

**Arielle Webb, PhD**  
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**EDUCATION**

- 2023**                      **Graduate Student in Clinical Psychology, Ph.D. Program,**  
*(APA Accredited)*  
Palo Alto University, Palo Alto, CA.  
Advisor: Kimberly Balsam, Ph.D.  
Areas of Emphasis: Diversity and Community Mental Health, LGBT  
Psychology.  
*Doctoral Degree Award Date: April, 2023*
- 2016**                      **Masters of Science, Clinical Psychology**  
Palo Alto University, Palo Alto, CA
- 2003**                      **Bachelor of Arts in Psychology**  
Mills College, Oakland, CA
- 2000**                      **Associate of Arts in Psychology**  
Santa Monica College, Santa Monica, CA

**SUPERVISED CLINICAL EXPERIENCE**

**Therapist, Joy!: May 2023-present**

Castro Valley, CA

Clinical Supervisor: Joy Johnson, PsyD

- Population: Ages 12 and above
- Setting: Outpatient, Telehealth
- Individual, Couples/Relationship, and Group Psychotherapy

**Lead Therapist, Eden Counseling, Inc: January 2023-present**

Castro Valley, CA

Clinical Supervisor: Joy Johnson, PsyD

- Population: Ages 12 and above
- Setting: Outpatient, Telehealth, School-based, Juvenile Probation
- Individual, Couples/Relationship, and Group Psychotherapy
- Engagement in program development
- Development and facilitation of didactic training for staff and student therapists

- Clinical supervision of student therapists
- Engagement in outreach

**Clinical Psychology Intern, VA Pacific Islands Health Care System: July 2020-July 2021**  
(*APA Accredited*)

Honolulu, HI

Training Director: Shiloh Jordan, PhD

Supervisors: Brian Kelley, PsyD, Timothy Freson, PhD, Shiloh Jordan, PhD, and Jessica Murakami, PhD

- Population: Adult and older adult Veterans
- Setting: Outpatient, Telehealth, Homeless Outreach, Rural outpatient
- Completed four 6-month clinical rotations: Homeless Patient Aligned Care Team (rural), Traumatic Stress Recovery Program/PTSD Clinical Team (full year), Leeward Community-Based Outpatient Clinic Mental Health Team Rotation (rural), and Dialectical Behavioral Comprehensive Program Adjunct Rotation
- Provided trauma-focused individual and group psychotherapy
- Conducted intensive case management.

**Psychological Assistant, Trauma Recovery Center, La Familia: August 2019-May 2020**

Hayward/Oakland, CA

Primary Supervisors:Carolynn Langsdale, PsyD and Renea Lynn, PsyD

Other Supervisors: Angela Luna, LMFT

- Population: Adults and children survivors of trauma and domestic violence.
- Setting: Outpatient, Interdisciplinary
- Provided trauma-focused individual and group psychotherapy.
- Provided psychoeducational groups: Seeking Safety, DBT Skills.

**Psychology Extern, Psychosocial Rehabilitation, San Francisco VA Medical Center: July 2017- June 2018**

San Francisco VA, San Francisco, CA

Supervisor: Jennifer Boyd, PhD

Other Supervisors: Meredith Sears, PhD (DBT and suicide prevention supervision), Elena Bassett, PhD, (CBTp and DBT supervision), Michael Drexler, PhD (Neuropsychology supervision)

- Population: Veterans, SMI, dual diagnosis, adults and older adults.
- Setting: Outpatient and inpatient VA medical center
- Provided individual and group psychotherapy for Veterans diagnosed with Serious and Persistent Mental Illness.
- Provided trauma-focused individual and group psychotherapy
- Conducted intensive case management.

**Psychology Trainee: September 2016-June 2016**

Wellness Center, Treasure Island Job Corps  
Treasure Island Job Corps, San Francisco, CA  
Supervisor: Knute Johnson, Ph.D.

- Population: transition-aged young adults (ages 16-27), youth on probation, primarily ethnic minorities, primarily poor to low socioeconomic backgrounds, single and dual diagnoses, SMI.
- Setting: residential vocational program, college-like campus, community mental health.
- Provided trauma-focused individual psychotherapy
- Conducted intensive case management.
- Conducted weekly psychoeducation workshops and didactic trainings for staff and students.

**Psychology Trainee: August 2015-June 2016**

Y-Team Mental Health, Korematsu Middle School  
Richmond, CA  
Supervisor: Molly Stullman, Ph.D.

- Population: children ages 11-14 and families, primarily ethnic and racial minorities, primarily from low socioeconomic backgrounds, depression, anxiety, anger, suicidality, adjustment, trauma, exposure to gang violence, and substance use.
- Setting: middle school, community mental health outpatient.
- Provided individual and family psychotherapy including trauma focused, art, and psychodynamic therapies.

**Practicum Therapist: June 2014-June 2015**

The Gronowski Center and the Sexual and Gender Identities Clinic (SGIC)  
Palo Alto University, Los Altos, CA  
Supervisors: Peter Goldblum, Ph.D., MPH and Matthew Skinta, Ph.D., ABPP

- Population: adults ages 15-50, ethnic and racially diverse, diverse socioeconomic backgrounds, sexual and gender minority adults, depression, anxiety, trauma-related distress, Autism spectrum, delusional disorders, personality disorders, gender dysphoria and sexual minority stress.
- Setting: specialty outpatient clinic that delivers psychological services to sexual and gender minority clients.
- Provided individual psychotherapy

**RELEVANT WORK EXPERIENCE****APPIC Internship Advisor and Coach: June 2023-present**

Psych Grad Corner, Virtual, U.S.

- Provides comprehensive one-on-one advising and coaching for navigating the APPIC internship application process

- Provides feedback on essays and application materials, site selection, and interview preparation

**Mental Health Support Counselor: January 2004-May 2005**

Fred Finch Youth Center Wrap Program, Oakland, CA

- Provided counseling to youth
- Conducted mental health outreach
- Engaged in crisis intervention for severely emotionally disturbed children, adolescents, and their families

**Mental Health Group Home Worker and Supervisor: January 2000-May 2001**

Gay and Lesbian Adolescent Social Services, Los Angeles, CA

- Provided supervision, care, and support of severely emotionally disturbed adolescents on probation
- Provided mental health support, crisis intervention, and care-taking for single and dual diagnosis adolescents, including juvenile sex offenders, placed through Department of Children and Family Services, Department of Mental Health, and Probation
- Supervised employee shift schedules
- Supervised client medication administration

**TEACHING EXPERIENCE**

**Didactic Instructor, Eden Counseling, January 2023-present**

Eden Counseling, Castro Valley, CA

Supervisors: Joy L Johnson, PsyD

- Develop and provide didactic trainings for psychology practicum trainees and associate MFTs
- Didactic trainings taught include: *LGBTQ Affirmative Care, Dialectical Behavioral Therapy (DBT) Basics, Self-Care for Psychotherapists, Mobile Mental Health, Trauma Informed Care, Trauma Treatment Approaches, Case Management for Psychotherapists*

**Didactic Instructor, La Familia MPTI, August 2019-present**

La Familia Counseling, Hayward/Oakland, CA

Supervisors:Carolynn Langsdale, PsyD and Renea Lynn, PsyD

Other Supervisors: Angela Luna, LMFT

- Develop and provide didactic trainings for psychology practicum trainees
- Didactic trainings taught include: *LGBTQ psychology, Gender/Trans Affirmative Care, Minority Stress, Dialectical Behavioral Therapy (DBT) Basics, Acceptance and Commitment Therapy (ACT) Basics, Active Listening, Motivational Interviewing*

**Graduate Teaching Assistant, Lead Teaching Assistant (2017): 2015- 2017**

Palo Alto University, Palo Alto, CA

Course: Clinical Interviewing (doctoral level)

Professors: Kimberly Balsam, Ph.D. & Eduardo Bunge, Ph.D.

- Led weekly labs for practicing and role-playing clinical interviewing and counseling skills presented in lectures, focused support for students improving their clinical interview techniques and counseling skills
- Reviewed and provided feedback for role plays and mock intake video recordings, provided instruction regarding all aspects of clinical interviewing including: cultural competency, assessing for risk of harm to self or others, clarifying symptoms and stressors necessary to formulate a diagnostic hypothesis, assessing substance use, and interviewing children and families.
- Assisted with preparation and development of course administration, lecture, and exam materials

**Graduate Teaching Assistant: Fall 2017**

Palo Alto University, Palo Alto, CA

Course: Professional Standards II: Practicum Prep & Advising  
(doctoral level)

Professor: Grace Chen, Ph.D.

- Assisted with preparation, grading, and development of course administration, lecture, and exam materials
- Graded and provided feedback on cover letters, *curriculum vitae*, and professional development

**Graduate Teaching Assistant: Spring 2015**

Palo Alto University, Palo Alto, CA

Course: Introduction to Psychotherapy: Evidenced Based Approaches  
(doctoral level)

Professor: Kimberly Balsam, Ph.D.

- Assisted with preparation and development of course administration, lecture, and exam materials
- Lead review sessions for tests
- Graded and provided feedback on detailed case conceptualization and treatment plans
- Provided guest lectures and case presentations

**Graduate Teaching Assistant: Spring 2015**

Palo Alto University, Palo Alto, CA

Course: Psychological Science III: Social & Personality Psychology (doctoral level)

Professor: Teceta Tormala, Ph.D.

- Assisted with preparation and development of course administration, lecture, and exam materials
- Provided guest lectures and case presentations

**Tutor: Fall 2014-2016**

Student Support Resources Center (doctoral level)  
Palo Alto University, Palo Alto, CA

- Subjects: Research Methods, Statistics, Psychopathology and Psychodiagnosis I & II, Biological Bases of Behavior, Social and Personality Psych, Evidenced Based Treatments
- Aided students in developing critical thinking and skills necessary for culturally competent diagnosis; better studying habits and writing skills.
- Reinforced diagnostic information for students struggling with conceptualization of DSM-5 and its application.

**Teacher and Teaching Assistant: 2008-2013**

Courses: Meditation, Mindfulness, and Awareness  
Toltec Center of Creative Intent, Austin, TX and Berkeley, CA

- Developed and taught classes and workshops on mindfulness, meditation, relationship communication, self-awareness, empowerment
- Provided experiential learning and coaching for individuals and couples

**Sex Educator: 2006-2013**

Independent contracted worker  
Bay Area, CA and Austin, TX

Courses: Sex education 101, Safer Sex Practices, Sexuality, Consent and Boundary Setting, Sexual, Health, and Gender, Consensual and Ethical Non-Monogamy. Kink/BDSM

- Developed sex education courses and workshops
- Taught classes and workshops at various non-profits and for individuals

**FOCUSED TRAINING**

<b>2023</b>	<b>Psychedelic Peer Support Training</b> Fireside Project
<b>2020</b>	<b>Cognitive Processing Therapy</b> VA Pacific Islands Health Care System
<b>2016-17 &amp; 2020-21</b>	<b>Dialectical Behavioral Therapy-Comprehensive Training Programs</b> San Francisco VA Healthcare System and VA Pacific Islands Health Care System
<b>2004</b>	<b>Sex Educator Training</b> San Francisco Sex Information Organization
<b>1999</b>	<b>Professional Assault Response Training (PART), Gay and Lesbian Adolescent Social Services</b> , Los Angeles, CA

**1998**                      **Maple Counseling Center Crisis Response Team Program training,**  
Beverly Hills, CA

## **RESEARCH EXPERIENCE**

### **Dissertation Research: September 2014-April 2023**

Dissertation Title: “*LGBTQ Non-Binary and Binary Adults: a comparison of mental health, minority stress, and resiliency outcomes.*”

Palo Alto University, Palo Alto, CA.

Committee: Dr. Kimberly Balsam (Chair), Dr. Janice Habarth, Dr. Teceta Tormala.

- Conceptualized, designed, selected instruments, and conducted original data collection comparing non-binary, binary transgender, and cisgender sexual minority adults on measures of gender minority stress, mental health, and resiliency.

### **Research Lab Member: June 2014- April 2023**

RISE (LGBTQ) Research Lab

Palo Alto University, Palo Alto, CA

Advisor: Kimberly Balsam, Ph.D.

- Engage with data analysis, data cleaning and literature reviews for transgender mental health and resiliency, longitudinal study on same-sex couples, and mental health for sexual minorities.
- Peer review of manuscript submissions.
- Development of research questions and implementation of research projects for non-binary gender identities, transgender populations, and sexual minorities.
- Developed and tested hypothesis from existing data from the National Trans Health Survey.
- Developed and facilitated an independent research pilot study focus group for the development of a proposed study on non-binary gender identities.

### **Honors Research Project: September 2002-April 2003**

Research project title: “*Music Environments: the effect of absorption on mood.*”

Mills College, Oakland, CA.

Advisor: Dean Morier, PhD.

- Explored the role of music on the personality trait of absorption
- Conducted and interpreted data analysis on the effects of music on the absorption state trait

### **PEER-REVIEWED PUBLICATIONS**

Balsam, K. & **Webb, A.** (2017). Pansexuality. In K. Nadal (Ed.), *The SAGE encyclopedia of psychology and gender* (pp. 1266-1268). Thousand Oaks, CA: SAGE Publications Ltd. doi: 10.4135/9781483384269.n421.

### **OTHER PUBLICATIONS**

**Webb, A.**, Heyne, G., Holmes, J. E., & Peta, J. L. (2016, April). Which box to check: Assessment norms for gender and the implications for transgender and nonbinary populations. *APA Divison 44 Newsletter*.

**Webb, A.**, Matsuno, E. P., Budge, S. L., Krishnan, M. C., & Balsam, K. F. (2017). Non-binary gender identities. The society for the psychological study of lesbian, gay, bisexual, and transgender issues.

### **PROFESSIONAL PRESENTATIONS**

Matsuno, E., Savarese, E., **Webb, A.**, & Balsam, K.F. (2020, November). Coping with COVID-19: Longitudinal moderators of anxiety and depression among trans adults. [Oral Presentation]. Accepted for the World Professional Association of Transgender Health 26<sup>th</sup> Scientific Symposium, online.

**Webb, A.**, Savaerese, E., & Balsam, K.F. (2020, August). Minority stress and resilience among non-binary people: A comparison of outcomes between non-binary and binary gender minorities. In K.F. Balsam (Chair) *Gender out of the box: New Directions in Research with Non-binary Populations*. Symposium (Accepted) canceled due to COVID-19 for the 128<sup>th</sup> Annual Convention of the American Psychological Association, Washington, D.C.

**Webb, A.** (2019, May 20). Experiences of Non-Binary Graduate Students: What's Helpful and What's Not [Webinar]. In E. Matsuno and J. Puckett (Moderators) *APA Divisions 35 and 44 Webinar Series*.

Simonetti, J., **Webb, A.**, Eliason, M. & Balsam, K.F. (2016, August) Gender expression and sexual minority women health outcomes. In K.F. Balsam (Chair) *New Perspectives on Gender Diversity Among LGBT Populations*. Symposium conducted at the 124<sup>th</sup> Annual Convention of the American Psychological Association, Denver, CO.

**Webb, A.**, Peta, J. L., Testa, R. J., & Balsam, K. F. (2015, August). Gender non-affirmation and psychological distress among genderqueer adults. In Balsam, K. F. (Chair), *Minority stress and mental health among trans\* adults*. Symposium conducted at the 123<sup>rd</sup> Annual Convention of the American Psychological Association, Toronto, ON.



Balgobin, A. Y. N., **Webb, A.**, & Balsam, K. F. (2015, March). Identity Wars: Intersectional Minority Stress and Social Well-Being Among Sexual Minority Women of Color. In Levitt, H. (Chair), *Sexual Minority Stress, Resilience and Repair*. Symposium conducted at the 40th Annual Conference of The Association for Women in Psychology, San Francisco, CA.

### **LECTURES & INVITED PRESENTATIONS**

Chen, G., Anand, H., & **Webb, A.** (2023, June). *APPIC Internship Advising Q & A*, Psych Grad Corner Virtual Webinar, Virtual, US.

**Webb, A.** (2021, February). *Working with Transgender Veterans*, Advanced Practice Registered Nurses (APRN) Conference, VA Pacific Islands Health Care System.

**Webb, A.** (2021, January). *Working with Transgender Veterans*, Patient Aligned Care Team (PACT), VA Pacific Islands Health Care System.

**Webb, A.** (2017, October-November). *Gender Affirmative Care for Trans and Gender Variant Veterans*, PRRC mental health care team, San Francisco VA Medical Center.

**Webb, A.** (2018, January). *Working with Trans Veterans*, Veteran Peer Support Specialists Group, San Francisco VA Medical Center.

**Webb, A.** (2016, June). *Therapy with LGBTQ clients*, Clinical Interviewing (graduate level), Palo Alto University.

**Webb, A.** (2015, May). *Working with Transgender and Gender Creative Youth and Their Parents*, Introduction to Child, Adolescent and Family Therapy (graduate level), Palo Alto University.

**Webb, A.** (2015, May). *Case Presentation: Comparing and Contrasting Psychodynamic and Cognitive Behavioral Case Formulation*, Introduction to Psychotherapy: Evidenced Based Approaches (graduate level), Palo Alto University.

**Webb, A.** (2015, May). *In Between Worlds: Non-binary Gender Identities*, Social and Personality Psychology (graduate level), Palo Alto University.

**Webb, A.** (2014, September). *Inner Resources for Stress*. Presented at the Sunnyvale Senior Center, Sunnyvale, CA.