

## LINDA NAJJAR, Ph.D.

*Inner Wisdom Counseling, L.L.C.*  
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### **EDUCATION:**

- Ph. D.** Counseling Psychology, University of Utah (APA accredited)  
Specialty Area Emphases: Multicultural Counseling & Gender  
Dissertation: "Housework, childcare, and inequality."  
August 2007
- Pre-doctoral Internship** University of Utah, University Counseling Center (APA accredited)  
August 2006 – August 2007
- M.A.** Clinical Psychology, University of Colorado at Co. Springs (APA accredited)  
Master's Thesis: "Gender and age bias in diagnoses and treatment intentions."  
May 2001
- B.A.** Psychology, Connecticut College  
*Cum Laude, Distinction and Honors in Psychology*  
Senior Honor's Thesis: "A comparison between intercultural and same-culture marriages: A look at satisfaction levels and gender roles."  
May 1999

### **CLINICAL EXPERIENCE:**

#### **Licensed Psychologist**

September 2008 – present: Owner of Private Practice, *Inner Wisdom Counseling, L.L.C.*

- Population: adolescent and adult members of the community
- Individual Therapy
- Group Therapy
- Workshops available

#### **Psychology Postdoctoral Resident**

August 2007 – August 2008: University of Utah Counseling Center

- Population: students, faculty, and staff
- Individual Therapy Experience
  - Presenting issues include mood disorders (including major depressive disorders and bipolar disorders), anxiety disorders, trauma, history of abuse, academic difficulties, ADHD, learning disorders, career concerns, substance abuse, eating disorders, personality disorders, and adjustment.
- Group Therapy Experience
  - "Finding our Voice: Women of Color" Support Group

- “Body Politics” Support Group for Women
- Crisis Coverage
  - Management of walk-in crises and mental health emergencies including suicidal or homicidal ideation
- Intake Interviews
  - Full assessment of presenting concerns/ diagnoses, psychosocial history, and contributing factors
- Psychological Assessments
  - Including cognitive functioning, personality functioning, career, diagnostic assessment, ADHD, learning disabilities
- Develop and deliver campus-wide outreach presentations
  - Wide range of topics including stress management, test anxiety, tools for academic success, successful learning strategies, screening for and managing anxiety or depression, diversity awareness, multicultural issues
- Case Management
- Provide Clinical Consultation services
- Career Services Internship Program Coordinator and Instructor
  - Coordinate relationship between University Counseling Center and Career Services (during summer semester)
  - Review files and grade final papers for students taking credits for an internship, determine final grade for internship course

### **Pre-Doctoral Intern**

August 2006 – July 2007: University of Utah Counseling Center

- Population: students, faculty, and staff
- Individual Therapy Experience
  - Presenting issues include mood disorders (including major depressive disorders and bipolar disorders), anxiety disorders, trauma, history of abuse, academic difficulties, ADHD, learning disorders, career concerns, substance abuse, eating disorders, personality disorders, adjustment.
- Group Therapy Experience
  - “Finding our Voice: Women of Color” Group
  - “Recovery: It’s Not Just for Quitters” Substance Abuse Group
- Crisis Coverage
  - Management of walk-in crises and mental health emergencies including suicidal or homicidal ideation
- Intake Interviews
  - Full assessment of presenting concerns/ diagnoses, psychosocial history, and contributing factors
- Psychological Assessments
  - Including cognitive functioning, personality functioning, career, diagnostic assessment, ADHD, learning disabilities
- Develop and deliver campus-wide outreach presentations
  - Wide range of topics including stress management, test anxiety, tools for academic success, successful learning strategies, screening for and managing anxiety or depression, diversity awareness, multicultural issues

- Clinical Supervision Experience
  - Provide weekly clinical supervision to counseling psychology doctoral students completing their 2<sup>nd</sup> year core practicum counseling experience at the University Counseling Center.
- Case Management
- Provide Clinical Consultation services
- Development of a diversity initiative to improve accessibility of services to ethnically diverse students

### **University Women's Resource Center Counselor**

August 2004 – May 2006: University of Utah

- Population: students, faculty, and staff, as well as community for groups
- Individual Therapy Experience
  - Presenting issues included trauma, history of abuse, eating disorders, mood disorders, anxiety disorders, adjustment.
- Group Therapy Experience (groups open to community as well as university)
  - “Finding our Voice: Women of Color” Group
  - “Body Politics: Women, Food, and Body Image” Group
  - “Lesbian/ Bisexual/ Queer” Women’s Group
  - “Parenting Without a Partner” Group
- Intake Interviews
- Specific training in a feminist multicultural framework
- Developed and delivered community outreach presentations (e.g., involvement in PEER: Peers Educating to End Rape, providing presentations, radio shows, and other events aimed at promoting social justice advocacy, feminist, and multicultural awareness)
- Staff development activities (including weekly examination of cultural and personal biases)

### **Child Trauma Team Member & Group Counselor**

May 2004 – September 2004: Primary Children's Medical Center, Salt Lake City, UT

- Population: children ages 6 – 8 who had been physically or sexually abused, or exposed to domestic violence
- Group Therapy Experience
  - “Children's Abuse & Domestic Violence” Group
- Participated in nationally funded SAMSHA research project to develop a Child Trauma Treatment Network (CTTN) for Indian American children
- Preparation of and assistance at the Child Trauma Treatment Network Conference

### **Substance Abuse Group Counselor**

July 2004 – August 2004: Assessment and Referral Services, Salt Lake City, UT

- Population: individuals within SLC community who had substance abuse concerns. Most individuals were court-mandated to treatment and were waiting for substance abuse treatment to commence.
- Group Therapy Experience
  - “Substance Abuse Interim” Group

### **University Counseling Center Counselor**

August 2003 – May 2004: University of Utah Counseling Center

- Population: students, faculty, and staff
- Individual Therapy Experience
  - Presenting issues included mood disorders, anxiety disorders, trauma, history of abuse, academic difficulties, career concerns, adjustment.
- Group Therapy Experience:
  - “Dialectical Behavior Therapy for Anxiety” Group
- Intake Interviews
- Case Management
- Psychological Assessments

### **Day Treatment Therapist**

May 2003 – June 2003: Parent’s Choice Day Treatment, Salt Lake City, UT

- Population: children, ages 6 – 8 with behavioral and emotional problems
- Group Therapy & Day Treatment Experience
  - Experiential day treatment and play therapy
  - “Behavioral and Emotional Problem Management” Groups
- Facilitated a parent-education group
- Developed individualized treatment plans
- Facilitated treatment plan reviews with a multi-disciplinary treatment team

### **Residential Treatment Center Therapist (full time position)**

June 2001 – August 2002: El Pueblo Boys’ and Girls’ Ranch, Pueblo, CO

- Population: high-risk, underserved (primarily Latino) adolescent boys who had been committed to live in a highly structured residential treatment facility due to disruptive conduct disorder behaviors. A majority of the residents came from backgrounds that included physical, emotional, and sexual abuse, domestic violence, and neglect.
- Individual Therapy Experience
  - Presenting issues included conduct disorder, oppositional defiant disorder, trauma, history of abuse, ADD, ADHD, mood disorders, anxiety disorders, separation anxiety disorder, enuresis, reactive attachment disorder, substance abuse.
- Group Therapy Experience
  - “Conduct Disorder” Groups (2 – 4 times per week) to focus on presenting issues
- Family Therapy Experience
- 24-hour On Call Crisis Coverage (for duration of 1 week, every 6 weeks)
  - Suicidal & Homicidal Risk Assessment
  - Hospitalization procedures
  - Utilization of de-escalation techniques
- Community Risk Assessment (determination of youth’s ability to return to community settings).
- Developed Treatment Plans

- Taught Life Skills classes covering topics such as anger management, human sexuality, stress management and coping skills, substance abuse, identity and self-exploration.
- Client Staffings involving parents, teachers, psychiatrist, youth service staff, caseworkers, probation officers, and other mental health professionals in a multi-disciplinary treatment team.
- Clinical Consultation with Department of Social Services and Department of Youth Corrections

### **University Counseling Center Intern**

Fall 2000 – Spring 2001: University of Colorado Counseling Center

- Population: students
- Individual Therapy Experience
  - Presenting issues included mood disorders, anxiety disorders, trauma, history of abuse, substance abuse, academic difficulties, career concerns, adjustment.
- Conducted intake interviews
- Developed and delivered campus-wide outreach presentations
- Participation in weekly inservice meetings.

### **Inpatient Undergraduate Trainee**

Summer 1997: Memorial Psychiatric Hospital, Albuquerque, New Mexico.

- Observed a wide variety of inpatient and partial hospitalization programs
- Attended all adolescent experiential treatment activities, groups, and psychodrama therapy groups
- Attended and participated in facilitation of adult psychodrama group treatments
- Provided a Presentation to Staff on “Psychodrama and Chemical Dependency Treatment.”

## **TEACHING EXPERIENCE:**

### **Career and Life Planning Instructor**

Spring 2007: for an undergraduate course, University of Utah, “Career and Life Planning”

- Taught weekly class material, implemented experiential exercises, and facilitated class discussions related to self-exploration, decision-making, and career exploration.
- Interpreted Strong Interest Inventory and MBTI profiles for students. Utilized creative examples to engage students. Held office hours to work one-on-one with students. Evaluated student performance.

### **Multicultural Issues Co-Instructor**

Fall 2006: for an undergraduate course, University of Utah, “Introduction to Multicultural Issues: Understanding Self and Others.”

- Provided education regarding various ethnic and other diverse groups’ (e.g., individuals with disabilities, LGBTQ population) experiences in the United States, ethnic identity development, and white privilege.

- Developed lecture material, provided presentations, facilitated class discussions, evaluated student performance, organized panels, and invited speakers, within a shared teaching framework.

### **Research Design Instructor**

Summer 2005 & Summer 2006: for a graduate level course, “Introduction to Research Design,” University of Utah taught twice in two 6-week increments.

- The course covered both quantitative and qualitative research designs and methods.
- Developed a syllabus, examined and established an appropriate textbook, conducted classes, developed lecture material, facilitated class discussions, and evaluated student performance.

### **Online Instructor**

Summer 2004 – Fall 2004: for an online graduate level course, “Creating Optimum Learning Environments” in the Department of Teaching and Learning, University of Utah.

- Class focused on teaching students how to create an online or blended course utilizing learning and motivation theories.
- Tasks included developing syllabus, monitoring online performance and class web discussions, and evaluating student performance.

### **Research Methods Laboratory Instructor**

Fall 1999 to Spring 2001: for undergraduate course, University of Colorado at Co. Springs.

- Provided lectures, helped to integrate a new grading system for student papers, facilitated class discussions, conducted classes, graded assignments and papers, and provided academic advising.

### **OUTREACH/ PRESENTATIONS:**

#### **Feminist Multicultural Counseling Workshop Presenter**

October 2007: Four-hour Workshop provided to New Mexico Psychological Association (NMPA) Friday Forum for 4 continuing education cultural diversity credits. Topic: Feminist multicultural counseling: Introduction and overview.

#### **Feminist Multicultural Group Counseling Guest Presenter**

September 2007 & October 2007: for graduate level Group Counseling class and Brownbag Discussion at University of Utah’s Women’s Resource Center.

- Provided presentations regarding how feminist multicultural group counseling differs from traditional group counseling techniques with interventions and a case study illustration.

#### **Counseling with Arab Americans Guest Presenter**

March 2007: for University of Utah Counseling Center Staff Development Seminar

- Provided presentation regarding unique counseling needs for Arab Americans.

#### **Overview of Arab Americans Guest Presenter**

October 2006, March 2007, November 2008: for Multicultural Awareness classes

- Provided an overview of demographics, shared concerns, and experiences of discrimination, cultural values, and unique needs and concerns of Arab Americans in current U.S. society.

### **Sexual Assault Awareness Educator**

August 2004 – May 2006: with Peers Educating to End Rape (PEER). University of Utah.

- Provided presentations and facilitated discussions in order to provide sexual assault awareness education to various groups on campus (e.g., student athletes, Greek, and other student groups).

### **Body Politics Radio Panelist**

August 2005: on local NPR radio (KRCL) program, “Radioactive.” Salt Lake City, UT.

- Topic included body politics and plastic surgery. Spoke about how the phenomenon of plastic surgery is affecting today’s women and specifically, how women of color might be affected by the White standard of beauty.

### **Developer/Facilitator of “Take Back the Night”**

April 2005: an event designed to increase awareness and inspire action against domestic violence and sexual assault. Salt Lake City, UT.

- Developed, designed, and facilitated all activities for the event
- Created ongoing collaboration with university and community organizations
- Solicitation of media coverage
- Presented a speech on the night of the event. Attendance was 100+ people.

### **Sexual Assault Speaker**

April 2005: on two local NPR radio programs (KCPW & KRCL) and one local television evening news broadcast. Salt Lake City, UT.

- Topic included domestic violence and sexual assault.

### **Career Workshop Facilitator**

June 2004: of a Career Decision Making Workshop for students, faculty, and staff at the University of Utah.

- Interpreted multiple assessments including the Meyers-Briggs Type Indicator and Strong Interest Inventory for workshop attendees
- Tailored the content of the workshop to meet the individualized needs of participants,
- Facilitated a discussion in order to aide in the career decision making of attendees

### **Cultural Diversity Invited Guest Presenter**

September 2001 and September 2000: for an undergraduate community volunteer class at University of Colorado

- Presentation of a lecture on “Cultural Diversity in the Helping Field.”
- Lecture covered how to tailor one’s helping style to a culturally diverse population. Facilitated a discussion afterwards.

### **Developer/Facilitator: of “Take Back the Night”**

Spring 2001: an event designed to increase awareness and inspire action against domestic violence and sexual assault. University of Colorado at Colorado Springs.

- Designed, developed, and directed all activities for the event. Solicited media coverage and participated in a local television evening news broadcast interview about the event.

## **RESEARCH EXPERIENCE:**

### **Program Evaluation Assistant**

Summer 2004 – May 2006: to Mary Burbank, Ph.D., University of Utah

- Program Evaluation of departmental programs and alliances with local school districts
- Conducted focus groups and survey research
- The 05-06 year also involved a Program Evaluation that included focus groups with and assessments of a partnership with a parent resource center called “Unidos por los Niños” or “United for Kids” through Comunidades Unidos. It is a program that is attempting to create an alliance between the University of Utah and the West Side of Salt Lake City, which is comprised primarily of low-income and Latino families, in order to provide resources for parent support, community development, multicultural leadership, and access to resources needed to pursue post-high school education.

### **Program Evaluator**

Spring 2005: as part of a requirement for a Program Evaluation class, University of Utah

- Conducted a program evaluation of a pilot project for the Department of Children and Families (DCFS). The pilot project was the implementation of a new method of handling domestic violence cases that included safety planning and education for minimal-risk cases rather than a DCFS investigation.
- Evaluated the new program through investigation of documentation, checklists, client satisfaction questionnaires, meetings with DCFS staff, and interviews with case managers and community providers.

### **Research Assistant**

Fall 2003 – Spring 2004: to Dr. Robert Hill, Ph.D. at University of Utah.

- Tasks included alumni contact and ongoing communication, web design, development of annual fundraiser, and other research and administrative tasks.

### **Research Assistant**

Fall 2002 – Spring 2003: to Dr. Susan Morrow, Ph.D. at University of Utah.

- Tasks included literature reviews, involvement in a qualitative study regarding women with HIV, computer and library research, IRB proposals, and organization and editing of various papers.

### **Research Assistant**

Fall 1999 – Spring 2001: to Dr. Daniel L. Segal, Ph.D. at University of Colorado

- Tasks included literature reviews, data entry, and data analysis using SPSS.

## **PROFESSIONAL PRESENTATIONS:**

- Najjar, L. (2008). *Traditional and nontraditional career and family choices: Gender role prescriptions, household labor, and inequality*. Symposium Panelist: Presentation provided at International Counseling Psychology Conference (ICPC).
- Najjar, L. (2008). *Housework, childcare, and inequality*. Presentation provided at Association for Women in Psychology (AWP) Conference.
- Najjar, L. (2007). *Feminist multicultural counseling: Introduction and overview*. Four-hour Workshop provided to New Mexico Psychological Association (NMPA) Friday Forum for 4 continuing education cultural diversity credits.
- Najjar, L. (2007) *Introduction to feminist multicultural counseling*. Presentation provided at Utah Counseling Centers Conference (UCCC).
- Najjar, L., Morphet, C., Hawxhurst, D. (2007). *Body politics: A feminist multicultural group model for personal healing and empowerment*. Structured Discussion provided at Association for Women in Psychology (AWP).
- Najjar, L. (2006). *Feminist multicultural treatment of substance abuse*. Paper presented at Association for Women in Psychology (AWP).
- Najjar, L. (2006). *Women's experiences of household labor and inequality: What does it mean?* Structured Discussion provided at Association for Women in Psychology (AWP).
- Najjar, L., & Hawxhurst, D.M. (2006). *Mentoring to transgress: Example of feminist multicultural supervision alliance*. Structured Discussion provided at Association for Women in Psychology (AWP).
- Najjar, L., Goudie-Nice, J., Morphet, C., & Tomlinson, J.J. (2006). *Walking the walk: Feminist multicultural therapy training*. Structured Discussion provided at Association for Women in Psychology (AWP).
- Najjar, L., Segal, D.L., Klebe, K., & Coolidge, F. (2003). *Age and gender bias in psychiatric diagnosis: A vignette study*. Paper presented at American Psychological Association (APA).
- Najjar, L., & Devlin, A.S. (2000). *A comparison between intercultural and same-culture marriages: A look at satisfaction levels and gender roles*. Paper presented at Eastern Psychological Association (EPA).
- Corcoran, J.N., Najjar, L., & Segal, D.L. (2000). *Personality predictors of PTSD and social phobia among older adults*. Paper presented at American Psychological Association (APA).
- Najjar, L. (1999). *Women in silence: Social and emotional consequences of HIV in women*. Panel presentation at Connecticut College Annual Psi Chi Research Symposium.

## **CERTIFICATIONS:**

### **Certified Rape Crisis Advocate**

August 2004: Salt Lake City, UT. Completed 40 hours of Rape Crisis Advocacy Training developed for Rape Crisis Counselors to satisfy requirements in the Utah Confidential Communications Act (78-3c), hosted by the Utah Coalition Against Sexual Assault (UCASA).

## **HONORS AND AWARDS:**

Women's Resource Center Book Scholarship at the University of Utah, 2004  
Graduate Diversity Scholarship at the University of Colorado at Colorado Springs, 1999-2001  
Connecticut College Dean's List, 1995-1999  
Recipient of Jane W. Torrey Award for Psychological Study of Important Social Issues, 1999  
Recipient of Desiderato Fellow Award for Promise in Graduate Studies, 1999  
Recipient of Vera Snow Graduate Fellowship, 1999  
Award for Distinction and Honors in Psychology, 1999  
Inducted Member of Psi Chi (Psychology Honor Society), 1998

## **PROFESSIONAL MEMBERSHIPS:**

Student Affiliate: American Psychological Association; American Psychological Graduate Association for Students; American Counseling Association; Utah Psychological Association; Association for Women in Psychology; APA Divisions 35, 17, & 45: Psychology of Women, Counseling Psychology, and Society for the Psychological Study of Ethnic and Racial Diversity.

## **LICENSE:**

Licensed Psychologist, New Mexico: License #: 1058