

Kajal Sakhrani, Psy.D.

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Education

- October 2016 **Doctor of Psychology**, Clinical Psychology
The Chicago School of Professional Psychology, *Los Angeles, CA*
- August 2012 **Master of Arts**, Clinical Psychology
The Chicago School of Professional Psychology, *Los Angeles, CA*
- May 2006 **Bachelor of Arts**, Psychology
San Francisco State University, *San Francisco, CA*

Licensure

Clinical Psychologist, License #32063

Qualified Medical Evaluator, QME #178211

Clinical Experience

Founder & Clinical Psychologist

Dr. Kajal Sakhrani Psychological Services, *Los Angeles, CA*

October 2020 – Present

- Provide psychotherapy to individuals and couples.
- Administer psychological assessments for diagnostic clarification (Autism, Learning Disability).
- Conduct medical- legal evaluations for workers' compensation cases as a qualified medical evaluator.
- Speak on corporate company panels about a variety of mental health topics such as depression, anxiety, stress, and burnout.

Staff Psychologist

Metropolitan State Hospital, *Norwalk, CA*

September 2024 – Present

- Evaluation of patient's Competency to Stand Trial.
- Conduct psychological assessment for dissimulation of psychiatric symptoms and/or minimization of legal knowledge.
- Administer psychological assessment measures for diagnostic clarification or to assess cognitive functioning.
- Evaluation of patient's risk for suicide and/or violence.
- Implement trauma-informed and cognitive-informed treatment interventions for competency restoration and reduction of violence or self-injurious behaviors.

- Devise behavioral plans and interventions for patients with a high risk for violence or self-injurious behaviors.
- Providing competency tutoring in individualized or group modalities.
- Facilitate group therapy including cognitive rehabilitation, social skills, and coping skills.
- Collaborate with an interdisciplinary team to provide competency restoration treatment.

Internship Director and Training Coordinator

Senior Psychologist Supervisor

Metropolitan State Hospital, Norwalk, CA

December 2022 – August 2024

- Coordinate recruitment and application process for internship applicants.
- Review of internship program applications
- Coordinate interviews and selection process for new interns.
- Preparation of annual reports and coordination for accreditation visits with Accrediting agency
- Under the supervision of the Chief of Psychology, coordinate and oversee all aspects of ongoing internship training activities—arrange for rotations, assign, and oversee supervisors, arrange for group and individual therapy activities for interns, arrange for speakers and other intern trainings as required, etc.
- Coordinate (along with Neuropsychology Services) assignment of intellectual and academic assessments for interns and then review these completed assessment reports.
- Provide formal group supervision for interns as required.
- Meet individually with interns on a periodic and as-needed basis to review progress.
- Coordinate attendance and participation of interns in hospital training/meetings as indicated.
- Coordinate and chair Intern Training Advisory Committee meetings.
- Correspond with and provide updates for clinical training directors from interns' graduate programs.
- Coordinate and review formal evaluations of interns' progress and performance from rotation supervisors.
- Maintain database and files of pertinent information for present and former interns for accrediting agencies.
- Attend various meetings for training directors (virtually).

Staff Psychologist

Metropolitan State Hospital, Norwalk, CA

February 2022 – December 2022

- Provide individual and group therapies within inpatient psychiatric setting to adults diagnosed with severe and chronic mental illnesses, substance addiction, and neurodevelopmental disorders.
- Consult and collaborate with multidisciplinary treatment team which includes team psychiatrist, social workers, recreational therapist, nurse staff and nutritionist.
- Perform intake assessments, safety planning, and crisis management for patients in efforts to obtain and maintain stabilization.
- Utilize primarily supportive and cognitive-behavioral therapeutic interventions.
- Maintained clinical progress notes accordingly.

Clinical Psychologist

California Department of Corrections and Rehabilitation, Lancaster, CA *April 2017 – February 2022*

- Provided individual and group therapies to inmate patients in the Enhanced Outpatient Program's (EOP) Administrative Segregation Unit (ASU), Short Term Restricted Housing (STRH) and Correctional Clinical Case Management (CCCMS)
- Provided psychotherapeutic and supportive services to a caseload of up to 25- 200 inmate patients with mild to severe mental illnesses.
- Consulted with the interdisciplinary treatment team to determine the appropriateness of treatment and level of care, as well as inmate-patients' progress in treatment.
- Assessed and evaluated patients for diagnostic clarification, mental competency, and malingering and feigning of psychiatric symptoms.
- Developed treatment and safety plans based on presenting symptoms, history of psychiatric problems, and psychosocial history.
- Conducted crisis intervention and evaluations (e.g., suicidality, homicidality, grave disability)
- Coordinated appropriate intervention after the determination of the level of risk, monitoring inmate-patients recently discharged from the inpatient hospital and assisting inmate-patients to prepare for release to parole.
- Responsible for overseeing and coordinating the evaluations of patients charged with rules violations in order to determine if their behaviors were due to mental illness.
- Provided on-call crisis management.
- Represented mental health during the weekly Institution Classification Committee (ICC)
- Attended morning team meetings with custody in which patient care, custodial, and housing concerns are addressed.
- Responsible for training new staff on CDCR Mental Health Care Operations

Postdoctoral Intern

Mount Saint Mary's University Counseling and Psychological Services, Los Angeles, CA

August 2015- May 2016, 1500+ hours

Supervised by Kendra Nickerson, PhD/ Christine Catipon, PsyD

- Provided brief individual therapy and crisis intervention to culturally diverse undergraduate and graduate students at a predominately female, Catholic university.
- Conducted psychological intake assessments and created collaborative treatment plans.
- Presented to university staff and students on topics such as healthy relationships, sexual assault prevention, stress management, effective communication, and conflict resolution.
- Assisted in the marketing, planning, and staffing of outreach events to the campus community such as National Depression Screening Day and De-Stress Day
- Participated in weekly staff meeting and case consultation with CPS staff.
- Attended weekly didactic trainings focused on clinical work within the university setting.
- Participated in weekly group supervision and monthly case presentation with review of video recorded sessions.
- Provided consultation services to campus faculty and staff regarding students who were identified as low, moderate, or high risk of decompensation.
- Administered, scored, wrote and presented MMPI-2 psychological evaluation.

Advanced Practicum Therapist

Community Care Center, Duarte, CA

August 2014- July 2015

Supervised by Riichiro Miwa, PsyD/ Ronald Kaufman, PhD

- Provided long-term individual and group therapy within an inpatient psychiatric hospital to adults diagnosed with severe and chronic mental illnesses, substance addiction, and neurodevelopmental disorders.
- Consulted and collaborated with multidisciplinary treatment team which included nurses, psychiatrists, case managers, conservators, and nutritionists.
- Performed intake assessments, safety planning and crisis management with clients to help them maintain stabilization and manage crises.
- Used data from intake assessment, consultation, and continued client contact to formulate treatment and discharge plans.
- Utilized primarily humanistic, supportive and cognitive-behavioral therapeutic interventions.
- Maintained clinical progress notes accordingly.

Intermediate Practicum Therapist/Assessor

CLARE Foundation, Los Angeles, CA

September 2013- July 2014

Supervised by Meredith Rimmer, PhD/ Matthew Healy, MFT

- Analyzed, scored and interpreted assessment measures for clients using the Wechsler Adult Intelligence Scale- fourth edition (WAIS-IV), Millon Clinical Multiaxial Inventory – third edition (MCMI-III), House Tree Person, Beck Depression Inventory, and Beck Anxiety Inventory to address a variety of referral questions for adults suffering from substance and alcohol addiction.
- Developed and implemented individualized treatment plans and recommendations for clients based on assessment outcomes.
- Provided individual and group treatment for individuals diagnosed with substance addictions.
- Developed and co-facilitated an open Dialectical Behavior Therapy Skills process group, which aimed to help client learn relapse prevention techniques through Mindfulness, Distress Tolerance, and Emotion Regulation
- Developed and co-facilitated two 10-week cycle Parenting Skills groups, which awarded parents certification upon completion.
- Developed and co-facilitated an open Mindfulness and Relationships Women’s process group aimed to assist clients with skills for establishing and maintaining interpersonal effectiveness.

School Counselor

Outreach Concern, St. Bernard High School, Los Angeles, CA

September 2012- June 2013

Supervised by Mary Elizabeth Horan, PhD/ Leonora Somers, MFT

- Provided counseling for 9th-12th grade students who were experiencing social, emotional, academic, and behavioral problems through Behavioral Therapy Model (35- 40 client caseload from varied cultural backgrounds)
- Developed individual treatment plans for students within 6-8 sessions in which students improve grades, organization, and homework skills.
- Implemented individual treatment plans for students that resulted in improved self-awareness, interpersonal relationships, and communication with peers, family, and school staff.
- Worked closely with parents and school staff to aid student in reaching specific goals.
- Ran a process group for girls’ basketball team to employ positive behavior amongst players.

Practicum Therapist

Westwood Counseling Center, Los Angeles, CA

August 2011- August 2012

Supervised by Kathy MacLeay, PhD/ Donald Shultz, PhD

- Provided therapy for a client base of individuals, couples, and groups using Cognitive Behavioral, Psychodynamic, and Humanistic Therapies (10-15 client caseload from varied cultural backgrounds, ages 18-65)
- Developed and co-facilitated an open Dialectical Behavior Therapy process group to help individuals with Borderline Personality Disorder cope with anger, learn tolerance, acceptance, and mindful awareness
- Collected information about clients, using techniques such as testing, interviewing, discussion, and observation.
- Developed and implemented individualized treatment plans which resulted in clients reaching goals specially tailored to clients' needs and diagnosis.
- Gained knowledge in running a business by setting fees using a sliding scale, setting appointments, and collecting payments.
- Built relationships with clients' physicians, mental health providers, and surrounding mental health facilities to increase client resources.

PROFESSIONAL EXPERIENCE

Private Tutor, Los Angeles, CA

September 2008-December 2011

- Assisted students in achieving academic goals through one-on-one tutoring
- Formulated ideas and clarified students' academic concerns by expanding on curriculum by bettering students' organization skills
- Reviewed class materials, discussed text and assisted with homework preparations
- Developed students study skills

3rd Manager

MAC Cosmetics, San Francisco and Los Angeles, CA

July 2004-September 2008

- Coordinated and assisted trainers and senior artists in teaching technique classes resulting in high customer turnout and retention
- Administered duties, which included store inventory, employee revenue calendars, productivity tracking and scheduling
- Responsible for exceeding weekly and monthly sales goals while providing quality customer service

RELATED CLINICAL EXPERIENCE

Co-Founder/ Vice President

PREM Foundation, Los Angeles, CA

January 2010- 2015

- Serve to assist underprivileged children living in low-income neighborhoods by raising funds to donate to various communities within Southern California

Volunteer

St. Mary's Orphanage for Children, Mumbai, India

December 2000 – 2011

- Assist nuns with infant-care bathing, feeding, daily caretaking
- Teach basic life skills to children infected with AIDS/HIV and those who had been subjected to sexual trauma

YMCA Volunteer

Luther Burbank Elementary School, San Francisco, CA

January 2006 - June 2006

- Started music class and assisted in other after school activities such as homework preparation, improving time management, teaching students appropriate study skills and assisting with arts and crafts through the YMCA

Volunteer

Local Orphanage, Harare, Zimbabwe

June 2004 - July 2004

- Taught children basic life skills such as computer work and home economics
- Tutored students in English, arts, and music

RESEARCH EXPERIENCE

The Chicago School of Professional Psychology, Los Angeles, CA

Clinical Dissertation: *Stress, Burnout, and Coping Strategies Amongst Prison Psychologists*

Defended: April 2015

Chairperson: Guy Balice, PhD Co-Chairperson: Ali Jazayeri, PhD

- Qualitative study which explored the relationship between levels of stress, burnout and coping strategies among psychologists working in correctional settings

PROFESSIONAL ASSOCIATIONS

- American Psychological Association
- Los Angeles County Psychological Association

AWARDS & COMMENDATIONS

Dean's List Scholar, San Francisco State University

Teamwork Award, Outreach Concern, Inc. recognized my exceptional cooperative effort and service in counseling

LANGUAGES

- Fluent in Hindi
 - Conversant in Spanish
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References

Available upon request.