

Whitney E. Owens, PsyD

Licensed Psychologist

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LICENSURE:

STATE OF NEVADA (03/09 – current)
Licensed Psychologist
License Number – PYO579

EDUCATION:

ILLINOIS SCHOOL OF PROFESSIONAL PSYCHOLOGY (2001-2007)
(Full APA Accreditation)
Chicago, Illinois
Doctorate in Clinical Psychology (Psy.D.)
CRP Title - *Alcoholics Anonymous: Do Prior Beliefs of Teenaged Substance Abusers and Their Parents Affect Affiliation and Involvement?*
Master of Arts in Clinical Psychology, June 2003

EASTERN ILLINOIS UNIVERSITY (1997-2001)
Charleston, Illinois
Bachelor of Arts in Psychology

WORK EXPERIENCE:

The Evidence Based Practice of Nevada (09/18-current)
Henderson, Nevada
Owner

Responsibilities: Implementing policies and procedures for a new group practice. Conducting interviews for prospective new employees. Responsible for aiding in developing financial planning for the group practice. Working with partners to implement goals and develop the practice. Individual, couples and group therapy in a group practice setting. Specializing in implementing empirically supported treatments for depression, anxiety, relationship concerns, eating disorders and addictions. Conducting specialized Dialectical Behavior Therapy, Radically Open Dialectical Behavior Therapy and Acceptance and Commitment Therapy treatment for adults.

Nevada Board of Psychological Examiners

State of Nevada (09/16 – current)
President (07/19 – current)
Secretary/Treasurer (07/17 – 07/19)

Responsibilities: Governor appointed licensing board member. Serving on the licensing board to facilitate protection of the public by aiding in granting licenses to qualified Psychologists, developing changes and modifications to the Nevada Revised Statutes and Nevada law, and regulation of Psychology licensees and their practice of psychology in the State of Nevada. Aiding in development of the budget for the board as well as policies and procedures to ensure financial stability for the board.

Owens Psychological Services

(04/09 – current)

Henderson, Nevada

Owner

Responsibilities: Individual and family therapy in a private practice setting. Specializing in implementing evidence based treatments for depression, anxiety, relationship concerns, eating disorders and addictions. Conducting specialized Dialectical Behavior Therapy and Group Skills Training. Developed fee schedule and became a member of various insurance panels. Responsible for accounting, scheduling, and maintenance of medical records.

Eat. Breathe. Thrive.

(10/14 – current)

Las Vegas, Nevada

Facilitator

Responsibilities: Co-facilitating and marketing to create a Thrive Tribe of participants who want to improve body image and self-acceptance. Working with other yoga instructors to lead participants through a six-week series of asana practice as well as structured group activities to improve body image. Conducting two research trials to determine efficacy and benefit of the six-week series in spring of 2019 and summer of 2019.

Center for Change, Las Vegas

(11/08 – 07/10)

Las Vegas, Nevada

Clinical Psychologist and Interim Clinical Director

Responsibilities: Individual, family and group psychotherapy with men and women of various ages specializing in the area of eating disorders, including Anorexia, Bulimia, Eating Disorder NOS and Binge Eating Disorder. Conducted thorough psychosocial assessment of needs and recommended necessary level of care. Provided psychotherapy, group therapy and family therapy for women in a partial hospitalization program, an intensive outpatient program, and on an outpatient basis. Developed a time limited, semi structured outpatient group that provided education and support for women with eating disorders. Provided consultation regarding substance abuse concerns to other psychologists and MFT's in the center. Worked closely with medical and psychiatric staff to provide a multidisciplinary treatment approach. While acting as the Interim Clinical Director, supervised clinical psychologists, care technicians and clinical dietary staff. Aided in interviewing and hiring clinical staff and provided direct supervision of office staff. Provided consultation on program scheduling and program operations.

Valparaiso University

(08/07-08/08)

Valparaiso, Indiana

Post Doctoral FellowshipCoordinator of the Office of Alcohol and Drug Education (OADE), Staff Therapist

Responsibilities: Individual psychotherapy with students of the college community, including crisis management, long term and brief psychotherapy. Providing risk assessment and hospitalization of at risk students, as well as giving off campus referrals. Conducting mandatory alcohol and drug assessments for at-risk students, using BASICS assessments. Teaching six-hour mandatory Alcohol Education course to high risk students. Providing leadership to campus officials regarding best practices of alcohol management on campus. Consulting with parents, Dean of Students, faculty, residence life and health services regarding mental health and substance use concerns of students. Providing supervision of practicum students regarding alcohol assessments. Providing clinical supervision for master's level trainee and secondary clinical supervision for trainees in Counseling Services. Co-leading and organizing peer supervision group among clinical colleagues in Counseling Services. Providing outreach to the campus community both for prevention and intervention. Primary focus of outreach is on alcohol education, including alcohol poisoning, mature management of alcohol and providing psychoeducation regarding alcohol use and its effects. Providing leadership in Counseling Services for mental health outreach, including organization of National Depression

Screening Day, National Eating Disorder Screening and stress management with student athletes. Coordinating and collaborating with other Counseling Services staff and Health Services to provide outreach to various groups on campus including Greek life, Athletics and Residence Life. Providing leadership for student group, BACCHUS/GAMMA, and providing supervision of peer education and outreach. Providing training for Certification of Peer Educators through BACCHUS/GAMMA National Organization. Coordinating CORE survey to collect data about campus community alcohol and drug use and perceptions of alcohol use on campus. Organizing and analyzing CORE data to develop further programming and outreach for the campus community. Providing supervision and appraisal of job performance to support staff. Managing and creating budget for the Office of Alcohol and Drug Education. Creating and completing quarterly reports for OADE. Member of staff and therapy practicum student search committees.

Lake Forest College, Counseling Services

(8/06-8/07)

Lake Forest, Illinois

Clinical Internship

Responsibilities: Individual psychotherapy with students of the college community, including crisis management, long term and brief psychotherapy. Provided risk assessment and hospitalization of at risk students, as well as providing off campus referrals. Provided leadership in implementing the BASICS model of alcohol and drug assessment, using a two session model, including an assessment and a feedback session. Created feedback report to provide students with psychoeducation and motivation for change regarding their substance use. Supervised and educated practicum students on conducting alcohol assessments. Designed and implemented alcohol outreach presentations, including conducting focus groups regarding alcohol perceptions on campus. Coordinated Alcohol Awareness Week. Provided leadership for second year of AlcoholEdu. Provided recommendations for judicial procedures for students mandated for alcohol assessments. Collaborated with fellow intern to develop Sexual Assault Handbook for the campus community. Consulted with psychiatrists, faculty, staff, parents, administrators and residence hall staff, specifically with the Dean of Students and President of the College to advocate and provide recommendations for students. Supervised psychotherapy work for advanced therapy doctoral level practicum students in individual and group supervision. Member of pre-doctoral intern and therapy practicum student selection committee. Provided training for residence hall staff, utilizing role plays and psychoeducational material. Co-led undergraduate psychology course.

Streamwood Behavioral Health Center

(6/03-8/06)

Streamwood, Illinois

Boys Unit Program Therapist

Responsibilities: Conducted individual therapy with adolescents within an acute care setting. Conducted process group therapy with adolescent males. Worked with victims of trauma and abuse as well as a variety of diagnoses, ranging from adjustment disorders, to severe Bipolar and budding Axis II features. Worked with male and female adolescents with issues of alcohol abuse and dependency and eating disorders. Conducted intake interviews, family and individual therapy and psychosocial assessments. Managed crises on the inpatient unit utilizing problem solving and crisis management interventions.

Streamwood Behavioral Health Center

(8/03-6/04)

Streamwood, Illinois

Masters Therapy Practicum Student

Responsibilities: Masters therapy practicum in an acute care setting. Conducted cognitive/behavioral therapy with children and adolescents in crisis situations. Conducted process groups and family sculpture groups with adolescent males and females in a milieu setting. Collaborated with other professionals and psychiatrists in multidisciplinary staffings. Completed intake documentation,

psychosocial assessments, treatment planning and documentation of therapy sessions. Diagnoses ranged from mild to severe mental illnesses, such as Adjustment Disorders, Eating Concerns, Schizoaffective and Bipolar disorders with all clientele having the potential for violence. Experience also included working with assessment of court fitness under the supervision of psychiatrists as well as helping clients achieve fitness for courtroom proceedings.

TEACHING EXPERIENCE:

Career Counseling: Appraisal and Intervention. (2008, Spring). Valparaiso University, Graduate Clinical Psychology Department. Teaching career theory and providing training in career assessment for graduate clinical psychology students.

Internship Seminar. (2007, Spring). Lake Forest College, Psychology Department. Co-leading undergraduate seminar for students currently on undergraduate psychology internship. Providing education regarding career assessment tools such as the MBTI and Strong Interest Inventory and mentoring students regarding professional issues.

PRESENTATIONS and OUTREACH:

Owens, W.E. (2020). "Relationships and Trauma." Presented at The Las Vegas Resiliency Center via Zoom to survivors of Route 91 Festival. July 2020. Las Vegas, Nevada.

Graybar, S. & Owens, W.E. (2020). "Physician Specific Psychotherapy." Presented at UNLV via Zoom to mental health professionals. May 2020, Las Vegas, Nevada.

Owens, W.E.(2019). "Self Care for Professionals in Helping Professions." Presented at We R.I.S.E Trauma Yoga Training to mental health professionals, nurses and yoga instructors. March 2019, Las Vegas, Nevada.

Owens, W.E.(2019). "Trauma and the Brain." Presented at We R.I.S.E Trauma Yoga Training to mental health professionals, nurses and yoga instructors. March 2019, Las Vegas, Nevada

Owens, W. E.(2018). "Using Mindfulness and Meditation Practices in Therapy." Presented to The PRACTICE at UNLV. November 2018, Las Vegas, Nevada.

Owens, W.E.(2018). "Weaving Yoga into Mental Health Treatment: An embodied approach to mental, physical and spiritual wellbeing." CE's presented to social workers at the Juvenile Justice Program. July 2018, Las Vegas, Nevada.

Owens, W.E. (2018). "Weaving Yoga into Mental Health Treatment: An embodied approach to mental, physical and spiritual wellbeing." CE's presented to Nevada Association of School Psychologists at the University of Nevada Las Vegas, March 2018, Las Vegas, Nevada.

Owens, W.E. (2016 and 2017). "Yog-E-Motion: The Art and Mastery of Teaching for Mental Health." Presented to Yoga and Fitness teachers at TruFusion Yoga and Fitness Studio, September 2016, Las Vegas, Nevada.

Owens, W.E. (2010). "Eating Disorders as Addictions." Presented to students at University of Nevada Las Vegas, February 2010. Las Vegas, Nevada.

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- Owens, W.E. (2008). "Alcohol Poisoning and Blood Alcohol Content Education." Presented to Pi Beta Phi Sorority, February 2008. Valparaiso, Indiana.
- Owens, W.E. (2008). "Safe Spring Break." Bulletin Board Presentation for all students on Skin Protection, Alcohol Risks and Sexual Assault risks on Spring Break, February 2008, Valparaiso, Indiana.
- Owens, W.E. & Dranger, P. (2008). "Test Your Love IQ." Presented to all students to educate on Alcohol Use, Sexually Transmitted Diseases and Sexual Assault, February 2008. Valparaiso, Indiana.
- Owens, W.E., Carney, S.A., & Mulligan, T. (2008). "Everything You Have Ever Wanted to Know About Counseling." A panel presentation for Resident Assistants, February 2008, Valparaiso University.
- Owens, W.E. & Collins, T. (2008). "Alcohol, Nutrition and Sleep: Effects on Athletic Performance." Presented to women's and men's athletics, January 2008, Valparaiso, Indiana.
- Owens, W.E. (2007). "Risks and Consequences of Binge Drinking." Presented to Phi Mu Alpha Sinfonia Fraternity, October 2007, Valparaiso, Indiana.
- Guibord, B., Hatfield, S., & Owens, W.E. (2007). "Stress Management for Athletes." Presented to freshman student athletes, September 2007, Valparaiso, Indiana.
- Owens, W.E. (2006). "Body, Mind and Soul: A Wellness Approach to Surviving Finals." Presented to residents in all female residence hall, November 2006, Lake Forest, Illinois.
- Owens, W.E. (2005). "*Cognitive Distortions in Relationship to Adolescent Substance Abuse.*" Presented at IOP psychoeducational group at Families and Adolescents in Recovery, October 2005, Palatine, Illinois.

PROFESSIONAL AFFILIATIONS:

Nevada Board of Psychological Examiners. Secretary/Treasurer (September 2016 – current)

American Psychological Association. Member.

Nevada Psychological Association. Member(2008-current). President (2014-2015)

References:

Adrianna Wechsler Zimring, PhD
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Lindsey B. Ricciardi, PhD
702-257-0140