

Supatra Tovar, PsyD, RD

Professional Psychologist PSB94024119

Confidential Phone: 626-674-0273

Confidential Email: connect@drsupatratovar.com

Supervisor: Richard LaBrie, Psy.D. Lic# PSY28600

WEAL, Inc. A Professional Psychological Corporation

Confidential Phone: 626-817-6665 Confidential Email: dr.richardlabrie@gmail.com

65 N. Madison Ave. #707, Pasadena, CA 91101

EDUCATION

California School of Professional Psychology	Alliant International University	
<i>Clinical Health, PsyD</i>	Los Angeles, CA	2015 - 2019
Graduating GPA 3.989		
APA Doctoral Internship	IMCES	
California State University	Los Angeles, CA	2012 - 2015
<i>Nutritional Science, MS</i>		
Graduating GPA 3.989		
Dietetic Internship	Sodexo Distance Dietetic Internship	
RD Certification	CDR 86029010	
University of Colorado	Boulder, CO	1990 -1995
<i>Biological Sciences, BA</i>		
Graduating GPA 3.355		

LANGUAGES

Spanish (written and oral proficiency)

AWARDS & SCHOLARSHIPS

⤴ LACPA Poster Presentation Award	2017
⤴ CSPP Dean's Award of Excellence	2017
⤴ Connell Perisco Leadership/Student Government Scholarship	2017
⤴ Tak Yoshino Scholarship	2017
⤴ CSPP Dean's Award of Excellence	2016
⤴ Patricia Fraser Reis Memorial Scholarship	2016
⤴ CSPP Student Presentation Award	2016
⤴ SGA Conference Scholarship	2016
⤴ CSPP Diversity Scholarship	2015
⤴ CSPP Dean's Award of Excellence	2015
⤴ Special Graduate Honors Recognition CSULA	2015
⤴ California State University Los Angeles Merit Grant	2013
⤴ University of Colorado Dean's List	1995

SUPERVISED CLINICAL EXPERIENCE

Private Practice with Dr. Richard LaBrie	2018 - present
<i>Post-Doctoral Psychological Assistant</i>	Pasadena, CA
⤴ Provides individual, couples, children, and family holistic health and mindfulness-based cognitive behavioral interventions for a variety of clientele for trauma, eating disorders, depression, and anxiety.	
⤴ Conducts health seminars on a variety of clinical issues and interventions.	

- Institute for Multicultural Education and Counseling (IMCES) 2018 - 2019
Pre-Doctoral Intern Los Angeles, CA
- ⤴ Facilitated evidence-based cognitive behavioral interventions to a variety of clientele from children and adults.
 - ⤴ Delivered case presentations and worked on interdisciplinary teams.
 - ⤴ Wrote intake assessments, progress notes, and maintained DMH clinical documentation.
 - ⤴ Attended and conducted training seminars on a variety of clinical issues and interventions.
- Los Angeles Valley College Student Psychological Services 2017 - 2018
Practicum Trainee Los Angeles, CA
- ⤴ Facilitated mindfulness-based individual therapy to a wide variety of students, and conducted group workshops and classes on eating disorders, anxiety management, and health.
 - ⤴ Led Mindfulness Meditation Group.
 - ⤴ Wrote intake reports, progress notes, and maintained clinical documentation.
 - ⤴ Attended and conducted training seminars on a variety of clinical issues and interventions. Delivered regular case presentations.
 - ⤴ Developed skills in working with a multi-disciplinary team of healthcare professionals.
- Pasadena Rehabilitation Institute 2016-2017
Practicum Trainee Pasadena, CA
- ⤴ Provided individual behavioral medicine interventions and mindfulness-based cognitive behavioral therapy for adults and facilitated evidence-based mindfulness-based group workshops on pain management.
 - ⤴ Conducted biofeedback sessions for pain management, stress and anxiety reduction, and contributed to ongoing biofeedback research.
 - ⤴ Received training in private telehealth coaching.
 - ⤴ Administered assessments, wrote reports, determined diagnoses and formulations, and maintained clinical documentation for a wide variety of conditions. Assessments included: neuropsychological batteries and screeners, assessment for chronic pain, psychological functioning, bariatric surgery clearance, ADHD, workers compensation claims, ML103 reports, ML104 Qualified Medical Examinations, and others.
 - ⤴ Attended and conducted training seminars on a variety of clinical issues and interventions. Delivered regular case presentations.
 - ⤴ Developed skills in working with a multi-disciplinary team of physicians, physical therapists, psychiatrists, and psychologists.
- Alhambra Unified School District Gateway to Success Program 2015-2016
Practicum Trainee Alhambra, CA
- ⤴ Conducted individual therapy for students ages 5-12.
 - ⤴ Facilitated evidence-based psychoeducational group workshops on anti-bullying and self-esteem skill building.
 - ⤴ Provided primary prevention seminars and classroom outreach.
 - ⤴ Maintained proficiency in LA County Mental Health and DMH paperwork.
 - ⤴ Developed skills in working with a multi-disciplinary team of psychologists, school administration, and educators.

RESEARCH EXPERIENCE

Dissertation: Mindfulness Interventions for Post-Bariatric Surgery Disordered Eating
Dissertation Chair: Dr. Cristina Magalhaes
Proposal Date: May 25, 2017
Defense Date: April 23, 2018

SCHOLARLY PRESENTATIONS

Tovar, S.H., Magalhães, C., & Noblitt, R. (2018, August). *Mindfulness interventions for post-bariatric surgery disordered eating: A systematic review*. Poster presented at the 2018 American Psychological Association Convention, San Francisco, California.

Tovar, S.H., Moheban, B., Park, J. (2017, October). *The mediating effects of structural dissociation on complex PTSD symptoms in adult victims of childhood trauma*. Poster presentation at the 29th Annual Los Angeles County Psychological Association Convention, Los Angeles, CA.

Moheban, B., **Tovar, S.H.**, Park, J. (2017, October). *Neurological basis of comorbidity of anorexia nervosa and depression*. Poster presentation at the 29th Annual Los Angeles County Psychological Association Convention, Los Angeles, CA.

Jimenez, T., **Tovar, S.H.**, Lowell, J. (2017, April). *Socio-cultural factors affecting care of American Indian teenagers with depression and suicidality*. Poster presentation at the 3rd Annual Family, Child & Couple Conference of Southern California, Los Angeles, CA.

Tovar, S.H., Magalhaes, C. (2017, January). *Bariatric surgery psychological assessment: challenges and solutions*. Poster presentation at the 20th Annual American Association of Behavioral and Social Sciences (AABSS) Conference, Las Vegas, NV.

Tovar, S.H., Magalhaes, C. (2016, October). *The consequences of weightism*. Poster presentation at the 28th Annual Los Angeles County Psychological Association Convention, Los Angeles, CA.

Tovar, S.H., Magalhaes, C., Barajas, G.J., & Sumner, L. (2016, April). *Post-bariatric surgery eating disorders*. Poster presentation at the 96th Annual Western Psychological Association Convention, Long Beach, CA.

Barajas, G. J., Magalhaes, C., **Tovar, S.H.**, & Sumner, L. (2016, April). *Cultural factors associated with eating and exercising behaviors among Latinos*. Poster presentation at the 96th Convention of the Western Psychological Association, Long Beach, California.

Tovar, S.H., Magalhaes, C., Barajas, G.J., & Sumner, L. (2016, March). *Mindfulness-based interventions for binge eating disorder, obesity, and weight management*. Paper presentation at the 96th Annual Southwestern Social Science Association Meeting, Las Vegas, NV.

Barajas, G.J., Magalhaes, C., **Tovar, S.H.**, Sumner, L. (2016, March). *Biopsychosocial factors associated with obesity among Latinos*. Paper presentation at the 96th Annual Southwestern Social Science Association Meeting, Las Vegas, NV.

Tovar S.H., Balolong Publico, S., Kim, S., Mesa, H., La Brie, C., Sheu, K., (2015, November). *The Asian American and Pacific Islanders: A glimpse of our lives through cultural arts*. Interactive presentation at the I-MERIT Unity Conference at CSPP Alliant International University, Los Angeles, CA.

PROFESSIONAL PRESENTATIONS

Tovar, S.H., Kim, S., Naghi, D. (2017, February). *Pet therapy in Los Angeles*. Oral Presentation at Pet Therapy Club February Meeting at CSPP Alliant International University, Los Angeles, CA.

Tovar, S.H., Park, D, Kim, S., Balolong Publico, S., Mesa, H., (2016, December). *Cultural considerations in varied Asian nations*. Oral Presentation at the Asian Pacific Student Network Meeting at CSPP Alliant International University, Los Angeles, CA.

Tovar, S.H. (2015, June). *Nutrition for optimal brain health*. Oral Presentation for Pacific Clinics Older Adult Program, Pasadena, CA.

Tovar, S.H. (2015, May). *Smart drinks for kids*. Oral Presentation for Pacific Clinics Headstart Children's Cooking Event, Glendale, CA.

Tovar, S.H. (2015, May). *Nutrition for stress relief*. Oral presentation for Pacific Clinics Headstart Employee Luncheon, Pasadena, CA.

Tovar, S.H. (2015, May). *Dietary sources of inflammation or relief in Crohn's disease*. Oral Presentation for Hollywood Presbyterian Medical Center Dietetics Staff, Los Angeles, CA.

PUBLISHED WORK

Tovar, S.H. (2014) A report from the field. *CSULA Eatatorial* 1(3), 6-7.

ACADEMIC APPOINTMENTS

Los Angeles Valley College	2018
NS200 Associate Professor	Los Angeles, CA
^ Taught NS200 Stress and Anxiety Management consisting of physiological stress response and effects, nutritional recommendations, and mindfulness and biofeedback techniques for LAVC nursing students.	
^ Provided guidance for and wrote informative handouts for students.	
^ Worked with faculty and staff to provide coordinated and consistent education across all sections.	

Alliant International University	2016 – 2017
Psychodiagnostic Assessment Teaching Assistant	Los Angeles, CA
^ Taught and facilitated psychodiagnostic assessment laboratory consisting of clinical interviewing, mental status exam, mini-mental status exam,	

WAIS IV, WIAT III, MCMI-IV, MMPI-2, TAT, and Sentence Completion for California School of Professional Psychology students.

- ▲ Provided guidance for student assessment reports, graded assessment reports and protocols, and assisted professor in other administrative duties.
- ▲ Worked with faculty and staff to provide coordinated and consistent education across all sections.

RELEVANT EMPLOYMENT EXPERIENCE

- | | |
|--|-----------------|
| Sodexo CHA Hollywood Presbyterian Medical Center | 2015 – 2017 |
| <i>Clinical Dietitian</i> | Los Angeles, CA |
| <ul style="list-style-type: none"> ▲ Provided evidence-based medical nutritional interventions to diverse patient populations including those diagnosed with cancer, stroke, diabetes, renal disease, hypertension, liver disease, and other illnesses. ▲ Conducted intensive motivational interviewing sessions and delivered medical nutritional education to patients diagnosed with a variety of ailments. ▲ Attended monthly training seminars and participated in continuing education. ▲ Developed skills in working on a multi-disciplinary team. | |
| Alliant International University | 2015 - 2016 |
| <i>HAWK APA Writing Tutor</i> | Los Angeles, CA |
| <ul style="list-style-type: none"> ▲ Tutored individualized, private APA writing style to California School of Professional Psychology students. ▲ Created comprehensive educational plans and long-term writing goals. ▲ Assisted students in writing style for personal essays and applications. | |
| Sodexo Dietetics Internship | 2014 – 2015 |
| <i>Dietetic Intern</i> | Los Angeles, CA |
| <ul style="list-style-type: none"> ▲ Leadership Concentration ▲ Clinical Rotation: 640 hrs. <ul style="list-style-type: none"> ○ Hollywood Presbyterian Medical Center, Los Angeles, CA <ul style="list-style-type: none"> ▪ Clinical Specialty: Medical Intensive Care Unit & Rehabilitation ▪ Long Term Care: Hollywood Presbyterian Medical Center Chalet ▪ Clinical Management: Patient Services ▲ Food Service Management Rotation: 200 hrs. <ul style="list-style-type: none"> ○ ADP Payroll Services, San Dimas, CA ▲ Community Rotation: 200 hrs. <ul style="list-style-type: none"> ○ Pacific Clinics, Pasadena, CA ▲ Independent Elective: 200 hrs. <ul style="list-style-type: none"> ○ Private Practice, Glendale, CA | |
| White Memorial Medical Center H.E.L.P. Obesity Prevention | 2013 - 2014 |
| <i>Community Health Educator</i> | Los Angeles, CA |
| <ul style="list-style-type: none"> ▲ Taught in Spanish and English a weekly nutrition and healthy life skills class to 20-30 children (ages 5-18) and adults per class, managed instruction, efficacy of current class materials, and data collection. ▲ Improved the program's retention rate by 100% and success rate by 93% by creating bilingual PowerPoint presentations, revising presentations, and transforming modules. | |

- ▲ Established and maintained a volunteer program between White Memorial Medical Center and California State University Los Angeles Nutritional Sciences Department.

Kaiser Permanente	2000-'02 & 1996-'98
<i>Health Educator</i>	Los Angeles & Denver
<ul style="list-style-type: none"> ▲ Taught health, nutrition, fitness, violence prevention, sexually transmitted disease, and alcohol and drug awareness curriculum to up to 300 attendees/workshops across two states. ▲ Conducted over 250 Q&A discussions and individualized counseling sessions per year. ▲ Oversaw numerous teen and young adult suicide prevention counseling interventions. 	

RELEVANT VOLUNTEER EXPERIENCE

W.I.C.	Los Angeles	2012
<ul style="list-style-type: none"> ▲ Supported staff dietitians and counselors with classes, instruction, individual counseling, client engagement, and basic administrative duties. 		
H.E.L.P. Obesity Prevention Program	Los Angeles, CA	2012
<ul style="list-style-type: none"> ▲ Facilitated with class set-up, break down, activities, data collection, and basic instruction. 		

CSPP LEADERSHIP POSITIONS HELD

Pet Therapy Club	Co-Founder/Chair	2016-present
Psi Chi International Honors Society	Campus Liaison	2017-present
Asian Pacific Student Network	Historian	2015-2017

PROFESSIONAL AFFILIATIONS

San Gabriel Valley Psychological Association	Disaster Response Comm	2017-present
Los Angeles County Psychological Association	Disaster Response Comm	2016-present
Association for Psychological Science	Student Member	2016-present
American Psychological Association	Student Member	2015-present
Southwestern Social Sciences Association	Student Member	2015-present
Western Psychological Association	Student Member	2015-present
Phi Kappa Phi National Honor Society	Member	2014-present
Academy of Nutrition and Dietetics	Member	2012-present
Golden Key National Honor Society	Member	1995-present

CAMPUS AFFILIATIONS

CSPP Psi Chi International Honors Society	Member	2016-present
CSPP Women's Advocacy Club	Member	2016-present
CSPP Asian Pacific Student Network	Member	2015-present
CSULA Student Dietetic Association	Member	2012-2014

REFERENCES

- | | | |
|-----------------------------------|---------------------|----------------------------|
| Dr. Richard LaBrie | Clinical Supervisor | Weal Inc. |
| Email: dr.richardlabrie@gmail.com | | |
| Phone: 626.817-6665 | | |
| | | |
| Dr. Carl King | Clinical Supervisor | Los Angeles Valley College |
| Email: psychking@aol.com | | |
| Phone: 818.778.5504 | | |
| | | |
| Dr. Cristina Magalhaes | Dissertation Chair | CSPP Alliant International |
| Email: cmagalhaes2@alliant.edu | | |
| Phone: 954.937.0240 | | |