

Omar Bravo, Psy.D., M.S.

Academic Affiliation

PGSP-Stanford Psy.D. Consortium
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EDUCATION

- 2019-2022 **Doctoral Candidate, Clinical Psychology**
PGSP-Stanford Psy.D. Consortium (APA Accredited)
Palo Alto University, Palo Alto, CA
Dissertation: "Impact of Family Structure and Parental Bipolar on Youth
Depression and Anxiety"
Committee: Nicole Starace, Ph.D. and Jamie Kent, Ph.D.
Status: Successfully defended on 11/05/21
- 2019 **Master of Science, Clinical Psychology**
PGSP-Stanford Psy.D. Consortium (APA Accredited)
Palo Alto University, Palo Alto, CA
- 2015 **Bachelor of Arts, Psychology, Hispanic Literature and Cultures**
Wesleyan University, Middletown, CT

HONORS AND AWARDS

- 2017-2020 Diversity and Merit Fellowship, PGSP-Stanford Psy.D. Consortium
2017 Hispanic Scholarship Fund Scholar

LANGUAGE COMPETENCY

Fluent in Spanish (written and oral)

AREAS OF PROFESSIONAL INTEREST

Psychotherapy for Catholics and Christians
Faith-integrated Internal Family Systems (IFS) psychotherapy
Adult mood and anxiety disorders
Psychotherapy in Spanish

CLINICAL EXPERIENCE

- 11/23-Present **Private Practice Owner**
Inner Freedom Psychotherapy LLC, Lincoln, NE
Own, manage, and operate Inner Freedom Psychotherapy, LLC. Provide tailored, online Internal Family Systems (IFS) psychotherapy, predominantly to Catholic/Christian individual adults struggling with anxiety, depression, trauma, stress, life transitions, and work and family-related issues. Practice under the PSYPACT agreement, which involves the ability to provide online services to most states in the US.
- 9/22-9/23 **Postdoctoral Fellow in Clinical Psychology**
Catholic Social Services, Lincoln, NE
Provided psychotherapeutic services in-person and using tele-therapy to couples, families, and adults at the Immaculate Heart of Mary Counseling Center. Provided faith-integrated services per client preference. Served Saint Gregory the Great Seminary and the University of Nebraska – Lincoln Newman Center one day a week each. Predominantly utilized faith-integrated Internal Family Systems (IFS) Therapy and Acceptance and Commitment Therapy. Conducted vocational assessments for seminarians using the WAIS-IV, Young Schema Questionnaire, Schema Mode Inventory, Relationship Structures (ECR-RS Questionnaire) Questionnaire, Attachment to God Inventory, Kinetic Family Drawing, Holy Trinity and Mary Drawings, Incomplete Sentence Form, and screeners on sexual health. Wrote integrated reports. Received 2-3 hours of weekly supervision and 2 hours of weekly didactics.
Supervisor: Peter Martin, Psy.D.
- 8/21-8/22 **Intern in Clinical Psychology**
Catholic Social Services, Lincoln, NE
Provide services in-person and using tele-therapy to adolescents, families, and adults at Immaculate Heart of Mary Counseling Center, a community mental health clinic. When appropriate, services are faith-integrated. Serve Saint Teresa's School, K-8, and Pius X High School via outreach and psychotherapy services. Utilize ACT, a Catholic integration of ACT, Internal Family systems (IFS), and CBT. Conduct vocational assessments for seminarians using the WAIS-IV, Young Schema Questionnaire, Schema Mode Inventory, Relationship Structures (ECR-RS Questionnaire) Questionnaire, Attachment to God Inventory, Kinetic Family Drawing, Holy Trinity and Mary Drawings, Incomplete Sentence Form, and screeners on sexual health. Write integrated reports and provide feedback. Receive 2-3 hours of individual supervision and 2 hours of didactics weekly.
Supervisor: Peter Martin, Psy.D.
- 8/20-6/21 **Practicum Student**
LifeMoves, Menlo Park, CA
Provided teletherapy (due to COVID-19) to children, families, and adults experiencing homelessness and trauma. Served primarily Spanish-speaking clients. Primarily utilized ACT. Collaborated with case managers. Translated assessments into Spanish. Made weekly on-site visits to a transitional housing apartment complex as part of the therapeutic milieu. Participated weekly in the

Latino Consultation Group. Received 1 hour of individual supervision, 2 hours of group supervision, and 1.5 hours of didactics weekly.

Supervisor: Erika Torres, Ph.D.

4/20-9/20

Practicum Student

Center for Interdisciplinary Brain Science Research

Department of Psychiatry and Behavioral Sciences

Stanford University School of Medicine, Stanford, CA

Remotely administered the DKEFS, KTEA-3 Brief, NIH Toolbox, and BASC SRP-Child, to pre-teen boys with Klinefelter syndrome. Scored DKEFS assessments.

Trained in remote administration of the WISC-V and KSADS.

Supervisor: Mark Beidelman, Ph.D.

8/19-6/20

Practicum Student

Community Mental Health Awareness Council (CHAC), Mountain View, CA

Provided bilingual psychotherapeutic services to students in middle school and clients at a community mental health clinic. Students presented with a wide range of issues such as anxiety, depression, family and peer conflict, ADHD, ODD, and academic stress. Utilized CBT, psychodynamic, regulation-focused psychotherapy, and play and sand tray techniques. Collaborated with school personnel and parents. Received 1 hours of individual supervision in Spanish, 2 hours of group supervision, and 2 hours of didactics.

Supervisor: Daniela San Martín, Psy.D.

9/18-8/20

Practicum Student

Arousal Induced by Medication Study (AIMS)

Department of Psychiatry and Behavioral Sciences

Stanford University School of Medicine, Stanford, CA

Provided Family-Focused Therapy (FFT) both with a co-therapist and individually to adolescents presenting with anxiety and/or depression. All adolescents also had a first-degree relative with bipolar I disorder. Received 1 hour of weekly supervision. Received 1 hour of weekly peer supervision.

Participated in biweekly consultation with Dr. David Miklowitz, the developer of FFT.

Supervisor: Nicole Starace, Ph.D.

6/18-6/19

Practicum Student

La Clínica Latina

The Gronowski Center, Los Altos, CA

Provided individual, couple, and family psychotherapy to monolingual and bilingual Spanish-speaking clients at La Clínica Latina, a specialty clinic within the Gronowski Center. Presenting problems included trauma, domestic violence, suicidal ideation, anxiety, and depression. Utilized CBT, CPT, narrative therapy, person-centered therapy, and motivational interviewing techniques. Conducted intake evaluation and generated integrated reports. Received 40 hours of didactics, 1 hour of individual supervision, and 2 hours of group supervision in Spanish weekly.

Supervisor: Elisabet Revilla, Ph.D.

- 4/18-7/18 **Psychology Resident**
Family Connections, Redwood City, CA
 Convened and led a culturally responsive parent support group for Latino fathers. Organized activities to build rapport among group members.
Supervisor: Karen Roller, Ph.D.
- 9/16-9/17 **Education Specialist**
Haynes Family of Programs, La Verde, CA
 Promoted behavior change through the use of Applied Behavior Analysis with school-aged children and high schoolers. Collaborated with case supervisor weekly. Collected ABC (antecedent, behavior, and consequence) and frequency data. Wrote objective session notes.
Supervisor: Lilly Flores-Fiumara, Ph.D.
- 12/15-1/17 **Counselor**
Crisis Textline, New York, NY
 Conducted suicide risk assessments and engaged texters in collaborative problem-solving. Provided crisis intervention to over 200 texters.
- 12/15-8/16 **Behavioral Technician**
Tikvah Center, Corona, CA
 Conducted one-on-one in-home behavior therapy and community outings for children with autism spectrum disorder. Provided in-school intervention services for children in elementary school.
Supervisor: Lilly Flores-Fiumara, Ph.D.

RESEARCH EXPERIENCE

- 9/19-Present **Dissertation in Clinical Psychology**
PGSP-Stanford Psy.D. Consortium, Stanford, CA
 “Impact of Family Structure and Parental Bipolar on Youth Depression and Anxiety”
 Explored the effects of family structure and parental bipolar I disorder on youth depression and anxiety symptoms. The aims of the dissertation are to: (1) examine the relationship between family structure and at-risk youth depression and anxiety symptom severity; (2) determine whether living with or without a parent with a bipolar I diagnosis moderates the effect of family structure on depression and anxiety symptom severity; and (3) determine whether there is lower depression and anxiety symptom severity among intact families (i.e., married, biological, two-parent families) or in non-intact families in which the at-risk youth does not live with the parent with a bipolar I diagnosis.
Committee: Nicole Starace, Ph.D. and Jamie Kent, Ph.D.
Status: Successfully defended on 11/05/21
- 6/16-8/16 **Research Assistant**
UC Irvine School of Education, Irvine, CA
 Assisted in reviewing the literature for the preparation of a manuscript focused on the equity of online classes for Hispanic undergraduates. Provided feedback during lab meetings.
Principal Investigator: Kevin Reimer, Ph.D.

PROFESSIONAL AFFILIATIONS

2019-Present Catholic Psychotherapy Association

REFERENCES

Peter Martin, Psy.D.

Internship Director of Integrated Training
and Formation for the Psychological Sciences
Immaculate Heart of Mary Counseling Center
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Kimberly Hill, Ph.D.

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