

# Adrienne Ahern, Ph.D. ~ Curriculum Vitae

## EDUCATION

7/94

Ph.D., Clinical Psychology, California School of Professional Psychology, Berkeley/Alameda, CA (Now, Alliant International University, San Francisco)

6/92

M.A., Clinical Psychology, California School of Professional Psychology, Berkeley/Alameda, CA (emphasis in Health Psychology)

5/90

M.A., Counseling Psychology, University of San Francisco, San Francisco, CA. (Specialization in marriage, Family, And Child Counseling)

1/82

B.A., major in Linguistics, University of California at Los Angeles.

## LICENSURE

7/95

California Board of Psychology License - PSY 14473

5/97

Certified Employee Assistance Professional (CEAP)

9/2007

HeartMath® 1:1 Licensed Provider

## PROFESSIONAL WORK EXPERIENCE

4/2009 – Present

Clinical and Consulting Psychologist, Author and National Speaker  
Evidence based four-step process, Snap Out Of It NOW!® outlined in her second book, "Back In Charge!" and her American Public Television pledge special, "Snap Out Of It NOW!®" Working with populations including adolescents, students, adults, parents, athletes, and business professionals. Incorporates Energy Psychology methods and HeartMath® tools with clients to reduce stress, improve health and increase mental clarity.

Private Practice Office  
11622 El Camino Real, Suite 100  
San Diego, CA 92130  
Office: 858.764.2422, ext. 1348 Cell: 858.784.1312

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradrienneahern.com](http://www.dradrienneahern.com)

Telephone: 858.784.1312

## Adrienne Ahern, Ph.D. ~ Curriculum Vitae

Public Television Pledge Special, distributed by American Public Television, debuted nationally Spring 2009. Travel to various public television markets for in-studio pledge interviews.

Conducting No-Cost Workshops for the unemployed and Keynote presentations nationally.

9/2000 – 4/2009

Consulting Psychologist, Author and National Speaker

Private Practice, offices in Reno, NV and San Diego, CA

January 2009, wrote “Back in Charge – A guide to harnessing the magic of your brain to create the life you’ll love,” (Sentient, June 2009)

September 2008, Produced a Public Television Pledge special, “Snap Out Of It NOW!® with Dr. Adrienne Ahern,” distributed by American Public Television

September 2000 Wrote “SNAP Out Of It NOW!”® (Sentient, 2007).

10/95 - 9/2000

Employee Assistant Program Specialist

Scripps Memorial Hospital, La Jolla

9904 Genesee Ave., La Jolla, CA 92038

July Churchill, Ph.D., CEAP, Supervisor, (619) 260.7066

*Responsibilities: Developing, implementing and maintaining ScrippsHealth system-wide employee assistance program; assessment and evaluation of employees; organizing and conducting system-wide workshops for employees; created and facilitated seminars and retreats for employee groups; management training in how to deal with employee problems, and how and when to use EAP; investigating treatment facilities and programs to maintain and up-to-date reference / resource library available to employees; producing in-house marketing publications of information on employee assistance program and procedures, as well and a quarterly psycho-education newsletter for employees.*

10/95 - 9/2000

Clinical Psychologist

Private Practice

Office in Del Mar, CA

*Responsibilities: Conduct individual, couples and family therapy with adults and adolescents; specialties include cognitive-behavioral treatment of depression, anxiety and panic disorders, substance abuse and marital difficulties. Conduct mediation focusing on divorce issues, organizational / corporate conflicts, e.g., sexual harassment, discrimination, co-worker personality differences.*

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradienneahern.com](http://www.dradienneahern.com)

Telephone: 858.784.1312

## Adrienne Ahern, Ph.D. ~ Curriculum Vitae

7/95 -10/95

Care Coordinator

Palomar/Pomerado Health System: Sunrise Center  
1540 East Valley Parkway, Escondido, CA 92027

Karen Sorenson, Supervisor, (619) 735-9246

*Responsibilities: Cognitive-Behavioral treatment of chemical dependency in a group forum. This program is a 20-week alcohol and drug treatment program consisting of psycho-educational presentations by the facilitator (myself) and a process group following the presentations.*

9/94 - 9/95

Post-Doctoral Psychology Fellow

Mercy Behavioral Health Center

4077 Fifth Avenue, San Diego, CA 92103-2180

Judy Churchill, Ph.D., Supervisor/EAP Specialist. (619) 260-7066

*Responsibilities: Providing comprehensive psychological services to Mercy Behavioral Health outpatients under U.S. Behavioral Health; EAP consultation and referral; on-call responsibilities for Emergency Department and outpatient 24-hour telephone crisis support; consultation/liaison services throughout the hospital; full range of psychodiagnostic procedures; conducting intakes for employees seeking outpatient services; attendant administration duties; development and administration of educational/training seminars for hospital employees and supervisors, i.e., Managing Job Stress, Dealing with Domestic Violence in the Hospital, Conflict Resolution, Team Building.*

8/93 - 8/94

Clinical Intern Specializing In Behavioral Medicine

Department of Veterans' Affairs

2505 West 14th Street. Oakland, CA 94607

Luther Distler, Ph.D., Supervisor/Clinical Director, (510) 273-7568

*Responsibilities: Working with individuals in the management of headaches and other types of chronic pain, chemical dependency, as well as sexual dysfunction, using a cognitive-behavioral therapeutic approach and physiological self-regulation exercises (relaxation training, meditation, imagery techniques, and biofeedback therapy); leading and co-leading a variety of therapeutic and support groups (smoking cessation, stress management and relaxation, cognitive-behavioral psychotherapy with depressed veterans, and psychotherapy with HIV-positive gay men); and conducting adult psychological assessments.*

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradrienneahern.com](http://www.dradrienneahern.com)

Telephone: 858.784.1312

## Adrienne Ahern, Ph.D. ~ Curriculum Vitae

8/92 -7/93

Clinical Intern

Oakland Community Counseling

2647 E. 14th Street, Suite 420, Oakland, CA 94610

Darrell Christian. Ph.D., Supervisor/Clinical Director, (510) 261-9595

*Responsibilities included at this outpatient drug and alcohol clinic: Administering intake interviews and presenting cases to the clinical staff; conducting time-limited and longer-term therapy with adults, children, and families; facilitating latency girls' group psychotherapy; attending weekly multi-cultural conferences, child didactic seminars, child and family case conferences, and drug treatment seminars.*

9/91 - 6/92

Psychological Trainee

Merrithew Memorial Hospital

J Unit 2500 Alhambra Avenue. Martinez, CA 94553

Patricia Finnegan. MFCC. Supervisor. (510) 370-5720

Francine Molina. Ph.D., Director of Training

*Responsibilities included at this acute inpatient psychiatric ward: Participating in treatment team rounds; diagnosing and assessing issues with inpatient populations; treatment planning; psychodiagnostic testing; aftercare planning and placement; conducting individual, family, and group psychotherapy and milieu intervention; facilitating dual-diagnosis group therapy; and presenting cases to unit staff.*

8/89 - 9/90

Counselor

Walden House Adolescent Treatment Center

214 Haight Street, San Francisco, CA 94102

Brian Greenberg, Ph.D., Clinical Director, (415) 558-8880

*Responsibilities: Counseling alcoholic and chemically dependent adolescents; facilitating groups; and disbursing medications and ordering medical supplies. Became certified in CPR.*

1/89 -6/90

Counselor — Field Placement

University of San Francisco Catholic Schools Family Counseling

Program St. John's, St. Paul's, and St. Peter's Elementary Schools

Brian Girard, Ph.D., Director, (415) 666-6868

*Responsibilities: Conducting child and family therapy; consulting at family conferences with teachers; and leading parenting seminars.*

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradrienneahern.com](http://www.dradrienneahern.com)

Telephone: 858.784.1312

## Adrienne Ahern, Ph.D. ~ Curriculum Vitae

10/89 – 1/90

Production Assistant

University of San Francisco Earthquake Stress Tape

Brian Girard, Ph.D., Professor, Department of Counseling

Psychology, USF, (415) 666-6868

*Responsibilities: Overseeing the transcription of 1989 earthquake stress tape into Spanish, Filipino and Chinese; facilitating its distribution.*

1/89 –8/89

Counselor

Children's Home Society

3000 California Street, San Francisco, CA 94115 (415) 563-7824

*Responsibilities at these crisis group homes included: Informal one-to-one counseling with children and adolescents; intervening in violent interactions among house members; facilitating recreational outings; and, general parenting functions.*

9/88 – 6-89

Counselor

Suicide Prevention and Community Counseling Services of Marin

Post Office Box 2749

San Anselmo, CA 94979

Joan Sheldon, Director, (415) 499-1193

*Responsibilities: Grief counseling and suicide hotline counseling.*

2/88 – 6/88

Assistant Director

Passageway Children's Workshop/Urban Skills Center

San Diego, CA

Lana Montgomery, MFCC, Director, (619) 262-7111

*Responsibilities at this program for young adults with learning disabilities included: Strengthening each client's social skills, independent living skills, and job-related skills.*

1/83-1/88

Manager

Family Fitness Center

San Diego, CA

Ray Wilson, President, (619) 438-2790

*Responsibilities: Managing staff at co-educational and women's health clubs; consulting members on fitness behavior, weight control, and issues of depression and poor self-image.*

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradrienneahern.com](http://www.dradrienneahern.com)

Telephone: 858.784.1312

# Adrienne Ahern, Ph.D. ~ Curriculum Vitae

## PROFESSIONAL AFFILIATIONS:

- 09/1994 - Present American Psychological Association  
Membership No. 6964-0017
- 01/1997 - Present San Diego Psychological Association
- 12/2009 - Present Association for Comprehensive Energy Psychology
- 01/2010 - Present Medical Staff Scripps Memorial Hospital La Jolla, California
- 01/2007 - 2010 EEG Spectrum International Affiliate
- 05/1996 - 2001 Employee Assistance Professionals Association Board Member

## PRESENTATIONS:

### *Jump Start Your Career*

Workshop sponsored by the San Diego Press Club at the Ruben H. Fleet Science Center, Balboa Park, California

This workshop is geared to assist people who:

- have recently lost your employment due to the economic downturn, or reduction in force in your particular industry.
- have incurred substantial loss of your retirement portfolio requiring you to find different sources of income.
- have a business that has been negatively affected by today's economy making it no longer viable

### *Back In Charge - Learn how to effectively use your brain to meet and conquer your life's challenges*

Lunch & Learn presentation for The Scripps Research Institute

*Presentation demonstrated how to:*

- increase focus, creativity, and eagerness
- meet life's challenges with confidence and calm
- positively and effectively respond to change
- reduce negative impacts of a stressful life
- experience more energy and joy on a daily basis

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradienneahern.com](http://www.dradienneahern.com)

Telephone: 858.784.1312

## Adrienne Ahern, Ph.D. ~ Curriculum Vitae

### *Who Am I Now?*

Keynote speech for the Congregation Beth Israel in La Jolla, California

Description of Keynote:

*We have all been conditioned by our parents, school systems and culture. Sometimes it may be difficult to separate this conditioning from who we really are. Dr. Adrienne Ahern, psychologist, author and nationally acclaimed speaker, will show us how to identify who we are AND who we are not.*

### *Snap Out of It NOW!® with Dr. Adrienne Ahern*

A public television pledge special distributed by American Public Television will air nationally beginning in June/August 2009. Introducing innovative methods, based on recent research on how the brain functions, that can be applied in all areas of life.

### *“Get Back In Charge – Rediscover Your Power, Reclaim Your Resilience”*

3-hour Workshop at the Riford Center in La Jolla, CA, April 21, 2009

This workshop is geared to assist people who:

- have recently lost your employment due to the economic downturn, or reduction in force in your particular industry.
- have incurred substantial loss of your retirement portfolio requiring you to find different sources of income.
- have a business that has been negatively affected by today's economy making it no longer viable

### *“Back In Charge!”*

Keynote at the Reno-Sparks Chamber of Commerce, April 15, 2009

Discusses how recent findings in neuroscience can enhance our lives. Offering practical tools to get the wiring of the brain to work **for** us, not **against** us in order to find creative business solutions in an economy hit by hard times.

### *“Get Back In Charge” – Rediscover Your Power, Reclaim Your Resilience”*

3-hour Workshop at the Nevada Women’s Expo, April 4, 2009

This workshop is geared to assist people who:

- have recently lost your employment due to the economic downturn, or reduction in force in your particular industry.
- have incurred substantial loss of your retirement portfolio requiring you to find different sources of income.
- have a business that has been negatively affected by today's economy making it no longer viable

### *“Snap Out Of It NOW!®”*

1-hour Keynotes offered at Women’s Conferences Nationally. Drawing on fifteen years of research and clinical work, these keynotes guide women in developing unique, practical processes to:

- make unconscious hardwiring conscious
- unplug our physiology from negative conditioning
- rewire the brain to harness its power to work for us, not against us

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradienneahern.com](http://www.dradienneahern.com)

Telephone: 858.784.1312

## Adrienne Ahern, Ph.D. ~ Curriculum Vitae

### "SNAP Out Of It NOW!®"

A 1-hour lecture at Scripps Memorial Hospital Schaetzel Center June, 2007  
Introducing the new book, "Snap Out Of It NOW!®," which delineates how our brains have been programmed with specific attitudes and patterns that cause us to act and react in specific ways. This "programming" is unconscious, but it is hardwired into our brains, into our very physiology through neuropathways.

### "Balancing Act"

An 8-hour psycho-educational seminar for ScrippsHealth employees. Mercy Hospital, San Diego, CA, May 2000.

### "Four Steps to Wisdom"

(Anthony de Mello, Awareness, Doubleday, N.Y., 1990), 1-hour presentation to the Scripps Memorial Hospital (SMH)-La Jolla Operating Department staff and managers, La Jolla, CA, June 2000.

### "Sexual Harassment Awareness"

2-hour educational training for employees of Scripps Health Employees, San Diego, May 1996 through 2000. Additionally, presented at Ground Rounds for Physicians of SMH-Encinitas, CA, in November 1996.

### "Dealing with Difficult People"

Presented for employees of ScrippsHealth Administrative Services, San Diego, CA, 1997-2000.

### "Self-Care and Self-Esteem"

Presented at Conflict Challenge, Mercy Hospital, San Diego, CA, July, 1997. Additionally, presented for various Scripps Health employee groups upon request, 1997-2000.

### "Recognition of Burnout"

Presented at Care of a Team Player in the Year 2000 Conference, Mercy Hospital, San Diego, CA., June 1996.

### "Managing Transition"

Presented at Patient Focused Care Seminars for employees of SMH-La Jolla. CA. May-June 1996; November-December 1996.

### "Essential Components of EAP"

Presented at San Diego Chamber of Commerce's HealthCare Horizons '95 Conference, San Diego, CA, November 1995.

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradrienneahern.com](http://www.dradrienneahern.com)

Telephone: 858.784.1312

## Adrienne Ahern, Ph.D. ~ Curriculum Vitae

### PUBLICATIONS:

“To Be or To Do” Scripps La Jolla MD Newsletter, April 2010

“Back In Charge – A guide to harnessing the magic of your brain to create the life you’ll love” (Sentient Publications, June 2009)

“SNAP Out Of It NOW!®,” (Sentient Publications, June 2007)

Various publications in Magazines, Newspapers, and Company Newsletters such as San Francisco Examiner, Entrepreneur Magazine, Women Business Magazine, PINK, First for Women. In addition to these publications, Ahern has been a frequent expert commentator on radio and television.

"Self-Care and Self-Esteem," ScrippsHealth EAP Perspectives EAP quarterly newsletter, November 1997.

"Depression in the Workplace," San Diego EAP Association Action Newsletter, January 1996.

"Exercise and Self-Esteem: The Enhancement of Psychological Functioning Among Non-clinical Populations from a Cognitive and Behavioral Perspective." California School of Professional Psychology (CSPP) Doctoral dissertation, July 1994.

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradrienneahern.com](http://www.dradrienneahern.com)

Telephone: 858.784.1312

## Adrienne Ahern, Ph.D. ~ Curriculum Vitae

### REFERENCES:

George Pratt, Ph.D.  
Clinical and Consulting Psychologist and Author  
9834 Genesee Ave. Ste 321  
La Jolla CA 92037  
858-457-3900

Judy Churchill, Ph.D.  
Chair, Scripps Mercy Hospital Foundation  
Email: [drjlc@san.rr.com](mailto:drjlc@san.rr.com)  
3366 Bayside Walk  
San Diego, CA 92109

Paul Randolph, Psy.D.  
Phone: (619) 260-7226  
ScrippsHealth Employee Assistance Program Director  
Mercy Hospital  
San Diego, CA 92103-2180

Kathleen Woeber, energy therapist and founder of the Matrix Light Institute  
Phone: 760-736-1494  
Email: [KathleenJoy@Matrixlight.org](mailto:KathleenJoy@Matrixlight.org)  
400 Santa Dominga  
Solana Beach, CA 92075

Ken Druck, Ph.D.  
2820 Roosevelt St. Suite 200  
San Diego, CA 92106  
[KenDruck@aol.com](mailto:KenDruck@aol.com)  
619-294-8000

Renee Richetts, R.N.  
Phone: (858) 554-2220  
Coordinator of Clinical Data for Decision Support  
Scripps Green Hospital  
10666 N. Torrey Pines Road  
La Jolla, CA 92037-1092

Marcy Reddicks, MFT, LADA  
600 Mill Street  
Reno, NV 89502  
775-688-1617 ext. 27

Email: [Adrienne@adrienneahern.com](mailto:Adrienne@adrienneahern.com) Website: [www.dradrienneahern.com](http://www.dradrienneahern.com)

Telephone: 858.784.1312