

LANDON T. BERGER, PSY.D.

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EDUCATION

- 2011** **Psy.D. in Clinical Psychology**
PGSP-Stanford Psy.D. Consortium, Palo Alto, CA.
 Dissertation: “Compassion and Volunteerism: A Proposed Relationship.”
- 2003** **Bachelor of Science in Psychology**
Oregon State University, Corvallis, OR

CLINICAL PSYCHOLOGY EXPERIENCES

- 08/12 – present** **Private Practice**
Portland Positive Psychology (Portland, OR)
Provide individual psychotherapy and positive psychology coaching, workshops, and group intervention. Designed and developed a multi-session intervention based in empirically supported positive psychology treatments.
- 03/18 – 01/19** **Psychologist**
Western Counseling and Psychological Services (Hillsboro, OR)
Provided part-time individual psychotherapy, case management, and crisis intervention to adults. Attended weekly staff meetings.
- 01/16 – 4/16** **Psychologist**
Counseling and Psychological Services
Semester at Sea (MV World Odyssey)
Provided short-term individual therapy and case management for university students, faculty, and staff onboard MV World Odyssey during A Voyage Around The World. Reviewed charts prior to voyage and interview students of concern. Provided coverage as on-call (crisis) clinician in port cities. Assessed students cited for drug or alcohol infractions. Performed outreach, consultation, and create presentations as needed. Created presentation to address reverse culture shock and other issues that may occur when transitioning home from international travel.
- 08/11 – 08/12** **Post Doctoral Fellow**
Counseling and Psychological Services
University of California, Santa Cruz (Santa Cruz, CA)
Provided short-term individual therapy and case management for university students. Provided weekly coverage as on-call (crisis) clinician. Co-facilitate men’s group. Performed campus outreach and consultation, including RA trainings for suicidal

students. Received weekly individual and group supervision. Attended weekly crisis team and staff meetings.

Supervisor: Peg Shemaria-Hedman, Ph.D. (retired)

08/10 – 08/11

**Pre-doctoral Psychology Intern
Counseling and Psychological Services
Cal State University Long Beach (Long Beach, CA)**

Provided short-term individual therapy and case management for university students. Provided weekly coverage as on-call (crisis) clinician. Co-facilitated ongoing interpersonal process group. Performed campus outreach and consultation. Received weekly individual and group supervision with videotaped sessions and participated in weekly diversity, outreach, and training seminars. Attended weekly case disposition and staff meetings.

Supervisor: Ferdinand Arcinue, Ph.D.

09/09 – 06/10

**Practicum Student
Counseling and Psychological Services
Santa Clara University (Santa Clara, CA)**

Provided short-term individual psychotherapy and case management for university students. Performed campus outreach activities. Delivered motivational interviewing interventions to students with alcohol infractions. Co-designed and co-facilitated men's group and couples workshop. Received weekly individual and group supervision with videotaped sessions. Participated in weekly staff case consultation and training seminar.

Supervisor: Larry Wolfe, Ph.D.

06/08 – 08/10

**Practicum Student
The Shyness Clinic
The Kurt and Barbara Gronowski Clinic (Los Altos, CA)**

Co-facilitated a 8-week group for young adults ages 18-24 suffering from Social Anxiety. Treatment involved a skills-based cognitive-behavioral approach known as the *social fitness model* and incorporated elements of an interpersonal process group.

Supervisor: Nikki Shiloff, Ph.D.

02/07 – 08/10

**Practicum Student
Stanford Psychology and Behavioral Sciences Laboratory
Stanford University Medical Center (Stanford, CA)**

Co-facilitated groups using a novel psychotherapy intervention to reduce trauma symptoms and co-occurring HIV-related risk behavior in HIV positive men. Attended weekly didactics and meetings, which included extensive training in ethics, clinical case formulations, and appropriate clinical interventions.

Supervisors: Cheryl Gore-Felton, Ph.D. and Cheryl Koopman, Ph.D.

07/08 – 08/09

**Practicum Student
Homeless Veterans Rehabilitation Program
Veterans Affairs Palo Alto Health Care System (Menlo Park, CA)**

Served on a multidisciplinary team in a therapeutic community of 70 live-in residents with substance use disorders. Duties included co-facilitating interpersonal process groups, teaching skill-based classes (e.g., cognitive restructuring, relapse prevention, communication skills) and managing larger milieu treatment. Helped residents learn to resolve interpersonal conflict and manage desires to use substances. Received weekly supervision and regular consults with treatment team.

Supervisor: Larry Malcus, Ph.D.

09/07 – 06/09

Practicum Student

The Kurt and Barbara Gronowski Clinic (Los Altos, CA)

Provided psychotherapy for individual adults and couples at a low-cost community mental health clinic. Attended weekly in individual and group supervision with videotaped sessions.

Supervisor: Sandra Macias, Ph.D.

09/05 – 08/06

Skills Trainer

04/05 – 06/05

Monitor Program

Oregon Social Learning Center Community Programs (Eugene, OR)

Provided behavioral support and life skills coaching to children and adolescents who were severely emotionally disturbed, conduct-disordered, or had a history of delinquency utilizing the Multidimensional Treatment Foster Care model. Implemented positive reinforcement interventions designed to emphasize each child's strengths. Initiated ongoing contact and coordination with the case manager, individual therapist, and parents/foster parents to manage the rewards, privileges, and consequences of the system. Attended weekly clinical meetings and skills trainer meetings.

Supervisor: Peter Sprengelmeyer, Ph.D.

01/05 – 06/05

Therapeutic Childcare Specialist

09/05 – 08/06

Oregon Social Learning Center (Eugene, OR)

Provided childcare to children and adolescents (ages 1-17 years) with special needs who parents were participating in interviews, ongoing support groups, and therapy sessions.

Supervisor: Molly Culligan

06/05 – 08/05

Recreational Counselor

New York University Summer Program for Kids (New York, NY)

Received specialized training in behavior modification, social skills training and classroom management based on Dr. Pelham's empirically validated summer program for children with ADHD. Supervised various activities including a full variety of sports, academic and computer tasks, and arts and crafts. Received daily supervision pertaining to children's individualized behavior plans.

Supervisor: Karen Fleiss, Psy.D.

AGRICULTURAL EXPERIENCES

01/19 – 01/20

Project Director/Farm Manager

Integrity Hemp (Hillsboro, OR)

Designed, developed, and managed a 35-acre farm providing hemp-derived Cannabidiol (CBD) to health product manufacturers. Duties included: obtaining seed stock, construction and maintenance of greenhouse, bed forming and application of plastic mulch, designing irrigation and fertilization systems, and building drying space. Managed seeding, transplanting, irrigation, weeding, fertilization, pest control, harvest, drying, and storage. Managed social media platforms and marketing of hemp biomass.

04/18 – 11/18

**Farm Crew/Tractor Operator
Stoneboat Farm (Hillsboro, OR)**

Assisted with various tasks on the farm including seeding, transplanting, irrigation, harvest, post-harvest, bed clearing, and weeding. Operated tractor to mow cover crop, cultivate soil, bed form, apply plastic mulch, and harvest potatoes.

04/16 – 11/16

**Intern
Flying Coyote Farm (Sandy, OR)**

7-month internship at an organic and biodynamic farm. The farm distributed a wide variety of vegetables, herbs, raw dairy, and pasture-raised meat through a CSA program, Farmer's Markets, and local restaurants.

04/14 – 4/15

**Apprentice
Farm and Garden
Esalen Institute (Big Sur, CA)**

1-year apprenticeship at Esalen's sustainable organic farm and garden that provides produce, herbs, and flowers to the Esalen kitchen in a farm-to-table model. Apprentices rotate through 4 positions: farm cultivation (tractor work), farm irrigation, nursery, and garden irrigation. The apprenticeship has a holistic focus, which includes relational agriculture practices. Relational agriculture includes daily meditation, daily gestalt awareness practice, and participation in a weekly gestalt awareness group.

06/13 – 10/13

**Equipment Operator
Berger International (Hillsboro, OR)**

Operated and maintained combines and tractors and completed various farm-related tasks during harvest of tall fescue grass seed and red clover.

RESEARCH EXPERIENCE

09/08 – 05/11

**Dissertation in Clinical Psychology
PGSP-Stanford Psy.D. Consortium (Palo Alto, CA)**

Title: "Compassion and Volunteerism: A Proposed Relationship"

A literature review providing a theoretical argument as to why practicing volunteerism may increase compassion by reviewing the outcome literature that provides empirical support for this theoretical claim. It will also explore the mechanism by which volunteerism impacts the development of compassion.

02/06 – 08/10

**Research Assistant
Stanford Psychology and Behavioral Sciences Laboratory**

Stanford University Medical Center (Stanford, CA)

Assisted with research activities based on the nationwide HIV Testing Survey, which examined HIV risk behaviors, substance abuse, and partner type in gay men. Analyzed data using SPSS. Attended weekly meetings with extensive training in ethics, advanced research methods, statistics, and writing research manuscripts.

Principal Investigators: Cheryl Gore-Felton, Ph.D. and Cheryl Koopman, Ph.D.

06/08 – 06/09

Research Assistant

**Homeless Veterans Rehabilitation Program/Domiciliary
Veterans Affairs Palo Alto Health Care System (Menlo Park, CA)**

Assisted with a follow-up study on program after-care. Responsibilities included: tracking patient questionnaires, data entry, assisting with SPSS data analysis, and literature review for publication.

Principal Investigator: Keith Harris, Ph.D.

09/08 – 03/09

Research Assistant (Palo Alto, CA)

Assisted with literature search and writing for a book chapter entitled Resistance to Treatment in Athletic Clients, to be published in M. Anderson & S. Handrahan, Sports Psychology Handbook, Routledge Press (forthcoming, 2010).

Author: Julia Shiang, Ph.D.

04/05 – 08/06

Research Assistant

**Third Generational Study
Oregon Social Learning Center (Eugene, OR)**

Assisted with a study examining the parenting practices of the young parents as well as child characteristics such as temperament, attachment, behavior problems and cognitive ability. Collected data through questionnaires, standardized assessments, videotaped lab tasks, in-person interviews, and telephone interviews with participant's ages 18 months to 12 years of age and their adult parents.

Supervisors: Lisa Bruckner and Carolyn Montoya

PRESENTATIONS

Vaught, A.S., Harris, K.W., & **Berger, L. T.** (2009, July). *PTSD symptoms at admission predict post-treatment homelessness in veterans discharging from a Domiciliary Care for Homeless Veterans program*. Poster presented at the Department of Veterans Affairs National Mental Health Conference in Baltimore, MD.

Berger, L. T., Shippen, S. N., Gladstone, K. A., Crumble, D., Koopman, C., & Gore-Felton, C. (2008, August). *Alcohol use and sexual risk behaviors among gay men*. Poster presented at the APA Convention in Boston, MA.

HONORS AND AWARDS

2008

APA Division of Health Psychology Research Award

Awarded for outstanding research poster in the Cancer, HIV, and other Chronic Diseases Poster Session at the 116th Annual Convention of the American Psychological Association in Boston, MA.

2007

SECA Student Travel Award

Awarded travel scholarship from the Students for Ethnic and Cultural Awareness (SECA) to attend the Cultural Competence and Mental Health Summit XV: Evolving with Communities to Achieve Culturally Responsive Approaches.

PROFESSIONAL DEVELOPMENT

09/08 – 09/09

Student Council Co-President

PGSP-Stanford Psy.D. Consortium (Palo Alto, CA)

Served as a liaison between graduate students, faculty, and administration in response to student issues. Managed the organization of social events, extracurricular academic development, and professional development opportunities for Psy.D. students such as community outreach and therapist self-care.

09/07 – 09/09

Member

Students for Ethnic and Cultural Awareness

PGSP-Stanford Psy.D. Consortium (Palo Alto, CA)

Involved in recruitment and retention of ethnically diverse students and faculty, expansion of clinical and research training in multicultural issues, increasing cultural awareness and acceptance of diversity at PGSP, and organizing culturally relevant activities. Organized a movie night and facilitated a discussion on white privilege.

TEACHING EXPERINCES

01/09 – 03/09

Teaching Assistant

Behavioral Medicine

PGSP-Stanford Psy.D. Consortium (Palo Alto, CA)

Assisted in revision of course curriculum and advised students on content and format of class projects and final papers. Provided *Issues Facing Men with HIV and AIDS* lecture. Professor: Cheryl Gore-Felton, Ph.D.

PROFESSIONAL TRAININGS

11/14

Gestalt Process Group Facilitator Training (Esalen, CA)

04/11

Dialectical Behavior Therapy (Long Beach, CA)

10/10

AB 540 Ally Training: Advocating for Undocumented Students (Long Beach, CA)

09/09

Multicultural Training for University Counseling Centers (San Jose, CA)

- 05/09** **The Science of a Meaningful Life: Mindfulness and Well-Being (Berkeley, CA)**
- 03/09** **The Science of a Meaningful Life: Building Compassion, Creating Well-Being (Berkeley, CA)**
- 03/09** **Narrative Therapy (Redwood City, CA)**
- 03/09** **Human Sexuality (Redwood City, CA)**
- 09/08** **Positive Psychology (Redwood City, CA)**
- 08/08** **Motivational Interviewing (Menlo Park, CA)**
- 04/08** **Cultural Competence and Mental Health Summit XV: Evolving with Communities to Achieve Culturally Responsive Approaches (San Diego, CA)**

PROFESSIONAL AFFILIATIONS

- 08/12 – present** **Oregon Board of Psychologist Examiners**
License: 2255

FARMING REFERENCES

Lili Tova

Owner/Manager
Flying Coyote Farm
19779 SE Langensand Rd.
Sandy, OR 97055
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Shirley Ward

Farm and Garden Manager
Esalen Institute
55000 CA-1
Big Sur, CA
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Molly Leebove

Instructor
Farmer Training Program
University of Vermont Horticulture Research Center
65 Green Mountain Road
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CLINICAL REFERENCES

Janice Abarbanel, Ph.D.

Psychologist
Counseling and Psychological Services
Semester at Sea - Spring 2016 voyage
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