

Bridgit Marlo Karo Psy.D.
Santa Cruz, California

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EDUCATION & CERTIFICATION

Doctor of Psychology, Graduate Center for Child Development in Psychotherapy, Reiss-Davis,
Ryokan College, Los Angeles, 2012

Master of Arts in International and Multicultural Education, University of San Francisco, 1997

Bachelor of Arts in Health Psychology, University of San Francisco in Clinical Psychology, 1993

Psychological Assistant Registration #PSB94023715, 2017

Yoga Teacher Certification, 2012

PUBLICATIONS

Marlo Karo, B. (2012) *Using a Holistic Approach as a Treatment for a Child with Early Attachment Disorder: A Case Study.* (Doctoral dissertation).

PROFESSIONAL EXPERIENCE

Psychological Assistant

November 2017 to Present

Center for Humanistic Development
Aptos, California

- Counsel adults and minors with emotional disturbances specializing in ages three through seventeen
- Utilize ecotherapy, walking or hiking in natural environments, to help clients reduce anxiety and share their concerns in welcoming environment
- Meet with clients weekly to develop a strong, positive rapport by maintaining a non judgemental approach and use of multiple modalities including sports and games

Yoga Teacher

Hot Elevation Studios
Capitola, California

- Instruct biweekly classes, Hot Vinyasa Flow, with 25+ students per class
- Instruct Hot Yoga Sculpt classes using weights and cardio exercises
- Instruct Core Yoga using poses that isolate abdominal and gluteal muscles

Therapist

Julia Ann Singer Center

September 2007--June 2009

Los Angeles, California

- Assisted young children ages three to seventeen who have autism, learning disabilities, developmental delays, emotional disturbances and other special needs
- Counseled physically and emotionally abused children and their families using art therapy, sports therapy, play therapy, and talk therapy

Consultant

September 2006–March 2007

Los Angeles, California

- Counseled sexually abused children and adolescents ages infant through 18 years
- Counseled children and family members, individual and group supervision, and participating in seminars
- Maintained documentation required by State, Federal, and local agencies

Teacher's Aide

February 2005–August 2006

St. John's Child and Family Development Center

Los Angeles, California

- Supervised preschool-aged children in academic and physical activities
- Observed children with of mental and physical disabilities including attachment issues and ADHD

**Physical Trainer &
Group Therapy Leader**

May 2002–May 2004

The Solid Foundation

Los Angeles, California

- Assisted mentally challenged adults with weight loss protocols including nutritional guidance, aerobic exercises, and weight lifting
- Documented the progress of individual patients daily via written documentation

Assistant Track Coach

September 1998-August 2001

Life University

Atlanta, Georgia

- Coached and counseled a diverse group of international athletes using a psychodynamic, sports psychology approach and nutritional counseling

Counselor

August 1997–July 1998

Monte Nido Eating Disorder Treatment Center

Malibu, California

- Counseled patients with eating disorders, excessive exercise disorders, and obsessive-compulsive behavior. Designed and implemented sports therapy programs