

Dr. AMY VAIL, M.A., Psy.D., RMT

Licensed Clinical Psychologist

PSY 22401

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(530) 581-2539

EDUCATION

November 7, 2023

- 6/1999 **Doctor of Psychology, Clinical Psychology**
California School of Professional Psychology, Alameda, CA
- 9/1997 **Master of Arts, Clinical Psychology**
California School of Professional Psychology, Alameda, CA
- 5/1992 **Bachelor of Arts, Psychology**
San Diego State University, San Diego, CA

WORK EXPERIENCE

- 7/2008-
Present **Clinical Psychologist, Private Practice, Olympic Valley, CA**
Provide Individual Adult and Adolescent, Couple, Family & Group Therapy
- 8/2014-
Present **Consulting and Supervising Psychologist – Lake Tahoe Preparatory School,
Olympic Valley, CA (Formerly Squaw Valley Academy)**
Provide individual, group and family psychotherapy to students enrolled at
boarding school. Supervise therapists and clinicians providing therapy to
Academy students.
- 1/2022-
Present **Sports Psychologist, Tahoe Forest Hospital - Center for Health,
Truckee, CA** Teach classes, lead workshops and facilitate events, to help people
achieve their best health on variety of topics related to sports psychology, mental
health, wellness, metacognition, and stress reduction and resilience. Workshops
for Palisades Tahoe and Sugar Bowl Academy ski teams, coaches, and parents.
- 1/2011-
Present **Bilingual Psychologist, Tahoe Forest Hospital-
Gene Upshaw Memorial Cancer Center, Truckee, CA**
Provide psychotherapy, psychosocial and behavioral medical support services to
cancer patients and their caregivers.
- 10/2023-
Present **Director-American Institute of Medical Education -
Creativity and Madness Conferences**
- 9/1999-
9/2023 **Associate Director-American Institute of Medical Education -
Creativity and Madness Conferences**
Plan and design programs for continuing medical education for physicians,
psychologists, nurses, social workers and marriage family and child counselors
(CME#1). Duties include APA and ACCME accreditation, brochure planning,
speaker selection, negotiating national and international travel arrangements,
leading tours, making presentations throughout the United States, Europe, Asia,

Australia, New Zealand, and South America. Programs involved: Creativity and Madness; Psychological Studies of Art and Artists, Emotional Growth in Adult Life, Stopping Violence in America, and Women of Resilience.

4/2006-
6/2008

Registered Psychological Assistant, Tahoe City & Olympic Valley, CA

Provided Individual Adult and Adolescent, Couple and Family & Group Therapy

*Supervisor: Dr. Orin Borders, Ph.D., Clinical Psychologist

*Supervisor: Dr. Robb Gaffney, M.D., Psychiatrist

7/1998
7/1999

Psychology Intern-University of California at Davis Medical Center's Behavioral Health Center, Department of Family and Community

Medicine, Sacramento, CA

Conducted individual, couples and family therapy with patients in the Family and Community Medicine department. Taught UC Davis medical student seminar on Metacognition (FAP 400) and was responsible for training Family Practice residents, and interns interviewing and communication skills. Served as a consultant on psychosocial issues to the residents, attending physicians and ward teams on rounds at UC Davis Medical Center. Responsible for intakes, assessments, developing treatment plans and consulting with primary care physicians. Participated in weekly case conferences and didactic seminars. Carried a caseload of 12-16 clients per week. Presenting problems included: Adjustment and Anxiety Disorders, Depression, Suicidality, Eating disorders, Conduct and Personality Disorders and Substance Abuse. Program and Supervision focused on Behavioral, Narrative and Family Systems Theories.

7/1997-
5/1998

Psychology Trainee-La Familia Counseling Center, Hayward, CA.

Conducted individual, family and couples' psychotherapy with low-income multicultural and multi-ethnic clients. Conducted collateral family therapy in Spanish. Responsible for intakes, assessments and developing treatment plans. Participated in weekly case conferences and didactic seminars. Carried a caseload of 8 -12 clients per week and one additional hour of supervision in Spanish Presenting problems included: Anxiety and Adjustment Disorders, Substance Abuse, Major Depression and Dysthymia, Conduct and Personality Disorders, eating disorders, and PTSD. Program and supervision focused on Object Relations, Self-Psychology and Family Systems Theories.

9/1996-
6/1997

Psychology Trainee-Valley Community Health Center, Pleasanton, CA.

Conducted individual psychotherapy with adults at community mental health clinic and individual and group therapy with adolescents at Amador High School. Group therapy focused on: grief and bereavement, eating disorders and anger management/coping skills, drug, and alcohol. Taught and supervised two classes of Peer Counseling training for Amador and Foothill High School students. Established a peer-mentoring program at Amador High School. Collaborated in multidisciplinary treatment approaches with parents, teachers, school psychologists and principals. Made presentations on suicide prevention, relaxation and stress management, conflict resolution and communication skills. Presenting problems included: Anxiety and Panic Disorders, Adjustment Disorders, Major

Depression and Cyclothymia, Bipolar, Conduct Disorders and Substance Abuse. Program and Supervision focused on Self Psychology and Control Mastery Theories.

9/1994-
6/1995

Psychology Trainee-National Institute for Art and Disabilities

Day Treatment Center, Richmond, CA.

Conducted individual psychotherapy and facilitated art and group therapy with low functioning chronically mentally ill and developmentally disabled adults. Consulted with outside agencies, taught psycho-educational classes and provided case management. Presenting problems included: Schizophrenia, Schizoaffective, Organic and Personality Disorders, Autism, and Substance Abuse. Supervision focused on Psychopathology and Object Relations.

VOLUNTEERED CLINICAL EXPERIENCE

10/1995-
6/1996

Volunteer-Suicide Prevention and Crisis Intervention of Alameda

County Crisis Intervention Hotline, Berkeley, CA

Provided four hours of phone counseling per week with acutely suicidal, depressed, anxious and chronically mentally ill individuals. Assessed for suicidality, helped clients identify alternative options to suicide and made referrals to community resources. Participated in two hours of group supervision per week.

6/1996-
7/1997

Volunteer-Suicide Prevention and Crisis Intervention of Alameda

County Community Education and Outreach Program, Berkeley, CA

Duties involved presenting educational and clinical information on suicide, crisis intervention and counseling to the community. Locations included: middle and high schools, university counseling centers and churches.

9/1995-
6/1997

Volunteer-San Francisco Sex Information (SFSI)

Sex Information Hotline, San Francisco, CA

Provided accurate information, by phone, about safer sex, birth control, sexuality, and related issues. Answered questions and made referrals when appropriate.

Student Representative to the Board of Directors 11/1995-2/1996

Member, Board of Directors 2/1996- 6/1997

Hotline Supervisor 6/1996- 6/1997

1/1992-
8/1992

Volunteer-Children's Hospital

Child Life Department, San Diego, CA

Duties included observation-based assessment of hospitalized children and assisting in multidisciplinary treatment approaches in the care and rehabilitation of hospitalized children. Worked with psychologists, physicians, social workers and medical staff. Consulted with social workers and psychologists in the handling of non-accidental trauma victims. Assisted hospitalized children with developmental and academic tasks. Encouraged playfulness and creativity and used art as a treatment modality.

9/1988-
9/1990 **Volunteer-Salvation Army**
Homeless Program, San Diego, CA
Served the homeless throughout the city of San Diego as a member of the Mobile Team. Coordinated the distribution of food and clothing to people who are homeless and in shelters. Helped individuals access needed services, such as shelter and medical care.

TEACHING EXPERIENCE

1/2022-
Present **Sports Psychologist, Tahoe Forest Hospital - Center for Health, Truckee, CA** Teach classes, lead workshops and facilitate events, to help people achieve their best health on variety of topics related to sports psychology, mental health, wellness, metacognition, and stress reduction and resilience. Workshops for Palisades Tahoe and Sugar Bowl Academy ski teams, coaches, and parents.

5/2011-
6/2011 **American Institute of Medical Education**
Narrative Psychology Seminar-Online
Presented with Lewis Mehl-Madrona M.D., Ph.D
Taught online seminar emphasizing Narrative psychology theory and techniques and lead weekly discussion group.

1/ 2004-
6/2004 **Sierra Nevada Children's Museum**
Art Instructor

9/1998-
6/1999 **University of California Davis Medical School, Sacramento, CA.**
Teacher-Introduction to Patient Evaluation (FAP 400)
Taught medical student seminar emphasizing meta-cognition, and interviewing skills utilizing Problem Based Learning Theory. Participated in the education, training and evaluation of UCDCM residents. Provided psychosocial education to general medical staff on rounds.

1/1997-
5/1998 **California School of Professional Psychology, Alameda, CA**
Tutor-Psycho diagnostic Assessment
Assisted graduate students learning test administration, scoring and interpretation of psychological tests, such as: The Rorschach (Exner system), MMPI-2 and MMPI-A, WAIS-R, TAT, draw a House-Tree-Person and Trail Making Tests.

1/1997-
5 /1997 **California School of Professional Psychology, Alameda, CA**
Teacher's Assistant-Psychometric Theory
Taught graduate students about test construction, reliability and validity.

9/1992-
7/1993 **Landmark West School, Encino, CA**
Taught science, history, and drama to gifted learning disabled (dyslexic) students aged 8 through 18 in an interactive learning environment. Planned and led career opportunities awareness seminars and motivational lectures.

1/1991-
6/1991 **San Diego State University Children's Center, San Diego, CA**
Teacher's Assistant
Taught children about nutrition, safety and conflict resolution.
Developed lesson plans and activities to stimulate growth and creativity.

9/1988-
6/1990 **San Diego State University's Mentor Program, San Diego, CA**
Academic Mentor
Taught reading and study skills to underprivileged students in the third, fourth and fifth grades in an after-school program.

MULTICULTURAL SKILLS AND TRAINING **Languages-** Spanish

**ADDITIONAL TRAINING- Energetic Medicine-
Reiki Master and Conscious Healing Practitioner**

RESEARCH-DISSERTATION

**An Exploratory Study of Female Sadomasochists' Sexuality:
Behavior, Fantasy and Meaning**

A phenomenological research study investigating the experiences and perceptions, both personal and interpersonal, of women who participate in consensual sadomasochism.

Chair: Samuel Gerson, Ph.D., Committee Member: Lee Rather, Ph.D.

PROFESSIONAL PRESENTATIONS

11/2022 **Be Your Best: The impact of resilience and mental stamina on peak performance.** Tahoe Forest Hospital's Center for Health, Workshops for Palisades Tahoe Ski Teams, and Sugar Bowl Academy. Lake Tahoe, CA

11/2022 **Know Yourself: What is metacognition, and how can it help enhance sports performance and life?** Tahoe Forest Hospital's Center for Health, Workshops for Palisades Tahoe Ski Teams, and Sugar Bowl Academy. Lake Tahoe, CA

10/2022 **Luck Favors the Prepared: The pillars of sports psychology, mental skills training, and peak performance.** Tahoe Forest Hospital's Center for Health, Workshops for Palisades Tahoe Ski Teams, and Sugar Bowl Academy. Lake Tahoe, CA

10/2021 **Screenagers: The Next Chapter: Uncovering Skills for Stress Resilience-** Discussion and group moderator- North Lake Tahoe Community Event. Kings Beach, CA

7/2019 **Over Exposed and Under Prepared- Helping clinicians address the impact of technology on social and emotional development and mental health. Keynote Speaker**
Creativity and Madness Conference Santa Fe, New Mexico.

11/2018 **Over Exposed and Under Prepared- The impact of technology on relationships satisfaction and happiness.**
Granlibakken Resort, Tahoe City, CA

- 5/2018 **What Children are Doing online, YES, Your Children!**
Tahoe Forest Hospital, Truckee, CA
- 5/2018 **What Children are Doing on Line, YES, Your Children!**
Alder Creek Middle School, Truckee, CA
- 11/2012 **Master of Ceremonies**
Tahoe Forest Hospital's Women's Wellness Weekend, Squaw Valley, CA
- 11/2011 **Living a Mindful life: Get Out of Your Way and Create the Life of Your Dreams –Keynote Speaker**
Tahoe Forest Hospital's Women's Wellness Weekend, Squaw Valley, CA
- 11/2010 **Be A Better Version of Yourself- Closing Speaker**
Tahoe Forest Hospital's Women's Wellness Weekend, Squaw Valley, CA
- 11/2009 **The Fantasy Partner Always Disappoints**
Tahoe Forest Hospital's Women's Wellness Weekend, Squaw Valley, CA
- 11/2008 **Strategies and Tools for Successful Parenting**
Tahoe Forest Hospital's Women's Wellness Weekend, Squaw Valley, CA
- 8/2006 **Opera Divas Gone Mad**
Co- Presenter: Patricia Bergstaller
Creativity and Madness Seminar, Santa Fe, New Mexico
- 12/2005 **A Creative Approach to Narrative Therapy**
Co-Presenter: Lewis Mehl-Madrona, M.D., Ph.D.
Creativity and Madness Seminar, Maui, Hawaii
- 8/2001 **George Gershwin and The Psychological Concept of Flow**
Creativity and Madness Seminar, Santa Fe, New Mexico
- 9/2000 **A Psychological Study of Lucian Freud**
Creativity and Madness Seminar, London, England