

R. AUSTIN HEAFEY, M.A., M.A., PSY. D.

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EDUCATION

- California Institute of Integral Studies, San Francisco, CA** **2010-2014**
School of Professional Psychology
- Psy.D., Doctorate in Clinical Psychology
 - Dissertation: *Time is the fire in which we burn: A 20-year phenomenological study of the survivors of the 1991 Oakland- Berkeley Hills firestorm.*
- Holy Names University, Oakland, CA** **2008- 2010**
- M.A., Counseling Psychology, graduated with Honors
 - M.A., Forensic Psychology, graduated with Honors
- Northern Virginia Community College, Annandale, VA** **2006-2007**
- EMT, Intermediate (Emergency Medical Training)
- Georgetown University Medical School, Washington, D.C.** **2005**
- EMT, Basic (Emergency Medical Training)
- Georgetown University, Washington, D.C.** **2000- 2004**
- B.A., History, Biology minor

FORENSIC PSYCHOLOGY EXPERIENCE

- **Recruited by renown legal teams to complete comprehensive custody evaluations and psychological assessments; report findings and recommendations including child custody recommendations, parent recommendations, and therapeutic recommendations for children and families**
- **Serve as Court Appointed Evaluator; completed over 350 hours in comprehensive evaluations and psychological assessments**
- **Completed over 100 hours of CEU's dedicated to forensic and clinical psychology with an emphasis on custody and children**
- Completed work-product reviews of other professionals and reported to court and counsel the strengths and weaknesses of work
- Licensed to administer Cambridge Brain Sciences, a leading assessment of cognitive function that obtains scientifically validated measures of short-term memory, attention, reasoning, verbal ability

- Trained and proficient in many types of psychological assessments to evaluate individuals for psychological effects of trauma
- Trained under Dr. Alisa Crovetti and Dr. Gerard Chambers
- Received licensure support from Michael Kerner, Ph.D.

PROFESSIONAL EXPERIENCE

Licensed Clinical Family Psychologist/CEO

2018-present

Unfold Psychology, San Francisco, CA

- Developed concierge treatment program which provides wrap-around services through collaboration with psychiatric and neuropsychology experts
- Extensive experience treating children, adolescents and young adults
- Proficient in psychological assessments of children, teenagers, young adults, adults and older adults
- Licensed administrator of CogMed, the leading non-medication based short term memory program
- Classified Security Clearance granted by Department of Justice and Board of Behavioral Sciences
- Expert Witness in Custody Hearings and Custody Recommendations
- Court Appointed Evaluator for Family Court Services
- Awarded 2021 Fresh and Best Health Care Providers in the Bay Area; offices in several locations around the Bay Area with additional offices opening in 2022
- Facilitate presentations and trainings related to parenting strategies, effective study habits, executive functioning and effective communication strategies
- Additional focus areas: mood and thinking disorders, identity and gender, autism spectrum disorder (ASD) and Applied Behavioral Analysis, executive coaching

Psychological Consultant, Private Biotech Company - CONFIDENTIAL

2018

Psychological Consultant, Government Industrial Organizational - CONFIDENTIAL

2017

Consultant/Psychological Assistant/Clinician, Psychological Support Division

2016-2017

Father Alfred Center, St. Anthony Foundation, San Francisco, CA

- Streamlined psychological support program, creating clearly identified interventions for emergency settings, and non-emergency patient situations
- Developed three unique group therapy programs and associated informational materials
- Provided one-on-one therapy with the most psychologically fragile and high-risk clientele

Psychological Consultant, Google Headquarters

2016

- Psychological implications for mobile applications
- “How to keep users engaged, without becoming bored”
- Emphasis was on specific interventions to ensure long term, active users
- Primary source of contact: Google's mobile app director and their Health and Fitness divisions
- Provided psychoeducation on the nuances of the “average” citizen’s degree of knowledge

- Demonstrated how they would integrate a funnel method to route users through the most appropriate digital algorithm

Per Diem Consultant, MyHeart Counts App

2015

Stanford School of Medicine, Stanford, CA

- Hired to work with developers of health-related app, focusing on integrating psychological interest funneling within apps oriented towards helping users achieve set outcomes
- Developed “funneling” for the MyHeart Counts Application based upon the users loci of control
- Integrated a Health Psychology perspective into application’s algorithm
- Increased retention rate and app utilization significantly
- Proposed mechanisms for users to link app data with social media platforms, to increase compliance and promote “health challenges” (Brain challenges you to walk more than 10 miles over the next 7 days, do you accept?)
- Presented data to several committees, notably the University’s funding board

CLINICAL TRAINING

Over 4,000 Hours of Pre/Post-Doctoral Experience

Post-Doctoral Intern

2014-2016

Site 1: Piedmont Middle School, Site 2: Piedmont High School

- Grades 6-12, addressed student issues: academic stress, parent/child communication, grief and loss, substance abuse, resilience and self-advocacy, peer relationships, anxiety and depression
- Routinely lectured at Piedmont Parent Network training; presented didactics on specific subjects
- Participated in and created Individualized Education Plans
- Collaborated with Student Support Team and consulted with Special Master
- Therapeutic orientations used: Cognitive Behavior Therapy, Psychodynamic, Play Therapy, Relational Therapy, Solution-Focused and Systems Therapy

Psychological Assistant/Consultant

2014-2015

Shadowed Dr. Gerard Chambers, a highly respected Forensic and Clinical Psychologist

- Working with Dr. Chambers, provided clinical perspectives for particularly complex cases
- Assisted a senior clinician on prison/jail evaluations
- Administered assessments and interpreted data
- Led qualitative portion of intakes for adolescent males in juvenile detention centers

Pre-Doctoral Intern

2013-2014

Highland Hospital, Department of Psychiatry, Oakland, CA

Human Rights Clinic Experience

- Treated inpatients and outpatients suffering from severe Axis I and Axis II disorders
- Worked with Dr. Nicholas Nelson, MD (Human Rights Clinic Department Chair and Attending Physician) to evaluate, diagnose and treat patients with PTSD symptoms
- Worked with refugees and victims of crimes, both foreign and domestic

- Provided individual and family to victims of torture seeking asylum in the United States
- Prepared for court testimony at a patient's immigration hearing in February 2014
- Managed communications and therapy with foreign patients, encompassing 7 different languages
- Led family therapy which required coordinated translation from Mam to Spanish to English

Inpatient Treatment Experience

- Consulted with medical teams to ensure the highest quality of care through integration of bio-psychosocial therapeutic interventions and promote patient compliance and understanding
- Provided rapid assessment and intervention for medically complex patient populations
- Assessed trauma etiology; utilized evidence-based interventions; implemented clinically validated assessment measures to track patient progress

Outpatient Treatment Experience

- Conducted comprehensive personality and cognitive assessments in order to implement appropriate treatment plans and ensure patients received the highest level of care
- Assessed and treated patients with Axis I and Axis II disorders from Oakland and the Bay Area
- Received referrals from Highland Hospital; provided patient consultations and implemented short- or long-term therapy, depending on patients' chronic medical pathologies and psychiatric etiologies
- Implemented psychodynamic, humanistic, existential, cognitive behavioral, and narrative therapeutic approaches, in addition to attachment theory and trauma centered intervention

Advanced Psychology Trainee

2012-2013

Girls Inc., Pathways Outpatient Mental Health Clinic, Oakland, CA

- Managed caseload of females and males, ages 5-21
- Provided psychotherapy to clients and family systems, including family therapy, couples counseling and parent/guardian collaborative care
- Provided consultations and coordinated mental health recommendations for referrals
- Provided treatment interventions, including Play Therapy, expressive arts and relaxation techniques

Psychology Trainee

2011-2012

AgeSong/Pacific Institute, Laguna Care Center and Hayes Valley Center, CA

- Provided individual and group counseling to patients with mild to severe cognitive disabilities
- Participated with patient interventions in milieu setting
- Created and facilitated groups to provide individualized support to senior citizens, i.e., incorporating speech therapy in activities

Forensic Psychology Trainee

2009-2010

Father Alfred Center, St. Anthony Foundation, San Francisco, CA

- Provided counseling services to adult homeless population, including family and couples therapy
- Assisted staff with client advocacy matters involving sexuality, racism, classism and colorism
- Provided interventions to indigent males in inpatient drug and alcohol treatment program
- Developed and facilitated group therapy manual titled *Grief and Loss in Early Recovery: A practical Manual for those struggling during early recovery.*

- Applied treatment modules including, but not limited to, Existential (Logo), Cognitive/Behavior, Humanistic, Psychoanalytical, Brief, Crisis and Bereavement Counseling/Therapy

Emergency Medical Technician (EMT) Trainee

2006-2008

Washington, D.C., Virginia, Maryland

- Volunteered with private and public agencies, in cooperation with Fire and Rescue Personnel dispatched to scenes of emergencies
- Assessed the nature and extent of injuries and illnesses
- Provided appropriate emergency care; determined transportation needs including management of airway/ breathing problems; controlled bleeding and shock
- Trained in Psychiatric/Psychological Emergency Interventions for self-harming and suicidal patients

RESEARCH

Oakland Hematology Clinic, Oakland, CA

2001

Focus: Hemochromatosis type 3 (HFE3)

- Led Literature Review of Hemochromatosis prevalence and etiology
- Assisted physicians with case study analysis; provided statistical and methodological research surrounding Hemochromatosis symptom presentation
- Utilized research and analytical methods to review Hemochromatosis type 3 case studies and performed comprehensive analysis of clinical evidence

Cate School, Santa Barbara, CA

2000

Focus: Identifying accumulation of methylmercury in feline kidneys

Advisor: Cheryl Powers, Head of Sciences at Cate School, Carpinteria, CA and UCSB faculty

- Proposed independent hypothesis regarding accumulation of methylmercury in filtering organs, namely liver and kidney, of animal with high trophic marine diets (cats)
- Analyzed trace methyl-mercury levels in ppb with Fusion Gas Spectrum Chromatography, on Gas Spectrum instrument located at UCSB School of Medical Research
- Completed nine-month certification program for Fusion Gas Chromatography Certified Technician
- Won first-place California science award

PUBLIC PRESENTATIONS AND PSYCHOEDUCATIONAL MATERIALS

Guest Speaker on Concussions and Neuroplasticity [Legal Series Podcast]

2021

- Identified as ‘exceptionally’ knowledgeable surrounding the impact of concussions on the human brain
- Focused on the mechanism of injury, the most common forms of injury and the outcome research
- Provided in depth discussion on neural plasticity, and how it relates to concussions (brain traumas)
- Explained ways to increase brain “rewiring” and enhance working memory
- Discussed examples of the degree of impact brain traumas can have on an individual’s quality of life

- California Institute of Integral Studies, San Francisco, CA** **2016**
- Title: “Psychoeducational research and professionalism in private practice”
- Bay Area Parent Series, Bay Area, CA** **2015-2016**
- Title: “Video games: Friend or foe? Current research, recommended limits and when to intervene”
- Bay Area Refugee Council, San Francisco, CA** **2015**
- Title: “The role of physicians and psychologists in an undocumented person’s road towards citizenship”

Online and In-Person Psychoeducational Presentations

- “How to support your kids when they have bad grades”
- “How to discipline”
- “How to be the parent you want to be vs. the version you find your adolescents evokes”
- “The importance of executive functioning in developing effective study habits”
- “Finding your Nemo: Learning the value of letting go”
- “Influence of group thought/think/polarization for parents”
- “Insights for parents purely from a birth order perspective”
- “Traits of the first-born child and parent understanding of children’s behavior”
- “Traits of the middle child and parent understanding of motivations and behavior”
- “Influence of groupthink and polarization influence for adolescents” (referencing 12 of the more notable studies on persuasion)
- “The disproportionately high number of male African American adolescents and young adults with a diagnosis of schizophrenia”

TEACHING EXPERIENCE

- Clinical Psychology Research Assistant** **2013**
 California Institute of Integral Studies, San Francisco, CA
- Developed and presented a didactic “The psychology of genocide and the impact of war on populations”
- Continuing Education Instructor** **2006-2007**
 Northern Virginia Community College, Annandale, VA
- Expanded and organizing CPR/BLS courses offered by the college
 - Facilitated certification courses, including American Heart Association CPR and Basic Life Saving training for emergency medical professionals and healthcare providers
- Emergency Medical Technician Assistant Teacher** **2006**
 District of Columbia Community College, Washington, D.C.
- Provided instruction and educational support to students attending EMT classes

CPR and Basic Life Support (BLS) Education Coordinator **2005-2006**
National Institute of Emergency Medical Services (NIEMS), Washington, D.C.
• Coordinated CPR and BLS education programs and facilitated classes

Teaching Assistant **2002**
Saint Ignatius High School, San Francisco, CA
• Taught Advanced Placement (AP) Biology to high school students

PROFESSIONAL TRAINING AND CERTIFICATIONS

- **Emergency Medical Training, Intermediate**, Northern Virginia Community College **2007**
- **EMT-E Virginia State Certification**, Northern Virginia Community College **2006**
- **Certified CPR Instructor**, AHA International Assoc. of Registered CPR Instructors **2006**
- **International Trauma Life Support (ITLS) Advanced Certified** **2006**
- **Pediatric Advanced Life Support (PALS) Certified**, American Heart Association **2006**
- **Advanced Cardiovascular Life Support (ACLS) Program National Certificate** **2006**
- **Basic Life Support Healthcare Provider Certificate**, Georgetown Univ. Medical School **2005**
- **Emergency Medical Training, Basic**, Georgetown University Medical School **2005**
- **NREMT-B**, issued by US Department of Health, Washington, D.C. **2005**