
MARY L. BERST, PhD, PSYCHOLOGIST

CA Lic. # PSY32434

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SUMMARY

Thirteen years experience, assessing, diagnosing, and treating, multicultural clients ages 18 to 80; providing individual, couples and family therapy. Treatment modalities include CBT, DBT, TRM, and Mindfulness.

EDUCATION

Doctor of Philosophy, Psychology 2016

Northcentral University, Prescott Valley, AZ

Concept for dissertation topic - *Treating Trauma in Burn Victims Using the Community Resiliency Model: An Experimental Study*

Master of Science, Psychology, Specializing in Counseling Psychology 2007

Capella University, Minneapolis, MN

Thesis topic – *Using classroom role-play, interaction, and student critiquing to train therapeutic techniques and interventions.*

Bachelor of Science, Organizational Leadership 2005

Biola University, La Mirada, CA

EXPERIENCE

Harbor Psychiatry and Mental Health 3/2021 to Current

Contracted Licensed Psychologist, Newport Beach, CA.

- Assess, diagnose and therapy

Licensed Psychologist – CA Lic.# PSY32434 3/2021 to Current

Private Practice – Licensed Psychologist, La Quinta, CA.

- Assess, diagnose, and treat clients with mental health disorders
- Evidenced-based intervention utilized, CBT, DBT, TRM, Mindfulness
- Clients 18 – 80 years of age
- Telehealth
- Individual, couples

Life Coach 9/2018 to Current

Life Coach Private Practice, La Quinta, CA

- Develop coaching plans
- Work with individuals, couples, and families
- Coaching focus include: anxiety, depression, grief, and professional communication issues

Associate Program Director 10/2014 to 6/2018

Dual Diagnosis, Palm Desert, CA

Manage 70 staff including Medical Liaisons, Clinicians, AOD Counselors, Case Managers, and intake staff that provide mental health and dual diagnosis services for 80 men and women in an inpatient setting. Provide daily direction to clinical and operational staff regarding patient care and services. Ensure competent, efficient, and timely clinical services are provided to patients requiring mental health and addiction treatment. Developed and provide direction for specialized programs for men and women over the age of 40 (PRIME/POWER) seeking treatment for mental health and dual-diagnosis recovery. Designed, developed, implemented, and provide direction for a Christian-based (CROSS) group curriculum for men and women seeking mental health and addiction treatment. Ensure clinical staff is fully trained on medical necessity to ensure Utilization Review requirements are met related to levels of care.

Senior Clinician

Maintain case load of 8 – 10 patients in an inpatient dual diagnosis facility providing individual therapy, group therapy, conducting clinical assessment, psychological testing, diagnosing, and treatment planning for patients with co-occurring and co-morbid diagnoses providing diagnoses using the DSM-V. Maintain clinical files documenting progress notes and discharge summaries.

Morongo Basin Counseling and Recovery Center, Yucca Valley, CA

2010 - 2013

Clinical Program Manager

Maintained a case load of 10 clients. Performed psychological assessment resulting in 5-Axis diagnosis utilizing the DSM-IV. Performed psychological testing utilizing the MMPI-2 and MMPI-A. Developed treatment plans including individual and group therapy as well as referrals to other helpful resources. Worked closely with Client and Family Services (CFS) providing client care in court cases as well as status letters on client progress. Worked closely with Mental Health Court and outpatient recovery programs for co-occurring clients. Provided individual therapy for all clients utilizing evidence-based practices including CBT, Reality-Therapy, Solution-Focused Therapy, and trauma-focused model approved by San Bernardino County – TRM.

Managed six programs and one department including General Mental Health, Calworks, Mental Health Court, Adult FSP, Wraparound, and Early Wrap as well as managing the Quality Assurance department to ensure all County requirements were met for appropriate contract fulfillment. Provided assistant and on-call management and clinical services for the Crisis Walk-in Center, ensuring that all clients in crisis were provided with appropriate care including diagnostic, medication support, and 5150 paperwork and transportation when inpatient services were required. Certified to write 5150's.

Developed training programs to ensure all staff was fully trained on progress note writing as well as data entry and agency policies and procedures.

Medi-Cal Program Coordinator

Maintained a case load of 15 - 20 clients. Supervised 10 staff, ensuring that productivity met agency standards as well as client care-maintained excellence. Maintained client case load, providing therapy, and psychological testing (MMPI-2, MMPI-A, and Conner's), psychological assessment including 5-Axis diagnoses utilizing the DSM-IV, maintaining 50% client care productivity rate. Produced monthly reports to Clinical Director and CEO related to Medi-Cal productivity and client load. Was fully trained as a Master trainer and facilitator of PTSD treatment Method – Trauma Resiliency Model (TRM), through San Bernardino County. Assessed and documented client progress including creating and maintaining treatment plans. Maintained confidential case notes and files.

Clinician I (Pre-Licensed)

Maintained a case load of 28 clients. Perform clinical assessment and diagnosing of individuals including those with co-occurring and co-morbid diagnoses providing 5 Axis diagnoses utilizing the DSM-IV. Performed psychological testing including MMPI-2, MMPI-A, and Connor's. Maintained client case load resulting in 70% productivity rate. Utilized evidenced-based, CBT, Solution-Focused, and Reality therapeutic methods that aided

clients in managing their daily life by increasing coping skills. Assessed and documented client progress including creating and maintaining treatment plans. Maintained confidential case notes and files

RELATED VOLUNTEER EXPERIENCE

Church at the Red Door – Pastoral Counselor (Volunteer)

Church at the Red Door – Palm Desert, CA

2017 - Present

- Provide individual, couples, and family counseling for parishioners (all populations) providing pastoral counseling, prayer, and referrals to needed resources

Faith Community Church – Pastoral Counselor (Volunteer)

Faith Community Church - Thousand Palms, CA

2003 - 2017

- Provide individual, couples, and family counseling for parishioners (all populations) providing pastoral counseling, prayer, and referrals to needed resources

Eisenhower Medical Center Assistant Chaplain (Volunteer)

Eisenhower Medical Center – Rancho Mirage, CA

2007 - 2008

- Visited and supported hospitalized patients - Grief counseling