

William Gardner, Psy.D.

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Education

- 2009 – 2010** **Post-Doctoral Psychology Resident**
Kaiser Permanente Medical Center
Department of Psychiatry, San Rafael, CA (APA Accredited)
- 2009** **Doctor of Psychology in Clinical Psychology**
Pacific Graduate School of Psychology-Stanford Psy.D. Consortium,
Palo Alto, CA. (APA Accredited)
Specialty Areas: Evidence Based Practices
- 2008 - 2009** **Psychology Intern**
VA-Vanderbilt Psychology Internship Consortium
Vanderbilt Adult Psychiatric Outpatient Clinic
Vanderbilt Medical Center, Nashville, TN (APA Accredited)
- 2006** **Master of Science in Clinical Psychology**
PGSP-Stanford Psy.D. Consortium, Palo Alto, CA.
- 1992** **Bachelor of Arts in English Literature**
Boston University, Boston, MA

Areas of Clinical Interest

Cognitive Behavioral Therapy
Post Traumatic Stress Disorder
Treatment of Anxiety and Anxiety Related Disorders
Treatment of Depression

Credentials

California Licensed Psychologist (PSY 24131)

Professional Affiliations

American Psychological Association

Clinical Experience

- 6/2011 – Present** **Private Practice Psychologist**
San Francisco, CA
As a private practitioner in San Francisco working primarily with adults who present with a wide range of mental health issues. I am responsible for all aspects of my private practice including marketing, screening new clients, intakes, providing empirically supported and appropriate psychological interventions, maintaining notes and managing billing and collections.
- 8/2011 – 12/1011** **Psychologist — Referrals Coordinator**
San Quentin Prison, San Quentin, CA
As the coordinator of the Crisis and Referrals Team, my responsibilities included coordinating responses to mental health crises in the prison population and responding to inmate or staff initiated requests for mental health assistance through brief cell front interventions or initiating assessments for inclusion in the prison mental health system.
- 9/2009 – 9/2010** **Post-Doctoral Psychology Resident**
Kaiser-Permanente, San Rafael, CA
Primary responsibilities include developing and maintaining a caseload of both adults and children. Worked as part of a team in partnership with psychiatry to provide care for patients. Led groups of adult individuals in a DBT-based Life Skills group and adults in drop in, CBT-based groups for both anxiety and depression management. Performed psychological assessments for diagnostic clarification and to establish capacity for work functioning. Also served as a committee member and co-author of the PTSD Best Practices defining protocols for implementation at Kaiser for the assessment and treatment of PTSD.
- 7/2008 – 6/2009** **Psychology Intern**
Vanderbilt Adult Psychiatric Outpatient Clinic (VAPOC)
Child and Adolescent Psychiatric Outpatient Clinic (CAPOC)
Vanderbilt Medical Center, Nashville, TN
Vanderbilt serves a population of individuals with a wide range of both Axis I and Axis II psychiatric disorders. Worked as part of a team in partnership with psychiatry to provide care for patients. Responsibilities include developing and maintaining a caseload of short-term and long-term adult individual psychotherapy clients, designing and co-facilitating DBT and CBT based groups, performing clinical intakes and psychological assessments of emergency dispatch operators and court ordered sexual offenders.
- 9/2007 – 6/2008** **Practicum Student**
The Kurt and Barbara Gronowski Psychology Clinic
Pacific Graduate School of Psychology, Palo Alto, CA

The Gronowski Clinic is a community-based psychology training clinic and treatment center affiliated with the Pacific Graduate School of Psychology. Duties include telephone triage, intake assessments, treatment planning and individual long term individual therapy.

9/2006 – 8/2007

Practicum Student
San Francisco Child Abuse Prevention Center
TALK Line Family Support Center
San Francisco, CA

The SFCAPC is a privately funded non-profit community mental health facility serving an ethnically and culturally diverse population of mostly low income parents and children for the prevention of child abuse. Responsibilities include individual short term and long term psychotherapy with adults and children; TALK Line crisis and stress counseling hotline, which included weekly daily shifts and one overnight shift each month. Weekly Parent Drop-In shifts include crisis intervention, short term scheduled clients, milieu work, and outreach.

6/2005 – 6/2006

Practicum Student
The Kurt and Barbara Gronowski Psychology Clinic
Pacific Graduate School of Psychology, Palo Alto, CA

Duties include telephone triage, intake assessments, treatment planning and administrative responsibilities.

8/2004 – 8/2005

Practicum Student
National Center for Post-Traumatic Stress Disorder
Veterans Affairs Palo Alto Health Care System
Menlo Park and San Jose, CA

Completed two rotations with the National Center. Specific experiences described below.

Residential Rehabilitation Unit; 8/2004 – 8/2005

The NCPTSD is a voluntary residential rehabilitation unit for the treatment of PTSD. Responsibilities included performing assessments of incoming members of the male community using interviews, SCIDs and CAPS for use in the clinical team's establishment of treatment goals, participating in the community's weekly group Milieu, and participation and co-authorship of a research poster.

San Jose Outpatient Clinic; 1/2005 – 8/2005

Conducted initial interviews and written assessments of veterans for PTSD. Co-led two consecutive CBT-based manualized groups for anger management.

7/2003 – 7/2004

HIV Testing Counselor
University of California San Francisco AIDS Health Project, San Francisco, CA

Assessed clients' personal risks and counseled them to reduce those behaviors. Also responsible for giving results of HIV and other STD tests. Individuals with positive results received additional services to establish safety and to assist in accessing physical and mental health care resources. Completed a week long Basic I training as well as a two day Basic II follow-up training. Received state certification as an HIV Antibody Counselor.

Research Experience

- 6/2006 – 2/2008** **Dissertation in Clinical Psychology**
PGSP-Stanford Psy.D. Consortium, Palo Alto, CA
Title: "A Critical Analysis of the Existing Literature: "Does an Insecure Attachment Style Increase the Risk of Posttraumatic Stress Disorder?"
Review includes an in-depth discussion of both PTSD and Attachment Theory. Analysis. Reviewed the body of empirical literature examining the effect of attachment on the levels of PTSD following a traumatic event for results and limitations. Discussion includes competing theories and proposals for further study. Clinical implications of the study include: increasing the awareness of a potential connection between PTSD and attachment, identifying another risk factor for PTSD could also lead to the examination of attachment as a risk factor for other common disorders, and the identification of attachment as a risk factor could lead to the use of other treatment modalities for treatment resistant case of PTSD.
- 9/2005 – 1/2006** **Research Assistant Psychology and Behavioral Sciences**
Stanford University, Palo Alto, CA
Collaborated with professors on a study focused on the impact of attachment style on posttraumatic stress disorder in individuals living with HIV/AIDS. Article has been submitted.
- 9/2004 – 2/2005** **Research Assistant Psychology and Behavioral Sciences**
Stanford University, Palo Alto, CA
Collaborated with professors on a study evaluating the psychometric properties of a new measure, the "Abuse-Related Beliefs Questionnaire", an instrument designed to assess abuse related beliefs in adult survivors of child abuse. Responsibilities included drafting of the literature review and editing of the manuscript prior to submission.
- 6/1990 – 9/1990** **Research Assistant Neuro-Muscular Research Center**
Boston University, Boston, MA
This project studied the electro-physiology of athlete's legs. Duties included preparing athletes for testing, organizing and performing testing, and conducting data analysis.
- 6/1989 – 8/1989** **Research Assistant**
Veterans Affairs Palo Alto Health Care System, Palo Alto, CA

Worked with veterans with hand dysfunction to create a faster means of evaluating function for occupational therapists. Duties included designing the tests, performing these on human volunteers, and writing up the results for submission for publication.

1/1989 – 6/1989

Research Assistant

MIT Media Lab, Cambridge, MA

Worked as part of a team in early virtual reality research. Research was a combined MIT, Stanford, VA, NASA project to develop virtual reality technology for remote surgery in future deep space exploration. Duties included library-based research and assistance in testing and evaluating VR interfaces.

Publications

Gore-Felton, C., Ginzburg, K., Chartier, M., Gardner, W., Agnew-Blais, J., McGarvey, E., Weiss, E., & Koopman, C. (DOI 10.1007/s10865-012-9400-x). Attachment style and coping in relation to posttraumatic stress disorder symptoms among adults living with HIV/AIDS. *Journal of Behavioral Medicine*.

Ginzburg, K., Arnou, B., Hart, S., **Gardner, W.**, Koopman, C., Butler, L., Classen, C., Giese-Davies, J., & Spiegel, D. (2006). The Abuse-Related Beliefs Questionnaire for survivors of childhood sexual abuse. *Child Abuse and Neglect*, 30(8), 929-943.

Wise, S., **Gardner, W.**, Sabelman, E., Valainis, E., Wong, Y., Glass, K., Drace, J., & Rosen, J. (1990). Evaluation of a fiber optic glove for semiautomated goniometric measurements. *Journal of Rehabilitation Research and Development*, 27(4), 411-424.

Presentations

Gardner, W., Gore-Felton, C., Ginzburg, K., Chartier, M., Looney, E., & Koopman, C., (2007, November) *The Influence of Attachment Style and Coping on PTSD Symptoms among Persons Living with HIV/AIDS*. Poster presented at the annual meeting of The International Society for Traumatic Stress Studies, Baltimore, MD.

Looney, E., **Gardner, W.**, & Drescher, K. (2005, November). *Coping and Spirituality in Veterans with PTSD*. Poster presented at the annual meeting of The International Society for Traumatic Stress Studies, Toronto, Canada.

Advanced Professional Trainings

3/2012

Center for Deployment Psychology

Addressing the Psychological Health of Warriors and their Families

Training for Civilian Providers

Sacramento, CA

2-day intensive training in Prolonged Exposure for the treatment of Post-Traumatic Stress Disorder in both military and civilian populations.

11/2010

Domar Center / Boston In-Vitro Fertilization Center

**Mind/Body for Infertility: Professional Training Program
Waltham, MA**

3 day certificate training around medical procedure, psychotherapeutic techniques for individuals and couples facing issues of infertility and in depth training on Alice Domar's Mind/Body Group Therapy procedures.

8/2009

**Trauma Focused- CBT (TF-CBT) for Children
Through the Medical University of South Carolina
National Crime Victims Research and Treatment Center**

Completed an online certification course for the treatment of child victims of trauma. TF-CBT is a short term treatment protocol consisting of several core treatment components designed to be provided in a flexible and developmentally appropriate manner to address the unique needs of each child and family.

9/2006

**San Francisco Child Abuse Prevention Center
TALK Line Family Support Center
San Francisco, CA**

Intensive 50-hour training in crisis intervention focused on providing assistance for parents under stress with the goal of prevention of child abuse and neglect.

1/2003

**UCSF AIDS Health Project
San Francisco, CA**

Basic II is a two-day course focusing on enhancing skills in conducting risk and needs assessments with emphasis on behavior change models, risk reduction planning, and secondary risk factors for HIV infection

6/2002

**UCSF AIDS Health Project
San Francisco, CA**

Basic I is a five-day introductory course in client-centered counseling skills relating to risk assessment, risk reduction, counseling guidelines, and cultural issues. Basic HIV/AIDS information, state HIV legislation and policy, HIV testing procedures, and HIV epidemiology are also introduced.