

Rebecca Jean Kenyon, Psy.D, LMFT

San Diego, CA

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Licenses

Clinical Psychologist, California Board of Psychology (PSY 24338)

Marriage and Family Therapist, California Board of Behavioral Sciences (LMFT 40848)

Education

Alliant International University

California School of Professional Psychology | San Diego, CA

Doctor of Psychology in Marital and Family Therapy

Dissertation: “A Grounded Theory of the Relationship between Eating Disorders and Marital Relationships: The Role of Emotional Accessibility”

Outstanding Doctor of Psychology in Marital and Family Therapy Award

Alliant International University California School of Professional Psychology

(Formerly United States International University) | San Diego, CA

Master of Arts in Marital and Family Therapy

Outstanding Master of Arts in Marital and Family Therapy Award

San Diego State University | San Diego, CA

Bachelor of Arts in Psychology

Summa cum laude

Academic Experience

April 2021 to **Co-Chair of MFT Consortium of San Diego and Imperial Counties**

Current

- Co-Chair for MFT Consortium of San Diego/Imperial Counties quarterly meetings
- Represent San Diego and Imperial Counties in the California MFT Leadership Collaborative which meets monthly to discuss best practices for the training of California Marriage and Family Therapists

July 2023 to **Point Loma Nazarene University | San Diego, CA**

Current

Director of Clinical Training for the MA in Clinical Counseling Program

- Establish and maintain clinical training relationships between the University and practicum placement sites
- Conduct site visits and handle clinical placement issues that arise between practicum sites and students
- Oversee and facilitate site approval process and affiliation agreements to assure site compliance with BBS and University requirements
- Plan and organize the annual practicum fair to connect MFT and PCC Trainees to practicum placement sites
- Provide supervision and guidance for diverse MA in Clinical Counseling students prior to and during their practicum placement experiences
- Develop and implement policies and procedures for clinical placements in conjunction with Program Director
- Oversee Pre-practicum training in conjunction with supervisors

*Aug 2020 to
Aug 2022*

Azusa Pacific University-San Diego Regional Campus | San Diego, CA
Interim Program Director for the MA in Clinical Psychology Program

- Assisted in student recruitment, retention and admissions for a Master's program with a diverse student body
- Presented to undergraduate students on Clinical Psychology topics to assist with enrollment opportunities at various local universities
- Conducted Information meetings in conjunction with the Enrollment Manager to recruit students to the MA in Clinical Psychology Program
- Assured faculty and student adherence to academic and licensing board requirements
- Developed academic and clinical probation remediation plans
- Advised Department Chair in formulating recommendations for faculty and staff hiring
- Supported and oversaw adjunct faculty
- Direct Supervisor of Program Coordinator
- Contributed to academic program development, policies and procedures in conjunction with Department Chair and other campus Program Directors

*Jan 2009 to
Aug 2022*

Azusa Pacific University-San Diego Regional Campus | San Diego, CA
Director of Clinical Training for the MA in Clinical Psychology Program

- Established and maintained clinical training relationships between the University and over 60 MFT practicum placement sites
- Conducted site visits and handled clinical placement issues that arose between practicum sites and students
- Oversaw and facilitated site approval process and affiliation agreements to assure site compliance with BBS and University requirements
- Planned and organized the annual practicum fair to connect MFT Trainees to practicum placements
- Provided supervision and guidance for diverse MA in Clinical Psychology students prior to and during their practicum placement experiences
- Represented APU as a member of the MFT Consortium of San Diego and Imperial Counties
- Developed and implemented policies and procedures for clinical placements in conjunction with Department Chair and additional campus Directors of Clinical Training
- Developed a PHI Confidentiality Policy and Social Media Policy for the Department of Marriage and Family Therapy to assure legal and ethical compliance for students

*Sept 2009 to
Aug 2022*

Azusa Pacific University-San Diego Regional Campus | San Diego, CA
Associate Professor for the MA in Clinical Psychology Program

- Courses taught in the Department of Marriage and Family Therapy include the following: Introduction to Clinical Placement, Clinical Placement I, Clinical Placement II, Clinical Consultation and Advanced Clinical Placement
- Provided consultation on student clinical cases and review recorded clinical sessions of MFT trainees
- Collaborated on curriculum development for clinical courses with the Clinical Administrator and additional campus Directors of Clinical Training
- Co-developed and implemented Clinical Skills Labs both virtually and in-person in order to further hone students' clinical skills when necessary
- Rank Promotion from Assistant Professor to Associate Professor

*Sept 2001 to
May 2002* **California School of Professional Psychology at Alliant International
University | San Diego, CA**
Adjunct Professor for the MA in Marital and Family Therapy Program

- Courses taught in the Marital and Family Therapy Department included the following: Interviewing Techniques Lab and Family Therapy Techniques Lab
- Supervised student role-plays and exercises and assisted students in formulating and implementing systemic treatment
- Developed participation log sheet for students to reflect on simulated therapeutic treatment exercises and evaluate use of systemic hypotheses

Supervisory Experience

*June 2022 to
July 2023* **Alliant Couple and Family Clinic-San Diego**
Clinic Director and Supervisor

- Provided oversight responsibility for the day-to-day operations of the Alliant Couple and Family Clinic (e.g. service delivery, clinical training of students, management of digital health care record).
- Managed and monitored the ACFC budget in concert with the Associate Dean of Training and Administration and the Finance Department.
- Collaborated with the Executive Clinic Director, Systemwide Director, and Clinical Training Coordinators in the planning and delivery of training experiences.
- Facilitated outreach and engaged externally with community-based organizations, agencies, and schools to generate clinic referrals.
- Conducted bi-monthly staff meetings, during which clinical administration, supervisees, supervision, and clinical program development are discussed.
- Oversaw trainee orientation.
- Conducted didactic trainings/in-services
- Provided administration and clinical intervention supervision for Masters and Doctoral level MFT students
- Provision of on-going feedback to supervisees, and completion of formal evaluations
- Reviewed and provided feedback to supervisees on their clinical documentation and reports.
- Conducted monthly supervisor meeting, during which supervision concerns, legal and ethical supervisory considerations, and BBS, University, and Clinic protocols are discussed.

*Jan 2018 to
Current* **AAMFT-Approved Supervisor**

- Completed supervision hours and supervision mentoring hours as required for AAMFT-Approved Supervisor designation
- Completed “AAMFT Advanced Supervision Refresher Course”
- Completed “Supervision of MFT” course twice, which meets requirements for AAMFT-Approved Supervisor supervision fundamentals course
- Completed Philosophy of Supervision paper
- Supervised Registered Associate Marriage and Family Therapist in private practice
- Supervise Marriage and Family Therapist Trainees in Practicum courses
- Provided peer supervision and consultation on cases at regularly scheduled network meetings

Mar 2021 to Current **California Board of Psychology Approved Practice Monitor/Supervisor for Licensed Psychologist**

- Provide oversight of clinical skills, documentation, and billing for a Psychologist in private practice as required by the California Board of Psychology
- Provide case consultation on clinical work and supervision in self-of-the-therapist to assure strong clinical, legal and ethical adherence for best practice.

Clinical Experience

July 2004 to Current **Private Practice of Rebecca J. Kenyon, Psy.D, LMFT | San Diego, CA**
Licensed Clinical Psychologist and Licensed Marriage and Family Therapist

- Provide psychotherapy for adolescents, adults, couples, families, and groups in a private practice setting using cognitive-behavioral and family systems perspectives
- Utilize EMDR in providing trauma-informed psychotherapy
- Specialties include eating disorders, depression, anxiety, trauma, life transitions, anger management, assertiveness training, parenting psychoeducation, and couples' communication
- CA Board of Psychology Approved Practice Monitor for Licensed Psychologist
- Directly supervised Registered Associate Marriage and Family Therapist
- Provide trainings and presentations on eating disorder prevention and treatment for professionals, schools, and families
- Collaborate with outside practitioners, treatment facilities, hospitals, social service organizations and families to coordinate comprehensive client care

May 2005 to Apr 2008 **San Diego Psychotherapy Group | San Diego, CA**
Registered Psychological Assistant

- Provided individual, couple, family, and group psychotherapy in a group private practice setting as part of a predoctoral and postdoctoral internship
- Communicated client diagnoses and goals during treatment team consultations in order to assure best practices

May 2005 to Dec 2006 **Oak Knoll Family Therapy Center | San Diego, CA**
Registered Psychological Assistant

- Provided individual, couple, family, and group psychotherapy for an intensive outpatient program for eating disorders as part of a predoctoral internship
- Facilitated multifamily support groups for families of those struggling with eating disorders
- Participated in case utilization reviews and completed all required documentation for insurance purposes

Jan 2005 to May 2005 **Puente de Vida | San Diego, CA**
Registered Psychological Assistant

- Provided psychotherapy at a residential eating disorder treatment facility as part of a predoctoral internship
- Conducted individual, group, couple and family therapy sessions using a variety of therapeutic approaches, including cognitive-behavioral, family systems, psychoeducational, relapse prevention and mindfulness
- Provided meal support to residents and supervised patient activities in a therapeutic milieu setting
- Participated as an active member of a multidisciplinary treatment team composed of licensed therapists, physicians, dietitians, nurses, and psychiatrists

- Maintained required documentation and reviews of patient charts, prepared treatment and discharge plans, and fulfilled all insurance requirements

*June 2001 to
July 2004* **Trish Stanley and Associates** | San Diego, CA
Registered Marriage and Family Therapist Intern

- Provided psychotherapy for adolescents, adults, couples, and families in a group practice setting
- Facilitated an eating disorder group for adolescents

*Aug 2001 to
July 2004* **Schneider Family Services** | San Diego, CA
Registered Marriage and Family Therapist Intern

- Provided psychotherapy for adolescents, adults, couples, and families in a private practice setting
- Facilitated anger management classes and assertive communication workshops

*June 2001 to
June 2002* **Teen Eating Disorder Solutions** | San Diego, CA
Registered Marriage and Family Therapist Intern

- Provided psychotherapy for adolescents with eating disorders and their families in a non-profit setting
- Presented eating disorder prevention and intervention trainings to schools, non-profits, and the general community
- Participated in case utilization reviews and completed all required documentation for insurance and grant purposes

*May 2000 to
May 2001* **Harmonium, Inc.** | San Diego, CA
Marriage and Family Therapist Trainee

- Provided psychotherapy for diverse populations of children, adolescents, adults, couples, and families in a non-profit agency
- Facilitated children and adolescent social skills groups; parenting psychoeducation classes; and a Wraparound team
- Provided individual and family psychotherapy for Cornerstone, an adolescent substance abuse treatment program

*June 1996 to
Oct 1997* **VA Hospital** | La Jolla, CA
Psychiatric Research Volunteer

- Conducted over 150 hours of psychiatric research
- Collected data and conducted data entry and analysis on various psychological assessment instruments

Intensive Trainings/Certificates

Academic Instructional Modality Certification: Blended Learning
Instructional Modality Certification: Distance Learning
Instructional Modality Certification: Online Learning

Clinical Intensive Course in Person-of-the-Therapist (POTT), Alba Nino, Ph.D. (8 weeks)
Intensive Course in Family Therapy, Maurizio Andolfi, M.D, Rome, Italy (8 days)
Mindfulness Based Stress Reduction Program (8 weeks)
Certificate of Completion of Gottman Method Couples Therapy Level 1 Training
Certificate of Completion of Gottman Method Couples Therapy Level 2 Training
Emotionally Focused Therapy for Couples 5-Day Externship, Sue Johnson, Ed.D. | San Diego, CA

Emotionally Focused Therapy Advanced Externship, Sue Johnson, Ed.D. | *San Diego, CA*
 Emotionally Focused Therapy: 4-Day Externship, Sue Johnson, Ph.D., and Scott Woolley, Ph.D. | *San Diego, CA*
 EFT Core Skills Advanced Training, Lisa Palmer-Olsen, Psy.D. | *San Diego, CA* (6 months)
 Emotionally Focused Therapy Triage | *San Diego, CA* (2 days)
 Dialectical Behavior Therapy and Advanced Dialectical Behavior Therapy | *San Diego, CA* (2 days)
 ASIST (Applied Suicide Intervention Skills Training) / *San Diego, CA* (2 days)
 EMDR Basic Training (Completion of Part I, Part II, and Consultation Hours)

Continuing Education

Current on all Clinical Psychologist and LMFT licensing CEU requirements; including Suicide Risk Assessment & Intervention, Law & Ethics, Domestic Violence, HIV/AIDS, and Aging & Long-Term Care

Conferences

Jan 2000 Treatment of Abusive Families. Jay Haley, MA, | *San Diego, CA*
May 2000 Evolution of Psychotherapy: A Conference. *Anaheim, CA* (5 days)
Mar 2001 Using Play Therapy and the Expressive Arts to Help Grieving Children and Families. Laura Behm Dewan, LMFT, RPT-S | *San Diego, CA*
May 2002 Teen Depression and Suicide: Recognition and Treatment. Thomas Jensen, M.D., | *San Diego, CA*
Sept 2002 National Eating Disorders Association Conference: Eliminating Eating Disorders through Prevention, Treatment, Research, and Advocacy. | *Santa Monica, CA* (3 days)
Mar 2003 Bowen Theory and the Mind/Body Connection. Daniel Papero, Ph.D., | *San Diego, CA* (2 days)
Oct 2003 61st AAMFT Annual Conference: The State of Marriage and Family Therapy. *Long Beach, CA* (4 days)
May 2007 Hypnosis and Positive Psychology: Implications for Overcoming Depression. Michael Yapko, Ph.D., | *San Diego, CA*
Oct 2007 National Eating Disorders Association Conference: Eating Disorders Come in All Shapes and Sizes. | *San Diego, CA*
Oct 2007 65th AAMFT Annual Conference: Healing Fractured Relationships in the 21st Century. | *Long Beach, CA* (4 days)
Feb 2008 Zen and the Art of Eating Disorders: The Interplay of the Medical, Psychological and Spiritual Dimensions of Eating Disorders. Richard Levine, M.D., | *San Diego, CA*
Apr 2008 The Art of Understanding Body Image: A Holistic, Philosophical and Aesthetic Approach. Judith Greer Essex, MFT, REAT | *San Diego, CA*
Apr 2008 What's Mindfulness Got to Do with It? Mindful Meditation. Julie Chippendale, RN, BSN, | *San Diego, CA*
Jun 2008 Metaphorical Constructs of Hunger. Anita Johnston, Ph.D., | *San Diego, CA*
June 2010 Mindfulness Meditation. | *Online*
Sept 2013 Using Ancient Wisdom & Modern Neuroscience to Treat Eating Disorders. Anita Johnston, Ph.D. | *San Diego, CA*
Nov 2013 DSM-5 Workshop. Frank Ogle, Ph.D., MFT, | *San Diego, CA*
Dec 2013 Reducing Anxiety in Sensory, Autism & ADHD. Bek Wiltbank, OTR/L, MOT, | *San Diego, CA*
April 2014 Employment Options for MFTs. AAMFT-CA Division, | *San Diego, CA*
March 2015 VOICES Conference: Spiritually Oriented Clinical Child Psychology. William L. Hathaway, Ph.D., *Azusa, CA*.
Sept 2015 Narrative Therapy Workshop. Dr. Armando Gonzalez, | *San Diego, CA*

April 2017 Road to Licensure. Cathy Atkins, J.D. | *San Diego, CA*
May 2017 | Online Practice of Couple and Family Therapy. | *Online*
Oct 2017 Dr. Sue Johnson's—2017 EFT Summit, Dr. Sue Johnson, Dr. Jeffrey Simpson, Dr. Gabor Mate, Dr. Louis Castonguay, | *San Diego, CA* (3 days)
Mar 2018 Voices in Clinical Psychology Conference: Perspectives from Interdisciplinary Integration, Family Systems & Diversity: The Art of Becoming a Competent Multicultural Therapist. Celia Falicov, Ph.D., | *Azusa, CA*
Mar 2018 Brain-Based Strategies for Children and Adolescents: Anxiety, ADHD, Emotion Regulation, Executive Function and Other Challenging Behaviors. Tina P. Bryson, Ph.D., | *San Diego, CA*
Dec 2018 Voices in Clinical Psychology Conference: The Whole Brain Child for Clinicians. Tina P. Bryson, Ph.D., | *Azusa, CA*
Mar 2020 Grounding Techniques in Tele-Therapy. | *Online*
Aug 2020 Resilience and Self-Care for Helping Professionals in Uncertain Times. | *Online*
Nov 2020 AAMFT20: MFTs Changing the World. | *Online* (2 days)
Oct 2021 Antiracist Transformative Clinical Supervision. | *Online*
Dec 2021 CAMFT Law & Ethics-What's NEW in 2022? | *Online*

Research and Publications

2021-Current **Ongoing Research:** *Youth with Self-Injurious Behavior and Suicidal Ideation and Their Perceptions of Trusted Adults*

2006 **Doctoral Dissertation:** *"A Grounded Theory of the Relationship between Eating Disorders and Marital Relationships: The Role of Emotional Accessibility"*

Presentations

April 2024 (Anticipated) **International Family Therapy Association 2024 World Family Therapy Congress (Toyama, Japan):** *"Reducing trainee's shame in gatekeeping and remediation: Applying Aponte's POTT framework."* co-presented with Kelly Shearer, LMFT, LPCC

Sept 2023 **Washington Association for Marriage and Family Therapy:** *"Using the POTT Model Philosophies in Gatekeeping as MFT Supervisors and Educators."* co-presented with Kelly Shearer, LMFT, LPCC

April 2023 **International Family Therapy Association 2023 World Family Therapy Congress (Malaga, Spain):** *"Innovative adaptations of the Person of the Therapist model for training family therapists."* co-presented with Kelly Shearer, LMFT, LPCC

Oct 2022 **Western Association for Counselor Education and Supervision 2022 Conference:** *"Referencing CITs lived experiences to strengthen empathic attunement: An integrated approach."* co-presented with Kelly Shearer, LMFT, LPCC

April 2022 **International Family Therapy Association 2022 World Family Therapy Congress (San Juan, Puerto Rico):** *"Youth with Self-Injurious Behavior and Suicidal Ideation and Their Perceptions of Trusted Adults."* co-presented with Giuliana Valia, BA, Amy Budd, MA, and Steven Jellá, Psy.D, LMFT

April 2022 **International Family Therapy Association 2022 World Family Therapy Congress (San Juan, Puerto Rico):** *Poster Presentation: "Youth with Self-Injurious Behavior and Suicidal Ideation and Their Perceptions of Trusted Adults."* co-presented with Giuliana Valia, BA, Amy Budd, MA, and Steven Jellá, Psy.D, LMFT

- June 2021* **Azusa Pacific University's Supervisor Appreciation Day Presented by the Department of Marriage and Family Therapy (all campuses): "The Parallel Process: Trauma-Informed Supervision in Light of COVID-19 and Racial Injustices"** co-presented with Dr. Steven Jellá (six-hour supervisor CE training)
- May 2019* **Azusa Pacific University's Supervisor Appreciation Day Presented by the Department of Marriage and Family Therapy (San Diego Regional Campus): "The Parallel Process: Trauma-Informed Supervision"** co-presented with Dr. Steven Jellá (six-hour supervisor CE training)
- Feb 2019* **San Diego/Imperial County MFT Consortium: "The New MFT Supervision Laws"** (two-hour CE presentation)
- Jan 2018* **Hawaii International Conference on Education: "Modern Learning Studios Improves Academic Outcome, Increase Student Satisfaction, and Decreases Maladjusted Behavior Through the Use of Flexible Furniture, Educational Technology, Student-Directed Learning, Project-Based Learning, and a 'Flipped Classroom' Approach"** co-presented with Dr. Stephen Cochrane and Dr. Aimee Vadnais
- Jan 2016* **Hawaii International Conference on Education: "Incorporating movement therapy, vision therapy, listening therapy, and meditation into traditional martial arts instruction to address the underlying neurological and physiological causes of learning, social, emotional, and behavioral disorders."** co-presented with Dr. Stephen Cochrane and Dr. Aimee Vadnais
- Jan 2012* **10th Annual Hawaii International Conference on Education: "Using Research-Based Positive Psychology Interventions to Maximize Emotional Well-being in K-12 Schools"** co-presented with Dr. Stephen Cochrane and Dr. Aimee Vadnais
- Oct 2007* **65th AAMFT Annual Conference: Healing Fractured Relationships in the 21st Century Presentation: "EATING DISORDERS TRACK: Couple Therapy for Eating Disorders: Assessment and Treatment"** co-presented with Dr. Scott Woolley
- Oct 2007* **65th AAMFT Annual Conference: Healing Fractured Relationships in the 21st Century Poster Presentation: "Systemic Nature of Eating Disorders and Marital Relationships"**
- Jul 2005* **UCSD Faculty and Staff Assistance Program Learn at Lunch Lecture Series: Presentation: "Assertive Communication"**

Professional Affiliations

CA MFT Leadership Collaborative Representative
Co-Chair of MFT Consortium of San Diego and Imperial Counties
American Psychological Association-Clinical Member
San Diego Psychological Association-Full Member
Women's Issues Committee of the San Diego Psychological Association Member
American Association for Marriage and Family Therapy-Clinical Member
California Association of Marriage and Family Therapists-Clinical Member
San Diego Chapter of California Association of Marriage and Family Therapists
International Family Therapy Association-Member