

PUJA CHHABRA, LCSW, RYT-200

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CAREER SUMMARY

Compassionate Therapist specializing in individual, group, and couples therapy. Guide patients to accepting past traumas, understanding their impact on our minds and bodies, and finding confidence to live authentically. Driven leader who facilitates presentations and workshops to support therapists and educate on mindfulness and wellness practices. Integrate Yoga into therapeutic practices to help patients connect the mind and body and enable greater healing.

Specialties: Depression, Anxiety, Trauma, Somatic Work, Mindfulness

Workshops: Trauma and the Body, Self Care in the Workplace, Benefits of Mindfulness

EDUCATION

Registered Yoga Teacher (RYT) 200: Awakened Heart, Embodied Mind Yoga Teacher Training	2014
Licensed Clinical Social Worker (LCSW), #24159	2007
Masters in Social Work: New York University	2002
Bachelor of Arts in Psychology & Political Studies: Pitzer College	1999

CLINICAL EXPERIENCE

Therapist: Puja Therapy and Yoga (Private Practice) | Burbank, CA Sept. 2014 - Present

- Provide telehealth and in person individual, group, and couples therapy, including helping women, LGBTQIA+, South Asians, and other minorities heal, manage stress, and work through difficult and transitional times
- Facilitate professional coaching to therapists, providing education on managing burnout, starting a private practice, clinical supervision, trauma informed classrooms, adopting different approaches, building confidence, and wellness practices
- Incorporate private yoga instruction and small group classes to enhance therapeutic progress and connect the mind and body
- Clinical supervision hours to pre-licensure MSW and MFT Interns
- *Presentations:* Healing the Healer, USC, April 2015; Pathways to Healing, Kaiser Permanente, July 2015

Therapist: Rowan Center for Behavioral Medicine | Burbank, CA June 2019 - Sept 2020 / January 2016 - June 2017

- Individual, group, and couples therapy for patients presenting with a wide range of concerns, including anxiety, depression, grief and loss, infertility, relationship challenges, and life transitions
- *Specialties:* Trauma, Depression, and Anxiety
- *Modalities:* Cognitive Behavioral Therapy, Psychodynamic, Narrative, and Mindfulness

Hillsides | Pasadena & Echo Park, CA 2004 - 2019

Clinical Director: Hillsides Education Center (August 2016- May 2019)

- Oversaw implementation of clinical services provided to students aged 5-18 in a special education non-public school setting
- Developed programmatic interventions and structures to support students and their families in achieving success
- Provided individual and group Reflective Clinical Supervision on a weekly basis to a multidisciplinary team
- Outreach and community program development with SELPAs and local school districts to expand contracted services
- Educated and supported staff in developing skills to engage families, facilitate change, and progress toward IEP goals

Clinical Supervisor, Education Support Services (January 2015- July 2016)

- Expanded Education Support Services and successfully prevented students from being placed in a higher level of care; scaled service to multiple school districts and successfully kept students in their home districts with the support they needed
- Managed a multidisciplinary team of therapists, case managers, and parent/peer partners who provided field-based mental health services to students and families in special education
- Provided weekly individual and group Reflective Clinical Supervision; promoted Trauma Informed Care initiative
- Successful interventions with students with ED, OHI, and Autism

Clinical Supervisor, Full Service Partnership (March 2012 - Dec. 2014)

- Managed Hillsides' largest MHSA funded program (FSP), built a safe space for team members by incorporating self-care and team building to decrease employee turnover and burnout; reduced length of stay in treatment
- Supervised a team of 24 therapists, case managers, parent/peer partners who provided field-based intensive mental health services to severely emotionally disturbed children (0-15), families and transitional-aged youth (16-25)
- Provided individual and group Reflective Clinical Supervision to pre-licensed therapists utilizing the Recovery Model

- Collaborated with multiple systems; Department of Mental Health, Department of Children & Family Services, hospitals, and schools to provide and advocate for quality care, linkage and clinical case management services
- Educated, trained, and supported staff in developing skills related to diagnosing, treatment planning and applying creative interventions with resistant populations
- Balanced both administrative and clinical responsibilities such as maintaining high level of productivity with quality client care, development of professional identity, and managing stress
- Created safety plans and assessment tools for team to assess for suicide/homicide and gravely disabled; implemented training manuals for staff for consistency among large program
- LPS designated; rotating on-call duties to manage crisis leading to 5585/5150; Complied with organizational, departmental, state/federal agency-wide policies and procedures

School-Based Clinical Supervisor (Sept. 2009 - Feb. 2012)

- Built strong clinical team, balanced changing mental health climate with mission to create safe spaces for children & families
- Oversaw and managed the daily implementation of two school-based mental health programs for elementary-aged children
- Led weekly individual and group supervision to therapists, rehabilitation specialists, and MSW/MFT interns
- Conducted assessments for incoming referrals, coordinated referral sources, and assigned cases to therapists; developed relationships with school representatives and agencies to support treatment team in connecting clients with auxiliary services
- Supported staff in maintaining PHI, HIPAA compliance and meeting DMH clinical standards in a timely manner
- Advocated and assisted staff in developing individualized treatment plans with measurable goals and objectives and adhering to all client confidentiality requirements and standards
- Educated, trained and provided clinical support for staff providing direct care to children and families

Residential Clinical Social Worker (Oct. 2004 - August 2009)

- Successfully transitioned multiple foster care youth into adulthood and reunited families by developing creative interventions
- Facilitated weekly individual, group & family psychotherapy to adolescents in a milieu setting
- Advocated for foster care youth and their families; prepared youth for emancipation by practicing independent living skills and assessed personal needs, capabilities, and community resources
- Educated, supported and coached staff in creating therapeutic programs that reinforced mental health goals
- Team leader and liaison between psychiatrists, milieu staff, school, DCFS, and attorneys; supervised Social Work Intern
- Participated in clinical case conferences, weekly supervision, and professional development trainings; efficient in DMH documentation and followed all regulatory policies and procedures
- Provided DIS counseling in a non-public school setting with special needs students

Intake Coordinator (Promoted from Psychiatric Social Worker, Nov 2003)

July 2002 - May 2004

Steinway Child & Family Services, Inc. | Long Island City, NY

- Provided weekly psychotherapeutic services to adults and adolescents in individual, group, and family system modalities
- Collaborated with psychiatrists, presented psychosocial assessments, and treatment plans
- Participated in clinical case conferences, weekly supervision, and professional development training

Clinical Social Work Intern

Sept. 2001 - May 2002

Montague Day Treatment, Jewish Board of Family and Children's Services (JBFCS) | Brooklyn, NY

- Involved in JBFCS's group seminar focusing on 'Youth of Color'; implemented adolescent girls group to school program
- Coordinated with NY Board of Education to provide therapy focused on behavioral and socialization skills
- Primary therapist for girls aged 12-17, participated in group supervision, clinical rounds, and community meetings

Clinical Case Manager, Social Work Intern

Sept. 2000 - May 2001

Assessment and Referral Team, Department of Mental Health Services | New York, NY

- Presented to staff on cultural factors impacting the AIDS epidemic
- Assessed clients' medical, psychological and financial needs and referred clients to mental health services, substance abuse programs, appropriate benefits/entitlements, housing, and discharge planning

Treatment Research Associate

Aug. 1999 - July 2000

UCLA Integrated Substance Abuse Program and Matrix Institute | Rancho Cucamonga, CA

- Presented at the Western Psychological Association; Trained in the Matrix Model
- Coordinated data collection and analysis for NIDA-funded study investigating methamphetamine dependency
- Conducted intake assessments, clinical interviews, statistical analyses, drug testing, electrocardiograms (EKG's), and psychological assessments