

Teri Pokrajac, Psy.D.
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Educational Background

- **Pepperdine University**, Culver City, CA. APA approved; Psy.D. in Clinical Psychology, 1994. Obtained level of distinction on Competency Exam. 3.9 GPA
- **Loyola Marymount University**, Los Angeles, CA. M.A. in Counseling, 1989. 3.9 GPA
- **Pepperdine University**, Malibu, CA. B.A. in Psychology & Speech Communication, 1984.

Licensure: **Licensed Psychologist:** State of California; Fall 1997-present; # PSY 15458;

Clinical Experience

Teri M. Pokrajac, Psy.D. & Associates, Newport Beach, CA. Oversee clinic and day to day operations. Provide supervision of Psychological Assistants, treatment for adults, adolescents, children, couples, and families. Specialization on assessment, treatment, and supervision of trauma related conditions including Sexual Abuse, Clergy abuse, PTSD, Complex PTSD, Dissociative Disorders and co-morbid Substance abuse disorders & addictive behaviors. Forensic and Child Custody evaluations; co-parenting counseling and court ordered counseling. Certificate of Merit evaluations for sexual abuse cases of adults sexually abused as children; expert witness for sexual abuse cases. Psychological evaluations for private parties, district attorney's office, personal injury cases, and for board hearings on matters of sexual abuse, substance abuse, and PTSD. Provide Psychological Testing as part of IME for Behavioral Diagnostics Group. Group facilitator for Cloud-Townsend's Ultimate Leadership workshop, Counselor One week Intensive workshop & Townsend Leadership Program. Consultant & Emotional Health Training to "Giving Back to Kids" a non-profit organization in Vietnam (Jan 2005 to present).

Forensic Institute of Violence, Abuse, and Trauma, San Diego, CA. 2012-2013. Training and supervision in Child Custody evaluations and forensic assessment. Completed custody evaluation training for California Courts. Experience gained in both conducting custody evaluations and reviewing and critiquing other psychologists custody evaluations. Focused on custody evaluations where allegations of domestic violence and/or sexual abuse were factors. Received training in testifying and court preparation. Supervisor: Bob Geffner, Ph.D.

Private Practice, Psychologist. Torrance, CA & Newport Beach, CA. Provide individual, couples, and family therapy to patients with PTSD, Borderline Personality Disorder, and Dissociative Disorders. Provide consultation regarding trauma-related treatment to patients and therapists. Provide family therapy, adolescent counseling and sex therapy. Individual life and business coaching; forensic evaluations for sexual abuse clergy-related cases. (October 1997 to December 2004)

Masters and Johnson Trauma Based Disorders Program/Del Amo Psychiatric Hospital, Consultant Psychologist. Provide supervision for psychology doctoral practicum students on psychological testing & psychotherapy of inpatients with PTSD and Dissociative Disorders. Patients often had complex issues with co-morbid substance abuse disorders, sexual addiction, and eating disorders. Provide professional presentations to the mental health community on Trauma-Related Conditions to Western Regions of USA as part of marketing efforts of the hospital (October 1998 to 2003)

Masters and Johnson Trauma and Dissociative Disorders Program/Del Amo Psychiatric Hospital, Program Director. Provide clinical oversight of inpatient and partial hospitalization treatment programs. Provide individual and group therapy for patients; clinical supervision of therapists, psychology practicum students and nursing staff; Develop new treatment programs and group therapy approaches; Provide education to treatment staff and community through inservice training and workshops; Marketing and new business development; Provide psychological testing on patients and supervise students on their assessments. (July 1997 to Oct 1998)

Masters and Johnson Trauma and Dissociative Disorders Program/Two Rivers Psychiatric Hospital, Program Director. Provide clinical oversight of inpatient and partial hospitalization treatment programs. Provide individual and group therapy for patients; clinical supervision of therapists and nursing staff; Develop new treatment programs and group therapy modalities; Participated in Continuous Quality Improvement projects. Supervised research assistant and coordinated and co-developed follow-up study of inpatient treatment program. Provided training in trauma disorders and it's treatment to insurance companies, managed care agencies, military psychological services departments, and EAP case managers as marketing tool for new business development. Provided Continuing Education workshops to mental health professionals throughout Midwestern states and at national conferences on trauma related topics. During tenure at Two Rivers census on unit significantly increased as result of new business development. (Sept 1995 to May 1997)

Masters and Johnson Partial Hospitalization Program, Clinical Associate/Program Coordinator. Provide psychological testing, individual and group psychotherapy treatment of patients with dissociative disorders, PTSD, sexual compulsivity, and personality disorders. Development of assessment protocol for Trauma patients. Development of a revised program structure for intensive partial hospitalization for trauma recovery focused on stabilization techniques. Staff training on assessment and research instruments (Sept 1994- Sept 1995).

The Cambridge Hospital, Advanced Fellow in Behavioral Medicine. Harvard University School of Medicine Clinical Appointment. Primarily provide comprehensive assessments, outpatient symptom focused treatment, and inpatient consultation with adolescent and adult patients dealing with symptoms of PTSD, dissociation, self destructive behavior, headaches, eating disorders, phobias, psychophysiological disorders, anxiety and panic. Hypnotherapy, relaxation training and stabilization work with adolescent and adults with PTSD. Trauma populations worked with included adolescent abuse and rape victims, traumatic automobile accident victims, and police officers involved in shooting. Co-led Victims of Violence/Stress Management group. (Sept 1993-Aug 1994).

Tufts University School of Medicine/Boston V.A. Medical Center Consortium Internship APA Approved Internship Psychology Intern Rotations: National Center for PTSD, Inpatient Psychiatry, Emergency Room Evaluations, Child and Adolescent Psychiatry; Child Sexual Abuse Program. Training and Supervision in PTSD evaluations, child and adolescence sexual abuse and/or sexual offending assessments, psychological testing, and consultation/liaison with pediatrics unit. Extensive assessment reports written on children, adolescent and adult trauma patients. Reports used in making recommendations for treatment, placement, and disability. Involved in research efforts through National Center for PTSD addressing Complex PTSD. (Sept 1992-Sept 1993).

Harbor/UCLA Medical Center, Psychology Extern. Psychological Assessments on inpatient Crisis Resolution Unit and outpatient psychiatry department. Psychological Testing of patients with affective disorders, psychosis, dissociative disorders, and personality disorders. Trained medical students and residents in psychological testing and how to utilize testing results. Participated in research project looking at stressfulness of court on children. Obtained training in Neuropsychological Testing. (July 1991-July 1992).

Federal Corrections Institute, Psychology Intern, Terminal Island, CA. Individual and group therapy of male prison inmates; Drug and alcohol treatment group; Sex offender treatment. Psychological testing of

inmates. Crisis management with suicidal inmates. Provided staff education & training of stress management, crisis management, and psychological interventions. (Oct 1990-Sept 1991).

Glendale Family Services, Psychology Practicum Student, Glendale, CA. Short-term child and adolescent psychotherapy treatment. Individual sexual assault treatment for adolescents. (Dec 1989- July 1990).

Counseling Center of Malibu, Counselor Intern, Malibu, CA. Individuals, couples, and group psychotherapy with adolescent and adult outpatients. Premarital and marital therapy; Led women's therapy group, and sexual trauma group. Individual treatment of adults with a history of sexual trauma. (Feb. 1988-March 1991).

Pepperdine University Student Health Center, Counselor. Malibu, CA. Provided counseling services to college students. Specialized training in working with eating disorders, rape victims and adult children of alcoholics; Facilitated "adults molested as children" support group and date rape support group; Provided education to freshmen orientation seminar on rape; Provided couples and family treatment. Co-facilitated seminar for married law students. (Sept 1987-July 1989).

Parents United, Counselor, Long Beach, CA. Therapist for Child Sexual Abuse Treatment Program; co- led orientation group for sex offenders; Facilitated long-term group therapy for adult sexual abuse survivors; Initiated and led a 10 week mixed therapy group of incest offenders and adult women who were sexually abused as children. (Jan 1986-July 1989)

Salvation Army Family Services, Counselor, Los Angeles, CA. Provided counseling to couples, families, children, and adolescents who were living in a homeless shelter; co-led parenting group; facilitated "teen group" and children's support groups; community consultation and client advocacy; follow-up counseling with discharged clients. (May 1986-Dec 1987)

Richstone Center, Sexual Abuse Program, Intern, Hawthorne, CA. Co-led therapy group for adolescent victims of sexual abuse; Focused on preparing adolescent girls for court in cases where they were to testify against their sexual offender. Co-facilitated children's group for latency age sexual abuse victims (May 1986-July 1987)

Professional Presentations (abrieved list)

- 3 ½ Day Trauma Training Course addressing ACES Study, Child Abuse, Sexual Trauma, Interpersonal Violence and Emotional Regulation. Staff Training for Giving It Back to Kids; Da Nang, Vietnam. May, 2017.
- Integrating Mindfulness in Treatment of Complex Trauma. 90 minute workshop at the International Summit on Violence, Abuse and Trauma; August, 2016
- Shame and Powerlessness in Complex Trauma. 90 minute workshop; Co-presented with Kevin Connors, MFT at International Summit on Violence, Abuse and Trauma; August 2016
- Utilizing Mindfulness with Complex Trauma Patients. 90 minute presentation at the International Conference of the International Society of Study of Trauma & Dissociation (ISSTD); San Francisco, April, 2016
- Shame and Powerlessness in Complex Trauma. Co-presented with Kevin Connors, MFT at the International Conference of the International Society of Study of Trauma & Dissociation (ISSTD); San Francisco, April 2016
- Utilizing Mindfulness with Complex Trauma Patients. 90 minute presentation at International Summit for Violence, Abuse, and Trauma; August 24, 2015; San Diego, CA.
- Shame and Powerless in Complex Trauma. Co-presented with Kevin Connors, MFT at International Summit for Violence, Abuse, and Trauma; August 26, 2015; San Diego, CA
- Complex Trauma and Dissociative Disorders. 3 hour CEU presentation through Del Amo Hospital; Newport Beach, CA 2009, 2012

- Sexual Trauma and Eating Disorders. 3 hour CEU presentation through Del Amo Hospital; Newport Beach, CA 2010
- Sexual Trauma and it's impact on Sexual Behaviors: Treatment considerations. 3 hour CEU presentation through Del Amo Hospital; Torrance, CA 2011
- Trauma and It's Impact on the Therapist: Compassion Fatigue. 2 hour CEU presentation through Del Amo Hospital; Newport Beach 8/04; Torrance, CA, 9/04.
- Stabilizing Techniques for Borderline Behavior. 1 ½ hour presentation at FACES conference in Bellevue, WA on November 12, 1998 and in San Antonio, TX on March 26, 1999.
- Stabilizing Techniques for Borderlines: Part I & II. Two 1 ½ hour presentations given at Summit for Clinical Excellence Conference in Scottsdale, AZ on June 17, 1999.
- Stabilization Techniques for Borderline Personality Disorder. 3 hour workshop presentations through Masters and Johnson's Breakfast club series: Napa Valley, CA on September 24, 1997; Portland, OR on December 3, 1997; Tucson, AZ on February 18, 1998; Chico, CA on February 25, 1998; Woodland Hills, CA on March 26, 1998; Olympia, WA on June 4, 1998; Salem, OR on August 27, 1998; San Diego, CA on November 6, 1998; Pasadena, CA on February 19, 1999; Riverside, CA on May 7, 1999; Palm Springs, CA on May 14, 1999; Woodland Hills, CA on May 28, 1999.
- Stabilizing the Complex Trauma Patient. Paper co-presented with Dr. Deborah Block at the International Society for Traumatic Stress Studies conference in Washington, DC on November 23, 1998.
- Contemporary Treatment of Dissociative Disorders: A Progressive Approach. 3 hour workshop presentation through Masters and Johnson's Breakfast club series: Eugene, OR on August 28, 1998.
- Complex Trauma Disorders: Treatment Strategies for dissociative symptoms. 1 ½ hour presentation at Santa Monica Rape Treatment Center. April, 1998
- Borderline Mothers: Impact on children and adolescents. 1 ½ hour presentation at St. John's Hospital in Santa Monica through their Psychology Department. February 1998
- Stabilization Techniques for Abused Children. Presentation to L.A. Unified School District's School Counselors. Los Angeles, CA. February 11, 1998.
- Trauma Treatment with Adolescents. Presentation to L.A. Unified School District's School Counselors. Los Angeles, CA. January 9, 1998
- Trauma Stabilization in the Era of Managed Care. Illinois State Conference for EAP on 6/4/97.
- Treatment of Complex Dissociative Disorders. Presentation at annual Preferred Provider Workshop for Masters and Johnson's Trauma and Dissociative Disorders Program; Kansas City, MO on 5/9/97.
- Working with Out of Control Behavior: Stabilization Techniques for Borderline Behaviors. Presentation at annual Preferred Provider Workshop for Masters and Johnson's Trauma and Dissociative Disorders Program; Kansas City, MO on May 9, 1997.
- Understanding the Complex Trauma Patient. Presentation at one day Masters and Johnson workshop; Oklahoma City, OK on April 25, 1997.
- Complex Trauma Disorders: Stabilization Techniques for treating Dissociative Symptoms, PTSD, and Borderline Personality. Series of 3 hour Breakfast Clubs for Masters and Johnson's Trauma and Dissociative Disorders Program Tulsa, Oklahoma on 2/12/97; Des Moines, Iowa on 3/5/97.
- Stabilization Techniques for 'Borderline' Behaviors: Self-Destructive Behaviors, Therapy-Interfering Behaviors, Distress Tolerance and Self-Soothing, Containment and Grounding of Intrusions. Series of 2 hour Breakfast Clubs for Masters and Johnson. Omaha, Nebraska on 11/29/95; Kansas City, Missouri on 1/17/96; Des Moines, Iowa on 3/7/96; Frankfort, Kentucky on 3/13/96; Amarillo, Texas on 4/18/96; Champagne, Illinois on 7/17/96; Quad Cities, Iowa on September 11, 1996; Grand Island, Nebraska on October 23, 1996; Sioux Falls, South Dakota on November 17, 1996.
- Child Sexual Abuse: Interventions for the Child and Family. Presentation given at Child Sexual Abuse Workshop for the Division of Family Services; Two Rivers Psychiatric Hospital on June 7, 1996.
- Stabilization Techniques for 'Borderline Behaviors': Self-Destructive Behaviors, Therapy-Interfering Behaviors, Distress Tolerance and Self-Soothing, Containment and Grounding 4 hour workshop presentation. Westin Crown Center Hotel, Kansas City 4/26/96; San Juan Island Civic Auditorium, WA 5/11/96; Holiday Inn St. Joseph Conference Ctr, St. Joseph, MO 9/27/96.
- Relational Re-enactment: Moving from Abusive Repetitions toward Interpersonal Effectiveness. Presentation given at 2 Day Preferred Provider Workshop in Kansas City, MO. on May 18, 1996.

- Controlling Out of Control Behaviors: Treatment Strategies for Borderline Behaviors. Presentation given at 2 Day Preferred Provider Workshop in Kansas City, MO. on May 18, 1996.
- Trauma Stabilization Techniques for Chronic PostTraumatic Stress Disorders. Presentation at Iowa Methodist Medical Center on March 7, 1996.
- Compulsive Self-Injury. Presented at Masters and Johnson workshop in Boulder, Colorado in February 1996.
- Managing Crises with Dissociative Disorder Patients. Co-presented with Deborah Block, Ph.D. at the International Society for Traumatic Stress Studies Conference on November 1995 in Boston, MA.
- Management of Borderline Features Manifested in the Context of Psychotherapy. Co-presented with Mark Schwartz, Sc.D. at Masters and Johnson Workshop in St. Louis, MO on June 28, 1995.
- Dissociative Experiences in Multiple Personality and Borderline Personality. Research presentation to University of Missouri, St Louis, Rape Treatment Center's Trauma Colloquium Series. 2/14/95.
- Child Abuse and Dissociation in Multiple Personality and Borderline Personality. Poster presentation at the International Society for Traumatic Stress Studies; Chicago, IL, November 8, 1994.
- Sex and Power Dynamics in the Transference with MPD patients. Conference presentation given at Western Regional Conference on Multiple Personality and Dissociation. Orange, CA. 4/15/94.
- Complex PTSD in Combat Veterans. Elana Newman, Ph.D., Sue Orsillo, Ph.D., Barbara Niles, Ph.D., Brett Litz, Ph.D., Deborah Herman, Ph.D and Teri Pokrajac, M.A. Poster presentation at The American Psychological Association's Annual Conference, Toronto, Canada, August 1993.

Publications

"The Transition from Inpatient to Outpatient Care: Case Consultation." Suicide and Life-Threatening Behavior, fall 1994. Phillip Kleespies, Ph.D., Sarah Marshall, Ph.D., Teri Pokrajac, M.A., and Richard Amodio, Ph.D.

Research Experience

Masters and Johnson Sexual Trauma Programs; Treatment outcome study with multi-center study evaluating trauma recovery including PTSD, BPD, Dissociative Disorders, and Schema change. Sept 1994 to November 1997.

Pepperdine University; Dissertation on Dissociative experiences in multiple personality and borderline personality. Final defense: June 22, 1994. Committee Members: Edward Shafranske, Ph.D., Stephen Marmer, M.D., Ph.D., and Joy Asamen, Ph.D.

Boston VA Medical Center, National Center for PTSD; Research utilizing DESNOS interview to assess Complex PTSD in combat veterans. Researchers: Elana Newman, Ph.D., Sue Orsillo, Ph.D., Brett Litz, Ph.D., Debbie Herman, M.A. September 1992 through August 1993.

Harbor/UCLA Child Psychology, Research Assistant. Research project on "Factors affecting children's perceptions of stressfulness of court" amongst sexually abused and a control group of nonabused children. Principle Researcher: Karen Saywitz, Ph.D. September 1991 through June 1992.

Teaching Experience

Adjunct Professor, Pepperdine University, Graduate School of Education and Psychology; Irvine & Los Angeles, CA. September 1997 to 2003; June 2014 to present. Courses taught Counseling Interventions, Interventions of Psychopathology & Trauma in Diverse Populations in the Master's Psychology Degree Program, and Assessment and Treatment of Trauma for doctoral program.

Adjunct Professor, Huntington University, Masters Program Townsend Institute of Counseling and Psychology; Curriculum development for Theories and Techniques of Counseling. Course taught: Theory and Technique of Counseling; June 2015 to present.

Assistant Adjunct Professor, University of Missouri, St. Louis. Winter 1995. Abnormal

Psychology.

Video Trainings

Giving it Back to Kids (GIBTK): Provide video teaching on emotional health issues including emotional regulation, ACES study, DBT, General Trauma, Child Abuse, Sexual Abuse and interventions for emotional and behavioral issues.

Committee Experience

Conference Planning Committee, Summit Conference on Violence, Abuse, and Trauma, (formerly IVAT conference); co-facilitator of the subcommittee for Adult Survivors of child maltreatment; committee member for General Trauma track (2014 to present)

Committee Member: National Partnership to End Interpersonal Violence (NPEIV); Involves in writing standards for Trauma Informed Care

Professional Affiliations

2006 to present Orange County Psychological Association
1994 to present International Society of Traumatic Stress Studies
2010 to present International Society for Study of Trauma and Dissociation
2011 to present American Association of Family Conciliatory Courts
2015 to present National Partnership to End Interpersonal Violence
2015 to present Society for Personality Assessment

Specialized Training:

- Assessment and Treatment of PTSD, Dissociative Disorders & Borderline Personality Disorder
- Assessment of Traumatic Experiences and their Impact
- ACT (Acceptance and Commitment Therapy)
- ADD/ADHD
- Behavioral Medicine
- Child and Adolescent sexual abuse evaluations
- Child Custody Evaluations
- Dialectical Behavior Therapy
- EMDR Levels 1 & 2; specialty training in EMDR for Complex Trauma, Attachment disorders
- Forensic Assessment
- Hypnosis
- Integration of Psychology and Spirituality
- Marital & Sexual Therapy including EFT (Emotionally focused therapy)
- Mindfulness
- R-PAS (Rorchach scoring method)
- Psychodynamic psychotherapy
- Sexual Addiction Treatment
- Substance abuse assessment and treatment
- Supervision in psychological assessment of complex trauma & dissociative clients from Judith Armstrong, Ph.D. (1998-1999)

References:

Professional references provided from previous supervisors, employers, professors, colleagues, and University upon request.

