **June 2006**

**Master of Arts, Clinical 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 PCOS Provider/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 - Present**

*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** **2002 - Present**

*Glendale Adventist Hospital (Beyond Loss)* *Glendale, CA*

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

### ***PROFESSIONAL EXPERIENCE***

**Private Practice, Los Angeles, CA**

*Health (Clinical) Psychologist*

*April 2008 - Present*

Individual and couples therapy within context of an inter-disciplinary and holistic approach for management of infertility-related stressors, PCOS, chronic

health issues, depression, anxiety, trauma, addictions, eating disorders, marital issues, and PTSD, utilizing Relational-Cultural Theory, psychodynamic, Gestalt, existential, mindfulness, and mind-body theory and techniques. Supervision and training of four psychological assistants.

**Families for Children/Family Counseling Center - Inglewood, CA**

*Contract Therapist*

*June 2005 – April 2009*

Facilitate individual and family therapy in-home with adoptive and foster care families. Provide family preservation therapy for couples, families and individuals, including development and implementation of treatment and discharge plans. Utilize 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. Prepare Department of Mental Health documentation. Make clinical case presentations and introduce 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 - 2012*

*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**

**Los Angeles County Psychological Association - Los Angeles, CA**

*Executive Committee Member (Treasurer-Elect)* 2013

*Board of Directors, Member* 2011 – Present

*Health Psychology Committee, Chair* 2011 – Present

*The Los Angeles Psychologist, Co-Editor* 2012

*Guest Editor, Health Psychology Issue,  
The Los Angeles Psychologist* November – December 2012

**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* 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.

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

Completed extensive training in communication skills, crisis intervention, youth sexuality and relationships, “safe sex” practices, and related areas.

Planned and facilitated discussion groups for youth ages 14 - 23.

## **PRESENTATIONS**

- 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**  
*Endocrine Disorders and Infertility* **November 18, 2012**
- 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** **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** **August 26, 2011**  
*How Chronic Illness Affects Sexuality*
- Peer to Peer Expert Series, SMARTYpeople.com** **November 2009**  
*Wellness 360 (co-presented with Lani Anderson, L.Ac. and Karen Doolittle)*
- Peer to Peer Expert Series, SMARTYpeople.com** **Fall 2009**  
*In the Quest to Have it All, Are You Headed for a Fall?*
- Airport Marina Counseling Center, Westchester, CA** **April 16, 2009**  
*Utilizing Relational-Cultural Theory in the Psychodynamic Setting*
- California State University School of Social Work, Northridge, CA**  
**April 16, 2009**  
*Suicide and the Family Structure: Counseling the Survivors*
- Airport Marina Counseling Center, Westchester, CA** **April 13, 2009**  
*Introduction to Relational-Cultural Theory*
- The Institute of Psycho-Structural Balancing, Los Angeles, CA**  
**February 28, 2009**  
*Healing the Mind by Healing the Body: How Bodywork Supports Psychotherapy*
- Culver-Palms YMCA, Culver City, CA** **November 13, 2008**  
*Surviving and Thriving During the Holidays*
- WISE and Healthy Aging, Santa Monica, CA** **July 2, 2008**  
*Grief and Loss Issues in an Aging Population*
- University of Southern California, Los Angeles, CA** **March 27, 2008**  
*Bereavement Issues in Family Therapy*

University of Southern California, Los Angeles, CA      September 27, 2007  
*Conducting Bereavement Groups*

Airport Marina Counseling Center, Westchester, CA      July 2006  
*Relational Cultural Theory*

### ***PROFESSIONAL AFFILITATIONS***

- American Fertility Association, Professional Member
- American Group Psychotherapy Association
- California Association of Marriage and Family Therapists
- California Psychological Association
- Group Psychotherapy Association of Southern California
- Los Angeles Association of Marriage and Family Therapists
- Los Angeles County Psychological Association
- RESOLVE: The Infertility Association, Professional Member

### ***ARTICLES/BOOK CHAPTERS/CDS***

*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](http://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 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](http://YouTube.com)      July 11, 2012

*Sex Talk with Lou Paget. [TogiNet.com](http://TogiNet.com)*      November 30, 2011

*Survivor Q&A (Ed., Christa Scalies), [GiggleOn.com](http://GiggleOn.com)*      November 29, 2011

*Let's Talk with Dr. Sheila: PCOS.* [www.healthylife.net](http://www.healthylife.net) March 11, 2011

*Ask Dr. Gretchen About PCOS and Sexuality,*  
[www.blogtalkradio.com/PCOSChallenge](http://www.blogtalkradio.com/PCOSChallenge) March 2, 2011

*Checking In With Dr. Gretchen,* [www.blogtalkradio.com/inCYST](http://www.blogtalkradio.com/inCYST)  
September 27, 2010

Updated 4.9.13