

# Lilit Abraamyan-Chaidez, PsyD.

Licensed Psychologist #31671

500 E. Olive Avenue, Suite 540

Burbank, CA 91501

Phone: (818) 446-2522 • Email: lachaidez@rowancenterla.com

## Education

Doctor of Psychology, Clinical Psychology

The Chicago School of Professional Psychology, Los Angeles, CA

Concentration: Health Psychology

Graduated: August 2017

Master of Arts, Clinical Psychology

The Chicago School of Professional Psychology, Los Angeles, CA

Graduated: November 2014

Bachelor of Arts, Psychology

California State University, Fullerton, CA

Graduated: January 2009

Glendale Community College, Glendale, CA

Transferred: January 2006

## Professional Experience

### **Licensed Clinical Contract Psychologist**

*Rowan Center for Behavioral Medicine-Burbank*

8/27/2020 - Present

- Provide psychotherapy to individuals presenting with various concerns.

### **Therapist I**

*Didi Hirsch Mental Health Services-Glendale*

02/2018 to 09/2020

- Provide individual therapy using evidence based practices and interventions, rehabilitation, case management and linkage to resources at a community mental health agency. Clients presented with a variety of mental health diagnosis, including depression, anxiety, trauma, bi-polar, psychotic disorders, and substance use. Conducted intake assessments, treatment planning, and work within a multidisciplinary team to support clients with their treatment goals.

**Pre-Doctoral Intern**

*Institute of Multicultural Counseling and Education Services (IMCES)*

9/2016 to 8/2017

- Provide mental health services using evidence based practices in a multidisciplinary team setting and provide individual therapy, rehabilitation, case management for underserved communities. Completed intake assessments, developed treatment plans, provide therapy and psychological testing for children and adults. Client's presented with a variety of diagnosis; depression, anxiety, trauma, substance use, psychotic disorders and mood disorders. Provide counseling and case management for the domestic violence program within IMCES.

**Advanced Practicum Trainee**

*Pasadena Rehabilitation Institute, Pasadena CA*

8/2015 to 6/2016

- Pain management medical facility a part of Synovation Medical Group treating patients with chronic pain, treating patients with chronic pain. Treat patients with chronic pain utilizing cognitive and behavioral interventions with a humanistic approach. Worked with clients where psychological factors affected their general medical conditions and collaborated with doctors to manage depression, anxiety, and trauma symptoms that impacted and increased clients pain. Complete structured intake evaluations to determine appropriateness for pain management program (Productivity Enhancement Program, Functional Restoration Program, Fibromyalgia Program). Co-facilitate pain management groups and lead the mindfulness group. Write up intake evaluations and maintain timely documentation.

**Intermediate Practicum Trainee**

*Westwood Counseling Center at The Chicago School, Los Angeles, CA*

8/2014 to 7/2015

- A non-profit psychological treatment center providing psychotherapy to predominantly adults struggling with a variety of issues, such as depression, anxiety, trauma, chronic illness, relationship difficulties, and adjustment disorders. Completed structured intake interviews, assessments, and prepared treatment plans. Administer full batteries of psychological assessments, followed by scoring, interpreting, and composing reports with recommendations to clients. Attend weekly didactic and psychological assessment training, as well as individual and group supervision.

**Beginning Practicum Trainee**

*The Accelerated School, Los Angeles, CA*

8/2013 to 6/2014

- Designated Individual Services and Counseling with children and adolescents at a Charter school K-12, using psychodynamic theory, object relations, and play therapy. Work with children who have behavior and academic challenges, aggressive and emotional issues, depression, loss, abuse, trauma, and grief. Complete intake interviews with parents and teachers as needed to assess progress made at home and in school.

### **Undergraduate Student Trainee**

*California State University Fullerton, Children's Center*

9/2008 to 12/2008

- Work as the teacher's aid with lesson plans and assist to carry out their daily agenda in the classroom. Supervise lunch, nap, and playtime of children three to four years old. Support children in conflict resolution in the classroom and on the playground. Help to promote the autonomy of children. General guidance of the children following the center's philosophy.

### **License, Certificates, Workshops**

- Licensed Clinical Psychologist, February 2020 - February 2022
- Pro-Act: Professional Assault Crisis Training and Certification, March, 2019
- Crisis Oriented Recovery Services (CORS), May, 2018.
- Applied Suicide Intervention Skills Training (ASIST), May, 2018.
- Trauma Focused Cognitive Behavioral Therapy, *August, 2017.*
- Individual Cognitive Behavioral Therapy for Depression, Anxiety, and Trauma, *10/5/16-10/7/16 & 3/2/17.*
- Crisis Assessment and Intervention-Recognizing & Responding to Suicide Risk, *February 15 & February 22, 2017.*
- Cognitive Behavioral Therapy for Substance Use Disorders, *May, 2017*
- Increased Challenges in Working with the Middle Eastern Communities and the Effects of the Executive Orders, *May, 2017.*
- Motivational Interviewing: Helping People Move Towards Change, *April, 2017*
- Matrix Model of Intensive Outpatient Alcohol and Drug Treatment Program, *April 2017*
- Crisis Assessment and Intervention-Recognizing & Responding to Suicide Risk, *February, 2017*
- Domestic Violence Advocate Training, *October, 2016.*
- Monsters on Board: An Introduction to Acceptance and Commitment Therapy, *November, 2015.*
- Assessing & Managing Suicide Risk: Core Competencies for Behavioral Health Professionals, Michael Pines, Los Angeles, CA, *November, 2015.*

- 10<sup>th</sup> Annual Conference on Childhood Grief and Traumatic Loss, Pasadena, CA, *March, 2014.*

Workshops Volunteered for at this conference:

- Maternal Depression, Attachment, and Childhood Grief: Theory, Prevention, and Intervention, Dr. Diana Lynn Barnes and Gabrielle Kaufman
- Triggers and Tension: Best Practices for Working with Children in Trauma, Courtney D’Amico
- Integrated Grief Therapy for Children: Benefits and Challenges, Dr. Mekel Harris
- Play Therapy – Your secret weapon with all children, especially difficult and resistant children and teens, Linda Durre, Ph.D., Los Angeles, CA *November, 2013*
- National Alliance on Mental Illness, An Effective Treatment: Mentalization-based treatment for borderline personality disorder, Westwood, CA *November, 2012*

### **Presentation/Research Experience**

Abraamyan, L. (2015). *Impact of Personality Variables and Trauma on Perceived Health Status and Quality of Life among Police Officers* (Unpublished working doctoral dissertation). The Chicago School of Professional Psychology, Los Angeles, CA.

Harris, M., Belur, A., Hoffman, K., Keeler, S., Brooks, J., Abraamyan, L., Norton, E. (2015, August). *Experiential learning approaches: Integrating theory with clinical practice.* Symposium presented at the American Psychological Association (APA) Convention. Toronto, Canada.

Abraamyan, L., (2013, December). *Level of Parental Enthusiasm and Decision to Attain Higher Education in First and Second Generation Armenian Immigrants.* Poster session presented at The Chicago School of Professional Psychology, Los Angeles, CA.

Focus Group Facilitator

*Duarte School District, Duarte, CA*

4/2015

- Volunteered for focus group for anti-bullying support services.
- Facilitate a group of teens in a discussion about bullying.
- Recorded participant responses regarding bullying and engaged in discussion with facilitators regarding implantation of anti-bullying programs in school district.