

Curriculum Vitae

Gameplan Therapy

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Sarah A. Haider, Psy.D.

*Licensed in California PSY24600

*Licensed in Colorado PSY 4811

Education:

Widener University, Institute for Graduate Clinical Psychology. Doctorate of Psychology (APA Accredited).

Dissertation= Addressing Peer Death by Suicide: The School's Role in the Aftermath of Student Suicide.

The College of William and Mary Bachelor of Arts in Psychology, Honors

Work Experience:

Gameplan Therapy, Denver, CO.

Founder, Executive Director (June 2018-Present)

Gameplan Therapy is a treatment center designed to treat pediatric OCD and anxiety. Treatment combines exposure-based therapy with compassion, education and family involvement to create a true "team" approach.

Renewed Freedom Center for Rapid Anxiety Relief, Los Angeles, CA.

Director of Training (August 2011-June 2018)

Psychological Assistant (November 2008- August 2011)

Work extensively with young children, adolescents and adults suffering from severe anxiety disorders, with an emphasis on treating OCD and Panic Disorder. Conduct staff trainings and provide supervision to clinical interns.

Teaching Experience:

University of Denver, Center for Child and Family Psychology: Adjunct Professor, Supervisor to PhD students. Denver, CO. (Fall 2020, Winter 2020, Spring 2021)

The Chicago School of Professional Psychology: Professor of Lifespan Psychology; Professor of Cognitive Behavioral Interventions; Professor of Substance Abuse and Chemical Dependency, Los Angeles, CA. Adjunct Professor (Fall 2010, Spring 2011)

Widener University: Professor of Developmental Psychology; Professor of Introduction to Psychology, Chester, PA. Adjunct Professor (Fall 2006, Spring 2007, Fall 2007)

Professional Activities:

Board of Directors- Los Angeles County Psychological Association (LACPA), 2016

Convention Co-Chair- LACPA, (2016)

Chair- LACPA Cognitive Behavioral Special Interest Group, (2009-2016). Provide didactic CBT training to LACPA members on monthly basis.

LACPA Convention Committee, (2015).

LACPA Membership Committee, (2009-2010).

Participant in State Legislature Day, California Psychological Association (CPA), (March 2010), Sacramento CA.

Research & Presentations at Conventions:

Haider, S.A. (September 2024). When, What, Why and How? Utilizing Apps in Anxiety Treatment. Iranian Psychological Association of America. Downey, CA.

Haider, S.A. (December 2023). Volunteer training “Exposure and Response Prevention”. Spectrum Connections Therapy. Denver, CO.

Haider, S.A. (October 2023). Unmasking Autism: Untangling Implications of Autism within Psychotherapy Treatment. Iranian Psychological Association of America. Downey, CA.

Haider, S.A. (June 2023). Am I doing this right?: Steps to take when exposures are not working. San Clemente Psychological Services, San Clemente, CA.

Speigel, J., Haider, S.A (April 2023). Am I doing this right?: Steps to take when exposures are not working. Anxiety & Depression Association of America (ADAA) Annual Conference, Washington, D.C.

Haider, S.A. (September 2022). Pediatric Anxiety, Coaching Parents to Calm their Child's Anxious Mind Iranian Psychological Association of America (IPAA) Los Angeles, CA.

Yip, J.C., Haider, S.A., Lynch, J., Bramhall, A. (July 2022). OCD Trivia: How much do you know? International Obsessive Compulsive Disorder Foundation (IOCDF) 27th Annual Conference, Denver, CO.

Yip, J.C., Haider, S.A., Lynch, J., Bramhall, A. (April 2022). Me time: destress strategies to prevent burnout and improve work-life balance. Anxiety & Depression Association of America (ADAA) Annual Conference, Denver, CO.

Haider, S.A. (May 2019). Am I doing this right? The nuances of exposure-based treatment for OCD and anxiety. Iranian Psychological Association of America (IPAA) Los Angeles, CA.

Yip, J.C., Haider, S.A., Gayle, C., George, J.R., Parlor, J. (July 2018). Do's and don't's when treating OCD with multicultural families. International Obsessive Compulsive Disorder Foundation (IOCDF) 22nd Annual Conference, Washington, D.C.

Haider, S.A., Izquierdo, C. (May 2016). Tips for Managing Your Child's Anxiety. Early Childhood Special Needs Symposium, Los Angeles, CA.

Yip, J.C., Haider, S.A. & Laracy, N. (April 2016). Advocacy, Education, and Awareness: The Professional's Role. Anxiety & Depression Association of America (ADAA) 36th Annual Conference, Philadelphia, PA.

Yip, J.C., Haider, S.A. (April 2016). Who's Really in Charge? Maneuvering Through the Family System to Improve Pediatric Anxiety Treatment Outcome. Anxiety & Depression Association of America (ADAA) 36th Annual Conference, Philadelphia, PA.

Haider, S.A., et al. (July 2014). Treating OCD in Teens: Working with teens AND their parents. International Obsessive Compulsive Disorder Foundation (IOCDF) 21st Annual Conference, Los Angeles, CA.

Yip, J.C., & Haider, S.A. (July 2014). YOLO (You Only Live Once): Why Waste Time Procrastinating? International Obsessive Compulsive Disorder Foundation (IOCDF) 21st Annual Conference, Los Angeles, CA.

Yip, J.C., Haider, S.A., Witkin, M., & Cespedes, Y. (July 2014). Silence is not golden: How to talk to insurance, schools, and your kids. International Obsessive Compulsive Disorder Foundation (IOCDF) 21st Annual Conference, Los Angeles, CA.

Haider, S.A. & Cespedes-Knadle, Y. (March 2014). Tools for Teachers: Supporting Anxious Kids in the Classroom. Biennial California Association of Independent Schools (CAISCA) Southern Regional Meeting, North Hollywood, CA.

Haider, S.A. & Yip, J.C. (March 2014). The Art of Questioning: Skillfully Building Motivation toward Exposure Therapy. Anxiety & Depression Association of America (ADAA) 34th Annual Conference, Chicago, IL.

Yip, J.C., & Haider, S.A. (July 2013). Therapy, Insurance, & School – Oh My! Solutions for Families Overwhelmed by OCD. International Obsessive Compulsive Disorder Foundation (IOCDF) 20th Annual Conference, Atlanta, GA.

Haider, S.A. & Yip, J.C. (July 2013). Manipulating Language to Improve Patient Connections & Treatment Compliance in the Pediatric OCD Population. International Obsessive Compulsive Disorder Foundation (IOCDF) 20th Annual Conference, Atlanta, GA.

Haider, S.A. & Yip, J.C. (March 2013). Mission Possible – Motivating Resistant Patients toward Exposure Therapy for Anxiety. Anxiety & Depression Association of America (ADAA) 33rd Annual Conference, La Jolla, CA.

Yip, J.C., et al., (March 2013). What To Do When OCD Occurs in the Twice-Exceptional Child. Anxiety & Depression Association of America (ADAA) 33rd Annual Conference. La Jolla, CA

Yip, J.C., & Haider, S.A. (October 2012). Treating pediatric OCD strategically with mindfulness-based CBT. Presented at the 24th Annual Los Angeles County Psychological Association Convention, Los Angeles, CA.

Yip, J.C., & Haider, S.A. (April 2012). OCD, ADHD, ODD, ASD?!? Avoid destructive mislabeling by understanding anxiety in children. Presented at the 32nd Annual Anxiety Disorders Association of America Conference, Washington, D.C.

Yip, J.C., & Haider, S.A. (March 2012). Helping children beat the anxiety monster! Integrating therapeutic games in the classroom. Presented at the Biennial California Association of Independent Schools (CAISCA) Southern Regional Meeting, North Hollywood, CA.

Yip, J.C., & Haider, S.A. (October 2011). OCD, ADHD, ODD, ASD?!? Understanding the underlying triggers of anxiety in children to avoid destructive mislabeling. Presented at the 23rd Annual Los Angeles County Psychological Association Convention, Los Angeles, CA.

Yip, J.C., & Paxson, S.A. (July 2011). OCD Jeopardy: Using games to beat the OCD monster! Workshop presented at the 18th Annual International Obsessive Compulsive Disorder Foundation Conference, San Diego, CA.

Yip, J.C., & Paxson, S.A. (March 2011). Helping children beat the OCD monster! Making ERP "FUN" by integrating games into treatment. Presented at the 31st Annual Anxiety Disorders Association of America Conference, New Orleans, LA.

Yip, J.C. & Paxson, S.A. (August 2010). I can beat the OCD monster! Workshop presented at the 17th Annual International Obsessive Compulsive Disorder Foundation Conference, Washington, D.C.

Yip, J.C., & Paxson, S.A. (March 2010). I have a student with anxiety...Now what? Tools for successfully working with students suffering from anxiety. Presented at the Biennial California Association of Independent Schools (CAISCA) Southern Regional Meeting, North Hollywood, CA.

Yip, J.C. & Paxson, S.A. (2009). ADHD? Anxiety? Giftedness? Inattention in the classroom: Ending the pattern of destructive misdiagnosis. CAISCA Faculty Newsletter, (Late Spring).

Paxson, S.A., & Yip, J.C. (March 2009). It's not necessarily ADHD! Understanding inattention in children. Presented at the Biennial California Association of Independent Schools (CAISCA) Northern Regional Meeting, Oakland, CA.

Media Features:

Spiegel, J., Haider, S.A. (August 2023). Episode 396: Troubleshooting ERP when it's not working. The OCD Stories Podcast with Stuart Ralph.

Harmon, M., Haider, S.A. (July 2023). Let's Unpack. The Key magazine.

Haider, S.A. (October 2020). Meet Sarah Haider of Gameplan Therapy. Interview with Voyage magazine Denver.

Tullis, P., Haider, S.A. (April 2019). Anxiety and depression are increasingly plaguing American adolescents. 5280.

Yip, J.C., Haider, S.A. & Laracy, N. (September 2017). OCD and the Family. The Stress-Less Life Podcast with Dr. Yip.

Yip, J.C., Haider, S.A. & Laracy, N. (August 2017). OCD in Kids. The Stress-Less Life Podcast with Dr. Yip.

Local Presentations:

Haider, S.A. (June 2018). Volunteer Training. Suicide awareness for refugee populations. Presented at Mango House. Aurora, CO.

Haider, S.A. (April 2018). Volunteer Training. Decompression strategies for volunteers. Presented at Mango House. Aurora, CO.

Haider, S.A., Izquierdo, C. (May 2016). Parent Training. Picky eaters. Presented at Temple Isaiah Preschool. Los Angeles, CA.

Haider, S.A., Izquierdo, C. (March 2016). Understanding and Managing Your Child's Social Anxiety. Presented at HELP Group. Los Angeles, CA.

Haider, S.A. (February 2015). Teacher In-service. Support Staff Training: Managing teacher and parent anxiety. Pressman Academy, Los Angeles, CA.

Haider, S.A. (March 2014). Tools for teachers- motivating children with different needs. St. Anastasia Catholic School, Los Angeles, CA.

Haider, S.A. (December 2013). Evidenced-based treatments for obsessive-compulsive and related disorders. Airport Marina Counseling Center, Los Angeles, CA.

Yip, J.C., et al., (November 2012). Got anxiety? We have solutions for families & friends of people with OCD and anxiety related disorders. Renewed Freedom Center for Rapid Anxiety Relief, Los Angeles, CA.

Haider, S.A., Fries, J., Schultz, D., & Crowder, A (October 2012). How much does theoretical orientation matter? A panel of practitioners discuss similarities and differences in approach. The Chicago School, Los Angeles, CA.

Haider, S.A. (September 2012). 6th grade class training. Preparation for transition to middle school. The Village School, Pacific Palisades, CA.

Haider, S.A. (August 2012). Two day school-wide teacher in-service. Tools for teachers-motivating children with different needs. Pressman Academy, Los Angeles, CA.

Yip, J.C., & Paxson, S.A. (November 2009). Tools for successfully working with students suffering from anxiety. Presented as Teacher Inservice to SCViChater School, Valencia, CA.

Facilitated or gave monthly 90 minutes lectures to therapists in Los Angeles on topics related to CBT, from July 2009-July 2016 in my role as CBT Special Interest Group Chairman. Delivered approximately 24 lectures; facilitated approximately 60 lectures.