

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, 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 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 July 11, 2012

Sex Talk with Lou Paget. TogiNet.com November 30, 2011

Survivor Q&A (Ed., Christa Scalies), GiggleOn.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

Updated 4.9.13