

DANIELLE HIESTAND

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EDUCATION

- 08/05 – 05/11 **Alliant International University**, San Diego, CA
- PsyD in Marital and Family Therapy, concentration in Gerontology.
 - *Outstanding Doctor of Marital and Family Therapy Award*, Alliant International University, San Diego.
 - Dissertation Topic: Marriage and family therapists' competence and mental health literacy in eating disorders
 - Mental health literacy in all areas of clinical practice is vital to having positive clinical outcomes, especially in trauma-informed care.
- 09/01 – 06/05 **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

- 05/10 – Present **Licensed Marriage and Family Therapist (LMFT #48529)**
- California Board of Behavioral Sciences

CERTIFICATION/SPECIALIZATION

- 12/2025 – Present **Certified Animal-Assisted Intervention Specialist (C-AAIS)**
- Association of Animal-Assisted Intervention Professionals (AAAIP)
- 03/2020 – Present **EMDR Basic Training Therapy Facilitator**
- Precision EMDR Academy
- 03/2019 – Present **EMDRIA Approved EMDR Consultant**
- Eye-Movement Desensitization Reprocessing International Association
- 03/2015 – Present **Certified in Eye-Movement Desensitization Reprocessing**
- Eye-Movement Desensitization Reprocessing International Association
- 04/2018 – 05/2026 **Certified Eating Disorder Specialist Consultant (CEDS-C)**
- International Association of Eating Disorder Professionals

03/2014 – 05/2026 **Certified Eating Disorder Specialist (CEDS)**
 • International Association of Eating Disorder Professionals

CLINICAL EXPERIENCE

06/11 – Present **Private Practice**, San Diego, CA
 • Licensed Marriage and Family Therapist
 • Specialty: Complex Trauma, Eating Disorders, Mental Health Professionals
 • EMDRIA Approved Consultant
 • Eating Disorder Specialist & Consultant

10/09 – 03/12 **Montecatini**, Residential Eating Disorder Treatment Center, Carlsbad, CA
 • Program Therapist

01/09 – 12/09 **San Diego Psychology Center**, San Diego, CA
 • Marriage and Family Therapist Intern
 • Mental Health Consultant for Community Development Institute's Head Start programs.

10/07 – 12/09 **Healthy Within, Inc.**, San Diego, CA
 • Program Therapist

06/06 – 10/07 **Cal Works-South**, Mental Health Systems, Chula Vista, CA
 • Program Therapist

TEACHING EXPERIENCE

San Diego State University, San Diego, CA
 01/15 – 05/15 Stress Management (undergraduate upper-division course)

University of California, San Diego, La Jolla, CA
 04/13 – 12/14 Adolescence (undergraduate upper-division course)
 08/10 – 12/14 Eating Disorders (undergraduate upper-division course)
 09/11 – 06/14 Social Psychology (undergraduate lower-division course)
 01/13 – 12/13 Behavior Modification (undergraduate upper-division course)
 09/11 – 12/11 Dying, Loss, & Grief (senior seminar)
 06/11 – 07/11 Drugs, Addictions & Mental Disorders (undergraduate upper-division course)

Alliant International University, San Diego, CA
 01/13 – 05/13 MFT Assessment (master course)
 08/12 – 12/14 Practicum (master course)

08/12 – 12/12	Research Methods (master course)
06/11 – 08/15	Eating Disorders (doctorate elective course)
01/09 – 05/09	System Theories (undergraduate course)
01/08 – 12/09	Marriage Family Therapy Techniques Lab (masters course)
08/08 – 12/09	Interviewing Techniques Lab (masters course)

Argosy University, San Diego, CA

09/11 – 08/12	Courses Taught: Clinical Skills II (masters course), Diagnosis and Treatment Planning (doctorate course), Interpersonal Effectiveness (undergraduate course), Substance Abuse Counseling (masters course), Human Growth and Development (masters course)
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COMMUNITY SERVICE

01/2020 – Present	San Diego EMDR Regional Networking Group, San Diego, CA • Planning Committee: Educate and support EMDR therapists through organizing bimonthly trainings and networking meetings and providing trainings on clinician burnout, compassion fatigue, secondary traumatic stress, and self-care. • Create and distribute electronic newsletter to 600+ EMDR therapists
5/2018 – Present	San Diego County Trauma Recovery Network, San Diego, CA • Provide pro-bono EMDR therapy for trauma related symptoms after a local disaster. Brief EMDR therapy focuses on resourcing the client, teaching self-care tools, and empowering clients to advocate for their needs. • Pro-bono EMDR therapy provided to health professionals during COVID pandemic.
08/13 – 05/16	Savor Podcast, San Diego, CA • Co-produced and co-hosted podcast with Kelly Hinds, RD • Presented research and interviewed experts and researchers on various topics including mental health, self-care, self-compassion, body image, nutrition, and mindfulness.

ON DEMAND CE WEBINARS

Hiestand, D. (December, 2025). Improving Clinical Outcomes through Trauma-Informed Focus on Clinician and Client Self Care. 6.5 EMDRIA, APA and NBCC CE Credit Hours. Co-sponsored by Precision EMDR Academy.

INVITED WORKSHOPS//LECTURES

Hiestand, D. (June, 2025). Compassion Fatigue and Burnout Among Mental Health Providers. Invited by Life Generations Healthcare LLC to speak at the company's Behavioral Health Summit.

Hiestand, D. (June, 2025). Navigating the Neural Woods: EMDR, Trauma and the Adaptive Brain. Invited by Nerd Nite San Diego.

Hiestand, D. (February 2025). Trauma Stewardship. Invited by San Diego EMDR Regional Group.

Hiestand, D. (February 2024). *Secondary Traumatic Stress, Compassion Fatigue and Burnout Among Trauma Therapists*. Invited by San Diego EMDR Regional Group.

Hiestand, D. (July 2022) *Trauma, Dissociation, and Binge Eating Disorder*. Class for Freedom from Binge Eating. Invited by Marianne Miller.

Hiestand, D. (November 2019) *Trauma and Dissociation*. Invited by San Diego EMDR Regional Group.

Hiestand, D. (December 2019) *Trauma, Dissociation and Eating Disorders: The Perfect Storm*. Invited by Center for Discovery.

Hiestand, D. (April 2016) *Introduction to Trauma Informed Eating Disorder Treatment*. Invited by Center for Discovery.

Hiestand, D. (March 2013). *Using Mindfulness to Treat Trauma and Eating Disorders*. Lecture for Green Neuroscience Laboratory. Invited by Director.

Hiestand, D. & Nasim, B. (November 2011). *Mind the Body*. All-day workshop for UCSD Extension in San Diego, CA.

Hiestand, D. (May, 2008). *Less Stress, More Energy*. Workshop presented at Continuing Education high school: Women's Day. Invited by school.

PROFESSIONAL DEVELOPMENT

01/2026 - Present Precision EMDR Faculty Consultation
 • Active participation in monthly group consultation with Precision EMDR Consultants focusing on developmental attachment trauma, dissociation, complex cases, teaching and providing consultation.

- 07/2024 - Present Assistant Director of Professional Credentialing, Precision EMDR Academy
- Review CE course content and student evaluations along with APA guidelines with focus on clinician/student's learning experience and accommodations.
- 03/2021 - Present EMDR Group Consultation
- Active participation in biweekly group consultation with EMDR Consultants focusing on complex trauma, dissociation, secondary traumatic stress, compassion fatigue, burnout, and self-care.

ADDITIONAL RELEVANT EDUCATION

- 11/2025 Introduction to Dissociation and the Multidimensional Inventory of Dissociation (MID). Presented by Jennifer Madere and Michael Coy.
- 11/2025 Ethical Considerations for EMDR and Dissociation. Presented by Jennifer Madere and Michael Coy.
- 12/2024 Narratives (Story Telling) in EMDR Therapy: Making Meaning of Life Experiences Throughout the Life Span and Beyond. Presented by Susan Darker-Smith
- 11/2024 Decoding Complex Developmental Trauma Using EMDR Therapy (Part 1). Presented by Susie Morgan.
- 05/2024 Decoding the Model of EMDR Therapy for Complex Developmental Trauma: The Connection between Symptoms, Triggers, and Trauma Memory Networks in addressing Readiness, Target Sequence Planning, and Attachment-Related Blocks during Reprocessing. Presented by Susie Morgan.
- 05/2024 Burnout and Self-Care. Presented by Eating Recovery Center, Allison Chase and Gracie Moncibaiz.
- 11/2023 New Developments in the Treatment of Dissociative Disorders: Wisdom from Six Leading Experts. Presented by Dolores Mosquera, Kathy Steele, Suzette Boon, Ruth Lanius, Natalia Seijo, and Bethany Brand.
- 10/2023 To Zip or Not To Zip (One's Lips), Therapist Self- Disclosure: Ethical and Clinical Considerations. Presented by Ofer Zur.
- 05/2022 EMDR Therapy for Personality Disorders. Presented by Dolores Mosquera
- 08/2021 Ego State Therapy Interventions to Prepare Your Most Wounded, Belligerent, and Dissociative Clients for EMDR. Presented by Shirley Jean Schmidt
- 04/2021 Flash Technique, Phil Manfield
- 02/2021 Complex Trauma and Dissociation Across the Lifespan PART 2: Treatment, Trauma Processing and Defenses, Dolores Mosquera, Kathy Steele, Ana Gomez
- 09/2020 Imaginal Nurturing, Ego States, and Attachment: An Integrated Approach to Early Deficits, April Steele

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

DIVERSITY, EQUITY, AND INCLUSION

05/2024	Eating Disorders in Marginalized Populations (BIPOC) - A Webinar. Presented by Charlynn Small and Mazella Fuller
03/2023	EMDRIA Consultant Day • Panel Conversation about IDEA (Inclusion, Diversity, Equity, and Access), Layla Asamari, PsyD, et al.; Guiding Consultees through Case Conceptualization and Clinical Decision Making, Ana Gomez, LPC; and Dilemmas and Challenging Situations for Consultants, Karen Alter-Reid, PhD, et al.
07/2023	BIPoC Eating Disorders Conference • Three day virtual conference that included presentations on Anti-Racism Training; Decolonizing "Disorderly" Eating for Black Folks; Islam, Ramadan, and Eating Disorders; Working with Transgender Individuals: The Rising Need for Trans-Cultural Competency and Trauma-Informed Care; Intimate Partner Violence & Eating Disorders: Intersectionality and Clinical Considerations.

- 04/2022 International Association of Eating Disorder Professionals Symposium 2022
- Acknowledging Racism Doesn't Make You Racist - Factors to Consider When Treating Eating Disorders: Allyship - Going Beyond the Performative.
 - What's Faith Got To Do With It? Exploring the Role of Spirituality and Connection in Eating Disorder Recovery

PUBLICATIONS

Hiestand, D. (July, 2026). Holding space for yourself: Trauma stewardship in EMDR practice. EMDRIA Focal Point Blog.

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

- As an adjunct professor at University of California, San Diego, I wrote and edited a textbook for a course on Eating Disorders.

PROFESSIONAL MEMBERSHIPS

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| 12/15 – Present | Eye-Movement Desensitization Reprocessing International Association |
| 05/11 – Present | International Association of Eating Disorder Professionals |
| 07/21 – Present | California Association of Marriage and Family Therapists |