

CURRICULUM VITAE
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Clinical Psychologist, Clinical Faculty, Founder
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EDUCATION

California Institute of Integral Studies, San Francisco, California Psy.D., Clinical Psychology, Child and Family Psychology Specialization, Full APA Accreditation (as of 2006)

California Institute of Integral Studies, San Francisco, California M.A., East-West Psychology

University of Keio, Tokyo, Japan B.A., Human Science/Psychology

CERTIFICATIONS:

Executive Healthcare Leadership, Cornell University, August 2022

Healthcare Change Management, Cornell University, June 2022

Health Ventures, Massachusetts Institute of Technology, School of Architecture and Planning, Certification, Completed in August 2021

Data Science, Massachusetts Institute of Technology, School of Architecture and Planning, Certification, January 2021-April 2022 (In progress)

ICF accredited Executive Coaching Training, College of Executive Coaching Training, 2020

Certification in Neuropsychological Assessment, UC Berkeley Extension, 2019 (In progress)

5150 Assessment, San Mateo City and County Behavioral Health, 2018.

Certification in EMDR Basic Level (I & II); John F. Kennedy University; October 2014

Certified Cognitive Behavioral Therapy Specialist (CCBTS); Association for Advanced Training in the Behavioral Sciences; August 2013

Certified Disaster Mental Health Response Specialist (CDMHRS); Association for Advanced Training in the Behavioral Sciences; June 2011

Certified Alcohol Abuse Treatment Specialist (CAATS); Association for Advanced Training in the Behavioral Sciences; in November 2011

CLINICAL EXPERIENCE

Octave, New York, San Francisco, Telehealth Psychologist. Provides telemental health to clients online. July 2021-present (findoctave.com)

Deliver full-service tele mental health to a diverse client base, including young adults, middle-aged adults, and underrepresented populations in the online, remote environment.

Ensure mental health treatment services are provided to maximize client independence and family empowerment. Provide individual and group counseling services to assist

clients in achieving more effective personal, social, educational, and vocational development and adjustment.

Dr. Akira Olsen Psychologist Inc., San Francisco/San Mateo/Burlingame, California; President, Chief Psychologist. (www.drakira.com)

Provided in-depth mental health assessment, psychodiagnostic testing, psychoeducational testing (e.g., Cognitive, Personality, Projective), Individual and group psychotherapy (Cognitive-Behavioral, Brief Psychodynamic, Dialectical Behavioral, Mindfulness, EMDR, Acceptance Commitment Therapy, Exposure Therapy, Somatic Therapy), parenting training and consultation with youth, parents, and adults. Worked collaboratively with clients' primary care physicians, psychiatrists, and school counselors. Palo Alto University/Stanford Consortium (PGSP) Ph.D. and Psy.D. programs, Palo Alto, California, Clinical Faculty/Clinical Supervisor (<https://www.paloalto.edu/academic-programs>)

Facilitate psychology, psychotherapy, and mental health programs to graduate students pursuing Ph.D. and Psy.D. programs. Developed program by adding psychoeducational and referral resources for students and 350 patients. Own full-spectrum clinical supervision, mentorship, and development to more than 80 Psychology Trainees and Psychology Interns, focused on advancing clinical practices, knowledge sharing, and shaping assessment and future treatment strategies. Lead regional efforts spanning the entire state of California through social media outreach initiatives to collectively improve quality healthcare access for individuals suffering from complex medical, psychiatric, and substance use conditions.

Program Development

- Design & evaluate clinical teams, developing & maintaining a culture of high-quality, evidence-based supervision & training.
- Provide comprehensive bio-psycho-social assessments and evidence-based CBT and ACT interventions to children, youth, families, and individuals suffering from complex medical and psychiatric conditions.
- Ensure required documentation and charts comply with the policy, including master treatment plans, individual, family, and group sessions, weekly status reviews, transition/discharge plans, and other clinically indicated documentation.
- Observe, evaluate, and report on behavior, attitudes general emotional stability of clients and their family members; assist in treatment planning/discharge planning by assessing the social needs of clients, including referrals to outside providers.
- Record all interventions and interactions with the client, family, and community agencies through progress notes in charts and electronic medical records with master treatment plan guiding services.

Clinical Leadership

- Enabled all trainees to transition into new roles within VA hospitals, UCSF hospitals, Children's hospitals, and other community mental health centers as interns and staff psychologists.
- Provide on-site supervision for 6-10 hours per week and 4-8 hours of back-up (by phone) supervisory coverage.
- Review supervisees' clinical documentation promptly and provide timely feedback to facilitate professional development.
- Provide 30-35 hours of quarterly didactic evidence-based training to practicum students, including theoretical and experiential components.
- Assist with review of intake reports and telephone intakes, and participate in Case Presentation meetings.

- Participate in monthly Supervisor meetings.
- Complete written evaluations for each student supervisee at the end of each quarter.
- Review evaluation with each supervisee, create a remediation plan for students who are not meeting clinical competencies (when needed) and submit it to Clinic Director.

Warm, Inc. Burlingame, California, Founder

Planning to provide in-depth mental health assessment, psychodiagnostic testing, psychoeducational testing, and Individual psychotherapy (Client-centered, culturally competent, Cognitive-Behavioral, Dialectical Behavioral, Art, Play, Mindfulness, Psychoeducation) child and adolescent clients and providing parenting to their parents via Telehealth. November 2021 to present.

Clinical Supervisor, San Mateo, California; StarVista (star-vista.org)

Supervised Psychology Trainees/ Psychology Interns who attended Doctoral and Master's programs in USF, Alliant, and Palo Alto/Stanford Universities for treatment, documentation, and psychological testing/assessments at youth and adult mental health programs (GIRLS, Camp Glenwood, Institution, Insights, Archways, Counseling center) that are contracted to San Mateo County Juvenile Court and San Mateo County BHRS, and federal funded programs. Also, reviewed and managed electronic medical records for these programs. August 2018-June 2019.

Clinician/Evaluating Psychologist, Palo Alto, California; Stanford University School of Medicine

Conducted Psychological Assessment (e.g., Clinician-Administered PTSD SCALE FOR DSM5, STRUCTURED CLINICAL INTERVIEW FOR DSM-IV) to veterans in the VA Health Care System for a PTSD research study. Wrote assessment reports for researchers—from March 2018 to March 2019.

Homeless Children's Network, San Francisco, California; Psychologist; Child/Family Therapist.

Provided outpatient mental health services (e.g., individual, group, family therapy & parenting counseling) to children, adolescents, and adults with various disorders such as PTSD, ADHD, Autistic spectrum disorder, Anxiety, childhood/developmental disorders, bipolar disorder, and substance abuse. Treatment is provided at shelters, childcare centers, and preschools. Consultation with parents and childcare staff. Worked with high-conflict family cases. Conducted evaluations, wrote assessment reports, creating treatment plans, and maintained patient records of EPDST (Medical) cases. Administered psychodiagnostic tests and wrote reports. Conducted crisis interventions and case management at homeless and domestic violence shelters for children and their families. Collaborated with parents, schoolteachers, social workers, and shelter staff. May 2007 to June 2010.

Homeless Children's Network, San Francisco, California; Community Health Educator/Community Organizer.

Presented workshops on mental health issues, taught parenting classes, and conducted support groups with adults in a substance abuse recovery program and a government support housing program. Provided on-site consultation with adults in a substance abuse recovery program for women. October 2007 to December 2008.

Ann Martin Center, Piedmont/Oakland, California; Staff Psychologist, Registered Psychologist (RPS2007064), Pre-Doctoral / Post-Doctoral Intern.

Provided outpatient mental health services (e.g., individual, group, couple, family therapy, parent counseling, & co-parenting) to young children, adolescents, and adults with a variety of disorders such as PTSD, ADHD/ADD, Autistic spectrum disorder, Reactive attachment disorder, Tourette's disorder, childhood/developmental disorders,

Anxiety, Depression, Conduct disorder, family and school problems in a psychodynamically oriented, CAPIC-approved internship site. Worked with high-conflict divorce cases. Provided family counseling to parents and children. Prepared evaluations, wrote assessment reports, developed treatment plans, and maintained patient records of Medical and private fee cases. Administered psychodiagnostic tests and wrote reports. Participated in weekly seminars and case conferences. Conducted crisis interventions and case management for children, adolescents, and their families. Worked with parents, schoolteachers, social workers, psychiatrists, and educational therapists. Managed and maintained a caseload of 18-24 clients per week. July 2004 to January 2008. Clinical Supervisors: Cheryl Pohl, Ph.D. Licensed Psychologist, Janis Bauerlen, M.D. Licensed Psychiatrist

Richmond Area Multi-Services (National Asian American Psychology Training Center), San Francisco, California; Practicum Trainee/Intern.

Provided outpatient mental health services (e.g., individual, group, couple, & family therapy) to adolescents, adults, and older adults with a variety of disorders such as bipolar disorder, eating disorder, PTSD, depression, Anxiety, Conduct disorder, substance abuse, and Psychotic disorders in a psychodynamically oriented, APA-approved internship site. Prepared evaluations, wrote assessment reports, created treatment plans, and maintained patient records. Participated in weekly seminars and case conferences. Conducted crisis interventions and case management for children, adolescents, and adults. Collaborated with schoolteachers, social workers, psychiatrists, and police officers. Managed and maintained a caseload of 12-15 clients per week. 2002 to 2003. Clinical Supervisors: Frances He, Psy.D. Licensed Psychologist Alexander Zinchenko, Ph.D. Licensed Psychologist

Homeless Children's Network, San Francisco, California; Practicum Trainee / Student Psychotherapist.

Provided outpatient mental health services (e.g., individual, group, couple, & family therapy) to children and adults with various disorders such as PTSD, ADHD/ADD, childhood/developmental disorders, and Anxiety in a community mental health clinic. Prepared evaluations, wrote assessment reports, created treatment plans, and maintained patient records. Participated in weekly seminars and case conferences. Conducted crisis interventions and case management for adolescents and adults at homeless and domestic violence-focused shelters. Collaborated with client parents, schoolteachers, social workers, and shelter staff. Managed and maintained a caseload of 7-10 clients per week. August 2001 to August 2002. Clinical Supervisor: Lisa Berndt, LCSW

RELEVANT WORK EXPERIENCE (Selected)

Advisor Member, Humintell, El Cerrito, CA, July 2021-present

Serve on an advisory board for the company's psychology continuing education programs for licensed psychologists and counselors. Develop psychology continuing education materials and strategies to promote the company's products.

Diversity Committee Chair, Executive Board Member, San Mateo County Psychological Association December 2015-Present.

Designed and developed workshops and continuing education courses on clinical issues relevant to cultural and racial/ethnic diversity, the LGBTQ community, gender, disabilities, social issues, and spirituality issues. Designed, developed, and implemented the Diversity Committee's mission and vision. Recruited speakers and developed workshops on diverse topics. Engaged in advocacy, engagement, and marketing of

100+psychologists and psychology students in the Bay Area. Mentored beginning psychologists and graduate students.

Mental health consultant for an online mental health expert and answer website "Just Answer." Selected as one of the top five mental health experts. Attended a company's advisory board meetings. July 2010-August 2012.

San Francisco District Attorney Office, San Francisco, California; Japanese Translator. Conducted translation and interpretation of the Sex Offender Program to Japanese-speaking offenders in the San Francisco First Sex Offender program. May 1998 to August 1998.

Japanese Community Services "Nobiru-kai," San Francisco, California; Board Member, Secretary. Attended a monthly board meeting. Took minutes for a board meeting.

Developed community events. President: David Matsumoto, Ph.D. San Francisco State University Psychology Professor. April 1999-April 2000.

PROFESSIONAL TRAINING (selected)

PESI, Certified Dialectical Behavior Therapy

Philip Manfield, Ph.D., Eye Movement Desensitization and Reprocessing (EMDR) *for Telehealth*. October 2021

PESI, Clinical Hypnosis by Alexander and Annellen M. Simpkins Ph.D.

PESI, Acceptance Commitment Therapy Intensive Training by Steven Hayes, Ph.D.

Psychotherapy Academy, Motivational Interviewing, Advanced CBT, DBT skills, and ACT, 2019.

Relias Academy, Exposure psychotherapy, Cognitive-processing psychotherapy. 2019.

PESI, Emotion-Focused Couple Therapy Intensive Training by Sue Johnson, Ph.D.

CITI Program, Research Ethics and Compliance Training, Human Subjects Research Protection courses, April 2018

Association for Advanced Training in the Behavioral Sciences, Clinical Supervision, April 2018

Motivational Interviewing Network of Trainers, Field of Study Behavior Science and Motivation, Introductory, Intermediate Motivational Interviewing, 2018

UC Berkeley, Berkeley, California. Child Neuropsychology. July 2017. Instructor: Shelley Peery,

Ph. D, UC Berkeley, Berkeley, California. Introduction to Neuropsychological Assessment. September 2015, Instructor: Simon Tan, Ph.D.

John F. Kennedy University, Orinda, California. Eye Movement Desensitization and Reprocessing (EMDR) group supervision. November 2013 to November 2014.

Instructor: Philip Manfield, Ph.D.

John F. Kennedy University, Orinda, California. Eye Movement Desensitization and Reprocessing (EMDR) I & II. September 2013 to November 2013. Instructor: Philip Manfield, Ph.D.

UC Berkeley, Berkeley, California, Compassion-Focused Therapy for Shyness & Social Anxiety Disorder. July 2013, Instructor: Lynne Henderson, Ph.D.

UC Berkeley, Berkeley, California, Cognitive-Behavior Therapy for Anxiety disorders in Children and Adolescents. August 2011, Instructor: Michael A. Tompkins, Ph.D.

Practical CE Seminars, Integrating Best Practices for Onsite Debriefing Services. March 2012.

City and County of San Francisco. Department of Public Health. Community Behavioral Health Services. San Francisco, California. Reliability Training for CANS. July 2009.

City and County of San Francisco. Department of Public Health. Community Behavioral Health Services. San Francisco, California.

Reliability Training for the Child and Adolescent Functional Assessment Scale (CAFAS). Instructor: Mr. Spencer Williams.

City and County of San Francisco. Department of Public Health. Community Behavioral Health Services. San Francisco, California.

Dialectical Behavior Therapy; December 2002. Instructor: Alan Fruzzetti, Ph.D. City and County of San Francisco. Department of Public Health. Community Behavioral Health Services. San Francisco, California.

Child Abuse Reporting, Assessment, and Treatment; February 2002. Instructor: Julie Robbins, LCSW. Existential/Humanistic Institute, San Francisco, California.

Existential-Humanistic Therapy Training; April 2000 to June 2000. Instructor: Kirk Schneider, Ph.D. et al. California Institute of Integral Studies, San Francisco, California.

Various coursework and workshops on group/individual counseling, psychotherapy, and alternative medicine. Humanities Doctoral program. September 1996 to June 2000.

John F. Kennedy University, Orinda, California. Counseling coursework and workshops, including Art Therapy and Play Therapy. Consciousness Master's program. April 1996 to July 1996.

California Institute of Integral Studies, San Francisco, California. Body Oriented Psychotherapy (Hakomi, Process-Oriented Psychotherapy). 1995.

UC Berkeley, Berkeley, California. Alcohol and Drug Abuse Studies and Counseling coursework. September 1995 to December 1995.

TEACHING & PRESENTATIONS (Selected)

Olsen, A. (2022). Child Therapy: Play Therapy Basics. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (2021). Narrative Therapy and Trauma. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (2021). Introduction to Somatic Psychotherapy. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (2020). Introduction to Narrative Therapy. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (2020). Social Justice in Psychotherapy. Palo Alto University & Stanford Consortium (PGSP), Psychology Ph.D. & Psy.D. programs, Gronowski Center, Practicum I Training Seminar.

Olsen, A. (October, November 2017). American Association of University Women (AAUW) Annual Conference., Recognizing, understanding, and coping with depression in girls. San Carlos California.

Olsen, A. (May 2010). Recognizing and treating depression in seniors. Presentation at Kokoro Assisted Living Inc., San Francisco, California.

Olsen, A. (January 2009) Coping skills for depression and Anxiety at South Market support housing community forum, San Francisco, California

Olsen, A. (May 2008). Diversity issues in Clinical Practice. Presentation at Homeless Children's Network, San Francisco, California.

Olsen, A. (May 2000). Intercultural Communication. Presentation at Richmond Area Multi-Services, San Francisco, California.

PUBLICATIONS (Selected)

- Olsen, A. (June 2019). A Beginner's Guide for Emotional Trauma. Amazon Kindle publication.
- Olsen, A. (November 2018). The Rise of Anxious Society: Recognizing, Understanding, and Treating Anxiety in Girls. Amazon Kindle publication.
- Olsen, A. (June 2019). The Positive Impact of Meditation and Exercise. Medium/USA (<https://medium.com/@akiraolsen/the-positive-impact-of-meditation-and-exercise-on-mental-health-a801cedbb8b0>)
- Olsen, A. (2019). Artificial Intelligence and Personality Assessments. Medium/USA (<https://medium.com/datadriveninvestor/artificial-intelligence-and-personality-assessments-404bd9a7983e>)
- Olsen, A. (2018). New Trauma Therapy uses storytelling, music, artificial intelligence, and virtual reality. Medium.com/USA (<https://medium.com/@akiraolsen>)
- Olsen, A. (August 2018). Treating Anxiety with Self-Compassion. Medium.com/USA (<https://medium.com/@akiraolsen>)
- Olsen, A. (August 2018). The epidemic of Anxiety among Gen Z and Millennial Girls and mobile phone use. Medium.com/USA (<https://medium.com/@akiraolsen>)
- Olsen, A. (December 2006). High Achieving Female High School Students of Color Who Overcome Adversity and Disadvantage. Ann Arbor, MI: UMI.

AFFILIATIONS

American Psychological Association, Full Member
California Psychological Association, Full Member
Language
Japanese (Native Fluency in speak and writing)