

Kara L. Winter, Ph.D., Q.M.E.

EDUCATION

The Wright Institute – Berkeley, CA

September 1993 to June 1998

Ph.D., Clinical Psychology

Dissertation Title: “Cognitive Effects of Depression in AIDs Patients Taking Glucocorticoids.”

New York University (NYU) – New York, NY

September 1987 to May 1989

M.S.W., Social Work

University of Oregon – Eugene, OR

September 1982 to June 1985

B.S., Political Science

PROFESSIONAL EXPERIENCE

California Health Care Facility- Stockton, CA

July 2017 to Present

Position: Clinical Psychologist

Provide psychological assessment/crisis intervention services to adult male inmates in a state prison. Departments of service include Inpatient Crisis Unit, EOP, Administrative Segregation and CCCMS. Responsibilities include conducting Interdisciplinary Treatment Team Meetings, providing treatment plans, diagnostic assessment, brief psychotherapy and assigning level of care.

Qualified Medical Examiner

October 2007 to Present

Provide Psychological Medical-Legal Evaluations, Agreed Medical Evaluations and Independent Medical Evaluations. Provide individual psychotherapy to chronic pain patients. Diagnose and assess level of functioning, advocate for patient’s needs/resources and coordinate with members of the medical and legal team.

Locations in Oakland, Fairfield, Watsonville, Salinas, Pittsburg, Antioch and Sacramento, California. Conduct psychological assessments, provide treatment recommendations and depositions. Perform initial evaluations for treatment and score/ interpret psychological testing. Coordinate with physicians around medication and sleep study referrals.

Private Psychotherapy Practice – Oakland, CA

October 2011 to 2015

Position: **Individual Psychotherapist**

Responsibilities: Provided outpatient psychotherapy to children, adolescents, and adults. Provided EAP counseling for adults with work-related injuries. Specialized in working with children and adults with chronic and life-threatening illnesses. Provided outpatient individual psychotherapy to adults with work-related injuries and served as a provider for several Managed Care Networks.

Alta Bates Medical Center – Berkeley, CA

Herrick Hospital

October 2001 to 2008

Position: **Clinical Psychologist**

Responsibilities: Assessed and evaluated adolescents involuntarily admitted to Alta Bates Medical Center Emergency Department on 5150 legal hold; interviewed and assessed adolescents; assessed mental status at time of admission; interviewed family members; conducted thorough psychological evaluation and coordinated treatment with admitting psychiatrist and multidisciplinary treatment team; performed mental status exam for patients who are involuntarily placed in seclusion and restraint in inpatient unit.

The Wellness Community – Walnut Creek, CA

December 2000 to October 2001

Position: **Offsite Program Coordinator**

Responsibilities: Conducted weekly support groups for individuals diagnosed with cancer and their caregivers; coordinated workshops related to nutrition, fatigue, treatment-related complications, and stress reduction; educated medical professionals about the role of support groups in patient's treatment; developed and implemented a program for children, aged 5-18, who are living with a parent diagnosed with cancer; supervised and developed training program for graduate level psychology students; conducted speaking engagements on behalf of TWC to local agencies that provide cancer-related support services.

AIDS Health Project – San Francisco, CA

Outpatient Psychiatry Department

November 2000 to November 2001

Position: **Clinical Psychologist**

Responsibilities: Conducted weekly psychodynamic support group for women diagnosed HIV positive.

Kaiser Permanente – Martinez, CA

Outpatient Psychiatry Department

September 1999 to November 2000

Position: **Clinical Psychologist**

Responsibilities: Provided psychodynamic and cognitive behavioral psychotherapy to adults, adolescents, children, and their families; conducted intake interviews; performed crisis intervention; assessed the need for psychotropic medication; performed psychological testing; made appropriate referrals for aftercare services.

Kaiser Permanente – Antioch, CA

Department of Medicine

October 1999 to April 2000

Position: **Behavioral Medicine Specialist**

Responsibilities: Function as part of a multidisciplinary team member providing crisis and brief therapeutic interventions to adults presenting with psychological issues both related and unrelated to their primary medical condition; taught cognitive behavioral techniques, such as diaphragmatic breathing, sleep hygiene, progressive muscle relaxation, and a variety of other therapeutic interventions designed to increase patient awareness of the mind/body connection; assessed and evaluated need for psychotropic medication with primary care physicians; taught ongoing education series to patients diagnosed with diabetes mellitus types I and II.

Kaiser Permanente – Martinez, CA

Outpatient Psychiatry Department

September 1998 to August 1999

Position: **Post-Doctoral Psychology Fellow**

Responsibilities: Provided brief psychodynamic and cognitive behavioral therapy to ethnically diverse children, adults, and couples; co-led weekly long-term recovery group for adults; administered and interpreted neuropsychological and psychodiagnostic assessments to children, adolescents, and adults presenting with cognitive complaints and/or affective disturbance; provided brief therapy to adults and couples living with HIV/AIDS; led twice-weekly insight oriented groups for chronically mentally ill adults as part of Intensive Outpatient Program; provided telephone intake screening; performed crisis intervention services.

Wayne State University Medical School – Detroit MI
Department of Psychiatry
(APA Approved Pre-Doctoral Internship Program)

September 1997 to August 1998

Position: **Pre-Doctoral Psychology Resident**

Responsibilities:

Adult Dual-Diagnosis Inpatient Unit (Northville Psychiatric Hospital): Provided brief psychodynamic therapy to ethnically diverse, chronically mentally ill substance abusers and family members; co-led weekly insight-oriented group therapy; provided psychological assessments; participated in daily psychodiagnostic case conferences.

Cystic Fibrosis, Sickle Cell Anemia, and Medication Clinics (Children's Hospital of Michigan): Provided psychoeducational consultation to ethnically diverse children and family members concerning adjusting to and coping with chronic illness; provided psychodiagnostic consultation to multidisciplinary staff members upon a child's hospitalization for acute care.

HIV/AIDS Outpatient Clinic (Harper/Canfield Outpatient Clinic): Provided short-term cognitive behavioral and brief psychodynamic therapy to ethnic and culturally diverse men and women with HIV/AIDS; led insight oriented group therapy; provided intake assessments and crisis intervention services.

Consultation Liaison Unit (Harper Hospital): Provided short-term cognitive behavioral therapy to ethnically diverse, chronically and terminally ill patients in an inpatient hospital setting; provided psychodiagnostic services to patients regarding medical procedures.

University Psychiatric Center (Detroit Medical Center): Provided long-term outpatient psychodynamic therapy to ethnic and culturally diverse adult clients; conducted intake interviews; performed psychological evaluations.

University of California – San Francisco, CA
UCSF Medical Center
Department of Psychiatry & Langley Porter Psychiatric Institute
Memory Clinic & Alzheimer's Center

September 1996 to June 1997

Position: **Neuropsychology Trainee**

Responsibilities: Administered neuropsychological test batteries to an ethnically diverse elderly population presenting with cognitive complaints; interpreted and assessed test results; conducted psychiatric interviews; presented neuropsychological test findings in a weekly multidisciplinary clinical case conference.

California Pacific Medical Center – San Francisco, CA
Diabetes Services

January 1996 to August 1997

Position: **Psychotherapist**

Responsibilities: Provided outpatient and inpatient brief therapy to a culturally diverse patient population diagnosed with Type I and Type II diabetes mellitus; led two ongoing diabetes support

groups; provided couples and family therapy focusing on issues of coping and adjustment to a chronic illness; developed and taught classes designed to help individuals adjust to living with diabetes and to make the appropriate lifestyle changes.

Oakes Children's Center – San Francisco, CA

September 1990 to August 1996

Position: **Primary Therapist**

Responsibilities: Provided long-term psychodynamic psychotherapy to seriously emotionally disturbed children and their families; conducted intake interviews; performed crisis intervention services; developed comprehensive treatment plans; provided long-term family therapy.

University of California – San Francisco, CA

Langley Porter Psychiatric Institute

July 1995 to December 1995

Position: **Per Diem Social Worker**

Responsibilities: Provided insight-oriented group therapy to chronically mentally ill adults in both an inpatient and day treatment setting; participated in daily team meetings with comprehensive treatment team; provided brief therapy to patients and their families.

University of California – San Francisco, CA

Mount Zion Hospital and Medical Center

Department of Psychiatry

July 1994 to June 1995

Position: **Psychology Trainee**

Responsibilities: Provided outpatient and inpatient brief and long-term psychodynamic therapy to a culturally diverse population diagnosed with HIV/AIDS; conducted intake interviews; performed neuropsychological evaluations on AIDS-related dementia cases.

RESEARCH EXPERIENCE _____

A list of research experience is available upon request.

SUPERVISORY/TEACHING EXPERIENCE _____

Washington University School of Medicine – St. Louis, MO

Department of Psychiatry

November 1995 to August 1997

Position: **Testing Supervisor**

Research Site: San Francisco, CA

Responsibilities: Taught master's level psychology students how to administer, score, and interpret several diagnostic and memory/cognitive tests; provided individual supervision concerning appropriate client/therapist interaction, oral presentation skills, clinical writing skills, behavioral observation of subjects, and the appropriate notation of undocumented significant events.

California Pacific Medical Center – San Francisco, CA

Diabetes Services

January 1996 to August 1997

Position: **Instructor**

Course: **“Stress Management for People with Diabetes Mellitus”**

Responsibilities: Designed and taught weekly one hour class concerning stress management for individuals diagnosed with Type I and Type II diabetes mellitus. Principal topics of this course included: defining the effects of stress on the body; identifying potential sources of stress for people living with diabetes; identifying the manifestations of these stressors; identifying several methods of behavior modification; and, the role of social support in a coping-strategy response.

**California Pacific Medical Center – San Francisco, CA
Diabetes Services**

January 1996 to August 1997

Position: **Instructor**

Course: **“Behavioral Change – Coping with Diabetes Mellitus”**

Responsibilities: Designed and taught weekly one hour class concerning behavioral change for individuals with Type I and Type II diabetes mellitus. Principal topics of this course included: describing the role of behavior in coping with diabetes; identifying several positive behavioral changes; assessing the determinants of diabetes-related behavior; and, using the results of these assessments, the development of a health self-care plan.

Oakes Children’s Center – San Francisco, CA

September 1992 to September 1994

Position: **Teaching Supervisor**

Responsibilities: Supervised teaches of seriously emotionally disturbed children; provided individual supervision; provided team training on the intrapsychic dynamics of SED children and how to interact effectively with family members; conducted weekly team meetings; assisted teachers in the development of behavior modification goals and appropriate treatment plans for each student.

TESTING EXPERIENCE

A list of the testing instruments with which I have direct clinical experience is available upon request.

PROFESSIONAL CREDENTIALS

2007 – Present	Qualified Medical Examiner, State of California
2001 – Present	Licensed Clinical Psychologist, State of California, License No. 17116
1994 – 2001	Licensed Clinical Social Worker, State of California, License No. LCS16806

REFERENCES

Laeq Evered, Ph.D. 510-543-6836

Steven Francis, Ph.D. 415-302-1554

Robert Tyminski, DMH 415-407-3900