

Justin LaPilusa, Psy.D. PSY25187
Clinical and Forensic Psychologist
Qualified Medical Evaluator

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EDUCATION:

Psy.D., Clinical Psychology, Alliant International University, San Diego, California, Spring 2011:
Graduated Magna cum Laude

M.A., Clinical Psychology, Alliant International University, San Diego, California, Spring 2008:
Alliant International Academic Scholarship, 2006

B.A., Psychology, California State University, Sacramento, Fall 2004 - Spring 2006:
Dean's List, California State University, Sacramento, 2004-2006
Psi Chi National Honors Society, 2003-2006
Graduated Magna Cum Laude

CLINICAL/FORENSIC EXPERIENCE:

CEO and Founder: Auxilium Mental Health, San Diego, California, June 2013-Present

- Clinical:
 - Conduct long-term and short-term individual psychotherapy with injured workers dealing primarily with chronic pain, trauma, depression, and other psychological work-related injuries
 - Provide short and long-term treatment to a large population dealing with issues ranging from relationship problems to fear of death
 - Provide supervision to the psychological assistants
 - Conduct fitness for duty examinations
 - Conduct clearances for surgery and other medical procedures including implantation of spinal cord stimulators
 - Skilled in biofeedback treatments: Provide Heart Rate Variability (HRV) Biofeedback
 - Conduct pre-employment screening evaluations for California Highway Patrol (CHP), San Diego Police Department (SDPD), San Diego Sheriff's Office, Chula Vista Police Department (CVPD), and California Border Patrol
- Forensic:
 - Serve as a Qualified Medical Evaluator for the state of California
 - Provide Independent Medical Evaluations for Civil Cases
 - Trial Consultant
 - Serve as an expert witness in personal injury cases
 - Provide extensive evaluations and reports utilizing clinical interviews, personality assessment measures, and intelligence measures
 - Serve as an Expert Witness for Civil litigation, personal injury, and Workers' Compensation cases
 - Experience in trial testimony
 - Experience in 40+ depositions

Clinical Director: Pain Solutions Center of San Diego, Chula Vista, California, January 2014-January 2017, Medical Director: Joel Mata, M.D

- Clinical Director for an interdisciplinary team dedicated to increasing functional capacity for individuals dealing with chronic pain related injuries

- Managed all team members in the Psychology Department
- Oversaw recruitment efforts for candidates applying for a position in the Psychology Department program
- Created, planned, and conducted training and various developmental programs for new and existing program participants
- Worked closely with Program Manager and Medical Director to develop, link, and communicate best practice strategies
- Conducted long-term and short-term individual psychotherapy with injured workers dealing primarily with chronic pain, trauma, depression, and other psychological work related injuries
- Facilitated a chronic pain management group offered to a diverse workers compensation population in terms of functioning, ethnicity, pain diagnosis
 - The group members focus on developing improved interpersonal and intrapersonal functioning utilizing a variety of techniques (i.e., acceptance commitment, and cognitive behavioral therapy)
- Facilitated a relaxation and wellness group, which incorporates cognitive behavioral relaxation skills, diaphragmatic breathing, meditation, mindfulness, progressive muscle relaxation, and music therapy
- Responsible for conducting the majority of all psychological evaluations for program participants
- Responsible for writing comprehensive reports that are used to help guide the course of treatment for patients dealing with intractable chronic pain and injury
- Utilizing nine years of experience working with chronic pain patients, I assisted in formulation and improvement of the Functional Restoration Program (FRP)
- In charge of marketing to the greater San Diego area with responsibilities that include purchasing, cold calling, office visits, development of marketing presentations, and educating providers about the benefits functional restoration
- Responsible for peer to peer consultations with utilization review doctor's
- Devised and implemented a pain management program, which includes Acceptance Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT)
- Authored a 100-page participant manual
- Authored an 80-page therapist training manual

Director of Testing and Therapy: 3010 Professional Corporation, San Diego, California, August 2012 to 2020, *Psychological Assistant;* September 2006-August 2012, CEO: Dominick Addario, M.D.

- Conducted (2012 – 2014) over 30 Record Review for workers compensation and/or civil trials
- Administered Interpreted MMPI-2, MMPI-2-RF, and MCMI-III (600 +)
- Developed skills related to forensic psychology, expert witness and psychiatric evaluations, and clinical expert witness deposition
- Conducted research on the MMPI-II, MMPI-II-RF, and MCMI-III and pain management

Clinical Director: Access Health Solutions, California, San Diego August 2014-April 2016, Medical Director: Joel Mata, M.D.

- Responsible for providing individual supervision for the tele-therapists
- Responsible for providing group supervision on a weekly basis to interns and staff
- Facilitated round table discussions addressing treatment and care of the tele-cbt patients
- Conducted monthly trainings on tele-cbt, including treatment planning, risk management, and ethics
- In charge of editing and approving all reports
- Conducted comprehensive tele-health initial evaluations
- Responsible for implementing and creating all forms including but not limited to the consent form, and 10 page basic questionnaire

Clinical Supervisor: Turning Point, Oceanside, California, May 2014-March 2016, Clinical Director: Debon McGill, Psy.D.

- Responsible for providing individual supervision for up to seven doctoral interns working at a crisis center
- Responsible for providing group supervision on a weekly basis to interns and staff
- Facilitated round table discussions addressing treatment and care of the crisis house clients
- Conducted monthly trainings on treatment planning, risk management, Tarasoff assessment, and group therapy

- In charge of editing 22 page assessments and daily progress notes. Provide psychological evaluations as part of a larger interdisciplinary evaluation
- Conducted comprehensive evaluations of the interns' performance for the local participating universities
- Provided daily trainings in the following therapeutic areas: cognitive behavioral, acceptance commitment, dialectical behavioral, existential, and positive crisis intervention

Clinical Director: Southern California Pain and Wellness Center, San Diego, California, August 2012-August 2013, Sami Maywood, M.D.

- Lead Clinical psychologist and Clinical Director for an interdisciplinary team dedicated to increasing functional capacity for individuals dealing with chronic pain related injuries
- Conducted long-term and short-term individual psychotherapy with injured workers dealing primarily with chronic pain, trauma, depression, and other psychological work related injuries
- Facilitated a chronic pain management group offered to a diverse workers compensation population in terms of functioning, ethnicity, pain diagnosis
 - The group members focus on developing improved interpersonal and intrapersonal functioning utilizing a variety of techniques (i.e., acceptance commitment, and cognitive behavioral therapy)
- Facilitated a support group to provide a safe and appropriate place for patients to discuss thoughts and feelings about chronic pain and associated difficulties. Utilize Irving Yalom's group therapy model
- Facilitated a relaxation and wellness group, which incorporates cognitive behavioral relaxation skills, diaphragmatic breathing, meditation, mindfulness, progressive muscle relaxation, aromatherapy, and music therapy
- Provided psychological evaluations to assess appropriateness for the functional restoration program
- Developed and helped build a state of the art biofeedback center utilizing Stress Erasers and Em-Wave biofeedback technology
- Utilizing seven years of experience working with chronic pain patients, I helped formulate and improve the concepts and structure of the Functional Restoration Program (FRP) and the Early Intervention Program (EIP) by writing new and improved department and program summaries
- Implemented the Future Is Today (F.I.T.) program to improve participants understanding of current technology, including the internet, email, and word applications
- Developed the Volunteer Initiative, which is a program dedicated to increasing volunteer opportunities for participants so that they can integrate into the community while working toward acquiring gainful employment
- Provided peer to peer consultations with utilization review doctors. These consultations involved in depth discussions about patient care to address the need for future treatment

Post-Doctoral Placement; Psychological Assistant, Psychological Health Center, San Diego, California, March 2011-August 2012, Supervisor: Lynne Deboskey, Ph.D.

- Provided long-term and short-term individual psychotherapy with injured workers dealing primarily with chronic pain, as well as trauma, depression, and other psychological work related injuries
- Facilitated a chronic pain management group offered to a diverse workers compensation population in terms of functioning, ethnicity, pain diagnosis
 - The group members focused on developing improved interpersonal and intrapersonal functioning utilizing a variety of techniques (i.e., gestalt, mindfulness, and cognitive behavioral therapy)
- Provided psychological clearance assessments and reports (i.e., spinal cord stimulator clearance)
- Administered and interpreted I.Q. testing
- Responsible for administering over 100 sessions of biofeedback utilizing Em-Wave biofeedback equipment

Post-Doctoral Placement; Registered Psychologist, Jewish Family Services, San Diego, California, October 4, 2010-September 1, 2011, Supervisors: Julie Kuck, Ph.D., & Oded Shezifi, Psy.D. (Primary)

- Devised and implemented a psychotherapy group offered to a diverse population in terms of functioning, diagnosis, and ethnicity
 - The group members focus on developing improved interpersonal and intrapersonal functioning utilizing a variety of techniques (i.e., psychodynamic, gestalt, mindfulness, and narrative therapy)

Justin LaPilusa CV, updated as of 03/12/2021

- Conducted long-term individual psychotherapy, family, child, and couples therapy with a high functioning population dealing with a broad range of issues from chronic pain and trauma to spiritual conflict in relationships
- Collaborated with a multidisciplinary team made up of mental health workers, social workers, adjunctive therapists, and psychiatrists to coordinate patient care

Half Time Internship; Jewish Family Services, San Diego, California, August 24, 2009-August 27, 2010, Supervisor: Bruce Sachs, Ph.D.

- Co-facilitated a domestic violence group with a diverse population of women
- The group utilized a variety of techniques, but was structured mainly as a process group, which provided an opportunity for group members to share their thoughts and feelings regarding the domestic violence they are experiencing
- Administered and wrote reports for neuropsychological evaluations under the supervision of a neuropsychologist
- Devised a chronic pain group, which occurred twice a day four days per week

Half Time Internship; Alvarado Parkway Institute Psychiatric Hospital, San Diego, California, August 2008-August 2009, Supervisor: Andrew Noorollah, Ph.D.

- Private inpatient and outpatient psychiatric hospital, which serves mainly low to mid-functioning patients
- Devised and implemented four outpatient pain management groups with a diverse population in terms of functioning, ethnicity, and diagnoses
- Evaluated psychological and cognitive functioning of adults using:
 - Intellectual assessment measures: WAIS-IV, WAIS-III, WMS-III, K-fast, K-snap,
 - Personality measures: MMPI-2, MCMI-II, BDI, SRI, SIMS, TOMM, ADD rating scale, and others
 - Projective tests: Rorschach, TAT, Sentence Completion, Family kinetic drawing
- Facilitated and co-facilitated both process and psycho-education groups, utilizing a variety of techniques (i.e., cognitive behavioral, motivational interviewing, psychodynamic, interpersonal, logo-therapeutic, etc.)
- Conducted short- and long-term individual therapy, family therapy, crisis intervention, milieu therapy, self-harm prevention plans, and conjoint therapy with both inpatient and outpatient populations
- Collaborated with multidisciplinary team of nurses, mental health workers, social workers, adjunctive therapists to coordinate patient care

Practicum; Jary Baretto Crisis Center, San Diego, CA, September 2007-July 2008

- Conducted Individual Psychotherapy
- Facilitated and Co-facilitated group therapy on a number of topics including: Self-esteem, interpersonal skills, stress relief, coping with depression, boundaries, addiction, and chronic pain to name only a few
- Developed treatment and service plans
- Conducted detailed and comprehensive intake assessments
- Participated in milieu therapy

Clerkship; Jary Baretto Crisis Center (JBCC), San Diego, California, September 2006-June 2007

- JBCC maintains a psychosocial rehabilitation philosophy designed to help adult, low income, co-morbid, low to mid functioning clients who are in crisis, either transitioning from a hospital or merely in need of safe and appropriate temporary housing
- Provided substance abuse treatment utilizing a variety of techniques: Cognitive behavioral therapy & motivational interviewing
- Provided individual brief psychotherapy with a chronically mentally ill population

- Co facilitated group therapy on a number of topics including: Self-esteem, interpersonal skills, stress relief, coping with depression, boundaries, addiction, and chronic pain and many others.
- Developed treatment and service plans which emphasized the individuals strengths, weaknesses, intervention strategies, and proof of improvement
- Developed working knowledge of community resources for the homeless and mentally ill
- Participated in milieu therapy
- Co-facilitated a fundraising for the 2006 holiday season

RESEARCH EXPERIENCE:

Research Assistant, California University, Department of Psychology, June 2005-June 2006

Ethnic awareness study examining the ethnic composition of social settings to determine if they were related to perceptions of race and ethnicity and related attitudes and emotions among ethnic minority members. Duties: data entry, data analysis, data collection, literature review. Supervisor: Greg Kim-Ju, Ph.D.

Research Assistant, California State University, Department of Psychology, Jan 2005-

Jan 2006. Multiple Roles and Coping: Examining the Impact of Multiple Roles on Stress. Duties: data collection, data entry, data analysis, literature review. Supervisor: Rebecca Cameron, Ph.D.

Research Assistant, California State University, Department of Psychology, Jan. 2005-

Jan. 2006. Post Traumatic Effect and the Iraqi War, Examining Coping Strategies for Returning Iraqi War Veterans Dealing with Post Traumatic Stress and Post War Neurosis. Duties: data entry, data analysis, literature review. Supervisor: Laura Riolli, Ph.D.

Research Assistant, Hiram Johnson High school, June 2005-June 2006

Examining Academic Achievement and Delinquency Among Ethnic Minority High School Students. Duties: data collection, data entry, data analysis, grant proposal write up. Supervisor: Greg Kim-Ju, Ph.D.

POSTERS AND PRESENTATIONS:

Presentation, *Chronic Pain Conceptualization and Treatment*, Aurora Behavioral Health, San Diego, CA, February 23, 2016

Presentation, *Use of an Interdisciplinary Evaluation*, Palm Desert, CA, February 7, 2016

Presentation, *Chronic Pain: Advances in Clinical Treatment and Forensic Assessment*, San Diego Psychological Association, San Diego, CA, October 10, 2015

Presentation, *From Worried Well to Mentally Ill: How to Diagnose Mental Health Issues in a 15 minute appointment*, Sharp-Rees Stealy, October 24, 2015

Presentation, *Advances in Chronic Pain Management*, U.S. Healthworks, Palm Desert, CA, March 11, 2015

Presentation, *Functional Restoration Programs*, Pain Solutions Center of San Diego, San Diego, CA, February, 2014

Presentation, *Functional Restoration*, NASSCO, San Diego, CA, January, 2012

Hospital In-service, *Cognitive Behavioral Therapy*, Alvarado Parkway Institute, Outpatient Services, San Diego, CA, February, 2009

Hospital In-service, *Chronic Pain Conceptualization and Treatment*, Jewish Family Services, San Diego, CA, April, 2010

Case presentation, Grand Rounds, Community Research Foundation, San Diego, CA, January, 2008

Poster, *Hispanics and Workers Compensation: An Examination of Over-reporting on the MMPI-2*, Society of Personality Assessment, Chicago, IL, April 2012

Poster, *Examination of the MMPI-2-RF: A Comparison of Americans and Mexican Women Entering into Substance Abuse Treatment*, Institute of Violence and Trauma, San Diego, CA, September 2010

Poster, *Examination of the MMPI-2-RF: A Comparison of Americans and Mexican Women Entering into Substance Abuse Treatment*, San Diego Psychological Association, San Diego, CA, October 2010

Poster, *an Examination of the MMPI-2-RF: Comparing Two Hispanic Populations Dealing with Substance Abuse*, California Psychological Association, Anaheim, CA, April 2010

Poster, *an Examination of the MMPI-2-RF Disability Claimant Profile: Comparing Chronic Low Back Pain to Non-Chronic Low Back Pain Workers Comp Litigants*, Society of Personality Assessment, San Jose, CA, March 2010

Poster, *Cross-cultural Equivalence of the MMPI-2-RF: A Preliminary Examination of an Israeli and an American Normal Sample*, Society of Personality Assessment, San Jose, CA, March 2010

Poster, *A Preliminary Analysis of MMPI-2-RF Profiles of Inpatient Women with Eating Disorders*, Society of Personality Assessment, San Jose, CA, March 2010

Poster, *Academic Achievement and Delinquency: A Cross Cultural Examination the Impact of Gangs and Violence on High School Students*, Western Campus Conference, Seattle, Washington, April 2006

Poster, *The Interaction between Ethnic Composition and Social Setting: An Examination of Multicultural Settings on College Campuses*, Western Psychological Association Conference, Palm Springs, CA, March 2006

PODCASTS:

Guest, *COVID-19 and Mental Health*, Mindset Podcast with Dr. Debra Dupree, April 27, 2020

WEBINARS:

Speaker, *COVID-19 and the Future: A Psychologists Perspective*, RNCN Webinar April 30, 2020

Speaker, *COVID-19 and Mental Health: A Psychologists Perspective*, Learning Services National Webinar May 13, 2020

Host, *Anti-Racist Practice as Ethical Practice: A Panel Discussion*. San Diego Psychological Association Webinar Series, November 21, 2020

NEWS/MEDIA APPEARANCES:

Psychological Expert, *COVID-19 Isolation, Depression, and the Holidays*. November 25, 2020 ABC Channel 10 News.

PUBLICATIONS/ARTICLES:

Get Done the Doing: How to be Productive When You Just Don't Want to. Goodtherapy.com Published on June 6, 2017

How Acceptance and Commitment Therapy Helps with Posttraumatic Stress. Goodtherapy.com Published on June 22, 2017

Making Meaning out of Warm Summer Days: A Values Based Approach. Goodtherapy.com Published on July 21, 2017

Reclaiming Life and Community in the Wake of a Natural Disaster. Goodtherapy.com Published on October 20, 2017

TEACHING ASSISTANTSHIPS:

Teaching Assistant, California State University, Sacramento; Business leadership, January 2005-June 2005. Duties: graded papers and tests, administrative responsibilities. Supervisor: Laura Riolli, Ph.D.

Teaching Assistant, California State University, Sacramento; Multicultural Psychology, January 2006-June 2006. Duties: graded papers and tests, lectured two undergraduate classes, administrative responsibilities. Supervisor: Greg Kim-Ju, Ph.D.

CURRENT AND PAST AFFILIATIONS:

Member of the American Psychological Association since September 2006

Member of the American Psychological Association, Division 22: Rehabilitation Psychology, since September 2013

Member of the American Psychological Association, Division 56: Psychological Trauma, since January 2017

Member of the American Psychological Association, Division 41: Psychology and Law, since January 2017

Member of the American Psychological Association, Division 008: Society of Personality and Social Psychology since January 2021

Member of the San Diego Psychological Association, since September 2007

Member of the Association of Contextual Behavioral Sciences, since June 2015

Member of the Forensic Mental Health Association of California, since January 2021

Topic Expert on Acceptance Commitment Therapy for Goodtherapy.com from June 2017 to December 2018

COMMITTEE MEMBERSHIP:

San Diego Psychological Association, Ethics Committee Chair from January 1, 2020 to January 1, 2021

San Diego Psychological Association, Ethics Committee member from January 1, 2018 to January 1, 2021.

San Diego Psychological Association, Forensic Committee member from January 1, 2020 to present

REFERENCES

Dominic Addario, M.D., 3010 First Avenue, San Diego, CA, 92103 (619) 295-2189

Joel Mata, M.D., 690 Otay Lakes Road, Suite 110, Chula Vista, CA, 91910 (619) 941-2377

Andrew Noorollah, Ph.D., 7050 Parkway Drive, La Mesa, CA, 91942 (619) 667-6093

Blaise Reidlinger, Ph.D., 2865 Logan Avenue, San Diego, CA, 92113 (760) 458-5041

Oded Shezifi, Psy.D., 8804 Balboa Avenue, San Diego, CA, 92123 (760) 215-3387

Bruce Sachs, Ph.D., 8804 Balboa Avenue, San Diego, CA, 92123 (858) 674-6441

Ruth Samad, Ph.D., 8804 Balboa Avenue, San Diego, CA, 92123 (858) 733-2254