

Serena Sterling, Psy.D.
Dr. Serena Sterling
serena@drserenasterling.com
206-707-9397

Professional Experience:

Mind Body Practitioner

Dr. Serena Sterling

Remote Sessions, in person and on-site

January 2008-Present

Responsibilities: treating clients with chronic pain, chronic health conditions, athletic performance issues, stress reduction, anxiety, depression, goal-setting and goal achievement, weight issues, allergies, self-esteem, career and relationship issues, improve focus, consistency, and move past plateaus. Overcome negativity, perfectionism, and fear of success.

I help people recover from emotional trauma, anxiety, depression, and chronic pain. I assist them in understanding the connection between what they think and how they feel physically in their bodies. Using a number of advanced mind body healing techniques including neuro emotional technique, transformational life coaching, and energy medicine and psychology, I ask the body for answers rather than only using a talk-it-out approach and facilitate people in releasing their pain and discomfort. I find the cause of their pain and identify which interventions to use based on my clinical training and education to get them out of physical, mental and emotional distress so that they can get back to the life they want.

Cross-refer when appropriate to chiropractors, naturopaths, physical therapists, acupuncturists, massage therapists, psychotherapists, and medical doctors.

Mental Conditioning Sports Doctor

Sterling Peak Performance

Remote sessions and on-site

100 Wall Street

Seattle, WA 98121

January 2015-Present

(From January 2013-Dec 2016,

I saw patients in Philadelphia at the Healing Arts Center)

Responsibilities: treating clients with chronic pain, chronic health conditions, athletic/performance issues, stress reduction, anxiety, depression, goal-setting and goal achievement, weight issues, allergies, self-esteem, career and relationship issues, improve focus, consistency, and move past plateaus. Overcome negativity, perfectionism, and fear of success.

Helped 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, PSYCH-K, and manual muscle testing.

Cross-refer when appropriate to chiropractors, naturopaths, physical therapists, 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 2012

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: 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

August 2001-August 2002
Editor:

New York, NY 10006

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.

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

Trained in the following methods and techniques:

Neuro Emotional Technique (NET)

Tension Myositis Syndrome (TMS)

Neuro Linguistic Programing (NLP)

PSYCH-K

Hakomi

Energy Psychology

Touch For Health

The Lifeline Technique

The Liberty Experience

The Mastery Experience

Awakening Momentum

Theta Healing

Energetic Systems Maintenance (ESM)

Dream Interpretation

