

Elena A. Welsh, PhD, QME

CA PSY 25996
310-809-3181

EDUCATIONAL HISTORY

QUALIFIED MEDICAL EXAMINER	Completed the Qualified Medical Evaluator (QME) appointment under the California Division of Workers Compensation (DWC) in May, 2020.
PH.D.	Human Services Psychology, Clinical Psychology (APA Accredited) and Community/Applied Social Psychology, University of Maryland, Baltimore County, 2006-2012
POSTDOC FELLOWSHIP	Gateways Hospital and Mental Health Center, Los Angeles, CA, September 2012-October 2013
CLINICAL INTERNSHIP	Department of State Hospitals-Patton (APA Accredited), Patton, CA. 2011-2012
M.A.	Human Services Psychology, Clinical and Community/Applied Social Psychology, University of Maryland, Baltimore County, 2006-2009
B.A.	Psychology (major), Gender Studies (minor), magna cum laude, Lewis and Clark College, 2005 Foreign Study: AHA International, Macerata, Italy, 2004

PROFESSIONAL POSITIONS

CLINICAL EXPERIENCE	California Department of State Hospitals-Sacramento, October 2021-Present <i>Consulting Psychologist</i> Experience includes: Monitoring and working to improve the performance of County Diversion and Community Based Restoration programs, including identifying and addressing programmatic issues and operational needs. Prior work in this role involved the Conditional Release Program (CONREP) programs. Private Practice, Los Angeles, CA, November 2015-Present <i>Psychologist</i> Experience includes: Providing individual psychotherapy. Conducting psychological assessment and forensic evaluations for a variety of referral questions. Consultation and training for organizations, corporations and/or brands focused on promoting mental health. Department of State Hospitals-Coalinga, Coalinga, CA, June 2021-September 2021 <i>Consulting Psychologist</i> Experience included: Evaluating patients who are committed under Sexually Violent Predators (SVP) statute and producing related annual reports to the court.
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Department of State Hospitals-Metropolitan, Norwalk, CA, October 2019-May 2021

Supervising Psychologist

Experience included: Developing department mission and policies and supporting hospital-wide clinical practices, including activities to increase trauma-informed care. Supervising staff psychologists in a forensic treatment setting.

Los Angeles County, Substance Abuse Prevention and Control, Clinical Services and Research Branch, Quality Improvement and Utilization Management Unit, January 2018 - October 2019

Clinical Psychologist II

Experience included: Conducting clinical case reviews to determine medical necessity and to authorize treatment services. Develop and provide trainings to county-contracted community providers.

Department of State Hospitals-Patton, Patton, CA, October 2013- January 2018

Staff Psychologist

Experience included Providing individual and group treatment, conducting psychological assessments and forensic evaluations, and developing and implementing risk and behavior management strategies in a forensic hospital.

Capstone Psychological Services, Pasadena, CA, January 2014- September 2015

Licensed Clinical Psychologist

Experience included Providing cognitive behavioral therapy, diagnostic interviewing, treatment planning, consultation, and psychological assessments in an outpatient private practice specializing in Cognitive Behavioral Therapy and psychological assessment. Types of clinical assessments include referral questions related to diagnostic clarification, capacity to perform various roles, learning disability and ADHD evaluations, and psychoeducational evaluations.

Gateways Hospital and Mental Health Center, Los Angeles, CA, September 2012-October 2013

Primary Forensic Therapist, September 2013-October 2013 (temporary coverage)

Postdoctoral Fellow, September 2012-August 2013

Experience included: Conducting individual and group psychotherapy and psychological assessment in an inpatient setting with adolescents and adults who were presenting as a danger to self, a danger to others, or gravely disabled.

Patton State Hospital, Patton, CA, September 2011- August 2012

Clinical Psychology Intern

Experience included: Conducting psychological assessments for clinical and forensic referral questions, as well as individual and group psychotherapy with individuals with serious mental illness who are involved with the legal system. Also involved in conducting research on situational predictors of violence and trauma rates at the hospital.

Didi Hirsch Mental Health Services, Culver City, CA, September 2010-June 2011

Clinical Practicum Student

Experience included: Conducting individual and group therapy, in addition to field capable services with individuals with a wide range of mental health difficulties, specifically individuals at risk for frequent hospitalizations or

homelessness.

Medical Services, Circuit Court, Baltimore City, MD, September 2009-June 2010

Clinical Extern

Experience included: Conducting evaluations for custody cases, child in need of assistance cases, transfer of jurisdiction, competency to stand trial, and criminal responsibility. Evaluations included structured observations, clinical interview and a tailored battery of objective and/or projective measures and/or intelligence testing.

Center for Community Collaboration, HIV/AIDS Collaborative, University of Maryland, Baltimore County, January 2009-July 2010

Program Assistant

Experience included: Consulting with community agencies and primary care clinics who serve clients with HIV/AIDS under the framework of continuous quality improvement and capacity building for mental health and substance abuse. Provided relevant continuing education workshops (in Motivational Interviewing, client engagement, and care integration), and support to enhance integrated treatment for clients with dual diagnoses with emphasis on screening, brief intervention, and referral processes (SBIRT).

Advocates for Survivors of Torture and Trauma, Baltimore, MD, September 2008-July 2009

Clinical Extern

Experience included: Conducting individual therapy with adult survivors of torture and war trauma under the supervision of a licensed psychologist. Coordinating care with client's case management and providing reports on mental health for legal representatives and asylum officials.

Domestic Violence Center of Howard County, Columbia, Maryland, September 2007-June 2008

Clinical Extern

Experience included: Conducting intake interviews as well as individual and group therapy with court-mandated clients under the supervision of a licensed psychologist.

Department of Health and Human Services, Family Crisis Residential Treatment Center, Denver, Colorado, October, 2005-August, 2006

AmeriCorps Member

Experience included: Case management, development of mental health interventions, facilitation of enrichment activities for children and youth, individual mentorship and the instruction of independent living skills. Committees: Teen Pregnancy Prevention and Parenting, Rocky Mountain Youth Housing Project, and Hispanic Education Council.

Outside In, Portland, Oregon. January-May, 2003.

LGBT Support Intern

Service included: Leadership of support groups for LGBT and/or homeless youth, community outreach and grant searching/writing.

**TEACHING
EXPERIENCE**

Antioch University, Los Angeles, CA., Masters of Applied Psychology Program, September 2013-January 2018

Adjunct Faculty

Experience includes: teaching a variety of courses and workshops in the **Psychology of Conflict-Related and Other Trauma Specialization**, as well as general courses, such as **Psychopathology and Assessment and Contemporary Issues in Aging**.

Duties include: Course development, lecturing, grading, and holding office hours.

**Argosy University, Ontario, CA., Department of Graduate Counseling,
January 2013-January 2014**

Adjunct Faculty/Faculty Mentor

Experience includes teaching the following courses in the graduate counseling department: **Trauma throughout the Lifespan, Brief Psychotherapies, and Substance Abuse Counseling.**

Duties include: Course development, lecturing, grading, and holding office hours.

**The Chicago School of Professional Psychology, Clinical Forensic
Psychology, Los Angeles, CA., September 2013- January 2014**

Adjunct Faculty

Experience includes teaching **Introduction to Forensic Psychology** in the Clinical Forensic Psychology Graduate Department.

Duties include: Course development, lecturing, grading, and holding office hours.

**University of Maryland, Baltimore County, Psychology Dept., June
2007-May 2009**

Teaching Assistant for the following courses: **Community Psychology, Cognitive Psychology, Psychology of Aggression and Antisocial Behavior, Research Methods** and **graduate-level Psychological Assessment.** Duties included: Lecturing, grading, and holding office hours.

Lewis & Clark College, Psychology Dept., 2003

Teaching Assistant for the course **Introduction to Psychology.** Duties included: Lecturing, grading, and holding office hours.

**RESEARCH
EXPERIENCE**

NeuroComp Systems Inc., Irvine, CA, September 2010-March 2011

Research Assistant

Experience includes: Recruiting participants and conducting a battery of neuropsychological and cognitive tests for an NIMH funded project. Project aim is to create a normative database of cognitive functioning in order to aid future understanding and treatment of cognitive disorders.

**University of Maryland Baltimore County, Making Words Count
Research Team, September 2006-September 2011**

Graduate Research Assistant

Experience includes: Weekly team research meetings, supervising undergraduate research assistants, conducting qualitative research studies including interviewing participants and analyzing interview data using Nvivo software.

**Lewis and Clark College, Behavioral Health and Social Psychology Lab,
September 2001-May 2005**

Research Assistant (2001-2002)

Research Associate (2003)

Research Team Leader (2004-2005)

Experience included: Weekly team research meetings, study design, data collection, and data analysis on a variety of behavioral health and social psychology research projects, including projects on emotional competency and cooperation, and mental health stigma.

PUBLICATIONS

- Welsh, E. (2022). The Panic Deck: 58 Strategies to Break Free from Cycles of Panic & Fear and Reclaim Your Life.** PESI Publishing Inc.
- Welsh, E. (2020). 5-Minute Stress Relief: 75 Exercises to Quiet Your Mind and Calm Your Body.** Emeryville, CA: Rockridge Press.
- Welsh, E. (2019). The Cognitive Behavioral Therapy Workbook For Panic Attacks.** Emeryville, CA: Rockridge Press.
- Welsh, E. (2019). Getting to Good: A Guided Journal.** Emeryville, CA: Althea Press.
- Welsh, E. (2018). Trauma Survivors' Strategies for Healing: A Workbook to Help You Grow, Rebuild, and Take Back Your Life.** Emeryville, CA: Althea Press.
- Alexander, A., **Welsh, E.**, Glassmire, D. (2016). Underdiagnosing Posttraumatic Stress Disorder in a State Hospital. *Journal of Forensic Psychology Practice*, 16, 448-459. <http://dx.doi.org/10.1080/15228932.2016.1234142>.
- Carrillo, A., **Welsh, E.** & Zaki, N. (2015). The revolution, new Egypt and psychological sense of community. *Journal of Community Psychology*, 43, 107-118. doi: 10.1002/jcop.21713
- Bader, S., Evans, S. & **Welsh, E.** (2014). Aggression among psychiatric inpatients: The relationship between time, place, victims, and severity. *Journal of the American Psychiatric Nurses Association*, 20, 179-186. doi: 10.1177/1078390314537377
- Welsh, E.**, Bader, S. & Evans, S. (2013). Situational variables related to aggression in institutional settings. *Aggression and Violent Behavior*, 18, 792-796. doi: 10.1016/j.avb.2013.10.003
- Carrillo, A., **Welsh, E.** & Brodsky, A. (2012). Afghan women coping with violence through humanitarian and political action. *International Community Psychology: Community Approaches to Contemporary Social Problems*, 2.
- Brodsky, A.E., Talwar, G., **Welsh, E.**, Scheibler, J., Backer, P., Portnoy, G., Carrillo, A., & Kline, E. (2012). The hope in her eyes: The role of children in Afghan women's resilience. *American Journal of Orthopsychiatry*, 82, 358-366. Doi: 10.1111/j.1939-0025.2012.01162.x
- Gregory, W.H., Van Orden, O., Jordan, L., Portnoy, G., **Welsh, E.**, Betkowski, J., Wolfman Charles, J., DiClemente, C. (2012). New directions in capacity building: Incorporating Cultural Competence into the interactive systems framework. *American Journal of Community Psychology*.

- Brodsky, A.E., Portnoy, G., Scheibler, J., **Welsh, E.**, Talwar, G., Carrillo, A. (2012). Beyond **اب پ** (the ABCs): Education, community and feminism in Afghanistan. *Journal of Community Psychology*, 40, 159-181. doi: 10.1002/jcop
- Brodsky, A., **Welsh, E.**, Carrillo, A., Talwar, G., Scheibler, J., & Krohe, T. (2011). Between Synergy and Conflict: The Processes of Organizational and Individual Resilience in an Afghan Women's Community. *American Journal of Community Psychology*, 47, 217-235. doi:10.1007/s10464-010-9399-5
- Welsh, E.**, & Brodsky, A. (2010). After Every Darkness is Light: Resilient Afghan Women Coping with Violence and Immigration. *Asian American Journal of Psychology*, 1:3, 163-174. doi: 10.1037/a0020922
- Brodsky, A. & **Welsh, E.** (2008). Applied Research. In L. Given (Ed.), *the SAGE Encyclopedia of Qualitative Research Methods*. SAGE Publications.

PRESENTATIONS

- Welsh, E.** (2021, January). Stop Panic In Its Tracks: Evidence-Based Treatment Strategies for Managing and Eliminating Panic Attacks. PESI Catalog.
- Welsh, E.** and Stevenson, L. (2015, March). The Impact of Emotional Disturbances on Academic Functioning: A Review of Risk and Protective Factors. Paper presented at the 15th Annual Conference of the Council of Parent Attorneys and Advocates (COPAA). San Diego, CA.
- Alexander, A.A., **Welsh, E.A.**, Glassmire, D.M., & Guest. P. (2014, March). *Underdiagnosing Posttraumatic Stress Disorder in a Forensic State Hospital*. Paper presented at the American Psychology-Law Society (AP-LS) Annual Conference, New Orleans, LA.
- Brodsky, A., Scheibler, J., **Welsh, E.**, & Carrillo, A. (June, 2011). Resilience or Empowerment: An Argument for Multi-Level Resilience in the Face of Extreme Power Inequalities: New Applications. Symposium presented at the Biennial Conference of the Society for Community Research and Action, Chicago, IL.
- Welsh, E.** (November, 2010). Torture-Related Predictors of Mental Health Outcomes in Survivors. Poster presented at the annual convention of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.
- Welsh, E.** (June, 2010). Predictors of Mental Health in Torture Survivors. Poster presented at the 3rd annual International Conference of Community Psychology, Puebla, MX.
- Welsh, E.**, Van Orden, O., Gregory, H., Jordan, L., & DiClemente, C. (March, 2010). Utilizing Motivational and Stage-based Training to Support Implementation of Evidence-based Approaches. Poster presented at the 3rd Annual NIH conference on the Science of Dissemination and Implementation, Bethesda, MD.
- Welsh, E.**, Talwar, G., & Scheibler, J. (June, 2009). The Coping Experiences of

Afghan Women. Poster presented at the biennial convention of the Society for Community Research and Action, Monclair, NJ.

Brodsky, A., **Welsh, E.**, Carrillo, A., Talwar, G., & Scheibler, J. (June, 2009). Benefit and Burden: Organizational and Individual Resilience of Afghan Women. Symposium presented at the biennial convention of the Society for Community Research and Action (APA Division 27), Monclair, NJ.

Talwar, G., **Welsh, E.**, Pollard, S., Norwood, A., Brodsky, A., & Chen, D. (June, 2009). Correlation between Geographic Location of SCRA Members and Community Psychology Programs. Presented at the biennial convention of the Society for Community Research and Action (APA Division 27), Monclair, NJ.

Welsh, E., Talwar, Gitika, Brodsky, A.E., Carillo, A. & Sheehan, K. (June, 2008). The Process of Organizational and Individual Resilience in Afghan women. Poster presented at the biennial convention of the Society for the Psychological Study of Social Issues, Chicago, IL.

Altarejos, I., Brodsky, A.E., & **Welsh, E.** (2007). The Components and Process of Resilience Among the Members of the Revolutionary Association of the Women of Afghanistan (RAWA). Poster presented at the Annual Biomedical Research Conference for Minority Students (ABRCMS), Austin, Texas.

Detweiler-Bedell, B., Detweiler-Bedell, J., **Welsh E.**, & Standish, C. (April, 2005). Emotional Competencies and Cooperation in the Prisoners Dilemma Paradigm. Paper presented at the meeting of the Western Psychological Association, Portland, Oregon.

Detweiler-Bedell, B., Williams, L., Detweiler-Bedell, J., **Welsh, E.**, & Ullmann, T. (April, 2004). The Dynamic Experience of Emotions. Presented at the meeting of the Western Psychological Association, Phoenix, Arizona.