

Noriko Watanabe, PsyD

Clinical Psychologist (PSY 22509)

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LICENSE

2/2009 Licensed Clinical Psychologist – California, USA (PSY 22509)

EDUCATION

2006 Doctor of Psychology in Clinical Psychology

California School of Professional Psychology at Alliant International University,
San Diego, CA

2005 M.A. in Clinical Psychology

California School of Professional Psychology at Alliant International University,
San Diego, CA

2002 Completed 30 Marital and Family Therapy (MFT) units

California State University, Dominguez Hills, Carson, CA

1999 B.A in Psychology, Magna Cum Laude

California State University, Dominguez Hills, Carson, CA

PROFESSIONAL EXPERIENCE IN THE FIELD OF PSYCHOLOGY

1. Integral Counseling Services 02/16 – Present
Japan

Psychologist/Owner

Provide long and short-term psychotherapy for adults, children, couples and family both in English and Japanese. Specialize in depression, anxiety, acculturation issues, relational issues and inter-cultural marriage. Also provides training sessions focusing on anger management, self-confidence development and balancing autonomic nervous system to achieve psychological stability.

2. Integral Psychological Services 2/09 - 12/15
San Diego, California 92127

Psychologist/Owner

Provided long and short-term psychotherapy for adults, children, couples and family both in English and Japanese. Specialize in depression, anxiety, acculturation issues, relational issues and inter-cultural marriage. Provided psycho-educational seminars about mental health, healthy relationship and self-esteem/confidence development. Using biofeedback software, provided autonomic nervous system training. Provided psychology doctoral students with clinical supervision. Supervised registered psychologists who were fulfilling the licensure requirements.

3. Union of Pan Asian Communities (UPAC) 1/07 – 12/07
San Diego, California 92115

Registered Psychologist

Provided individual and family counseling for low income, chronically mentally ill clients; many of whom had multiple hardships including acculturation issues, domestic violence, child abuse, human trafficking and financial difficulties. Conducted initial diagnostic assessments, interpreted extensive information, participated in interdisciplinary treatment planning, and developed treatment plans. Coordinated care and assisted clients with obtaining treatment, benefits and community resources. Created and updated clients' charts in time to meet the deadline, following the San Diego County mental health documentation regulations. Provided services in English,

Japanese and also through an interpreter to non-English/Japanese speaking clients. Completed 1500 hour-postdoctoral internship.

4. Community Research Foundation, Step Forward 8/05 – 8/06
San Diego, California 92103

Intern Therapist

Provided psychosocial rehabilitation counseling both individually and in groups for welfare clients with Axis I diagnoses. Assisted Clients in gaining various skills to effectively cope with mental health symptoms and achieve financial independence. Conducted assessments and provided case management services. Fostered a learning environment and culture of mutual respect and appreciation.

5. Palomar Family Counseling Services 8/04 – 8/05
Escondido, California 92025

Intern Therapist

Served as therapist for children and adults in both English and Japanese who presented with various problems including mood disorders, anxiety disorders, ADHD, eating disorder, substance abuse, domestic violence and child abuse. Provided play therapy to children and adolescents in the after school programs. Promoted a safe environment where clients were able to learn necessary skills and gain self-awareness in order to achieve their therapy goals.

6. Sharp Memorial Hospital Pain Rehabilitation Services 8/03 – 8/04
San Diego, California 92123

Intern Therapist

Provided psychological rehabilitation training for chronic pain patients. Conducted diagnostic evaluation; facilitated psycho-educational and medication management groups. Utilized biofeedback and various cognitive-behavioral techniques to assist patients in learning coping skills and relaxation techniques to effectively manage their pain condition.

7. South Bay Center for Counseling 12/01 – 8/02
El Segundo, California 90245

Intern Therapist

Conducted psychological evaluations and provided weekly psychotherapy for individuals, couples, families and children. Co-facilitated parenting classes and parent support groups in a school setting.

6. Little Tokyo Service Center, Los Angeles, CA 9/92 – 5/93
Los Angeles, California 90013

Volunteer Counselor

Co-facilitated Alzheimer's Family Support Group. Conducted home visit with clients with Alzheimer's disease. Served as counselor for International Student Support Hot Line and assisted clients in obtaining resources in a supportive environment.

OTHER PROFESSIONAL EXPERIENCE

1. Pioneer Corporation, USA
Long Beach, California 90810

Product Planning Coordinator, CATV Set-top Box Division 5/00 – 8/02

Conducted future CATV product, and sales and marketing trend. Translated technical documents from Japanese to English and English to Japanese. Conducted and attended sales and marketing trade shows throughout the U.S.

Developed and executed sales promotion events with potential and existing customers. Served as liaison to enhance effective communications between employees at headquarters in Japan and personnel in the U.S.

Executive Assistant 8/95 – 4/00

Responsible for President's weekly schedule; set up board meetings; made travel arrangements. Attended the monthly board meetings and distributed minutes to members. Attended business meetings with president for sales promotion. Established rapport, developed trust and became familiar with the corporation's operation, issues and concerns. Communicated with other board members and staff for problem solving, negotiating plans and achieving goals.

Job-related Skills:

Fluent in written and spoken English and Japanese
Moderate level of Biofeedback skills

Award and Honors:

5/07 Outstanding Doctor of Psychology in Clinical Psychology Award
California School of Professional Psychology at Alliant International
University, San Diego, CA

12/99 BA in Psychology, Magna Cum Laude
California State University, Dominguez Hills, Carson, CA

Publications:

Omaru, Noriko (2020). Fair Thinking. Makino Shuppan Publishing., Tokyo, Japan.

Watanabe, N. (2014). Negative Kyosei Clinic (*Escaping from the Downward Spiral*).
Amazon E-book., Tokyo, Japan.

Watanabe, N. (2012). *Kenko Na Kimochi Wo Tsukuru*. Jiyu Kokumin Sha., Tokyo, Japan.

Watanabe, N. (2007). *Yamai wa Ki Kara: A Concurrent Mixed Model Study of Healing Intentionality in Mind-Body Psychological Practice*. Doctoral dissertation. California School of Professional Psychology, Alliant International University.

Watanabe, N., & Eulert, D. (2006). Yamai wa ki kara, healing intentionality in mind-body medicine: A review of literature. *Perspective, February/March 2006*.