

JOSHUA L. MIRMELLI, PSY.D.

Licensed Clinical Psychologist (Lic. No. PSY31895)

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CURRICULUM VITAE (CV)

EDUCATION

June 2012: Psy.D., Clinical Psychology, Nova Southeastern University, Fort Lauderdale, FL, American Psychological Association, accredited program

Directed Study: *Childhood sexual abuse and HIV acquisition in adulthood amongst gay men.*

August 2009: M.S., Clinical Psychology, Nova Southeastern University, Fort Lauderdale, FL

May 2007: B.A., Psychology (Cum Laude), Major; Psychology, Minor; English, University of Miami, Coral Gables, Florida

CLINICAL EMPLOYMENT

07/2020—Present: Licensed Clinical Psychologist, Private Practice, Beverly Hills, CA

Offer individual psychotherapy and psychological evaluation/assessment to individuals diagnosed with a range of psychological disorders. Utilize a combination of Cognitive-Behavioral Therapy and Dialectical Behavior Therapy to treat individuals with substance use disorders, mood disorders, anxiety disorders and personality disorders. Provide family psychotherapy and couples psychotherapy, drawing skills and techniques from modalities such as Interpersonal Psychotherapy (ITP) and Family Systems Theory. Provide clinical consultation and trainings on a variety of topics, ranging from affirmative care for members of the LGBTQIA+ community to mindfulness-based practices.

09/2015-07/2020: Psychological Assistant, Levine Psychological Assoc., Los Angeles, CA

Provided individual psychotherapy and psychological assessment to patients diagnosed with a range of psychological disorders. Utilized a combination of Cognitive-Behavioral Therapy and Dialectical Behavior Therapy to treat patients with substance use disorders, mood disorders, anxiety disorders and personality disorders. Received weekly individual supervision from Jason Levine, Ph.D. where emphasis was placed on case-conceptualization, diagnostic formulation, treatment planning and ethically sound evidence-based psychotherapy and treatment.

Supervised by Dr. Jason Levine, Ph.D.

03/2018-02/2020: Primary & Group Therapist, Applied LA, Los Angeles, CA

Provided group psychotherapy for 90 minutes once per week to patients diagnosed with substance abuse disorders. Focus of group was on assisting patients in developing greater

insight into family dynamics which may be impacting current significant relationships so that they can create meaningful change in their lives.

Supervised by Dr. Jason Levine, Ph.D.

03/2016-05/2020: Group Therapist, The Canyon, Los Angeles, CA

Provided group psychotherapy for 90 minutes once per week to patients diagnosed with substance abuse disorders. Focus of group was on assisting patients in developing effective self-care practices, learning to balance recovery and responsibilities of daily life and identifying triggers for relapse.

Supervised by Dr. Jason Levine, Ph.D.

NON-CLINICAL EMPLOYMENT

01/2018-03/2022: Coordinator of Family Program, Transcend, Los Angeles, CA

Collected relevant family information from family members of clients who have recently entered into one of Transcend's sober living homes. Directed and co-facilitated a two-day educational Family Intensive Workshop which helped families learn requisite skills necessary to help create boundaries in their relationships with loved ones.

8/2014-12/2017: Director of Mentoring and Family Programs, Transcend, Los Angeles, CA

Direct Mentoring program, which offers structured support for adults who have experienced substance abuse and/or mental health challenges. Assist in connecting clients who are leaving one of Transcend's sober living homes with sober mentors who will help to support and monitor a client's recovery once they have left more structured care. Facilitate bi-weekly mentoring supervision meetings to review current mentoring cases and discuss areas of effectiveness/particular challenge with mentoring clients. Direct and co-facilitate a two-day educational Family Intensive Workshop which helps families learn requisite skills necessary to help create boundaries in their relationships with loved ones.

CLINICAL TRAINING EXPERIENCE

09/2011-08/2012: Psychology Intern, Springfield Hospital Center, Sykesville, MD

Provided an array of clinical services, including individual and group therapy, psychological assessment, crisis response, and consultation to a multidisciplinary treatment team in an APA-accredited inpatient psychiatric hospital and training institute. Treated patients with an assortment of diagnostic presentations, including psychotic disorders, mood disorders, substance abuse disorders, anxiety disorders, and personality disorders. Co-led psychoeducational groups. Administered, scored, and interpreted test results from a host of cognitive, memory, objective, and personality assessments. As part of internship training, worked one day a week at Chase Brexton Health Services, an outpatient clinic, serving patients with HIV/AIDS, as well as the gay, lesbian, bisexual, and transgender community of greater Baltimore.

Supervised by Drs. April North, Ph.D., Talibah Buchanan, Ph.D., and Brett Davis, Psy.D.

08/2009 – 08/2010: Psychology Trainee, Trauma Resolution and Integration Program (TRIP), Nova Southeastern University, Ft. Lauderdale, FL

Provided individual and group therapy to outpatient population of adult survivors of childhood physical and sexual trauma. Also conducted therapy with single- incident, multiple incident, and combat survivors. Individuals suffered from a variety of symptoms such as depression, anxiety, post-traumatic stress, insomnia, disordered eating, dissociation, amnesia, impulsivity, non-suicidal self-injurious behaviors, interpersonal difficulties, substance use, sex addiction, and emotional dysregulation. Trained in conceptualization and administration of Contextual Therapy, Cognitive-Behavioral Therapy, and Dialectical Behavior Therapy. Facilitated weekly, two-hour groups on Dialectical Behavioral Skills Training.

Supervised by Steven N. Gold, Ph.D.

08/2008 – 09/2009: Psychology Trainee, Healthy Lifestyles/Guided Self-Change Clinic (GSC), Nova Southeastern University, Ft. Lauderdale, FL

Provided individual, evidence-based, Cognitive-Behavioral Therapy to clients with substance abuse or dependence diagnoses, concerns about diet, exercise, procrastination, stress management, impulse control, internet addiction, and smoking cessation. Trained in skill of motivational interviewing. Experiences included: Conducting assessment interviews, creating and implementing treatment plans, providing feedback and continued evaluation of client progress and goals.

Supervised by Mark B. Sobell, Ph.D., ABPP and Linda C. Sobell, Ph.D., ABPP

01-09/2010: Psychometric Assistant, Alan Braunstein, Ph.D., P.A., & Assoc. Plantation, FL

Conducted intelligence assessments and mental status evaluations both in a private practice setting and in a federal correctional facility to aid a forensic team in determining the appropriateness of returning children to homes where allegations of parental substance use and child neglect were reported by the Department of Children & Families. Interviewed parents desiring to regain custody of their child(ren) and reported clinical findings to my supervisor.

Supervised by Alan L. Braunstein, Ph.D., P.A., & Associates