

Patrina Anacker Wheat Psy.D.  
PSY27349

## **Education**

The Wright Institute, Berkeley, CA August 2003- June 2011  
Doctorate Clinical Psychology  
Dissertation: An Analysis of the IEP Process for Parents Labeled With Intellectual Disability.  
Master of Arts, Clinical Psychology

San Jose State University, San Jose, CA January 1998 - June 2001  
Bachelor of Arts: Psychology

Minor: Child Development,  
Dean's Scholar Recipient

Santa Barbara City College, Santa Barbara, CA September 1997- December 1997

Concordia University, Irvine, CA September 1996- June 1997  
Dean's Scholar Recipient

## **Clinical Experience**

Marin City Health and Wellness Center Psychologist October 2015-July 2017

Provide psychotherapy to individuals, family, couples, groups and children in a community mental health outpatient clinic. Provide assessment and therapy for depression, anxiety, addiction, mood disorders, trauma, grief and loss, childhood disorders, including neuro-developmental / ADHD, Autism Spectrum, separation and attachment issues. Therapeutic modalities include CBT, Mindfulness, Psychodynamic, Family Systems, Stress reduction. Provided supervision.

Private Consultation / Practice August 2015 - October 2016

Provide therapy to individuals, couples, and families in a private practice setting along with assessment and interventions based in the home and communities settings as needed. Provide Infant Mental Health, Family Systems, CBT, Mindfulness, and Trauma Therapy to individuals, children and families. Expertise in working with families with conflict, disability and/or medical fragility, attachment issues. Consultation for parents navigating Special Education, IEP's, and advocacy issues related to appropriate school placement when children have special needs/ mental illness.

The Mindful Center of the East Bay

Post-Doctoral Intern / Psychological Assistant

February 2012 - August 2013

Provided Mindfulness Based Therapy, Somatic therapy, Trauma therapy (including EDMR, guided imagery, meditation, and Somatic Therapies) to adult clients from diverse backgrounds in a private practice setting. Conducted intakes and assessment, developed and implemented treatment plans, collaborated with other service providers as needed. Attended weekly individual and group supervision with Supervisor Kelly Yi, Ph.D. Group supervision trainings included Mindfulness Based Stress Reduction, Mindfulness Based Cognitive Behavioral Therapy, Mindfulness Meditation. In collaboration with other interns developed a curriculum for Mindful Parenting. Developed a power point seminar for parents and educators focused on Special Education and Navigating the IEP Process.

Through the Looking Glass

Family Clinician/ Registered Psychologist

June 2011 – October 2012

Post Doctorate Intern

December 2010- June 2011

Pre-Doctoral Intern  
2010

August 2009- December

Practicum Trainee

August 2007- June 2009

Provided children and parents with weekly in-home Infant Mental Health and Family Systems therapy and parenting support services to parents with intellectual disabilities. Attended IEP meetings with intellectually disabled parents and transition meetings between Regional Center and School District. Served children in the child welfare system in the process of reunification with biological parent. Wrote and implemented EPSDT treatments plans. Provided play therapy and art therapy with children with brain injury, significant medical needs, intellectual, and physical disabilities. Worked with children in a variety of settings including school, home, and hospital. Worked with infants and parents to provide early intervention and developmental assessments. Provided a high level of collaboration with clinical and medical staff to coordinate services, provided extensive case management. Patients are from 3 month of age into adulthood, low S.E.S, with diverse ethnic backgrounds and sexual orientations. Predoctoral training included co-facilitating training group of interns, training and practice administering developmental assessments, and experience providing long term therapy.

Family Institute of Pinole/ Pre-Doc Internship

August 2009-June 2010

Provided clinic and home based family and individual therapy to a diverse population of adults and children. Trained in family therapy models: Brief Strategic Family Therapy, Family Systems work with Multi-stressed families, Emotion Focused Therapy, EMDR training and practice for Adults and Children. Was part of the trauma team working primarily with survivors of domestic violence and violent crime. Was given two hours of individual and three hours of group supervision per week. In addition was given 3-5 hours per week of additional training and case conference.

The Wright Institute  
Practicum Trainee

Sept 2004 – July 2005

Provided psychodynamic psychotherapy in a sliding scale clinic serving ethnically diverse adult population. Patients are from twenty-eight to fifty-two years old, low socioeconomic background, and present with a wide range of diagnoses, including character and mood disorders, psychosis, and substance abuse issues. Ethnicity of patients included Latino, African American, Sicilian, Bi-Racial, and

Caucasian. Conduct diagnostic interviews with individuals and couples, prepared intake reports, which emphasize multicultural issues, diagnosis and psychodynamic case formulation, psychosocial history, and clinical recommendations. Regularly attend clinical case conference and individual supervision.

Circle of Care  
Practicum Trainee

Aug 2003 – June 2004

Provided psychodynamic play therapy to children in Oakland public school. Children were all African American and were coping with significant trauma and loss. Patients were 6 – 12 years old and presented with a wide range of diagnoses, including ADHD, ODD, Adjustment D/O, and learning disabilities. Worked closely in collaboration with families, teachers, caseworkers, and school principal. Responsibilities included treatment planning; weekly school based individual play therapy, home visits, crisis intervention, EPSDT paperwork, case presentations, and support group facilitation. In addition, attended weekly group and individual supervision. Agency Supervisor: Gayle Pelton, MFT

PediatricCare  
Support Group Facilitator

April 2002 – May 2003

Volunteered as support group facilitator for children and adolescent illness and loss groups. Children were ethnically diverse and were 3-17 years old. Worked with a team of therapists, social workers, and community volunteers. Attended training in group facilitation.

tion, play and art therapy, diversity, all directed toward populations dealing with chronic illness and traumatic loss. Provided, as needed, individual play therapy to children having difficulty working in the group environment. Made use of a broad range of techniques such as sand tray, guided imagery, play, and art therapy. **Other Professional Experience**

### **Board and Committee Experience**

Alameda County Psychological Association June 2003 – 2006  
Co-chair graduate student committee: Worked to solicit graduate student members for ACPA. Speak and distribute literature to graduate psychology programs in Alameda County.

Kensington Nursery School- Guest speaker coordinator

### **Professional Affiliations**

California Psychological Association, Student Affiliate  
CAPIC Stipend Recipient