

Ryan G. Witherspoon, Ph.D.

Clinical Psychologist (CA PSY32022)

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Revised 01/21/24

Education

Alliant International University
California School of Professional Psychology
Ph.D. in Clinical Psychology – APA Accredited Program Alhambra, CA
Summer 2018

Alliant International University
California School of Professional Psychology
Master of Arts in Clinical Psychology Alhambra, CA
Spring 2016

Pepperdine University
Graduate School of Education and Psychology
Master of Arts in Psychology Los Angeles, CA
Spring 2013

Chapman University
Dodge College of Film and Media Arts
Bachelor of Fine Arts in Film Production Orange, CA
Spring 2005

Clinical Experience

Private Practice Pasadena, CA
Rubicon Psychological Services - Ryan G. Witherspoon, Ph.D. September 2020 - Present

- Conducts individual and couples/relationship therapy with adults.
- Practices primarily from a relational psychodynamic framework, incorporating trauma-based, family systems, and mindfulness modalities as appropriate.
- Specialty in psychoanalytic psychotherapy, including long-term multiple session-per-week work.
- Areas of specialty include working with consensually non-monogamous, kink, and LGBTQ+ communities and related concerns, mood and anxiety challenges, complex and attachment trauma, relationship challenges, and long-term personality patterns.
- Employs and supervises post-graduate psychological associates.

Post-Doctoral Psychological Assistant Los Angeles, CA
Atwater Village Therapy May 2019 – August 2020

- Conducted individual adult and couples therapy in a private practice setting.
- Utilized psychoanalytic theories and methods in clinical practice.
- Provided video therapy (i.e., teletherapy) to appropriate California residents.
- Responsible for all administrative and treatment planning aspects, including negotiating fees.
- Worked collaboratively with other providers, such as psychiatrists, physicians, other therapists.
- Received weekly supervision from a licensed psychologist.

Supervisor: Liz Gustafson, Ph.D.

Post-Doctoral Trainee and Psychological Assistant

Pasadena, CA

Rose City Center

September 2018 – August 2020

- Conducted individual adult and couples therapy in a busy low-fee community clinic.
- Utilized psychoanalytic theories and methods in clinical practice.
- Received didactic and clinical training in psychoanalytic psychotherapy (as detailed below).
- Responsible for all administrative and treatment planning aspects, including negotiating fees.
- Worked collaboratively with other providers, such as psychiatrists, physicians, other therapists.
- Received weekly supervision from a licensed psychologist and certified psychoanalyst.

Supervisor: George Bermudez, Ph.D., Psy.D.

Post-Doctoral Fellow and Psychological Assistant

West Los Angeles, CA

The Center for Well Being

September 2018 – April 2019

- Conducted individual, couples, and family therapy in a busy private group practice.
- Worked clinically with adults, couples, adolescents, and children.
- Responsible for all aspects of treatment planning, clinical work, and client care.
- Utilized psychodynamic, family systems, and mindfulness-based modalities.
- Consulted with other Center providers to provide wraparound care for entire families.
- Utilized a variety of self and parent-report measures to assess mood, anxiety, ADHD symptoms.
- Provided extensive biopsychosocial family intake assessments.
- Worked collaboratively with other providers, such as psychiatrists, physicians, other therapists.
- Received weekly supervision from a licensed psychologist.

Supervisor: Stephanie T. Mihalas, Ph.D., NCSP, ABPP

Doctoral Intern

Tacoma, WA

University of Washington - Tacoma

August 2017 – August 2018

Student Counseling Center

APPIC Accredited Internship

- Doctoral internship in a fast-paced college counseling center at an urban-serving university.
- Conducted individual psychotherapy with weekly caseload of 15-20 diverse clients aged 18-65.
- Engaged in crisis intervention for walk-in clients, including triage and risk assessment.
- Coordinated, planned, and conducted a weekly process group and a social anxiety skills group.
- Supervised a practicum trainee (for half the year) and received supervision of supervision.
- Planned, coordinated, and engaged in outreach efforts to campus community, such as creating and presenting workshops and presentations, as well as assisting with tabling events.
- Provided consultations to faculty and staff regarding student concerns.
- Utilized multiple assessment measures to monitor client needs, treatment progress, and therapeutic alliance, including the CCAPS, Outcome Rating Scale, and Session Rating Scale.
- Handled treatment planning, case documentation (using Titanium EHR system), and scheduling.
- Assisted with selection efforts for counseling center staff.
- Worked closely with an 8-person clinical team to consult and coordinate care.
- Received 2 hours of weekly supervision by licensed psychologists, 1 hour of group supervision, and 2 hours of weekly didactic seminars. Sessions were video recorded and reviewed.

Supervisor: Ruth Dangelmaier, Ph.D.

Clinical Practicum Trainee

Santa Monica, CA

WISE and Healthy Aging

August 2016 – August 2017

- Conducted individual psychotherapy with a weekly caseload of 8-9 diverse older adult clients.
- Co-facilitated an ongoing process and support group for older adult males.
- Conducted in-home individual psychotherapy with some clients due to disability issues.

- Administered and scored psychodiagnostic screening instruments.
- Documented all clinical work using DMH criteria in an electronic record system (Clinitrak).
- Consulted with staff geropsychiatrist and participates in monthly case conferences with all staff.
- Received 2.5 hours of individual supervision weekly from licensed psychologists, as well as 2 hours of group supervision and 2 hours of weekly didactic seminars.

Supervisors: Jennifer Levine, Psy.D., Francine Lederer, Psy.D., & Anahita Gheyanchi, Ph.D.

Clinical Practicum Trainee

Whittier, CA

Rio Hondo Community College

August 2015 – June 2016

- Conducted individual psychotherapy with a weekly caseload of 13-16 diverse adult clients.
- Evaluated and triaged clients in crisis, and conducted crisis intervention.
- Worked with other interns to create, promote, and co-lead workshops and therapy groups.
- Administered and scored cognitive ability and academic achievement assessments for students.
- Conducted outreach efforts, including in-class presentations, workshops, educational materials, and engaged in on-campus promotional efforts for mental health.
- Responsible for treatment planning, managing own schedule, caseload, administrative tasks.

Supervisor: Denna Sanchez, Ph.D.

Clinical Assistant and Office Manager

Los Angeles, CA

Private Practice – Dr. Stephanie Mihalas

December 2013 – August 2015

- Observed sessions with Dr. Mihalas and assisted clients and siblings under her direction.
- Assisted with play therapy, behavioral modification and social skills training as directed.
- Input intake reports and clinical session notes into Therapy Notes for review and approval.
- Scored all assessments, such as the BDI-II, CDI-S, RACMAS, Vanderbilt, and HSQ.
- Assisted in behavioral observations, triaging urgent calls, and received training from Dr. Mihalas in case conceptualization and treatment planning.
- Answered phones, books appointments, takes messages, drafts correspondence, filing, etc.
- Wrote blog posts, managed social media, and responded to reporter inquiries.

Family Support Services Fun Klub Leader

Los Angeles, CA

Ronald McDonald House

June 2013 – August 2013

- Independently planned and implemented weekly activity groups (Fun Klubs).
- Provided adjunctive support for seriously ill children and their families by helping create a supportive environment, supervising children during Fun Klubs, and helping provide doctoral interns greater uninterrupted access to parents and families.
- Provided weekly recap and progress reports to FSS Coordinator.
- Took part in weekly differentiation-focused email-based supervision with FSS Coordinator.

Sexual Assault Advocate

Van Nuys, CA

Valley Trauma Center

January 2012 – June 2013

- Volunteered weekly as a sexual assault advocate on a 24-hour sexual assault crisis hotline.
- Trained to accompany sexual assault survivors to Valley Trauma Center's 24-hour forensic clinic, courts, police departments, or hospitals.
- Provided crisis intervention services and referrals to additional resources.
- Completed a 60-hour State-Certified Sexual Assault Advocate crisis intervention training.
- Experienced with mandated reporting issues and suicide prevention.
- Attended monthly group supervision and bi-monthly in-service trainings.

Research Experience

Research Affiliate

August 2019 – Present

The Center for Positive Sexuality

- Acts as an independent researcher institutionally affiliated with a Los Angeles-based non-profit focused on sex-positive research and education.
- Supervises, trains, and collaborates with Center-provided volunteer research interns on all phases of the research process.

Dissertation

August 2015 – April 2018

Title: *Exploring Polyamorous Resilience and Strengths: A Structural Equation Modeling Approach*

- Proposed theoretical models of resilience and strength within polyamorous populations.
- Within these models, four factors (mindfulness, cognitive flexibility, positive polyamorous identity, and connection to polyamorous community) were assessed.
- An online sample of 1,176 polyamorous-identified adults was collected analyzed.
- Theoretical models were tested with structural equation modeling techniques.
- Dissertation is currently being adapted into several publications with assistance of chair.
- Dissertation successfully defended on 4/23/18.

Chair: Peter S. Theodore, Ph.D.

Research Assistant –Theodore R. Burnes, Ph.D.

October 2013 – July 2017

California School of Professional Psychology

Alliant International University

- Wrote significant portions of two published peer-reviewed manuscripts, with co-authors Dr. Theodore Burnes and Dr. Anneliese Singh.
- Independently organized and conducted an email survey with several rounds of follow-up.
- Co-authored and presented a symposium at a national convention based on findings.
- Prepared the Institutional Review Board (IRB) application under Dr. Burnes' supervision.
- Collected articles, organized references for literature review, created outline and bibliography.

Research Assistant –Peter S. Theodore, Ph.D.

May 2013 – August 2016

California School of Professional Psychology

Alliant International University

- Employed on a large-scale multi-year grant-funded study examining bullying of LGBT students among Los Angeles Unified School District (LAUSD) schools.
- Conducted validity checks between double-entered data sets to verify data integrity.
- Entered and groomed raw data as necessary. Identified, researched and corrected discrepancies.

Research Practicum Project

February 2014 - June 2015

Title: *Predictors of Perceived Stigmatization within Consensually Non-Monogamous Populations*

- Collected an online sample of 1,582 consensually non-monogamous (CNM) American adults.
- Tested six hypotheses regarding the impacts of several participant and predictor variables (e.g., outness, CNM identity salience) on several outcome variables (e.g., stigma consciousness).
- Statistical analyses conducted included bivariate correlation, hierarchical multiple regression, MANOVA, ANOVA, as well as moderation and mediation tests.
- Results presented at several professional conferences (e.g., APA); being written for publication.

Supervisor: Nicholas Noviello, Ph.D.

Member, Research Advisory Committee

March 2012 – Present

Community-Academic Consortium for Research on Alternative Sexualities (CARAS)

- Reviews research proposals for scientific/scholarly merit, ethics, and community benefit.
- Writes reviews of proposals providing detailed feedback and endorsement recommendations.
- Votes with other RAC members on final endorsement decision.
- CARAS directly supports endorsed research projects via funding, activating relevant community resources, and assisting with outreach/publicity, recruitment, and feedback.

Personal and Research Assistant

August 2013 – December 2015

Private Practice – Keely Kolmes, Psy.D.

- Researched, organized and assisted in creating documents related to CE presentations.
- Other duties included clerical/data entry, proofreading and formatting, and research projects.
- Worked independently and communicated proactively to accomplish assignments on time.

Project Manager

April 2012 – August 2013

The Center for Well Being

- Focused on the development of a novel mindfulness-based intervention for homeless adolescents, in conjunction with the Los Angeles Youth Network (LAYN).
- Worked closely with PI and LAYN Clinical Director to create a novel group intervention.
- Heavily involved in creating methodology for a controlled, experimental efficacy study.
- Co-authored intervention and study proposal which received LAYN and DCFS approval.
- Supervised team of undergraduate research assistants.
- Assisted in preparing documents for IRB submission.

Research Assistant

January 2011 – April 2012

The Center for Well Being

- Research focused on adolescent mental health, and bullying and teacher-student relationships.
- Second author on a mixed-methods study accepted and published in a peer-reviewed journal. Pervasive involvement in all aspects of manuscript writing and preparation.
- Authorship on multiple award-winning poster presentations. Co-presentations at a national conference. Invited presentations at local venues.
- Experienced in qualitative analysis with the Consensual Qualitative Research (CQR) method.
- In-depth experience conducting and writing literature reviews.
- Prepared and submitted proposals for local and national mental health conferences.
- Assisted the principal researcher with quantitative analysis using SPSS and results write-up.
- Worked collaboratively within a small-team framework.

Publications

Vaughan, M. & **Witherspoon, R.G.** (2022). Stronger together: CNM resilience, strengths, and growth. In T.R. Burnes & M. Vaughan (Eds.), *The handbook of consensual non-monogamy: Affirming mental health practice* (pp. 97-118). Rowman & Littlefield.

Witherspoon, R. G., & Theodore, P. S. (2021). Exploring minority stress and resilience in a polyamorous sample. *Archives of Sexual Behavior, 50*(4), 1367–1388. <https://doi.org/10.1007/s10508-021-01995-w>

****Peer Reviewed****

- Witherspoon, R.G.** (2018). *Exploring polyamorous resilience and strength factors: A structural equation modeling approach* (Doctoral dissertation, Alliant International University).
<https://www.proquest.com/openview/46244034f5d875190b1aa0a579a413f2/1?pq-origsite=gscholar&cbl=18750>
- Kolmes, K. & **Witherspoon, R.G.** (2017) Therapy with a consensually non-monogamous couple. *Journal of Clinical Psychology, 73*(8), 954-964.
- Sprott, R.A., Randall, A., Davison, K., Cannon, N., & **Witherspoon, R.G.** (2017) Alternative or non-traditional sexualities and therapies: A case report. *Journal of Clinical Psychology, 73*(8), 929-937.
- Burnes, T.R., Singh, A.A., & **Witherspoon, R.G.** (2017). Sex-positivity and counseling psychology: An introduction to the major contribution. *The Counseling Psychologist, 45*(4), 470-486. ****Peer Reviewed****
- Burnes, T.R., Singh, A.A., & **Witherspoon, R.G.** (2017). Graduate counseling psychology training in sex and sexuality: An exploratory analysis. *The Counseling Psychologist, 45*(4), 504-527. ****Peer Reviewed****
- Witherspoon, R.G.** (2016). Using sex-positivity to affirm clients' sexual and relational diversity. *Independent Practitioner, 36*(2), 70-73.
- Mihalas, S.T., & **Witherspoon, R.G.** (2013). Clinical and ethical considerations of mindfulness in the private practice setting. *Independent Practitioner*, Fall 2013, 131-134.
- Mihalas, S.T., & **Witherspoon, R.G.** (2013). A deeper look at utilizing mindfulness techniques in your private practice setting. *Independent Practitioner*, Summer 2013, 85-89.
- Kolmes, K., & **Witherspoon, R.G.** (2012). Sexual orientation microaggressions in everyday life: Expanding our conversations about sexual diversity. *Independent Practitioner*, Summer 2012, 96-101.
- Mihalas, S.T., **Witherspoon, R.G.**, Harper, M.E., & Sovran, B.A. (2012). The moderating effect of teacher support on depression and relational victimization in minority middle school students: Invited special article on love, emotion and pedagogy. *International Journal of Whole Schooling, 8*, 40-59
****Peer Reviewed****

Presentations

- Witherspoon, R.G.** (2023, November). Featured panelist in Rose City Center's four-hour CE workshop: *The Law and Ethics of Analytic Psychotherapy*. Pasadena, California.
- Witherspoon, R.G.** (2023, February). *Strange situations: Provocative kink material and the primacy of process*. Presented for Confer (UK) at their hybrid conference titled: Working with Fetish, BDSM, and Kink Practices.
- Witherspoon, R.G.** (2022, August). *Psychodynamic therapy and polyamory*. Three-hour CE webinar presented for The Affirmative Couch.

- Witherspoon, R.G.** (2022, August). *Helping young adults navigate open and polyamorous relationships*. One-hour CE webinar presented for Acacia Counseling & Wellness.
- Witherspoon, R.G.** (2022, July). *Consensual non-monogamy and polyamory*. Presented at the 10th Annual Cultural Competency in Family Law Practice Seminar.
- Witherspoon, R.G.** (2021, November). *Polyamory and psychoanalytic ideas*. Presented for Rose City Center's CE workshop: Open Hearts...Bigger Beds? Monogamy, Polyamory, and Psychoanalysis.
- Witherspoon, R.G.** & Gloyd, R. (2021, September). *Introduction to BDSM: Working effectively with kinky clients*. Two-hour CE workshop presented for the Inland Empire chapter of CAMFT.
- Witherspoon, R.G.** (2021, June). *Treatment considerations for consensual non-monogamy*. Lecture presented for the University of Washington Tacoma Counseling and Psychological Services Center, Tacoma, Washington.
- Witherspoon, R.G.** (2021, April). *Clinical work with open and polyamorous relationships – part 2*. Training provided for clinical trainees at Southern California Community Counseling Center.
- Witherspoon, R.G.** (2021, February). *Clinical work with open and polyamorous relationships*. Training provided for University of Washington Tacoma's Counseling and Psychological Services center.
- Witherspoon, R.G.** (2021, February). *Clinical work with open and polyamorous relationships – part 1*. Training provided for clinical trainees at Southern California Community Counseling Center.
- Witherspoon, R.G.** (2021, January). *Clinical work with open and polyamorous relationships*. Workshop presented for Inland Empire CAMFT.
- Witherspoon, R.G.** (2020, November). *Attachment and systemic dynamics in consensual non-monogamy*. Workshop presented for Pink Therapy (UK).
- Witherspoon, R.G.** (2020, October). *Consensual non-monogamy in clinical practice: Three dilemmas*. Webinar presented for San Gabriel Valley CAMFT.
- Witherspoon, R.G.** (2020, August). *Clinical work with consensually non-monogamous clients*. Training provided for the Palo Alto VA, Palo Alto, California.
- Witherspoon, R.G.** (2020, June). *Clinical work with polyamorous clients: Gaps in field and theory*. Webinar presented for The Alternative Sexualities Health Research Alliance (TASHRA).
- Witherspoon, R.G.** (2020, April). *Kinky non-monogamous relationships*. Webinar presented for The Alternative Sexualities Health Research Alliance (TASHRA).
- Witherspoon, R.G.** (2019, November). *Treatment considerations for consensual non-monogamy*. Lecture presented for the University of Washington Tacoma Counseling and Psychological Services Center, Tacoma, Washington.
- Witherspoon, R.G.** (2019, July). *Treatment considerations for consensually non-monogamous people*. 3-hour workshop presented in Los Angeles, California.

Witherspoon, R.G. (2019, March). *Polyamory and mental health concerns*. 3-hour workshop presented at the Southwest Love Fest conference, Phoenix, Arizona.

Witherspoon, R.G. (2019, March). *Treatment considerations for consensually non-monogamous relationships*. Lecture presented at the California School of Professional Psychology, Alhambra, California.

Witherspoon, R.G. (2019, February). *Treatment considerations for consensually non-monogamous people*. Lecture presented to Shanti Orange County.

Witherspoon, R.G. (2018, August). *Exploring polyamorous strength and resilience factors*. In P. Theodore (chair), *Opening up: What consensually nonmonogamous people reveal about strengths and resilience*. Symposium presented at the 2018 American Psychological Association Annual Convention, San Francisco, California.

Vaughan, M., & **Witherspoon, R.G.** (2018, August). *Research and practice with consensually nonmonogamous people: Polyamory in therapy*. 4-hour CE workshop presented at the 2018 American Psychological Association Annual Convention, San Francisco, California.

Sprott, R.A., Kolmes, K., & **Witherspoon, R.G.** (2018, August). *50 shades of grey in therapy: Working with BDSM/kink sexualities and communities*. 4-hour CE workshop presented at the 2018 American Psychological Association Annual Convention, San Francisco, California.

Witherspoon, R.G. (2018, June). *Consensual non-monogamy for psychotherapists*. Lecture presented at the California School of Professional Psychology, Alhambra, California.

Witherspoon, R.G. (2016, August). *What do we really know about kink? Addressing myths with empirical research*. In A. Cerbone (chair), *Science, sexuality, and psychotherapy: Alternative expressions*. Symposium presented at the 2016 American Psychological Association Annual Convention, Denver, Colorado.

Sprott, R.A., Kolmes, K., & **Witherspoon, R.G.** (2016, August). *50 shades of grey in therapy: Working with BDSM/kink sexualities and communities*. 4-hour CE workshop presented at the 2016 American Psychological Association Annual Convention, Denver, Colorado.

Witherspoon, R.G. (2016, February). *Predictors of perceived stigmatization within consensually non-monogamous populations*. Session presented at the 2016 International Conference on the Future of Monogamy and Non-Monogamy, Berkeley, California.

Witherspoon, R.G. (2016, February). *Stigmatization of polyamory: Perceptions, predictors, and clinical implications*. Session presented at the 2016 International Conference on the Future of Monogamy and Non-Monogamy, Berkeley, California.

Witherspoon, R.G. (2016, January). *Introduction to alternative sexualities*. Lecture presented at Loyola Marymount University, Los Angeles, California.

Witherspoon, R.G., Laurie, A.P., & Shieh, E. (2015, November). *New frontiers in sexual and gender diversity*. Panel presentation presented at the 2015 Unity Conference at Alliant International University, Alhambra, California.

- Witherspoon, R.G.** (2015, August). *Stigmatization of polyamory: Perceptions, predictors, and clinical implications*. In M.D. Vaughan (chair), *Polyamory: Exploring research and practice with diverse populations*. Symposium presented at the 2015 American Psychological Association Annual Convention, Toronto, Canada.
- Witherspoon, R.G.**, & Noviello, N. (2015, August). *Predictors of perceived stigmatization within consensually non-monogamous populations*. Poster session presented at the 2015 American Psychological Association Annual Convention, Toronto, Canada.
- Sprott, R.A., Kolmes, K., & **Witherspoon, R.G.** (2015, August). *50 shades of grey in therapy: Working with BDSM/kink sexualities and communities*. 4-hour CE workshop presented at the 2015 American Psychological Association Annual Convention, Toronto, Canada.
- Panel Member. (2015, April). *Consent, communication, and trust: Non-traditional sexual lifestyle choices and safety, consent, and trust*. Speaker's panel hosted by Long Beach State University, Long Beach, California.
- Sprott, R.A., Kolmes, K., & **Witherspoon, R.G.** (2015, March). *50 shades of grey in therapy: Working with BDSM/kink sexualities and communities*. 4-hour CE workshop sponsored by the Community Academic Consortium for Research on Alternative Sexualities (CARAS), San Francisco, California.
- Witherspoon, R.G.** (2015, January). *The sad state of graduate psychology sexuality training: Why it's important, and how sex-positivity can help*. In T. R. Burnes (chair), *Sex-positivity without borders: Bridging multicultural psychology and sexual liberation*. Symposium presented at the 2015 National Multicultural Conference and Summit, Atlanta, Georgia.
- Sprott, R.A., Kolmes, K., & **Witherspoon, R.G.** (2015, January). *50 shades of grey in therapy: Working with BDSM/kink sexualities and communities*. Skill Building Workshop presented at the 2015 National Multicultural Conference and Summit, Atlanta, Georgia.
- Witherspoon, R.G.** (2014, February). *The everyday oppression of polyamorous people: Microaggressions, minority stress, and stigma*. Session presented at the 2014 International Conference on the Future of Monogamy and Non-Monogamy, Berkeley, California.
- Sprott, R.A., Kolmes, K., & **Witherspoon, R.G.** (2013, August). *50 shades of grey in therapy: working with BDSM/kink sexualities and communities*. 4-hour CE workshop presented at the 2013 American Psychological Association Annual Convention, Honolulu, Hawaii.
- Witherspoon, R.G.**, & Wilson, G. (2013, January). *Polyamory as a cultural identity: Implications for clinical practice*. Poster session presented at the 2013 National Multicultural Conference and Summit, Houston, Texas.
- Witherspoon, R.G.** (2012, August). *The new "normal"? Polyamory and LGBT*. In T. R. Burnes (chair), *The revolution within: Sexpositivity and celebrating sex in LGBT communities*. Symposium presented at the 2012 American Psychological Association Annual Convention, Orlando, Florida.
- Witherspoon, R.G.**, Wilson, G., & Lounsbery, K. (2012, August). *A new concept of gender identity: Preparing future counselors and teaching the teachers*. Conversation Hour presented at the 2012 American Psychological Association Annual Convention, Orlando, Florida.

Mihalas, S.T., Harper, M.E., **Witherspoon, R.G.**, & Sovran, B.A. (2012, February). *Perceived social support as a moderating variable for bullying victimization*. Paper session presented at the National Association of School Psychologists 2012 Annual Convention, Philadelphia, Pennsylvania.

Mihalas, S.T., Sovran, B.A., & **Witherspoon, R.G.** (2012, February). *School psychologists in private practice: Key variables for success*. Participant Information Exchange session presented at the 2012 National Association of School Psychologists Annual Convention, Philadelphia, Pennsylvania.

Mihalas, S. T., & **Witherspoon, R.G.** (2012, February). *Youth with special needs: Diversity in understanding and treatment*. Lecture presented at Children's Hospital of Los Angeles, Adolescent Grand Rounds, Los Angeles, California.

Witherspoon, R.G., Harper, M.E., Sovran, B.A., Mihalas, S.T. (2011, October). *Student-identified protective factors which mitigate the harmful effects of relational aggression victimization*. Poster presented at the Los Angeles County Psychological Association 23rd Annual Convention, Los Angeles, California.

Sovran, B.A., **Witherspoon, R.G.**, Harper, M.E., & Mihalas, S.T. (2011, October). *Teacher support as a moderator between relational victimization and depression in middle school students*. Poster presented at Los Angeles County Psychological Association 23rd Annual Convention, Los Angeles, California.

Harper, M.E., Sovran, B.A., **Witherspoon, R.G.**, Mathew, M., Mihalas, S.T. (2011, October). *Identified barriers to change in a bullying prevention program*. Poster presented at the Los Angeles County Psychological Association 23rd Annual Convention, Los Angeles, California.

Witherspoon, R.G. (2011, September). *Kink and counseling: A primer for mental health practitioners*. Lecture presented at the Los Angeles County Psychological Association's Sexuality & Sex Therapy Special Interest Group, Los Angeles, California.

Teaching Experience

Adjunct Instructor

December 2023 - Present

Clinical Psychology Psy.D. Program (APA Accredited)

The Chicago School – Los Angeles Campus

- Teach in-person Advanced Practicum course to fourth year clinical psychology doctoral students.
- Course instruction includes lecturing on models of supervision, supervising students' experiences as peer supervisors to junior students, and facilitating weekly group case consultation for students to discuss their practicum clinical experiences.
- Utilizes various online tools for instruction and administration including Canvas, Workday, Microsoft 365.

Instructor

September 2021 - Present

Psychoanalytic Psychotherapy Clinical Training Program

Rose City Center – Pasadena

- Develop and teach a weekly one-hour seminar on psychoanalytic conceptualization and treatment of personality disorders to clinical interns and post-graduate trainees.
- Instruction methods include didactic lecture, small group discussion, case presentation, arranging guest speakers, and providing both assigned and recommended readings.
- Receives formal feedback from trainees via periodic anonymous course evaluations.
- Coordinates with Clinical Director and Training Committee as necessary.

Invited Guest Lecture

March 2019

Class: Couples Therapy

*California School of Professional Psychology**Alliant International University, Los Angeles*

- Invited by professor Molly Burrets, Ph.D. to her class in the Clinical Psychology Ph.D. program.
- Taught a three-hour course on consensual non-monogamy in clinical practice.
- Provided slides, vignettes, and led classroom discussions and Q&A.
- Collected teaching evaluations, which demonstrated high ratings.

Invited Guest Lecture Series

October 2017 – July 2018

MEDEX Physician's Assistant Program

University of Washington – Tacoma, University of Washington - Seattle

- Worked with one other doctoral intern to create and present multiple 3 hour guest lectures at both the Tacoma and Seattle campuses throughout the academic year.
- Lecture topics included Introduction to Psychotherapy, Mood Disorders, Anxiety Disorders, CBT, Children & Adolescents, and Eating Disorders.
- Co-lead class discussions based on material and collected highly-rated student evaluations.

Invited Guest Lecture

April 2017

Class: Sex, Intimacy, and Relationships

*California School of Professional Psychology**Alliant International University, Los Angeles*

- Invited by course professor Susan Regas, Ph.D. to present to graduate-level class in the Clinical Psychology Ph.D. program.
- Taught two separate 90-minute lectures: One on BDSK/kink and the other on consensual non-monogamy, and how to work with participants of each in clinical practice.
- Provided slides, vignettes, and led classroom discussions and Q&A.
- Collected teaching evaluations, which demonstrated high ratings.

Invited Guest Lecture

January 2015 & 2016

Class: Human Sexuality

Loyola Marymount University

- Invited by course professor Anthony Bodlovic, MA, IMFT, ATR to present annually to a graduate-level human sexuality class in the Marital and Family Therapy program.
- Presentation and post-lecture Q&A focused on sexual and relational diversity.

Co-Founder - Open to More

March 2015 – July 2016

- Co-taught workshops on communication, emotional self-regulation, and relationship skills.
- Participated in panel discussions and other community-oriented events regarding relational diversity and alternative sexualities.

Teaching Assistant – Social Psychology

August 2012 – December 2012

*Pepperdine University**Graduate School of Education and Psychology*

- Mentored students on their social psychology group experiment class project.
- Tracked student attendance and grades, graded exams and assignments.
- Presented a highly rated guest lecture. Coordinated speakers. Maintained weekly office hours.

Leadership Experience

Member - Board of Directors

March 2022 – Present

Rose City Center

- Collaborates with multidisciplinary board members for a non-profit psychoanalytically-oriented community mental health clinic and advanced clinical training site.
- Helps organize continuing education workshops as well as fundraising events.
- Participates in strategic planning processes for the organization.

Chair – LACPA Convention Committee

Member - Board of Directors

December 2018 – December 2020

Los Angeles County Psychological Association (LACPA)

- Lead a team of psychologists and staff members to plan, coordinate, and execute the annual LACPA Convention in Los Angeles, CA, including converting it to an online Convention in 2020.
- Responsible for finding and contracting a keynote speaker for Conventions.
- Responsible for leading regular convention committee meetings and representing the committee on the LACPA board of directors.
- Participated in LACPA board meetings as a voting member.

Co-Lead – Legal Issues Campaign

Member – Consensual Non-Monogamy Task Force

November 2018 – July 2019

*Division 44: Society for the Psychology of Sexual Orientation and Gender Diversity
American Psychological Association*

- Responsible for working with co-lead to publish a peer-reviewed paper on the protected status of the consensual non-monogamy community over the course of one year.
- Worked together with co-lead and project chair to recruit and lead a team of contributors.
- Attended regular conference calls and provided written status updates to the Task Force chairs.

Member - Student Leadership Committee

Member - Board of Directors

January 2017 – August 2017

Los Angeles County Psychological Association (LACPA)

- Worked with Student Leadership Committee members to act as liaison between LACPA student members and the board of directors.
- Helped plan, coordinate, and promote student-focused events and programming.
- Attended and participated in LACPA board meetings as a voting member.

Multicultural and Diversity Contributing Editor

September 2015 – December 2016

The Independent Practitioner

*Division 42: Psychologists in Independent Practice
American Psychological Association*

- Responsible for soliciting and/or authoring as well as editing diversity-oriented manuscripts for each quarterly issue of the bulletin during the 2016-2017 year.
- Works closely with the Editor and Associate Editor to ensure that manuscripts fit the bulletin's overall mission, audience, and standards.

Co-Founder - Open to More

March 2015 – July 2016

- Co-founded an educational and community-building organization which aims to help people create and sustain healthy romantic relationships of all types.
- Helps coordinate workshops and panel discussions, as well as social media management.

Member - Student/Early Career Professional Committee January 2015 – January 2016
Division 42: Psychologists in Independent Practice
American Psychological Association

- Collaborated with early-career psychologists and graduate student committee members to develop and implement innovative programming to support the needs of students and ECPs.
- Conducted outreach to local graduate campuses and organizations regarding Division 42.

Co-Chair - Rockway Institute Student Affiliate (RISA) August 2014 – August 2016
California School of Professional Psychology
Alliant International University

- Co-led a campus advocacy group supporting LGBTQQIA* equality.
- Supported Alliant International University’s Rockway Institute.
- Organized on-campus sexual minority-related events, promoted related research, arranged guest speakers and community involvement.

Co-Founder - Psychotherapists for Sexual Diversity (PSD) March 2012 – August 2013

- Co-Founded, with Beth Leedham, Ph.D., a Los Angeles-based education, outreach, and networking group for mental health professionals and students interested in sexual diversity.
- Co-led bi-monthly meetings, co-created meeting topics and agendas, solicited presentations and guest speakers, created and maintained email list.

Certifications and Trainings

Psychoanalytic Psychotherapy Clinician Training Program September 2018 – August 2020
Rose City Center

- Attended weekly all-day didactic training on psychoanalytic theory and practice.
- Received weekly psychoanalytically-oriented clinical supervision from a certified psychoanalyst.
- Discussed and presented cases, both formally and informally, with post-doctoral trainee cohort.
- Saw patients in Rose City Center’s low-fee clinic, as detailed above, as well as via telehealth.

Mindful Awareness Practices (MAPS) for Daily Living June 2015 – July 2015
UCLA Mindful Awareness Research Center

- Attended a six-week course covering the basics of mindfulness, creating and sustaining a regular mindfulness practice, and applying mindfulness to daily life.

State Certified Sexual Assault Advocate January 2012
Valley Trauma Center

- 60-hour training covered crisis intervention, mandated reporting, rape and sexual assault, PTSD, suicide prevention, domestic violence, substance abuse, adoption and foster care.

Awards and Honors

- Certificate of Recognition from the City of Pasadena in 2022 for my volunteer work with Rose City Center.
- *The Counseling Psychologist* 2018 Outstanding Paper Award
 - In recognition of the Major Contribution “Sex Positivity in Counseling Psychology,” May 2017, Volume 45, Issue 4.
- Dean’s Award of Excellence Scholarship - California School of Professional Psychology 2013-2016
- APA Division 42 Fast Forward Conference 2014 Scholarship Winner

- Recipient of Poster Presentation Award, Los Angeles County Psychological Association, 23rd Annual Convention, -- **1st Place**
 - Witherspoon, R.G., Harper, M.E., Sovran, B.A., Mihalas, S.T. (2011, October). *Student-Identified Protective Factors Which Mitigate the Harmful Effects of Relational Aggression Victimization*. Poster presented at the Los Angeles County Psychological Association 23rd Annual Convention: October 22, 2011.
- Recipient of Poster Presentation Award, Los Angeles County Psychological Association, 23rd Annual Convention, -- **3rd Place**
 - Sovran, B.A., Witherspoon, R.G., Harper, M.E., & Mihalas, S.T. (2011, October). *Teacher Support as a Moderator between Relational Victimization and Depression in Middle School Students*. Poster presented at Los Angeles County Psychological Association 23rd Annual Convention: October 22, 2011.
- Hayde and Marrion Knott Scholar Awards - Chapman University 2004-2005
- Provost Scholarship - Chapman University 2002-2005

Membership and Professional Affiliations

The Center for Positive Sexuality

Rose City Center Alumni Association

American Psychological Association (APA)

- Division 39: Society for Psychoanalysis and Psychoanalytic Psychology

- Division 42: Psychologists in Independent Practice

- Division 44: Society for the Psychology of Sexual Orientation and Gender Diversity

California Psychological Association (CPA)

Los Angeles County Psychology Association (LACPA)

San Gabriel Valley Psychological Association (SGVPA)