

**Carlos Alarid, PsyD.**  
Bilingual Clinical Psychologist

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**Education**

- PsyD.            05/2016  
Alliant International University- California School of Professional Psychology  
Major: Clinical Psychology  
APA Accredited Program
- M.A.            05/2013  
Alliant International University- California School of Professional Psychology  
Major: Clinical Psychology
- B.A.            05/2011  
San Diego State University  
Major: Psychology

**Languages**

**Spanish:** Full Oral and Listening Proficiency, Fluent Reading and Writing Proficiency

**Clinical Training and Experience**

**University of California, San Diego- Family Medicine**

02/2017- Present  
Staff Psychologist  
Supervisor: William Sieber, Ph.D.

**Setting:** Outpatient Hospital

Duties consists of providing short-term individual therapy at the request of primary care physicians. Primary theoretical orientation utilized: Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Acceptance and Commitment Therapy.

## **Private Practice**

06/2018  
Clinical Psychologist  
Carlos Alarid, PsyD

**Setting:** Outpatient Private Practice

Providing individual psychotherapy specializing in the psychology of men. Focus on treating depression, anxiety, and trauma in adults from a psychodynamic, cognitive behavioral therapy, and acceptance and commitment therapy approach.

## **Aurora Behavioral Healthcare- Military Track**

08/2016- 08/2017  
Postdoctoral Intern  
Supervisor: Julia Kusian, Psy.D.

**Setting:** Inpatient and Outpatient Psychiatric Hospital

**Population:** Active Military, children, adolescents,

Provide individual and group therapy to active military population suffering from PTSD, chemical dependency, depression, anxiety, and Axis-II disorders. Provide short-term, problem-solving CBT, ACT, and DBT. Facilitate Yalom-based process groups as well as psychoeducation, mindfulness, and DBT groups. Administer, score, interpret full battery psychological assessments and write integrated assessment reports for diagnostic clarification and treatment planning. Work collaboratively with multi-disciplinary medical team to coordinate patient treatment, goals, and progress.

## **Children's Institute, Inc. (APA Accredited Internship)**

09/2015- 09/2016  
Intern- Bilingual Track  
Supervisor: George Bermudez, Ph.D.

**Setting:** Outpatient Child and Family Community Mental Health

Through the utilization of an integrative ecosystemic approach, duties include providing bilingual child and family therapy by intervening with several evidence-based practices such as TF-CBT. Other interventions include Family Therapy and Play Therapy while coordinating with an interdisciplinary treatment team. Facilitate groups focused on domestic violence and sexual abuse. A major emphasis in didactic training includes attending three weekly seminars in Trauma-

Focused Individual and Group Therapy, Early Childhood Mental Health, and Family Systems Theory.

### **Aurora Behavioral Healthcare- San Diego**

06/2014- 07/2015

Intern

Supervisor: Jeff Daly, Psy.D.

**Setting:** Inpatient and Outpatient Psychiatric Hospital

**Population:** Active Military, adults, child/adolescents

Provide individual and group therapy to active military, adults, and children population suffering from PTSD, chemical dependency, depression, anxiety, and Axis-II disorders. Provide short-term, problem-solving CBT, ACT, and DBT. Facilitate Yalom-based process groups as well as psychoeducation, mindfulness, and DBT groups. Administer, score, interpret full battery psychological assessments and write integrated assessment reports for diagnostic clarification and treatment planning. Work collaboratively with multi-disciplinary medical team to coordinate patient treatment, goals, and progress.

### **Sharp Memorial Hospital- Neuropsychology**

06/2013- 06/2014

G3 Practicum Student

Supervisor: Barbara Shrock, Ph.D. ABPP-CN

**Setting:** Inpatient and outpatient hospital

Administer a battery of neuropsychological assessments in English and Spanish to patients with traumatic brain injury and other neurological conditions such as cerebral vascular accidents, encephalitis, brain tumor, to determine level of cognitive and motor impairment. Score, and analyze data and write integrated neuropsychological assessment reports. Work collaboratively with multi-disciplinary medical team to discuss patient treatment, goals, and progress. Participate in weekly didactics focused on applied neuropsychology topics.

### **TMS Therapeutics San Diego**

11/2012- 04/2015

Transcranial Magnetic Stimulation Technician

Supervisor: Brian Miller, MD

**Setting:** Outpatient

Administer Transcranial Magnetic Stimulation over the Dorso-Lateral Prefrontal Cortex in patients suffering primarily from depression and anxiety. Supervised by Board Certified Psychiatrist.

## **Center for Applied Psychology**

11/2013- 06/2014  
G3 Practicum Student  
Supervisor: Mojghan Khademi, Psy. D

**Setting:** Outpatient Community Mental Health Center on Alliant Campus  
Provide long-term therapy to adults utilizing a Psychodynamic theoretical orientation and treatment model.

## **Sharp Memorial Hospital- Chronic Pain**

05/2012- 05/2013  
G2 Practicum Student  
Supervisor: Edward Harpin Ph.D.

**Setting:** Outpatient Hospital  
Provided rehabilitation services for adults and adolescents suffering from chronic pain. Trained in Cardiorespiratory Biofeedback, Muscle Tension Biofeedback, and Thermal Biofeedback. Provided short-term, problem-solving oriented CBT. Also provided cognitive skills training such as guided imagery, self-hypnosis, and progressive muscle relaxation. Documented and recorded patient progress utilizing professional clinical language and attended weekly supervision with multi-disciplinary medical team.

**Evidence Based Treatments:** CBT, ACT, self-hypnosis

## **Alpine Special Treatment Center**

02/2011- 12/2012  
Rehabilitation Counselor Lead  
Supervisor: Kristin Steele, Psy. D.

**Setting:** Residential Treatment Facility  
Worked as direct care staff to ensure client safety in a dual diagnosis treatment facility. Facilitated daily groups with clients. Assisted clients in utilizing proper coping skills during crisis intervention. Completed daily documentation regarding client progress and specific incidences. Promoted a collaborative model of client care by facilitating communication with nursing and program staff in daily operations.

**Groups Facilitated:** Relapse Prevention, Spirituality, Stress Reduction, and anxiety reduction.

## **Motiva Family Therapists**

04/2009- 09/2009

Socialization Guide

Supervisor: Mariana Rosetti M.A.

**Setting:** Elementary School Setting

Assisted children on the Autism spectrum in developing proper socialization skills by utilizing effective interventions and therapeutic techniques.

**Interventions Utilized:** Social Skills Therapy, Behavior Therapy, Play Therapy, token economy.

## **Pasadena Recovery Center**

05/2010- 08/2010

Extern

Supervisor: Karen Scalice MFT.

**Setting:** Inpatient Rehabilitation Center

Conducted initial intakes for incoming clients suffering from chemical dependency.

**Groups Facilitated:** Relapse Prevention

## **Research Experience**

### **Doctoral Dissertation- Completed**

**Title:** Adjustment to Retirement Among Male Professional Boxers

**Chair:** Joanne Callan, Ph.D.

**Study:** Qualitative study on how professional boxers adjusted to retirement.

### **Research Assistant**

- Psychiatry Department of UCSD

09/2009- 11/2010

Supervisor: Andrea Letamendi, Ph. D

*Study: Assessing Occurrence and Correlates of Internalizing Disorders among Youths of Fathers with Posttraumatic Stress Disorder*

Facilitated clinical interviews with US war veterans from Iraq and Afghanistan diagnosed with Post Traumatic Stress Disorder and their children. Facilitated tests, collected and inserted data into SPSS, and trained as an FMRI scan assistant.

**Research Assistant-** *Neural Substrates of Decision-Making in Anxiety*

09/2009- 11/2010

Psychiatry Department of UCSD

Supervisor: Murray Stein MD

Facilitated clinical interviews with control group and experimental group diagnosed with anxiety. Conducted experimental tasks with subjects. Collected and entered data in SPSS software.

### **International Meetings**

11/2013      Medical Board Meeting: World Boxing Council- Bangkok, Thailand

### **International Trainings**

11/2013      Ringside Physician's Training: World Boxing Council- Bangkok, Thailand

### **Professional Affiliations**

National Academy of Neuropsychology

Neuropsychology Committee of SDPA

Hispanic Neuropsychology Society

San Diego Psychological Association

### **References**

George Bermudez, Ph.D.

Clinical Director Children's Institute, Inc.-APA Accredited Internship

2121 W. Temple Street, Los Angeles, CA 90026

(626)773-6898

Susan Rindt, Psy.D.

Clinical Director Aurora Behavioral Healthcare

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Barbara Schrock, Ph.D  
Lead Neuropsychologist  
Sharp Neuropsychology  
2999 Health Center Drive, San Diego, CA 92139  
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Brian Miller, MD.  
Clinical Director Sharp Grossmont Hospital  
Chief Psychiatrist, Alpine Special Treatment Center  
Medical Director, TMS Therapeutics in San Diego  
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