

# SHALOM ALAICHAMY, PsyD

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## EDUCATION

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- 08/14–08/19 **Doctor of Psychology in Clinical Psychology**  
Azusa Pacific University, California  
Emphasis in Family Psychology  
Concentration in Organizational Consultation
- 08/14–07/16 **Master of Arts in Clinical Psychology**  
Azusa Pacific University, California
- 01/97–05/99 **Master of Arts in Linguistics**  
University of Texas at Arlington
- 08/93–12/96 **Bachelor of Arts in Intercultural Studies**  
Biola University, California  
Magna cum laude

## CLINICAL EXPERIENCE

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- 08/20–Present **The Claremont Colleges, California**  
**Monsour Counseling and Psychological Services**  
Senior Staff Psychologist
- Provide individual and group psychotherapy to a diverse adult population comprised of 8500 undergraduate, graduate, and international students in a private college consortium
  - Utilize brief goal-oriented therapy to address issues including, but not limited to, anxiety, depression, eating concerns, substance use, interpersonal conflict, sexual assault, and racial trauma
  - Carry caseload of 15-20 clients per week, complete intakes, provide crisis support, refer students for psychiatric and medical evaluation as needed, and facilitate transition to ongoing services in the community when indicated
  - Take regular shift as on-call therapist to coordinate care during after-hours crises by assessing risk, providing consultation, and facilitating hospitalization
  - Provide consultation for staff and faculty as needed, to support them in providing effective care for students
  - Lead psychoeducational and process groups on a variety of topics including men's issues, diversity issues, and interpersonal relationships
  - Provide presentations on mental health topics as requested by campus community, and facilitate campus activities to decrease stigma, promote mental health, and increase awareness of services
  - Serve on Social Media Task Force to select, develop, and provide timely and relevant tools and resources for student community via social media services such as Instagram
  - Participate in group case conferences and crisis disposition meetings, provide peer consultation, and lead didactic seminars

## **SUPERVISED CLINICAL EXPERIENCE**

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08/19–05/20    **The Claremont Colleges, California**  
**Monsour Counseling and Psychological Services**

Postdoctoral Fellowship  
Supervisor: Fiona Vajk, PhD

- Provided individual and group psychotherapy to a diverse adult population comprised of 8500 undergraduate, graduate, and international students in a private college consortium
- Utilized brief therapy model (5-8 sessions) to address issues including, but not limited to, anxiety, depression, eating concerns, substance use, interpersonal conflict, sexual assault, and prior trauma
- Carried caseload of 20 clients per week, completed four intakes weekly, referred students for psychiatric and medical evaluation, and facilitated transition to ongoing services in the community
- Provided support for students in distress during weekly crisis shift; assessed for risk, developed safety plans, referred to psychiatric support as needed, and managed follow-up care; periodically functioned as on-call therapist to coordinate care during after-hours crises
- Provided consultation for staff and faculty to facilitate care for students
- Co-led process group for men to share and receive support in managing relationships, mental health concerns, identity formation, and issues related to gender roles and expectations
- Provided presentations on mental health topics as requested by campus community, and facilitated campus activities to decrease stigma, promote mental health, and increase awareness of services
- Participated in group case conferences, crisis disposition meetings, individual supervision, didactic seminars, and provided training seminars

08/18–07/19    **California State University, Fullerton**  
**Counseling and Psychological Services**

APA-Accredited Doctoral Internship (2000 hours)  
Supervisors: Jill Kapil, PsyD and Phi Loan Le, PsyD

- Provided individual, couple, and group psychotherapy to a diverse adult population comprised of undergraduate, graduate, and international students in a public university of 42,000 students
- Utilized brief therapy model (5-10 sessions) to address issues including, but not limited to, depression, anxiety, problems faced by first-generation students, sexual identity formation, eating concerns, substance use, and sexual trauma
- Conducted intakes, reviewed CCAPS assessments, formulated treatment plans, connected students with on-campus resources, consulted with multidisciplinary teams such as the eating disorder task force, and referred students to psychiatric or medical evaluation as needed
- Provided support for students in distress during triage and walk-in crisis hours, assessed for risk, developed safety plans, made referrals for psychiatric support, and managed follow-up care
- Supported the LGBTQ community on campus by serving as liaison to the LGBTQ resource center and co-leading support group for LGBTQ students
- Provided the following outreach services: weekly psychoeducational seminars based on DBT and CBT on stress, sleep, mood, and anxiety; presentations on mental health topics as requested by campus community; sharing about mental health services through tabling at campus events
- Provided peer supervision, participated in case consultation meetings and didactic seminars, presented on cases, and reviewed session recordings in supervision
- Participated in applicant review and selection process for APA-accredited doctoral internship program

08/17–05/18 **University of Southern California**  
**Student Counseling Services**  
Clinical Practicum III  
Supervisor: Alise Cogger, PhD

- Worked with a motivated and culturally diverse staff to provide psychotherapy to a diverse population of undergraduate, graduate, and international students in a private university of 47,000 students
- Utilized brief therapy model (6-8 sessions) to address issues including, but not limited to, cultural adjustment, substance abuse, self-esteem, sexuality, identity formation, anxiety, and depression
- Conducted intakes, screened students for selection to groups, determined diagnoses, and formulated treatment plans using an integrative theoretical approach
- Provided crisis support, assessed risk, stabilized clients, planned for safety, and managed follow-up care
- Co-led two groups: DBT skills group for students experiencing self-harm, high-risk behavior, and pervasive relationship instability; and process group for graduate students experiencing relationship problems
- Participated in regular training events that addressed diversity issues, treatment models, and other topics of clinical relevance such as sexual trauma and substance use
- Participated in individual and group supervision, which included case presentations and review of recorded therapy sessions

09/17-04/18 **APU Community Counseling Center**  
**Azusa, California**  
Assessment Clerkship  
Supervisor: Jenss Chang, PhD

- Administered and scored full batteries of psychodiagnostic and neuropsychological measures
- Prepared integrative reports and feedback based on assessment findings to provide diagnostic clarification, increase treatment efficacy, and determine appropriate referrals
- Participated in didactic seminars and supervision for administration and interpretation of measures

09/16–06/17 **California State University, San Bernardino**  
**Counseling and Psychological Services**  
Clinical Practicum II  
Supervisor: Julie Simmons, PsyD

- Worked in a busy and dynamic environment, providing individual and couple therapy to a diverse student population in a public university of 21,000 students
- Utilized brief therapy model (5-8 sessions) to address issues including, but not limited to, depression, anxiety, identity formation, trauma, sexual violence, and relationship distress
- Provided crisis support for students and facilitated hospitalization as needed
- Collaborated with health and academic personnel and made appropriate referrals to address clients' presenting concerns
- Co-led support group for veterans, skills group for anxiety, and process group for personal growth
- Prepared and presented workshop on depression, and participated in other outreach activities such as suicide prevention awareness for the student community
- Participated in case consultation meetings, training seminars on relevant evidence-based practices, and individual and group supervision

08/15–05/16 **Valleydale Elementary School and APU Community Counseling Center**  
**Azusa, California**  
Clinical Practicum I  
Supervisors: Gisette Uthoff, PsyD and Gina Atencio-Maclean, PsyD

- Provided individual short-term psychotherapy to children aged 5-11 for issues including impulse control, depression, bereavement, anxiety, abuse, and parental divorce, and to adults across the lifespan for issues including marital distress, disordered eating, depression, anxiety, and grief
- Conducted intake interviews with parents and guardians, as needed, to gather collateral information about clients
- Utilized brief self-reported assessment measures, as well as parent-reported and teacher-reported measures, to monitor client progress
- Consulted and collaborated with teachers, parents, and guardians to formulate effective and sustainable solutions
- Filed child abuse reports and consulted on legal and ethical issues in cases of suspected child abuse
- Participated in individual and group supervision and attended weekly didactic seminars

## **WORKSHOPS AND PRESENTATIONS**

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Alaichamy, S. (October 2020). *Recovering from Relationship Trauma*. Workshop provided for all 7C students. The Claremont Colleges Consortium, Claremont.

**Alaichamy, S.** and Reyes, D. (August 2020). *Telecare for the Telestudent: Monitoring and Supporting Students in a Virtually Connected World*. Workshop requested for Resident Assistants. Claremont McKenna College, Claremont.

Alaichamy, S. (January 2020). *Overcoming Shame and Fear: Addressing Intimate Partner Violence in Psychotherapy*. Didactic training provided for psychology interns. California State University, Fullerton.

**Alaichamy, S.** and Enrique, N. (October 2019). *Peer Support: Providing Support Within Appropriate Boundaries*. Workshop requested for Academic Resource Center Tutors. Keck Graduate Institute, Claremont.

**Alaichamy, S.** and Li, M. (August 2019). *Cultural Adjustment: How to Like and (Maybe) Love Living in the U.S.* Seminar requested for freshman orientation. Scripps College, Claremont.

Vajk, F. and **Alaichamy, S.** (August 2019). *Helping after Sexual Assault*. Training provided for Scripps Advocates for Survivors of Sexual Assault. Scripps College, Claremont.

Alaichamy, S. (January 2019). *Stress and Resilience*. Workshop on mental health needs of college students, requested by Housing and Residential Engagement. California State University, Fullerton.

**Alaichamy, S.** and Maleki, L. (October 2018). *Managing Stress*. Workshop requested by LGBTQ Resource Center. California State University, Fullerton.

Kapil, J. and **Alaichamy, S.** (August 2018). *Motivational Interviewing*. Training provided for Peer Health Educators. California State University, Fullerton.

Alaichamy, S. (May 2017). *#depressed #makeitbetter*. Invited presentation for student body on understanding and managing depressive symptoms. California State University, San Bernardino.

## **AWARDS AND HONORS**

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- 05/19 **Award - Outstanding Clinical Competency**  
Presented for attaining high scores on all sections of the PsyD clinical competency exams  
Azusa Pacific University, California
- 05/19 **Award - Outstanding Contribution to the Department of Clinical Psychology**  
Presented for making significant contributions as Teaching and Research Assistant, toward advancing the academic, professional, and clinical goals of the APU Department of Clinical Psychology  
Azusa Pacific University, California

## **SELECTED TRAINING**

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- 03/20 **TeleMental Health: Ethical, Legal, Clinical, Technological and Practice Considerations**  
Online course (26 CE), Zur Institute  
Developers: Roy Huggins, LPC NCC, Keely Kolmes, PsyD, and Ofer Zur, PhD
- 10/19 **TransYouth Care**  
The Claremont Colleges  
Instructors: Jo Olson-Kennedy, MD, and Aydin Olson-Kennedy, LCSW
- 03/19 **Working with Transgender and Gender Non-Conforming Clients**  
California State University, Fullerton  
Instructor: Huong Diep, PsyD
- 03/19 **Assessment & Treatment of Eating disorders and Body Image Issues**  
California State University, Fullerton  
Instructor: Kevin Thomas, PsyD
- 10/18 **Men in Therapy: Engaging Men for Successful Outcomes**  
California State University, Fullerton  
Instructor: Matt Englar-Carlson, PhD
- 07/15 **Applied Suicide Intervention Skills Training**  
Azusa Pacific University, Azusa, CA  
Instructors: Richard Solano and Olivia Sevilla, EdD, LCSW

## ACADEMIC EXPERIENCE

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08/20-Present **Adjunct Professor**

Department of Clinical Psychology  
Azusa Pacific University, California

- Taught the following courses:
  - Gerontology (Fall 2020)*
  - PsyD in Clinical Psychology program, APA-Accredited
- Facilitated learning through lectures, small group discussions, and class activities, and effectively modified class materials and activities for online environment during 2020 pandemic
- Monitored and assessed student progress through journals, research papers and experiential projects

08/15–07/18 **Dissertation Research**

Azusa Pacific University, California  
Chair: David Brokaw, PhD

- Title: Motivation as Mediating Variable Between Job Discrepancy and Job Satisfaction in Religious Non-Profit Workers
- Quantitative study of religious non-profit workers in foreign countries using Self-Determination Theory to understand how motivation contributes to job satisfaction in the context of unmet job expectations

08/14–06/18 **Teaching and Research Assistant**

Department of Clinical Psychology  
Azusa Pacific University, California

- Competitive scholarship position awarded to only two incoming students based on academic excellence and professional goals
- Delivered guest lectures and graded papers in graduate psychology classes
- Designed and maintained client database at the APU Community Counseling Center to track clinical trends such as mental health needs, treatment modalities, and treatment outcomes
- Edited and revised faculty publications
- Assisted in the selection process of applicants to the PsyD program

01/04–04/04, **Associate Instructor**

02/07–04/07  
Graduate Institute of Applied Linguistics  
Dallas International University, Texas

- Co-taught the following courses:
  - Discourse Analysis (Spring 2004 and Spring 2007)*
  - Language and Society (Spring 2004)*
- Provided lectures on selected topics, prepared PowerPoint presentations, led discussion groups, met with students individually to facilitate learning, and assessed student progress through exams, applied projects, and research papers

## **PROFESSIONAL EXPERIENCE**

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09/09–08/15    **Regional Coordinator**  
Western Indonesia Service Group  
SIL International

- Led a unit of 25 expatriate workers carrying out language development work in Indonesia
- Interviewed potential recruits to assess job fit in terms of personality, skill set, and career interest
- Conducted orientation workshops for new members to facilitate their cultural and emotional adjustment to living in Indonesia
- Regularly monitored, assessed, and provided feedback on members' emotional health and work performance through self-report surveys and face-to-face meetings
- Debriefed members during crisis situations and referred them to mental health professionals and other resources as needed
- Led annual team meetings which included discussing and planning for members' mental health needs
- Developed and maintained cross-cultural relationships with local community leaders and partner agencies

08/02–08/09    **Field Linguist**  
SIL International

- Empowered underprivileged minority language groups in multiple cultural contexts in Northeast India and Indonesia through language development
- Formed relationships of trust with local communities and leaders and created a safe space for them to share their concerns regarding sociolinguistic issues
- Advocated for local language use with community leaders and government officials to develop awareness and to facilitate greater educational and economic opportunities for local communities
- Planned and co-led culturally appropriate workshops for local workers to teach them how to develop written materials in their languages

## **MEMBERSHIPS AND AFFILIATIONS**

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01/15–Present    **American Psychological Association**  
Division 17: Society of Counseling Psychology