

Jan E. Estrellado, Ph.D.

EDUCATION

- Ph.D. **California School of Professional Psychology,**
Alliant International University (APA-Accredited)
Clinical Psychology, Multicultural emphasis, August 2015
CA Licensure: PSY28881
- M.A. **Community-Based Block Program,**
San Diego State University
Counselor Education, Multicultural Counseling emphasis, May 2002
- B.A. **University of California, San Diego**
Ethnic Studies and Sociology, June 2001

EMPLOYMENT HISTORY

Assistant Professor, California School of Professional Psychology, PsyD Program, Clinical Psychology, Alliant International University (APA-approved), January 2019 - present.

Licensed Clinical Psychologist, Avellaka Program, La Jolla Band of Luiseño Indians, September 2018-present.

Associate Director of Clinical Training, Psychology Department, Sharp Mesa Vista Hospital, December 2016 - December 2018.

Licensed Clinical Psychologist, Psychology Services of Jan E. Estrellado, PhD, December 2017 - present.

Licensed Clinical Psychologist, Center for Stress & Anxiety Management, October 2015 - December 2017.

Adjunct professor, Department of Counseling and School Psychology, San Diego State University, August 2005 - May 2018.

Assistant Director (Founding), Lesbian Gay Bisexual Transgender Resource Center, University of California, San Diego, November 2005 - July 2010.

Assistant Resident Dean (Founding), Sixth College, University of California, San Diego,
August 2002 - November 2005.

TEACHING EXPERIENCE

Courses taught:

PSY6129, Multicultural Psychology, Alliant International University, San Diego
PSY6112, Social Psychology, Alliant International University, San Diego
PSY7551, Practicum Consultation, Alliant International University, San Diego
CSP 600/600L, Cross-Cultural Counseling Pre-practicum, San Diego State University
CSP 300, Stress Management and Life Planning, San Diego State University
CSP 740 Counseling Practicum, San Diego State University
CSP 650, Trauma and Crisis Counseling in Multicultural Contexts, San Diego State University
CSP 670, Theory and Process of Group Counseling, San Diego State University

ASSESSMENT EXPERIENCE

Trauma Assessment

- CAPS-5
- TSI-2
- DES
- LEC
- PCL
- VHQ
- THS
- CEQ
- MWES

Neuropsychological Assessment

- WRAT
- Trails A&B
- CVLT
- MoCA
- RBANS
- TFLS

- WASI
- WAIS
- WMS
- Stroop

Personality Assessment

- MMPI-2
- MMPI-A
- MCMI-III
- PAI
- NEO

Projective Assessment

- Rorschach (R-PAS)
- TAT
- House-Tree-Person
- Rotter Sentence Completion

PEER-REVIEWED PUBLICATIONS

Moore, A.A. & **Estrellado, J.E.** (2018). Hidden work, hidden costs: the impact of social justice fatigue on librarian women of color. In R. Chou & A. Pho (Eds.). *Pushing the Margins: Women of Color and Intersectionality in LIS*.

Priest, E., Arzoumanian, M., **Estrellado, J.**, DeLorme, J., Dahlin-James, K., Henrich, E., Rodriguez, H., & Dalenberg, C. (2014). Will you pray with me? Trauma, countertransference and the religious client/therapist. In D. Walker, C. Courtois, and J. Aten (Eds.) *Spiritually oriented trauma psychotherapy*. (p. 103-126) Washington, D.C.: American Psychology Association Press.

PROFESSIONAL PRESENTATIONS

Kim, G., Okubo, Y., Kawahara, D., **Estrellado, J.E.**, (2019, August). Experiences of Asian American Women and Nonbinary Faculty in Academia: Challenges and Implications. Roundtable accepted at the meeting of the American Psychological Association, Chicago, IL.

Felipe, L., **Estrellado, J.E.**, Kim, S. (2019, June). Empowering Diverse Queer Communities in Higher Education. Preconference institute accepted, National Conference on Race and Ethnicity, Portland, OR.

Miller, A.E. & **Estrellado, J.E.**, (2019, April). Holding on to Audre: Self-care for LGBTQ+ and POC graduate students. Webinar for APA Division 44.

Estrellado, J.E., Felipe, L., & Breen, A. (2019, January). Finding Belonging and Fighting for Visibility: Queer and Trans* Asian American Families. Roundtable discussion at the National Multicultural Summit, Denver, CO.

Miller, A.E. & **Estrellado, J.E.**, (2019, January). Holding on to Audre: Self-care for LGBTQ+ and POC graduate students. Workshop at the National Multicultural Summit, Denver, CO.

Estrellado, J.E., Miller, A.E. (2019, January). Surviving Graduate School as a Queer and Trans* Student of Color. Roundtable discussion at the National Multicultural Summit, Denver, CO.

Estrellado, J.E., Nakamura, N., Felipe, L., Kim, S., & Breen, A. (2018, August). Queer parenting in API families. Interactive session at the Asian American Psychological Association, San Francisco, CA.

Kim, G., **Estrellado, J.E.** Owen, K., Chu, K., Flores, M., Ibrahim, K., Grey, M.J., & Anaya, I. (2018, August). Diverse feminist activism in climate of fear and intimidation. Roundtable accepted at the meeting of the American Psychological Association, San Francisco, CA.

Estrellado, J.E., Cropper, R.E., Work, G.B., & Greenbaum, B. (2015, August). *Clinicians' attributions to symptoms of trauma and ethnic minority status based on client presentation*. In C.J. Dalenberg (Chair), Race and trauma knowledge in treatment and research. Symposium at the meeting of the American Psychological Association, Toronto, QC.

Arzoumanian, M. A., Dalenberg, C. J., **Estrellado, J. E.**, Hennrich, E. J., Verbeck, E. G., Dahlin, K., & Stevens, J. M. (2014, August). *Critique of the dissociative experiences scale comparison (DESC)*. Poster session presented at the meeting of the American Psychological Association, Washington, D.C.

Dalenberg, C. J., Arzoumanian, M. A., Hennrich, E. J., **Estrellado, J. E.**, Dahlin, K., Stevens, J. M., & Verbeck, E. G. (2014, August). *Revisions to the dissociative experiences scale: the DES-R and the DES-B*. Poster session presented at the meeting of the American Psychological Association, Washington, D.C.

Greenbaum, B., Rosenberg, M.H., Arzoumanian, M.A., Hennrich, E.J., Ardill, M., **Estrellado, J.E.**, Work, G.B., Cropper, R.E., Johnson, A.I., Bussell, N.P., Stevens, J.M., Houston, A.A., Schwab, B.M., & Dalenberg, C.J. (2014, August). *Measuring and defining child physical abuse*. Poster session presented at the meeting of the American Psychological Association, Washington, D.C.

Estrellado, J.E. (2013, August). *Clinicians' perceptions of discrimination-related and trauma-related symptoms*. Poster session presented at the meeting of the American Psychological Association, Honolulu, HI.

Estrellado, J.E., Arzoumanian, M.A., Hennrich, E.J., Dahlin, K., Verbeck, G., Stevens, J.M., & Dalenberg, C.J. (2013, August). *The psychometrics of three dissociation scales: test-retest, alpha, and skewness*. Poster session presented at the meeting of the American Psychological Association, Honolulu, HI.

Arzoumanian, M.A., Verbeck, E.G., Dahlin, K., Stevens, J. M., **Estrellado, J. E.** , Hennrich, E. J., & Dalenberg, C. J. (2013, August). *DES-B: Relationship of the brief DES-R to the full scale and the PCL in a nonclinical sample*. Poster session presented at the meeting of the American Psychological Association, Honolulu, HI.

- Stevens, J. M., Arzoumanian, M. A., Verbeck, E. G., Hennrich, E. J., Dahlin, K., **Estrellado, J. E.**, & Dalenberg, C. J. (2013, August). *Relationship of abuse by religious figures to depression and religiosity in a college sample*. Poster session presented at the meeting of the American Psychological Association, Honolulu, HI.
- Hennrich, E. J., Dahlin, K., Stevens, J. M., Verbeck, E. G., Arzoumanian, M.A., **Estrellado, J. E.**, & Dalenberg, C. J. (2013, August). *Validity of three dissociation scales*. Poster session presented at the meeting of the American Psychological Association, Honolulu, HI.
- Dahlin, K., Hennrich, E. J., Verbeck, E. G., **Estrellado, J. E.**, Stevens, J. M., Arzoumanian, M.A., & Dalenberg, C. J. (2013, August). *The psychometrics of three dissociation scales: test-retest, reliability and relationship to trauma*. Poster session presented at the meeting of the American Psychological Association, Honolulu, HI.
- Verbeck, E. G., Hennrich, E. J., **Estrellado, J. E.**, Stevens, J. M., Dahlin, K., Arzoumanian, M.A., & Dalenberg, C. J. (2013, August). *Development and reliability of a minimally invasive trauma screen*. Poster session presented at the meeting of the American Psychological Association, Honolulu, HI.
- Kawahara, D., Heras, P., Braje, S., **Estrellado, J.E.**, & Wang, T. (2012, March). *Mentoring female Asian and Pacific Islander doctoral level psychology students*. Presentation at the meeting of The Association for Women in Psychology, Palm Springs, CA.
- Miler, A.T., **Estrellado, J.E.**, Curtis, B., Orozco, A., Moore, A.A., & Thompson, C. (2009, June). *Community cross-racial institute on LGBT issues in higher education*. Pre-conference institute presented at the meeting of the National Conference on Race and Ethnicity, San Diego, CA.

INVITED PRESENTATIONS AND LECTURES

- Panelist, *Sexual Violence in Women of Color Communities*, University of California, San Diego, CA, April 2019.
- Co-presenter, *Best Practices for Transgender-Affirming Care*, Sharp HealthCare, San Diego, CA, April 2019.
- Guest lecturer, *Providing Transgender-Affirming Care*, San Diego State University, San Diego, CA, March 2019.
- Co-presenter, *Trauma, Learning, and Trauma-Informed Practice*, Ashford University, San Diego, CA, December 2018.
- Co-presenter, *Trauma, Policing, and Culture*. Community Review Board, San Diego Police Department. San Diego, CA, September 2018.

Co-presenter, *At the Intersections of Gender Identity, Culture, and Language*, San Diego Psychological Association, San Diego, CA, July 2018.

Keynote speaker, Time's Up: Resisting Rape Culture Conference, MiraCosta College, Oceanside, CA, April 2018.

Presenter, *Trauma recovery*, Time's Up: Resisting Rape Culture Conference, MiraCosta College, Oceanside, CA, April 2018.

Guest lecturer, *Working with LGBTQ families*, Alliant International University, San Diego, CA, April 2018.

Guest lecturer, *LGBTQ-affirming mental health*, Alliant International University, San Diego, CA, November 2016.

Presenter, *Bringing our whole selves to the table*, Cuyamaca Community College, Cuyamaca, CA, September 2016.

Presenter, *Working with lesbian, gay, bisexual, and transgender parents and children*, Center for Children, San Diego State University, San Diego, CA, August, 2016.

Presenter, *Mental health and treatment considerations working with lesbian, gay, bisexual, and transgender populations*, National Alliance on Mental Illness, San Diego, CA, July, 2016.

Presenter, *Don't let stress get the best of you*, Single Parent Conference, MiraCosta College, San Diego, CA, April, 2016.

Guest lecturer, *Trauma and children in the classroom*, ED 451: Introduction to Multicultural Education, San Diego State University, San Diego, CA, March, 2016.

Presenter, *Mental health and treatment considerations with Filipino American populations*, Counseling and Psychological Services, California State University, San Marcos, San Marcos, CA, March, 2016.

Guest lecturer, *On love and relationships*, EDS 116: Mentor Practicum, University of California, San Diego, La Jolla, CA, January, 2016.

Co-presenter, *Understanding and working affirmatively with people of all genders*, Sharp Mesa Vista Hospital, San Diego, CA, July 2015.

PROFESSIONAL SERVICE

Co-Coordinator, Graduate Leadership Institute, Asian American Psychological Association, January 2019

Founding Co-Chair, Gender and Sexual Diversity Task Force, Section 5 (Asian and Pacific Islanders), Division 35 (Psychology of Women), January 2017 - December 2018.

Co-Chair, Coordinating Committee, Section 5 (Asian and Pacific Islanders), Division 35 (Society for the Psychology of Women), January 2016 - December 2016.

Chair, Webinar Committee, APA Division 56 (Trauma Psychology), Jan. 2016 - Dec. 2017.

Administrative Assistant, APA Mental Health Apps Database, January 2014 - May 2015.

Editorial Assistant, *Psychological Trauma*, August 2013 - May 2014.

Suite Coordinator, APA Division 56 (Trauma Psychology), December 2012 - July 2013.

Presidential Assistant, APA Division 56 (Trauma Psychology), Dec. 2012 - Dec. 2013.

Grants and Awards Committee Member, Trauma Research Institute, May 2011 - Jan. 2012.
Inaugural President, Asian American Professional Development Group, CSPP, AIU San Diego
August 2011 - May 2012.

HONORS AND AFFILIATIONS

Leadership Fellow, Asian American Psychological Association, August 2016.
Recipient, Outstanding Poster Presentation from APA Division 56 (Trauma Psychology) for “The Psychometrics of Three Dissociation Scales,” August 2013.
Member, Asian American Psychological Association, 2013-present.
Fellow, San Diego Psychoanalytic Association Fellowship Program, 2011-2012.
Member, American Psychological Association, 2011-present.
Member, APA Division 35 (Women in Psychology), 2011-present.
Member, APA Division 44 (LGBT Psychology), 2011-present.
Member, APA Division 45 (Ethnic Minorities in Psychology), 2011-present.
Member, APA Division 56 (Trauma Psychology), 2011-present.

CERTIFICATIONS AND TRAININGS

Cognitive Processing Therapy, VA San Diego and Balboa Naval Hospital, 2016.
Lesbian, Gay, Bisexual, Transgender (LGBT) Rockway Certificate Program, Alliant International University, May 2014.
Acceptance and Commitment Therapy (ACT), AIU seminar, 2013-2014.
Dialectical Behavioral Therapy (DBT), Community Research Foundation, 2012.
Motivational Interviewing (MI), Community Research Foundation, 2011.