

AMBER LEA WALSER, PSY.D.

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EDUCATION

Psy.D. Virginia Consortium Program in Clinical Psychology **2012**

*The College of William and Mary, Eastern Virginia Medical School,
Norfolk State University, and Old Dominion University*

Dissertation: Psychometric Properties of the Florida Obsessive Compulsive
Inventory (FOCI), and the Schedule of Compulsions, Obsessions and Pathological
Impulses (SCOPI)
Chair: Richard Handel, Ph.D.

M.A. Norfolk State University **2009**

Community and Clinical Psychology

B.S. Pennsylvania State University, **2005**

Graduated With Distinction
Minors in Philosophy and Architecture History

LICENSES AND CERTIFICATIONS

Licensed Psychologist **2021-Present**

Maryland: 06647

Licensed Psychologist **2014-Present**

California: PSY26178

Certified ADHD Clinical Services Provider **2020-Present**

ADHD-CCSP

WORK EXPERIENCE

Towson University Counseling Center

Staff Psychologist/Coordinator of Depression and Anxiety Services

Towson, MD

8/2022-Present

On-campus student counseling center providing outreach, therapy, groups, and crisis services to student body of 22,000 undergraduate and graduate students.

- Provide solution-focused individual therapy to students
- Supervise externs and interns in APA-accredited predoctoral internship
- Provide didactic training for predoctoral interns regarding ADHD, OCD treatment
- Support crisis and suicide prevention initiatives and outreaches on campus including training staff and students, and continuing JED Foundation Campus strategic plan for reducing campus suicides and improving emotional health
- Co-wrote and awarded a TU Foundation grant for \$10,000 for training of Counseling Center psychologists on suicide prevention program: Question, Persuade, Refer

Private Practice; Amber Walser Psychological Assessment and Therapy

Los Angeles, CA

2021-Present

- Provide individual therapy for adults in telehealth format with a focus on anxiety and OCD using primarily CBT/ERP and ACT skills
- Administer Tele-Psychodiagnostic testing for ADHD, personality, cognitive and differential diagnosis referral questions

Kaiser Permanente, Department of Psychiatry Los Angeles Medical Center

Los Angeles, CA

2015 to 8/2022

Assessment Coordinator; Staff Psychologist; Supervising Psychologist

Large, multidisciplinary outpatient Psychiatry Department serving culturally and ethnically diverse members of Kaiser Permanente in the Greater Los Angeles area. Services include psychodiagnostic and neuropsychological testing, individual therapy, group therapy, intensive outpatient therapeutic modalities, psychiatric medication management, and low-cost services to patients seen by interns in the APA-accredited predoctoral internship program and the social work externship.

- Clinical supervisor of four interns in APA-Accredited predoctoral Internship Program, providing individual therapy and assessment supervision, and group supervision of interns
- Lead weekly Assessment Seminar for predoctoral interns
- Provide didactic training on treatment of ADHD, OCD, Hoarding and anxiety disorders to predoctoral interns and interns in the social work internship on site
- Lead trainer for the Department of Psychiatry clinical staff on standardized suicide assessment and safety planning as part of KP's Suicide Prevention Initiative
- Manage referrals, waitlist and coordinate psychodiagnostic testing for three
- Provide CE-approved training on Feedback Informed Care across 10 cohorts of clinical staff at both the local department level and across KP's Southern California region, training approximately 200 staff across 10 cohorts locations of Department of Psychiatry
- Conduct face to face and remote (via telehealth) psychodiagnostic batteries, score and interpret, and provide comprehensive reports and feedback for patients and their psychiatric treatment teams
- Conduct intakes and individual therapy
- Support therapists in Work Stress Clinic, a nine session, three week program; complete clinical documentation, FMLA, disability paperwork for patients enrolled in this higher-level-of care treatment program
- Co-lead weekly, ongoing, ADHD Workshop for adult patients in the department, both in person and via telehealth
- Co-lead 10-week manualized, in-person OCD Treatment group for adults
- Participate in biweekly multidisciplinary consultation team
- Review, recommend and inform treatment plans of patients requesting time off from work as a member of a multidisciplinary team within the department
- Work collaboratively with labor leaders and local management on various interdepartmental committees to improve department functioning and workflows
- Consult and advise as representative of KP's Mental Health Scholars Academy Advisory Education Committee in creating continuing education training for clinicians across Northern and Southern California KP Departments of Psychiatry

Coaching Into Care, Veterans Administration Medical Center of Greater

Los Angeles, CA

2014 to 2015

Coach/Psychologist

National Veterans Administration (VA) helpline and research program whose mission is to educate, support and empower friends and family of veterans through psycho-education, resources and referrals via telephone. Free, confidential

ongoing coaching sessions provided to help concerned friends and family of veterans speak more effectively with veterans regarding mental health treatment.

- Provided ongoing coaching sessions to educate, reduce stigma, and empower Veterans to seek treatment for substance use and mental health issues
- Collaborated with multi-site Coaching into Care teams at VA Medical Centers in Philadelphia and Durham
- Wrote educational blog posts describing Coaching into Care program for Depression and Bipolar Support Alliance
- Consulted with the National Military Family Association with regard to improving the usability and mental health and support resources available in their app for iPhone and Android
- Provided regular submissions and updates into research database regarding ongoing coaching cases

Center for Neurotherapy

Studio City, CA

2011 to 2014

Psychological Assistant, Post-Doctoral Placement

Supervisor: Perri W. Johnson, Ph.D.

Outpatient, private practice specializing in psychological assessment, individual therapy with clients of all ages, and treatment of ADHD and Autism Spectrum Disorders through computer-assisted cognitive rehabilitation, neurofeedback and Biofeedback.

- Administered comprehensive psychological assessments for children and adults, score and interpret tests, generate reports
- Lead Data Collector at this site for two normative data collections for three psychological measures for MultiHealth Systems, Inc (MHS)
- Conducted individual therapy with children, adolescents, and adults with autism spectrum disorder
- Administered and supervised neurofeedback and biofeedback interventions including EEG and HEG modalities
- Assisted in administering 19 channel QEEG Brain Mapping through Neuropulse software

- Led social skills group for children with ADHD or Autism
- Supervised children and adolescents who participate in weekly Autism/ADHD cognitive rehabilitation lab, and collaborate with staff in the supervision and management of lab

Kaiser Permanente, Department of Psychiatry Los Angeles

Medical Center; Los Angeles, CA

Predoctoral Intern

2010-2011

2000 hour APA-accredited internship at an outpatient, multidisciplinary Department of Psychiatry serving diverse clientele in the greater Los Angeles area.

- Conducted intakes and provided individual therapy to adults and children
- Completed comprehensive psychodiagnostic assessments with children and adults; scored assessments, interpreted results, generated reports, and provided feedback
- Co-facilitated a range of therapy groups including therapeutic and coping skills for children, and Phobia, Panic and OCD for adults
- Participated in interdisciplinary K.I.D. Clinic, assessing children for Autism Spectrum Disorders with the use of the Children's Autism Rating Scale-2
- Participated in mindfulness training/practice groups and received weekly supervision regarding clinical applications of mindfulness techniques and theory in therapeutic settings

Norfolk State University Counseling Center, Norfolk State University

Norfolk, VA

Advanced Practica Extern

2009-2010

Supervisor: Curtis Greaves, Ph.D.

Year long, 20 hours per week advanced practica site providing group and individual therapy to college students at this HBCU (Historically Black College/University) university counseling center

- Lead psycho-educational group therapy classes on decision-making skills, anger management, and drug/alcohol education
- Engaged in outreach programming and related mental health awareness activities

- Developed outreach programming on mental health issues in college life. Developed program for Norfolk State University faculty and staff on recognizing and assisting suicidal and emotionally distressed students
- Engaged in individual psychotherapy with a focus on Stages of Change model and Motivational Interviewing strategies

PROFESSIONAL TRAININGS AND PRESENTATIONS

Feedback Informed Care

Co-Presenter; Kaiser Permanente, Department of Psychiatry, Los Angeles, CA: Multiple dates, 2020-2021

Provided 4 CE hour trainings to 10 cohorts of clinicians across KP's Southern California with co-trainer Tanya Veluz, LMFT. Presented in-person and virtual formats; attendees earned CE credits from the Board of Behavioral Sciences and the Board of Psychology

ADHD in Children

Co-Presenter; MAEVE: However You Mother: November, 2020

Presented live, virtual educational webinar with co-presenter, Leaf Wolff, LCSW

The Columbia Suicide Severity Rating Scale and Safety Planning

Presenter, Kaiser Permanente, Department of Psychiatry, Orange, CA: December, 2019

Provided live, in person, 2 CE hour training on current research, administration and implementation of Kaiser Permanente's Zero Suicide Initiative to Southern California KP's Clinical and Neuropsychologists

PUBLICATIONS

Walser, A.L., McLain, M., & Kelkar, K. (2009). Telepsychology:

To phone or not to phone? *Psychogram*, 34, 9.

Hacker, D.S., Nguyen, A.B., **Walser, A.L.**, & Belgrave, F.Z. (2009. April).

The relationship among tobacco use, stress, and coping for African-American girls.

Paper presented at The Institute for Drug and Alcohol Studies Presents: The Virginia Forum on Youth Tobacco Use: Translating Research into Policy and Practice
Richmond, Virginia

PROFESSIONAL AFFILIATIONS

Maryland Psychological Association	2021-Present
American Psychological Association	2021-Present
National Register of Health Service Psychologists	2020-Present
Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)	2020-Present
Society of Personality Assessment	2019-Present
International OCD Foundation	2019-Present

DATA COLLECTION/VALIDITY RESEARCH

Center for Neurotherapy

Studio City, CA 2012-2013

Lead Data Collector

- Collected normative participant data from administration and development of Multi-Health Systems' (MHS) newest version of the Conners' Continuous Performance Test, version 3 (CPT-3), and a new behavioral rating form (RSI) for children and adolescents
- Recruited, briefed and collected consents for participants, and administered computerized assessment to participate across two data collection periods
- Supervised private practice staff who were team members in data collection

