

# LORI PANDOLFO, PSY.D.

CLINICAL PSYCHOLOGIST

License No. PSY 22049

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## EDUCATION

**Doctor of Psychology**, May 6, 2006

Wheaton College Graduate School: Wheaton, Illinois 60187

**Master of Arts in Clinical Psychology**, May 2002

Wheaton College Graduate School: Wheaton, Illinois 60187

**Ph.D. Student, Human Development and Family Life**, August 1997-May 2000

University of Kansas: Lawrence, Kansas 66045

**Bachelor of Arts**, English Literature, May 1995

Kansas State University: Manhattan, Kansas 66506

## CLINICAL EXPERIENCE

**Clinical Psychologist**

**Private Practice**

Santa Rosa, California

August 2017-Present

- Psychotherapy for adults, couples and adolescents: Mood disorders, thought disorders, executive coaching, anger management, and trauma.
- Geriatric psychotherapy including comorbid medical conditions: Parkinson's, Dementia, etc.
- Autism Spectrum Disorder: Consultation and individual therapy for persons impacted by ASD and their families/caregivers. Develop strategies for balanced home, school, work, and social integration with a focus on living as independently as possible.
- Collaboration with patient's psychiatric and medical providers
- Case conceptualization: Bio-psycho-social-spiritual model. Utilize core cognitive-behavioral therapy, integrating mindfulness, attachment and psychodynamic theories
- Study participant with the imAPP/Stanford CBT research grant. Receive weekly consultation
- On-going consultation with Donald Meichenbaum, PhD

**Contracted Staff Psychologist**

**Spring Lake Village: A Front Porch Life Plan Community**

Santa Rosa, California

August 2018-2021

- Individualized psychotherapy for older adults with medical and psychological issues

**Staff Psychologist**

**Sonoma Developmental Center**

Eldridge, California

August 2006-June 2018

- Provide full psychological services for acute and chronically mentally ill individuals with dual diagnosis, including mild-profound developmental disabilities and ASD, PTSD, Bipolar Disorder, Schizophrenia, Borderline Personality Disorder, Depression, Pica, etc.
- Serve individuals with severe psychiatric and behavioral challenges: self-injurious behavior, aggression, para-suicidal behavior, property destruction
- Member of the crisis Emergency Behavioral Response Team
- Teach and implement the least restrictive interventions for crisis behavior
- Perform psychological assessments and functional analysis of behavior
- Lead groups targeted at teaching social skills, anger management, and community preparedness
- Facilitate monthly Psychotropic Drug Review
- Suicide intervention
- Participate in peer reviews
- Provide Animal Assisted Therapy with canine
- Monitor behavioral outcome data
- Meet individually with clients
- Supervise Psychiatric Assistants
- Train staff in effective behavioral interventions in order to maximize client independence
- Provide educational workshops for direct-care staff
- Participate in interdisciplinary treatment processes
- Liaison for direct care staff, management, executive teams, and community providers
- Provide on-call services on rotating basis

**Doctoral Intern**

**Sonoma Developmental Center**

Eldridge, California

August 2004-August 2005

- Clinical Psychology Intern in state hospital serving over 750 individuals with moderate to severe developmental disabilities
- Performed psychological assessment and functional analysis of behavior
- Consulted teams in reducing aberrant behavior and increasing skill development
- Participated in interdisciplinary treatment processes

- Co-led groups specifically targeted at teaching social skills and anger management
- Participated in training activities/seminars
- Liaison for direct care staff, management, executive teams, and community providers

**Doctoral Clerkship Student**

**Argonne National Laboratory/Department of Energy/University of Chicago**

Argonne, Illinois

September 2003-April 2004

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- Employee Assistance Program counselor in a large corporate setting. Conducted short-term individual therapy for adults diverse in occupational status, gender, and age
- Conducted long-term therapy for substance-abuse and personality disorder clients
- Co-led group Hardiness training for managers and supervisors
- Provided executive coaching and consulting for managers/supervisors
- Provided Health Psychology interventions, such as wellness and weight-management programs
- Participated in weekly staff meetings
- Received 1 hr per week individual supervision and a minimum of 2 hrs per week direct supervision

12-16 hr/week clerkship

Doctoral level supervision provided by Michael Atella, Ph.D.

**Doctoral Practicum Student**

**Kane County Diagnostic Center**

Batavia, Illinois

September 2002-August 2003

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- Provided diagnostic services for the Sixteenth Judicial Circuit's Court Services
- Served a diversity of clientele from juvenile delinquents to adult offenders
- Clients presented with legal problems such as narcotic use, battery charges, and aggravated sexual assault in addition to mental health issues such as psychosis, mood disorders including depression and bipolar disorders, anxiety disorders including posttraumatic stress disorder, and childhood disorders including ADHD, and learning disabilities
- Participated in consultation meetings that involved clinical case presentations
- Participated in weekly didactic sessions led by staff psychologist
- Received at least 1 hr per week individual supervision

20 hr/week practicum

Doctoral level supervision provided by Terri Watson, Psy.D., Richard Butman, Ph.D., and Alex Tsang, Psy.D.

**Doctoral Practicum Student**  
**Centennial Counseling Services**  
Sandwich, Illinois

August 2001-June 2002

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- Conducted individual psychotherapy, marital therapy, and family therapy in a rural private practice setting for adult and adolescent clientele diverse in ethnicity, socioeconomic status, gender, and age
- Directed Rainbows grief therapy groups for children in local school system
- Led anger management group therapy for adolescent males in local school system
- Received 1 hr per week individual supervision

15 hr/week practicum

Doctoral level supervision provided by Timothy Buhrt, Psy.D.

**Doctoral Practicum Student**  
**Family Enhancement, University of Kansas**  
Lawrence, Kansas

August 1997-May 2000

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- Collaborated in-home crisis intervention for families
- Co-led monthly family treatment sessions
- Taught criteria-based parenting skills and communication skills for families
- Assisted families with behavioral contracting
- Participated in weekly group supervision

8 hr/week practicum

Doctoral level supervision provided by Jan Sheldon, Ph.D. and Jim Sherman, Ph.D.

**RELATED EMPLOYMENT**

**Adjunct Faculty Member**  
**Wheaton College**  
Wheaton, Illinois

August 2003-May 2004

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- Taught an undergraduate Introduction to Psychology Lab
- Prepared for class lectures, discussion, and activities
- Prepared and graded various projects and papers
- Occasionally lectured for Introduction to Psychology

**Teaching Assistant/Research Assistant**  
**Wheaton College**  
Wheaton, Illinois

June 2001-May 2004

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- Assisted in organizing, conducting, and analyzing research for Cynthia Neal Kimball, Ph.D., Psychology Departmental Chair

- Conducted qualitative research related to *Women in Academia*
- Researched approximately 25 women in higher academia specifically related to scholarship, parenting, and gender-related supports and barriers
- Utilized NU\*DIST
- Assisted in grading exams for Dr. Kimball's Personality course
- Taught and lectured on various topics during the Personality course
- Assisted professor additionally as needed

**Housing Monitor for Residence Life/Student Development Office**

**Wheaton College**

Wheaton, Illinois

June 2002-May 2004

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- Managed more than 60 apartment units with 240+ students
- Position stressed developing character and relationships with students

**Research Assistant**

**University of Kansas**

Lawrence, Kansas

August 1998-May 2000

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- Assisted in organizing, conducting, and analyzing research for Jim Sherman, Ph.D., HDFL Departmental Chair: (785)864-0509
- Looked at relationship development among people with severe and profound disabilities
- Research utilized ABA approach

**Teaching Assistant**

**University of Kansas**

Lawrence, Kansas

August 1997-May 2000

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- Assisted in teaching Juveniles in the Justice System, Practicum in Juvenile Problems, and Juvenile Behaviors for Jan Sheldon, Ph.D.
- Assisted in grading exams and evaluating student's performance in leading social skills groups
- Taught and lectured on various topics during for the afore mentioned courses
- Attended hearings with the District Attorney in Douglas County, Kansas for community youth served
- Assisted professor additionally as needed

**Behavioral Consultant, Management Team Member, and Job Coach**

**Community Living Opportunities**

Overland Park and Lawrence, Kansas

August 1995-August 2000

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- Served adults with severe and profound disabilities
- Provided behavioral programming and consultation for over 30 staff members
- Managed home for three men
- Hired new staff

- Provided feedback regarding staff performance
- Provided direct care for men and women
- Recruited job opportunities for men women served as well as assistance on the job

## **INDIVIDUAL RESEARCH**

### **Doctoral Dissertation**

January 2002-January 2006

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This study examined the effect of exercise on depression and anxiety symptoms within a sample of 168 undergraduate students from 18-22 years old in a wellness course. Of particular focus was the comparison of exercisers and non-exercisers pre- and post-test levels of anxiety and depression using the Symptom Checklist-90 Revised (SCL-90-R), a measurement which provides an initial overview of emotional and psychological functioning. A repeated measures 2 x 2 x 2 analysis of variance (ANOVA) was also used to test depression and anxiety. Regarding depression, no main effects or interaction effects were observed for the between-groups variables (quad, gender, previous exercise patterns). Similarly, no within-groups change was observed and no within-groups by between-groups interaction effects were found. For anxiety, an overall within-groups effect was observed,  $\eta^2(1,160) = 0.97, p < .05$ , though the difference between overall means was modest (from pre-test of 54.6 to post-test of 53.3, Cohen's  $d$  of 0.12). No main effects or interaction effects were observed for the between-groups variables (quad, gender, previous exercise patterns).

## **HONORS RECEIVED**

- 2016 Sustained Superior Accomplishment Award-Sonoma Developmental Center
- CA Health Professions Education Foundation: Licensed Mental Health Service Provider Education Program Scholarship recipient-4 year award (2011-2015)
- Wheaton College Psychology Department Scholarship (2000-2004)
- American Business Women's Association (1991-1995)

## **PROFESSIONAL MEMBERSHIPS**

- American Psychological Association
- California Psychological Association
- Redwood Psychological Association