

Kelsy L. Richardson, PhD

PSY34571

Last Updated: November 2023

Education

Fuller Theological Seminary: Graduate School of Psychology, Pasadena, CA

-Psychology, M.A.

Conferred June 2013

-Theology and Christian Ministry, M.A.

Conferred June 2016

-Clinical Psychology, Ph.D.

Conferred September 2017

Point Loma Nazarene University, San Diego, CA

Psychology, B.A. Cum Laude

Conferred: May 2011

Teaching Experience:

Point Loma Nazarene University, Masters in Clinical Counseling

August 2023- Present

Part-Time Faculty

Courses Taught: Multicultural Counseling (PSY6009), Introduction to Integration of Psychology and Theology (PSY6001)

In teaching the course, I am responsible for lectures, clinical development of the students particular to the subject matter, and assessment of their clinical and theoretical work Regular meetings with students outside of classroom time to help students process and apply information.

Point Loma Nazarene University, Masters in Clinical Counseling

August 2019- August 2023

Full-Time Faculty, Assistant Professor, Associate Professor

Courses Developed & Taught: Treatment of Children and Adolescents (PSY6027), Multicultural Counseling (PSY6009), Introduction to Integration of Psychology and Theology (PSY6001), Counseling Theories II (PSY6026), Career Counseling (PSY6033)

In teaching the course, I am responsible for lectures, clinical development of the students particular to the subject matter, and assessment of their clinical and theoretical work. Adapting to online learning during the COVID-19 pandemic. Regular meetings with students outside of classroom time to help students process and apply information. Help with development and faculty advisor of clinical skills lab.

Point Loma Nazarene University, Masters in Clinical Counseling

August 2018- August 2019

Part-Time Faculty Member, Course Development

Courses Developed & Taught: Treatment of Children and Adolescents (PSY627), Multicultural Counseling (PSY609), Introduction to Integration of Psychology and Theology (PSY601), Counseling Theories II (PSY626), Career Counseling (PSY633)

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Developing the course includes tasks such as syllabus development, choosing the textbook, designing course requirements such as papers, treatment planning, test writing, and the schedule of teaching. Additionally, I am responsible for writing course outcomes and developing assessments of both the course as well as the students. In teaching the course, I am responsible for lectures, clinical development of the students particular to the subject matter, and assessment of their clinical and theoretical work.

Point Loma Nazarene University, Masters in Clinical Counseling *July 2017- August 2018*
Adjunct Faculty Member, Course Development

Course: Treatment of Children and Adolescents (PSY627)

Developing the course includes tasks such as syllabus development, choosing the textbook, designing course requirements such as papers, treatment planning, test writing, and the schedule of teaching. Additionally, I am responsible for writing course outcomes and developing assessments of both the course as well as the students. In teaching the course, I am responsible for lectures, clinical development of the students particular to the subject matter, and assessment of their clinical and theoretical work.

Point Loma Nazarene University *August 2017- December 2017*
Adjunct Faculty Member

Course: Research Methods and Statistics 1 (PSY390)

This is an upper division courses are a major requirement for Psychology majors. The role of the professor in This classes involved lecture preparation and teaching, test development, and research project development.

Point Loma Nazarene University *January 2016- May 2016*
Adjunct Faculty Member

Course: Cognition and Learning (PSY409) and Personality and Adult Development (PSY315)

These upper division courses are a major requirement for Psychology majors. The role of the professor in these classes involved lecture preparation and teaching, test development, and essay scoring.

Point Loma Nazarene University *August 2015- December 2015*
Adjunct Faculty Member

Course: Adolescent Development (FCS313 section I & II)

This upper division course is a major requirement for Child and Adolescent Development majors. The role of the professor in this class involved supervising student fieldwork with adolescents, lecture preparation and teaching, test development, and essay scoring.

Point Loma Nazarene University *January 2013- June 2015*
Co-Instructor with Dr. Kim Schaeffer, Ph.D.

Course: Research Methods and Design I (PSY390), Advanced Research Methods and Design (PSY499)

One of the requirements for this course at PLNU is that the students participate in a research project in which they are involved in collecting, analyzing, and writing up data. My role in the course was to oversee and manage each of these projects and facilitate the learning process that comes with doing research.

Fuller Theological Seminary *Pasadena, CA* *September 2013-December 2013*
Teaching Assistant and Guest Lecturer to Pam Ebstyn-King, Ph.D.

Course: Child and Family Development

As a T.A., I was responsible for grading papers, leading review sessions before exams, and keeping track of student's grades. Additionally, I gave a lecture on Cognitive Development.

Point Loma Nazarene University *San Diego, CA* *March 2013*
Guest Lecturer for Dr. Kendra Oakes-Mueller, Ph.D.

Course: Abnormal Psychology

I had the opportunity to guest lecture in Dr. Oakes-Mueller's Abnormal Psychology class. Lecture covered Cluster A and Cluster B personality disorders as well as Childhood disorders.

Point Loma Nazarene University *San Diego, CA* *Fall 2010- Spring 2011*

Teaching Assistant to Kendra Oakes-Mueller, Ph.D.

Courses: Human Sexuality, Learning and Cognition, Integration of Psychology & Theology

Point Loma Nazarene University

San Diego, CA

Fall 2009-Fall 2010

Teaching Assistant to Dan Jenkins, Ph.D.

Courses: Abnormal Psychology, Clinical & Community Interventions, Clinical Testing & Assessment, Introduction to Psychology

Clinical Experience & Training

Licensed Clinical Psychologist

Relate Therapy Center

San Diego/Pasadena, CA

Winter 2023-Present

As a Licensed Clinical Psychologist (PSY34571), I work with clients ranging from 6 to 65 years old presenting with a multitude of therapeutic issues such as anxiety, OCD, depression, trauma, gender/sexuality, personality disorders, existential issues, etc. I also provide psychological assessment in a variety of domains including mood, personality, ADHD, and learning. I also provide psychodynamic consultation, lead psychoanalytic reading groups, and provide training to unlicensed or newly licensed clinicians.

Post-Doctorate

Psychological Assistant at Center for Enriching Relationships

San Diego, CA

Fall 2017- Winter 2023

As a Registered Psychological Assistant (PSB94022012) under the supervision of Dr. Daniel Jenkins (PSY10627), I work with clients ranging from 6 to 65 years old presenting with a multitude of therapeutic issues such as anxiety, OCD, depression, trauma, gender/sexuality, personality disorders, existential issues, etc. I also provide psychological assessment in a variety of domains including mood, personality, ADHD, and learning. Additionally, I co-supervised MFT trainees with Dr. Barbara Burt.

Internship

California State University San Marcos, Student Health & Counseling Center

San Marcos, CA

Fall 2016- Summer 2017

As a PreDoctoral Psychology Intern under the supervision of Dr. Carlene Smith (PSY13047) and Dr. Tamara Savage (PSY17552), I work with a diverse population of student clients ranging in ethnic identity, sexual orientation, gender identity, SES, religious beliefs, and presenting problems. I am responsible for walk-in clients, intakes, crisis management, outreach, groups, and both short- and long-term therapy models. I additionally receive supervision for assessment and participate in weekly training seminars.

Psychological Assistant

Lighthouse Psychological Services

San Diego, CA

Fall 2016- Summer 2017

As a Registered Psychological Assistant (PSB94022012) under the supervision of Dr. Daniel Jenkins (PSY10627), I work with clients ranging from 6 to 65 years old presenting with a multitude of therapeutic issues such as anxiety, OCD, depression, trauma, existential issues, etc. I am also responsible for my own marketing and billing.

PreInternship

Lighthouse Psychological Services

San Diego, CA

Fall 2015- Summer 2016

As a Registered Psychological Assistant (PSB94022012) under the supervision of Dr. Daniel Jenkins (PSY10627), I worked with clients ranging from 6 to 65 years old presenting with a multitude of therapeutic issues such as anxiety, OCD, depression, trauma, existential issues, etc. I was also responsible for my own marketing and billing.

Clerkship

Psychology Resource Consultants

South Pasadena, CA

Summer 2014- Summer 2015

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As a psychological clerk at Psychology Resource Consultants, I provided psychological, cognitive, and academic assessments to school-aged children. Issues addressed in assessment included but were not limited to academic functioning, attention, cognition, executive functioning, depression, anxiety, psychosis, and other issues. Supervision was provided by Dr. Patty Engert-Williamson, Ph.D., licensed clinical psychologist.

Additional Clinical Hours

Vanguard University Counseling Center Costa Mesa, CA Fall 2014- Spring 2015

As a staff therapist at VUCC, I provided clinical intake interviews and individual psychotherapy to undergraduate and graduate students. Issues addressed in therapy included but were not limited to depression, anxiety, psychosis, trauma, transition and identity issues. Interventions utilized include psychodynamic, client-centered, emotion-focused, and cognitive-behavioral techniques. Supervision was provided by Dr. Michele Robison, PsyD., licensed clinical psychologist.

Psychodynamic Reading and Consultation Group

Costa Mesa, CA Summer 2014

After being supervised by Dr. Jackie Gattis in my Practicum II at Vanguard University, I was invited to participate in her psychodynamic reading and consultation group. The group consisted of Dr. Gattis, several licensed clinical psychologists, and myself. We read relevant psychodynamic material and discussed and consulted on various cases.

Practicum II

Vanguard University Counseling Center Costa Mesa, CA Fall 2013- Spring 2014

As a staff therapist at VUCC, I provided clinical intake interviews and individual psychotherapy to undergraduate and graduate students. Issues addressed in therapy included but were not limited to depression, anxiety, psychosis, trauma, transition and identity issues. Interventions utilized include psychodynamic, client-centered, emotion-focused, and cognitive-behavioral techniques. Supervision was provided by Dr. Jackie Gattis, PsyD., licensed clinical psychologist.

Psychology/Theology Integration Consultation Group

Fuller Theological Seminary Pasadena, CA Fall 2013- Present

As a Practicum II student at Fuller Theological Seminary, I was provided a peer-to-peer consultation group to discuss the discipline of integration with clients. Each member of the group took turns presenting cases from their individual practicum site and brought up questions of how might integration inform their case conceptualization. Supervision was provided by Dr. Lauren Mueller, PsyD.

Practicum I

Fuller Theological Seminary Pasadena, CA Fall 2012-Spring 2013

As part of our continuing preparation for clinical work, Fuller provided supervised training with clients out of Fuller Psychological and Family Services. This training involved a minimum of 10 client hours and weekly meetings with a supervision group lead by Dr. Martin Hsia, PsyD., a licensed clinical psychologist. Sessions were filmed and critiqued.

LIVE Team- Fuller Theological Seminary

Pasadena, CA Fall 2011- Spring 2012

As a part of a program preparation for clinical work, Fuller provided supervised training with actor clients in order to develop basic therapeutic skills, such as empathy, reflection, and engaging the client in emotional exploration. A supervisor was present during each of the sessions and the client hour was reviewed and critiqued with suggestions for constructive change.

Publications:

Richardson, K. & Schnitker, S. (2022). The psychological effects of material-based prayers and thanks-giving. Manuscript submitted for publication.

Schnitker, S. & **Richardson, K.** (2018). Framing gratitude journaling as prayer amplifies its hedonic and eudemonic well-being, but not health, benefits. *Journal of Positive Psychology*
<https://doi.org/10.1080/17439760.2018.1460690>

Research Experience:

Fuller Theological Seminary Research Lab *Pasadena, CA* *Fall 2011- 2017*
Dr. Sarah Schnitker

Fuller requires that each of its students participate in a research lab that correlates with the research interests of the student. This particular lab is part of Fuller's THRIVE institute and focuses specifically on virtue development, strivings, and sanctification.

Master's Research: Prayer Practices and Gratitude: Comparing Gratitude and Daily Hassles Journaling to Prayers of Thanksgiving and Supplication.

Dissertation: The Psychosocial Effects of Material Thanks-Giving

THRIVE Center for Human Development *Pasadena, CA* *Fall 2013- Fall 2014*
THRIVE Scholars Research Fellow

Supervised by Dr. Sarah Schnitker, Ph.D. I assisted on various research projects in the center, organized THRIVE Reflectorium speakers and meetings, act as consultant between church and center, and developed material for the center's website.

Point Loma Nazarene University *San Diego, CA* *2010-2011*
Dr. Michael Leffel

Research Assistant: *Virtues of Relational Generativity: Empirical Tests of a Moral Intuitionist Model of Generative Care.*

Part of my work on this project consisted of distributing assessments and collecting/organizing data to supplement previous research on the *CARE-4 Questionnaire*. I also was responsible for writing as well as formatting large portions of the article. "Unpublished Article."

Point Loma Nazarene University *San Diego, CA* *2009-2010*
Dr. Kim W. Schaeffer

Research Methods Section I, II, & III: *Intrapersonal Measures of the College Experience: Shame and Guilt*

As a part of required coursework, myself and one other student collected data on the shame/guilt experience of college freshmen as compared to college seniors. We found significant results and presented our findings at a conference.

Presentations:

Christian Association for Psychological Studies *San Diego, CA* *Winter 2018*
Invited Lecture:

Richardson, K. (2018). *Prayer and Gratitude* [Invited Lecture]. Christian Association for Psychological Studies, San Diego, CA, United States.

APA Division 36: Psychology of Religion and Spirituality *Provo, UT* *Spring 2015*

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Symposium:

Richardson, Kelsy (2015) Framing Gratitude Interventions as Prayer: An analysis of the well-being effect.

Western Psychological Association

Las Vegas, NV Spring 2015

Poster Session:

Richardson, Kelsy; Jazdzewski, Rebekah; Sirianni, Lindsey; Schaeffer, Kim. (2015) When Basic Needs Are a Bummer: How Focusing on Hassles Affects Your Life.

Western Psychological Association

Las Vegas, NV Spring 2015

Poster Session:

Richardson, Kelsy; Downs, Cody; Mejia, Viviane; Wood, Zachary; Hochman, Maxwell. (2015) God and Attachment: How Hassles About God Impair Relational Capacities.

APA Division 36: Psychology of Religion and Spirituality

La Mirada, CA Spring 2014

Symposium:

Richardson, Kelsy; Schnitker, Sarah (2014) Prayer Practices and Gratitude: Comparing Daily Prayers of Thanksgiving to Gratitude Journaling and Social Gratitude.

APA Division 36: Psychology of Religion and Spirituality

La Mirada, CA Spring 2014

Poster Session:

Richardson, Kelsy; Wood, Zachary; Murdoch, Juliet; Hills, Haplin; Grisowld, Kimberly; Schiff, Breanna; Hochman, Maxwell. (2014) Gratitude and Well-Being: Does the Type of Gratitude One Practices Make A Difference?

Society for the Scientific Study of Religion

Boston, MA Fall 2013

Symposium:

Schnitker, Sarah; **Richardson, Kelsy** (2013). Prayer Practices and Gratitude: Comparing Daily Prayers of Thanksgiving to Gratitude Journaling and Social Gratitude.

Rocky Mountain Psychological Association

Denver, CO Spring 2009

Poster Session:

Richardson, Kelsy; Tyschen, Zachary; Schaeffer, Kim, Ph.D. (2009). Intrapersonal Measures of the College Experience: Shame and Guilt.

Consultation/Trainings and Speaking Engagements:

Point Loma Nazarene University San Diego, CA

PLNU Wellness Center- Trainings on Religion & Spirituality, Gender & Sexual Identity

PLNU Physician's Assistant Course, Medicine & Society II- Annual guest lecture on Gender & Sexual Identity

PLNU Master's in Athletic Training- Training on Gender & Sexual Identity

Host of Psychoanalytic Reading Group

Point Loma Nazarene University San Diego, CA

2021

Presentation provided through PLNU's HR titled "Covid Comedown" where I taught self-care and anxiety-reduction skills.

Point Loma Nazarene University San Diego, CA

2021

Presentation PLNU's Residential Life Team on topics of self-care and trauma.

Point Loma Nazarene University *San Diego, CA* *2021*
Presentation to PLNU Psychology Department Alumni about the integration of psychology and theology.

Cal State San Marcos *San Marcos, CA*
Guest speaker for intern trainings on topics of ethics as well as religious/spiritual issues in psychotherapy

Christ Presbyterian Church *Huntington Beach, CA* *December 2013*
Speaker for Women's Ministry Christmas Brunch: The Psychology & Theology of Gratitude

Pasadena First Church of the Nazarene *Pasadena, CA* *September 2013*
Consultation to Youth Ministry team on Cognitive, Faith, and Social development at various age stages represented within the ministry. Additionally, consulted the Youth team on possible ways to apply psychological research to their regular meetings and philosophy of ministry.

Positive Parenting Class *Pasadena, CA* *August 2013*
As a guest speaker at a Positive Parenting class, I lectured on cognitive and faith development of children at various age ranges as well as technology use and social interactions.

Other Relevant Experience:

PLNU Resident Assistant *San Diego, CA* *Fall 2010- Spring 2011*
As a senior student and resident assistant at PLNU, I lived in a residence hall, on a hall of 26 freshmen girls. My responsibilities included but were not limited to, maintaining a spirit of camaraderie on the hall, spending individual time with each girl to check in on their well-being, and planning events.

PLNU Psychology Small Group Leader *San Diego, CA* *Fall 2009*
A psychology class at PLNU where upper-classmen psychology students are given the opportunity to lead a small group of incoming freshmen and work through transitional challenges. In addition to leading a small group, the leaders participate in group counseling which is led by a faculty member that involves counseling as well as supervision.

Honors and Awards:

Excellence in Teaching Award, Point Loma Nazarene University *Fall 2021-Summer 2023*

Thrive Center Fellowship, Thrive Center for Human Development *Fall 2013-Summer 2014*