

Pratik U. Patel, Psy.D.

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(323) 489-5880

EDUCATION

The Chicago School of Professional Psychology, Los Angeles CA, September, 2012 – October, 2015

Doctor of Psychology, Applied Clinical Psychology.

GPA 4.0

The Chicago School of Professional Psychology, Los Angeles, CA, August, 2010 - August, 2012

Master of Arts in Clinical Psychology, Marital and Family Therapy

GPA 4.0

California State Polytechnic University, Pomona, CA, August, 2005 - December, 2009

Bachelor of Arts in Psychology

The Chicago School of Professional Psychology, Los Angeles, CA. September, 2012

Merit Scholar

- Awarded the Merit Scholarship for academic excellence in Clinical Psychology, Marital and Family Therapy.

CLINICAL EXPERIENCE

Psychological Assistant

Private Practice, Beverly Hills, CA.

October, 2015- Present

Supervisor: Stephen C. Phillips, J.D., Psy.D.

Weekly adult & adolescent psychodynamic psychotherapy.

- Focus on anxiety/depression, trauma, familial discord, and other social/emotional/behavioral mental health issues.

The Maple Counseling Center, Beverly Hills, CA.

September, 2014 – August, 2015

Community mental Health, Supervised Internship

Weekly child, adult, & family psychodynamic psychotherapy.

- Treated adults/children/families ranging from age 10-60.

- Provided treatment for issues including anxiety/depression, disordered eating, behavioral issues, and familial discord.
- Participated in weekly didactic training on variety of topics and issues in mental health community.
- Provided peer supervision to Masters-level interns.

The Chicago School of Professional Psychology Counseling Center, August, 2013 – July, 2014

Los Angeles, CA.

Community Mental Health, Supervised Traineeship.

Weekly adult individual psychodynamic psychotherapy.

- Treated adults ranging from age 20 to age 60.
- Accepted referrals for full gamut of social, emotional, and behavioral mental health issues.
- Gained experience in conducting long-term, in-depth psychodynamic psychotherapy.
- Responsible for conducting community outreach to increase community awareness to low SES community.

The Accelerated School, Los Angeles, CA, August, 2011- June, 2012

Los Angeles Child Development Center, Supervised Traineeship.

Weekly individual psychodynamic play psychotherapy.

- Treated clients varying from 3rd to 12th grade.
- Treated complex interpersonal, behavioral, and emotional problems.

Two psychotherapy groups were conducted with a co-therapist.

- Treated clients varying in age from 7th to 8th grade.
- Social skills building and behavioral issues presented in peer and professional settings.

SPECIALIZED TRAINING

The Chicago School of Professional Psychology, September, 2014

Los Angeles, CA

Beyond the DSM-5: Psychoanalytic Perspectives on Depression

Jill Model Barth, Ph.D. & Scott M. Shapiro, Psy.D.

- Seminar lecture on psychoanalytic conceptualizations of depression.
- Approaches to applying psychoanalytic perspectives to clinical practice.
- Demonstration of psychoanalytic treatment.

The Chicago School of Professional Psychology,

July, 2014

Los Angeles, CA

Nadia Rojas Jones, MFT, Ed.D.

Integrating Indigenous Spirituality and Western Psychotherapy: A Practical Approach

- Seminar lecture on specific topics in increasing multicultural awareness.
- Religious/spiritual practices and beliefs of Latino culture.
- Clinical implications of integrating western psychotherapeutic practices with non-western culture.

The Tavistock Clinic, London, UK,

March, 2013

The Chicago School of Professional Psychology, Supervised Study Abroad Training.

1 Week course in work discussion group training and supervision

- Weekly group process discussions from a psychodynamic perspective.
- Clinical presentations of work related problems.
- Culturally diverse experience in facilitating/processing workplace discussion groups.

The Chicago School of Professional Psychology, Los Angeles, Ca,

November, 2012

Child Abuse Reporting and Issues for Clinicians

Didactic training on various scenarios of child abuse and appropriate methods of reporting.

- Methods of reporting child abuse.
- Legal issues when faced with alleged child abuse.

The Chicago School of Professional Psychology, Los Angeles, CA,

April, 2011

Crisis Intervention Training Conference

Multiple sessions on various therapeutic techniques including, but not limited to, crisis intervention,

- Explored origins, history, and techniques in Cognitive Behavioral Therapy.
- Attended discussion on understanding medications used to treat psychotic spectrum disorders
- Explored basic summary of medications used and their precise mode of action including ethical considerations

Medical University of South Carolina, online course,

March, 2011

Trauma-Focused Cognitive-Behavioral Therapy

Completed a ten-hour online training, TF-CBT course for children and adolescents.

- Therapy procedures and creating a trauma-narrative.
- Cultural considerations when utilizing therapy techniques.

- Parent-child relationship sensitivity after trauma.

Medical University of South Carolina, online course,

March, 2011

Using TF-CBT for Childhood Traumatic Grief

Completed in a six-hour online training course implementing TF-CBT techniques in an adaptation to treat childhood traumatic grief.

- Techniques in demystifying grief using psycho-education.
- Utilizing TF-CBT with traumatized or grieving children.
- Implementing strategies to strengthen caregiver-child relationship

PROFESSIONAL PRESENTATIONS

Patel, P. (2012). *Vicissitudes of Transformative Development in Neophyte Psychotherapists*. Presented at the Graduate Research Forum, Poster Presentation.

The Chicago School of Professional Psychology, Los Angeles, CA

November, 2013

Recruited for guest lecture under supervision of Leslie Brown, Ph.D.

Discussed Experience with Work Discussion Groups based on UK model (Tavistock Clinic, London).

- Work Discussion Group participation techniques discussed.
- Provided clarification and motivation for a more active and fulfilling participation and experience.

The Chicago School of Professional Psychology, Los Angeles, CA

January, 2014

Recruited for guest lecture under supervision of Leslie Brown, Ph.D

Addressed incoming students in doctoral-level Professional Development class.

- Discussed research in progress with poster presentation.
- Examined process of becoming a therapist and unique developmental aspects of the profession.

RESEARCH

Patel, P. (2015). *Vicissitudes of Transformative Development in Neophyte Psychotherapists* (Doctoral dissertation).

The Chicago School of Professional Psychology, Los Angeles, CA

November, 2012

Research Assistant to Dr. Nathan Griffith

Recruited for assistance in on-going research of character strengths, gratitude, and virtues.

- In-depth review of literature.
- Contributed to research where appropriate.

California State Polytechnic University, Pomona, CA

April – June, 2009

Student Researcher

Under supervision of Dr. Nancy Alvarado, cognitive research was conducted throughout a ten week quarter.

Student population at the university was utilized to test the effects of various genres of music on cognitive functioning.