



EDUCATION

Alliant International University, San Diego, CA

- PsyD in Marital and Family Therapy, concentration in Gerontology
- Dissertation Topic: Marriage and family therapists' competence and mental health literacy in eating disorders

Alliant International University, San Diego, CA

- M.A. in Marital and Family Therapy

University of California, San Diego, La Jolla, CA

- B.S. in Cognitive Science; concentration in Neuroscience
- B.S. in Psychology; concentration in Clinical Psychology

LICENSURE

Licensed Marriage and Family Therapist (LMFT #48529)

- California Board of Behavioral Sciences

CERTIFICATIONS

Certified Eating Disorder Specialist Supervisor (CEDS-S)

Certified Eating Disorder Specialist (CEDS)

- International Association of Eating Disorder Professionals

Approved EDMR Facilitator

Approved EMDR Consultant

Certified in Eye-Movement Desensitization Reprocessing

- EMDRIA

CLINICAL EXPERIENCE

Private Practice, San Diego, CA

- Licensed Marriage and Family Therapist
- Specialty: Eating Disorders and Trauma

Mindfulness Group, Healthy Within, San Diego, CA

- Facilitate bi-weekly mindfulness group for eating disorder IOP.

Montecatini, Residential Eating Disorder Treatment Center, Carlsbad, CA

- Provide treatment for patients with eating disorders, drug and alcohol abuse, depression, anxiety disorders, and dual-diagnosis.

SDSU Research Foundation, San Diego, CA

- Per Diem Counselor: individual phone counseling
- Provide counseling to patients with drug and alcohol dependence using motivational interviewing interventions.

San Diego Psychology Center, San Diego, CA

- Marriage and Family Therapist Intern
- Mental Health Consultant for Community Development Institute's Head Start programs.
- Conduct observations and provide interventions and strategies for students (ages 3 to 4 years old), teachers, and parents.

Healthy Within, Inc., San Diego, CA

- Program Therapist: family, individual, couples, group, and multi-family group therapy.
- Provide eating disorder therapy for men and women
- Prevention Specialist: Skilled in eating disorder and childhood obesity prevention, train facilitators to facilitate prevention programs with teens.

Cal Works-South, Mental Health Systems, Chula Vista, CA

- Therapist: individual and family therapy, parenting group, anger management group, family therapy group, and toddler group.
- Provide therapy for mothers who were supported by welfare
- Treated clients with drug and alcohol abuse, mood disorders, anxiety disorders, and dual-diagnosis.

TEACHING EXPERIENCE

San Diego State University, San Diego, CA

Stress Management (undergraduate upper-division course)

University of California, San Diego, CA

Adolescence (undergraduate upper-division course)

Eating Disorders (undergraduate upper-division course)

Social Psychology (undergraduate lower-division course)

Behavior Modification (undergraduate upper-division course)

Dying, Loss, & Grief (senior seminar)

Drugs, Addictions & Mental Disorders (undergraduate upper-division course)

Alliant International University, San Diego, CA

Eating Disorders (doctorate elective course)

Practicum (master course)

MFT Assessment (master course)

Research Methods (master course)

System Theories (undergraduate course)

Marriage Family Therapy Techniques Lab (masters course)

Interviewing Techniques Lab (masters course)

Argosy University, San Diego, CA

Human Growth and Development (masters course)

Clinical Skills II (masters course)

Substance Abuse Counseling (masters course)

Interpersonal Effectiveness (undergraduate course)

Professional Group I (masters course)

Diagnosis and Treatment Planning (doctorate course)

RESEARCH EXPERIENCE

Alliant International University, San Diego, CA

- Research Assistant/Teaching Assistant for Narumi Taniguchi, Ph.D.

The Center for Autism Research, La Jolla, CA

- Research Assistant-Neuroanatomist: Assist at MRI scans, update databases, liaison between subjects and research.

Developmental Neuroscience, La Jolla, CA

- Independent Study: Assisted in behavioral experiments and ERP's with toddlers ages 18 months to 36 months.

COMMUNITY SERVICE

EMDR Regional Group, San Diego, CA

- Planning Committee
- Create and distribute electronic newsletter

San Diego County Trauma Recovery Network, San Diego, CA

- Pro-bono EMDR therapy for trauma related symptoms after a local disaster

Savor Podcast, San Diego, CA

- Co-produce and co-host podcast with Kelly Hinds, RD
- Explore topics that are related to health, body image, nutrition, and mindfulness.

International Association of Eating Disorder Professionals, San Diego, CA

- Volunteer on San Diego Chapter Board as Chief Financial Officer
- Plan community education events, manage chapter finances, fundraise.

Healthy Within Foundation, San Diego, CA

- Executive Director/Volunteer: Prevention of eating disorders
- Trainer/Supervisor for *Full of Ourselves* program: prevention group for middle school and high school girls.
- Curriculum Development: wrote co-ed 30 week Life Skills course for 6th graders.
- Group Facilitator: Girl Talk, Full of Ourselves, Life Skills course.
- Newsletter layout and design
- Website layout and design

ADDITIONAL TRAINING

4/2021	Flash Technique, Phil Manfield
2/2021	Complex Trauma and Dissociation Across the Lifespan PART 2: Treatment, Trauma Processing and Defenses, Dolores Mosquera, Kathy Steele, Ana Gomez
05/2020	Working with Dissociative Disorders via Telehealth during the Pandemic, Kathy Steele, Dolores Mosquera
10/2019	Treating Narcissism with EMDR Therapy, Dolores Mosquera
10/2019	EMDR Therapy for Borderline Personality Disorder, Dolores Mosquera
10/2017	Foundations of Trauma, Bessel A. van der Kolk
11/2017	EMDR Toolbox: AIP methods for treating Complex PTSD and dissociative personality structure, Jim Knipe
03/2016	EMDR for Borderline Personality Disorder, Dissociation & Complex Trauma, Colin Ross, Dolores Mosquera

- 11/2015 Mastering the Treatment of Complex Trauma: Transforming Theory into Practice, Kathleen Martin, Cindy Shrigley
- 11/2015 Integrating Structural Dissociation Theory and the Polyvagal Theory into EMDR Psychotherapy and a Phase-Oriented Treatment of Complex Development Trauma Disorders, Roger Solomon, Gunilla Klensmeden
- 06/2015 History Taking and Preparation for EMDR Therapy in Complex Cases, Andrew Leeds and Dolores Mosquera
- 03/2015 Treating Complex Trauma with EMDR and Structural Dissociation: A Practical Approach, Kathleen Martin
- 06/2014 Feeling State Addiction Protocol, Robert Miller
- 12/2012 Eye-Movement Desensitization Reprocessing Basic Training Completion
- 11/2011 Eye-Movement Desensitization Reprocessing (EMDR) Basic Training (Part 2), Offered by EMDR Institute
- 06/2011 Eye-Movement Desensitization Reprocessing (EMDR) Basic Training (Part 1), Offered by EMDR Institute

AWARDS AND RECOGNITION

Outstanding Doctor of Marital and Family Therapy, Alliant International University, San Diego.

PUBLICATIONS

Hiestand (Beck-Ellsworth), D. (2015). *Understanding eating disorders: Risk factors, diagnosis, treatment, and recovery*. USA: Cognella Inc.

Hiestand (Beck-Ellsworth), D. (Spring 2009). Mindfulness Tips for Eating Disorders. *Eating Disorders Today*, Gurze Books.

Hiestand (Beck-Ellsworth), D. (Winter 2008). Prevention in Your Communities and in Your Homes. *Eating Disorders Today*, Gurze Books.