

CURRICULUM VITAE

LUDMILA ZELTZER Psy.D.

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Education:

2015 **California School of Professional Psychology–Los Angeles (CSPP-L.A.)
Alliant International University (APA and CPA accredited program)**
Doctor of Psychology
Course work emphasis in Health Psychology (GPA 3.79)

2013 **California School of Professional Psychology–Los Angeles (CSPP-L.A.)
Alliant International University (APA and CPA accredited program)**
Masters of Arts in Psychology (GPA 3.75)

Private Practice:

2016 – present *Setting:* Private Practice in Santa Monica, Studio City
Population: Adults, Adolescents, Couples diagnosed with
Depression, Anxiety, Addictions, Immigration/Acculturation Issues
Approach: Psychodynamic, Intersubjective, CBT, Mindfulness, MI

Supervised Clinical Experience:

2015 – 2016 **CAPIC Post- Doctoral Psychological Fellow**
Saturday Center for Psychotherapy 3201 Wilshire Blvd, Suite #201, Santa Monica, CA 90403

Primary Supervisor: Cindy Speich Psy. D.
Auxiliary Supervisor: Kenneth Scott Psy.D., Monica Farassat MFT, Psy.D
Group Supervisor: Susan Frankel Ph. D.

- *Setting:* Community Mental Health Center
- *Responsibilities:* Conducted intakes, psychosocial assessments, one-on-one individual weekly sessions, and crisis management. Participated in group supervision and didactic instruction. Worked as part of multidisciplinary team, participated in office management, billing and marketing events.
- *Population:* Adults, adolescents, couples, parity diagnoses, Axis II disorders, as well as co-occurring substance abuse disorders.

2014 – 2015 **CAPIC Doctoral Psychological Intern**
Saturday Center for Psychotherapy 3201 Wilshire Blvd, Suite #201, Santa Monica, CA 90403

Primary Supervisor: Susan Frankel Ph. D.
Auxiliary Supervisor: Cynthia Wong Psy.D.
Group Supervisor: Judy Swerling Ph.D.

- *Setting:* Community Mental Health Center
- *Responsibilities:* Conducted intakes, psychosocial assessments, one-on-one individual weekly sessions, and crisis management. Participated in group supervision and didactic instruction. Worked as part of multidisciplinary team, participated in office management, billing and marketing events.
- *Population:* Adults, adolescents, couples, parity diagnoses, Axis II disorders, as well as co-occurring substance abuse disorders.

2012 – 2013

CAPIC Doctoral Psychological Intern

San Fernando Valley Community Mental Health Clinic
Older Adult -Homebound Program 14600 Sherman Way Circle, Van Nuys, CA

Individual Supervisors: Howard Lee Myerhoff Ph. D., Gerrian Wuts Ph.D.
Group Supervisor: Cassandra Adams, LMFT

- *Setting:* Community Mental Health Agency
- *Responsibilities:* Conducted intakes, psychosocial assessments, one-on-one individual weekly sessions, group therapy, crisis management, targeted case management and billing (DMH paperwork). Administered and analyzed MMSE, Beck Depression Inventories for Older Adults. Participated in group supervision and didactic instruction. Worked as part of multidisciplinary team. Wrote DMH process notes, annual assessment updates, OMA's, CCCPs, opening and closing clients in DMH system.
- *Population:* Older adults (55 y/o and older) who suffer from mental illness, co-occurring substance abuse disorders, and/or other problems of aging, history or risk of homelessness, homebound with little or no support system, history or risk of serious abuse and neglect, history or risk of suicidality, history or risk of recent psychiatric hospitalizations.

2012 – 2013

Psychological Trainee

Otis College of Arts and Design, Student Counseling Center
9045 Lincoln Boulevard, Los Angeles, CA 90045

Supervisor: Fred L. Barnes Ph.D.

- *Setting:* College Student Counseling Services
- *Responsibilities:* Conducted intakes, diagnostic evaluations and crisis management, one-on-one long-term and brief therapy for individuals, couples, groups and families. Administered and analyzed psychological assessments (MMPI-II, LASSI, Beck Inventories: BSS, BHS, BDI-II, BAI). Developed community outreach program to educate and screen for depression and addictions and participated as a keynote speaker. Wrote an article for school newspaper promoting mental health. Organized and facilitated educational presentations for National College Depression Screening Day and National Addictions Screening Day. Participated in group supervision and didactic instruction. Worked as part of multidisciplinary team.

- *Population:* Otis College of Art and Design BFA and MFA students. Clients from multicultural backgrounds seeking help and counseling for posttraumatic stress disorders, substance abuse, Axis I and Axis II disorders.

2010 – 2011

Practicum Student at Gateway to Success Program, AUSD

Repetto Elementary School - AUSD, Alhambra, CA

Supervisor: Amy Samuels, Ph.D.

- *Setting:* Elementary School (K-6)
- *Responsibilities:* Conducted group Empathy Training Interventions, one-on-one individual sessions using play therapy. Ran Second Step curriculum intervention groups with Kindergarten through sixth grade age students.
- *Population:* Kindergarten through Sixth grade students from primarily Asian and Hispanic ethnicities. Common referrals: poor social skills, trauma resulting from abuse histories, classroom behavioral problems, and adjustment related issues.

Supervision Experience:

2014 – 2016

Saturday Center for Psychotherapy and Training

Participated in peer group supervision, identifying parallel processes, helping with case conceptualization and treatment planning.

2014 – 2015

Alliant International University-CSPP-LA

Provided peer-supervision for G1 students during their practicum engagement with violence prevention program at elementary schools in Alhambra Unified School District.

Research Experience:

Dissertation: Post-modern children's illustrated activity books: New early interventions to prevent bullying behaviors in schools (Pre K -2nd Grade).

Dissertation Chair: Christina Magalhaes, Ph.D.

Dissertation Proposed: March, 2014 Alliant International University, CSPP-LA

Gateway to Success, Alhambra USD (2010-2011)

Developed and researched interventions that provide a bridge between school and home environment in teaching and implementation of empathy training, social skills, and violence prevention utilizing the principles of the Second Step Program.

Speaking and Workshop Engagements

- August 2015 Zeltzer L., Magalhaes, C. & O'Callaghan, E. (2015). *Post-modern illustrated activity books: bullying prevention begins in elementary schools*. Peace presentation at the Annual APA convention in Toronto, Canada.
- February 2015 Zeltzer L., Magalhaes, C. & O'Callaghan, E. (2015). *How early is too early? Bullying prevention in elementary schools*. Poster presentation at the Annual Conference of the National Association of School Psychologists, Orlando, FL.
- February 2015 Zeltzer L., Magalhaes, C. & O'Callaghan, E. (2015). *If we ask, what will they say? Educators on bullying*. Poster presentation at the Annual Conference of the National Association of School Psychologists, Orlando, FL.
- April 2014 Zeltzer L., & Magalhaes, C. (2014). *Post-modern children's illustrated activity books: New early interventions to prevent bullying behaviors in schools (Pre K to 2nd Grade)*. Oral presentation at the Annual Meeting of the Southwestern Social Science Association, San Antonio, TX.
- April 2013 Keynote speaker, organizer and program developer:
Stress Management Day Outreach Program on College Campuses
Otis College of Art and Design, Los Angeles, CA
- April 2013 Workshop developer and co-presenter:
Stress Management for Study Abroad Program for College Students
Otis College of Art and Design, Los Angeles, CA
- February 2013 Keynote speaker, organizer and program developer:
National Eating Disorders and Screening on College Campuses
Otis College of Art and Design, Los Angeles, CA
- February 2013 Workshop developer and co-presenter:
Stress Management for Study Abroad Program for College Faculty and Students
Otis College of Art and Design, Los Angeles, CA
- January 2013 Workshop organizer, program developer and keynote speaker:
Stress Management and Mental Health Workshop
Otis College of Art and Design, Los Angeles, CA
- December 2012 Keynote speaker:
National Depression Awareness and Screening Day on College Campuses
Otis College of Art and Design, Los Angeles, CA

Awards

2013 – 2014	Recipient of <i>Diversity Scholarship Award</i> at Alliant, CSPP-LA
2010 – 2011	<i>Dean's Honors List</i> at Alliant International University CSPP-LA
2004	Recipient of the <i>Notable Alumni Award</i> at California Institute of the Arts, CA
2003	Recipient of the <i>Art Development Award</i> from Jewish Federation, Los Angeles
2003	Recipient of the <i>Hollywood Press Award</i> at California Institute for the Arts, CA
2002 – 2004	Recipient of the <i>Disney Scholarship Award</i> at California Institute for the Arts
1998 – 2000	<i>Dean's Honors List</i> at Santa Monica College, CA

Membership in Professional Associations

- American Psychological Association (APA)
- American Psychological Association's Division 39- Division of Psychoanalysis
- Los Angeles County Psychological Association member of the Community Outreach Committee
- Psi Chi Member

Professional and Personal Development:

April 2016	Spring meeting, APA Division of Psychoanalysis, Atlanta, GA
December 2013	DMH update on Client Care Coordination Plan, Clinical Notes and Initial Assessment Notes. SFVCMHC, Inc.
April 2012	“Middle Eastern Selective Racialization and the Politics of Whiteness” John Tehranian, Alliant International University, Los Angeles
March 2012	“Intellectually Gifted Children with Learning Disabilities” Erin O' Callaghan, PhD., and Beth Housekamp, PhD. Alliant International University, Los Angeles
March 2012	“Why Are Sexual Desire Problems Inevitable in Emotionally Committed Relationships?” Susan Regas, PhD, Alliant International University, Los Angeles
November 2012	“Clinical Biofeedback Application & Intervention” Ellen Magalhaes, PhD., Alliant International University, Los Angeles
March 2011	“Healing Moments In Trauma Treatment” Attachment Institute, UCLA Ackerman Union Grand Ballroom, Los Angeles

Language Proficiency Russian (native speaker), Hebrew (second language)

References Available upon request