

Serena Sterling, Psy.D.
Sterling Peak Performance
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Education:

PsyD, Clinical Psychology, California Institute of Integral Studies, San Francisco, CA (2008)
Dissertation: The role of alexithymia and anger in rheumatoid arthritis
MA, International Journalism, City University, London, England (2001)
Dissertation: Visualization and Guided Imagery for Paralysis and Cancer
BA, English Literature, Reed College, Portland, OR (1999)
Thesis: Illness as a Means for Self-Definition in Gilman, Alice James and Tolstoy

Professional Experience:

Mind Body Practitioner
Sports Performance Coach
Sterling Peak Performance

100 Wall Street
Seattle, WA 98121

January 2010-Present

Responsibilities: **Mind Body Practitioner** treating clients with chronic pain, chronic health conditions, stress reduction, anxiety, depression, goal-setting and goal achievement, weight issues, allergies, self-esteem, career and relationship issues.

Sports Performance Coach helping athletes identify and resolve the mental blocks getting in the way of performing at their peak. Assist in recovering faster from injuries, enhance their ability for improved focus and concentration, and facilitate better team chemistry. Use life coaching, mind body therapies including neuro emotional technique, applied kinesiology, muscle testing, and PSYCH-K. Cross-refer when appropriate to chiropractors, acupuncturists, massage therapists, psychotherapists, and medical doctors.

Psychologist Resident (Post-doc)

Elixia Wellness Group
8113 A SE 13th Avenue
Portland, OR 97202

June 2009-July 2010
Supervisor:
Daniel Schiff, PhD

Elixia Wellness Group is a holistic healthcare clinic in Portland, Oregon treating people presenting with physical, mental, emotional and spiritual issues. Services include Naturopathic Medicine, Injection Therapies, IV Therapies, Chiropractic Care, Applied Kinesiology, Acupuncture and Chinese Medicine, Neuro Emotional Technique, Psychotherapy, Massage Therapy, and Organic Skin Care and Beauty Services.

Responsibilities: **Psychologist Resident**, treating adults with anxiety, depression, trauma, emotional and physical pain, relationship and other issues. Specializing in chronic health conditions and functional syndromes, with a focus on the emotions and stress related factors that manifest as physical symptoms. Use Cognitive Behavioral, Psychodynamic, Humanistic, Gestalt, Reichian, Systems, Interpersonal, and Somatic approaches. Cross-refer when appropriate to chiropractors, acupuncturists, naturopaths, and massage therapists at Elixia. Bi-weekly individual supervision. 1,575 total hours supervised clinical experience.

Pre-doctoral Internship
Transpersonal Counseling Center
Institute of Transpersonal Psychology
 1069 East Meadow Circle
 Palo Alto, CA 94303

August 2006-August 2008
 Supervisor:
 Robert Walters, Ph.D.

Responsibilities: Provide individual short and long-term psychotherapy to patients who seek to develop satisfying relationships, improve communication skills, work through grief and depression, recover from addiction, manage stress, anxiety and pain, address trauma and abuse issues, explore life transitions, deepen personal growth, enhance self-expression. Using Psychoanalytic, Transpersonal and Cognitive Behavioral approaches that focus on the integration of mind, body and spirit. Weekly individual and group supervision, case conferences, and didactic trainings. Weekly phone shift, fielding calls from prospective patients and assessing for crisis intervention. 2,088 total hours supervised clinical experience.

Practicums

Intern
Institute on Aging
 3330 Geary Blvd
 San Francisco, CA 94118

August 2005-July 2006
 Supervisor:
 Tom Ciciarelli, Psy.D.

Responsibilities: Conduct individual short and long-term psychotherapy to older adults. Work consists of therapy with African-American, Caucasian, and Latino clients who are depressed and isolated, homebound, suicidal, experiencing grief and loss, elder abuse and neglect, and dementia. Use Psychodynamic, Humanistic, Existential and Cognitive Behavioral Therapy in patient's residence or at the clinic. Co-facilitate elder abuse group. Four-hour per week telephone shift whereby I provide telephone counseling, crisis intervention, and outreach to seniors who are homebound, depressed, isolated, bereaved, abused, or experiencing other serious mental health issues. In addition, conduct telephone counseling and crisis intervention on 16 overnight shifts throughout the year. Regular individual and group supervision, case conferences, and didactic training.

Intern
Institute for Health and Healing,
Integrative Medicine & Spirituality Education Program
California Pacific Medical Center
 P.O. Box 7999
 San Francisco, CA 94120-7999

Sept 2004-July 2005
 Supervisor:
 Carol Kronenwetter, Ph.D.

Responsibilities: Provide Cognitive Behavioral Therapy, Somatic Psychotherapy and Guided Imagery to patients and their families in the acute rehabilitation facility. Patients suffer from chronic and acute medical issues including paralysis, limb amputation, hip and knee replacement, cancer, arthritis, and multiple sclerosis. Psychological issues include depression, anxiety, existential questions, stress management, and surgery preparation and recovery. Weekly group and individual supervision and didactic training.

Intern
Psychological Services Center
 1453 Mission Street
 San Francisco, CA 94103

August 2003-August 2004
 Supervisor:
 Janis Phelps, Ph.D.

Responsibilities: Conduct individual psychotherapy, assessment, and treatment planning. Work consists of therapy with Caucasian, African-American, Gay, and Lesbian clients in the diagnostic

categories of Anxiety, Depression, Family/Relationship difficulties, Eating Disorders, Phase of Life Issues, Personality Disorders and Suicidal Ideation. Use Psychodynamic, Cognitive-Behavioral and Transpersonal Therapy. Regular individual and group supervision, case conferences, and didactic training. Phone Shift: field calls from prospective clients.

Research Volunteer

Institute of Noetic Sciences
101 San Antonio Road
Petaluma, CA 94952

March 2004-August 2004
Supervisor:
Cassie Vieten, Ph.D.

Responsibilities: Work on various projects to assist researchers, including grant writing, coding, editing, researching, and writing.

Intake Worker

Haight Ashbury Psychological Services
2166 Hayes Street, Ste. 308
San Francisco, CA 94117

September 2002-June 2003
Supervisor:
Lisa Frankfort, Ph.D.

Responsibilities: Conduct interviews with prospective clients. Write assessments of intakes for interns. Attend bimonthly intake meetings; participate and offer feedback to interns.

Assistant Editor:

Spirituality & Health Magazine
74 Trinity Place, 13th Floor
New York, NY 10006

August 2001-August 2002
Editor:
Bob Scott

A non-profit national magazine with a circulation of 80,000, serving readers interested in the relationship between body, mind and soul.

Responsibilities: Ensure smooth flow of copy edits and layouts between editors and designers for each issue. Collate all edits and work closely with proofreaders. Select writers and articles for upcoming issues. Respond and communicate with readers. Write, research and edit articles. In charge of updating archives on newly re-launched website. Contribute to new developments for website.

Trained in the following methods and techniques:

Neuro Emotional Technique (NET)
PSYCH-K
Neuro Linguistic Programing (NLP)valerie
The Demartini Method
Hakomi
Energy Psychology
Applied Kinesiology
Touch For Health
The Lifeline Technique
The Liberty Experience
The Mastery Experience
Awakening Momentum
Theta Healing
Energetic Systems Maintenance (ESM)
Dream Interpretation
Tension Myositis Syndrom (TMS)

