

**Dr. Nicole Anders**  
**CA License #: PSY28048**  
**NV License #: PYT180104**  
808.489.2900  
drnicoleanders@gmail.com

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**EDUCATION:**

**Doctorate in Clinical Psychology, Psy.D.** **2014**  
American School of Professional Psychology (APA Accredited)  
Argosy University - *Orange County, California*

**Master of Arts in Clinical Psychology** **2011**  
American School of Professional Psychology (APA Accredited)  
Argosy University - *Orange County, California*

**Bachelor of Arts in Psychology** **2008**  
Hawaii Pacific University - *Honolulu, HI*  
Magna Cum Laude

**Semester Abroad – Obtained Spanish Minor** **2008**  
Universidad de Cadiz - *Cadiz, Spain*

**LANGUAGES:**

Bilingual: English & Spanish

**RELEVANT WORK EXPERIENCE:**

**Co-Founder, Lead Psychologist, Supervisor** **2020 - Present**  
*Medens Health - Las Vegas, Nevada*  
Provide individual therapy from a variety of modalities, specializing in trauma-focused therapies, to small private practice caseload. Patients range from adolescent to older adult. Administer full psychological testing batteries to patients for varying diagnoses (ADHD, disability, cognitive functioning, personality, diagnostic clarification). Report writing. Provide weekly supervision and consultation to psychological assistants and practicum students. Review trainee documentation. Provider didactics to trainees on monthly basis.

**Evidence Based Psychotherapy Coordinator** **2018 - Present**  
*VA Southern Nevada Healthcare System – N. Las Vegas, NV*  
Provide evidence-based treatments. Hold provider status within the VA for Prolonged Exposure, STAIR, and ACT-D protocols. Completed training in EMDR. Primary supervisor of EBP track for UNLV practicum students. Co-facilitator of Cognitive Processing Therapy, Acceptance and Commitment Therapy, Prolonged Exposure, EMDR, and Parts & Memory Therapy workshops. Weekly group supervision for EBP therapies with interns and practicum students. Respond to EBP consults and coordinate patient care. Organize hospital-wide EBP trainings for providers. Attend monthly VISN-wide meetings. Attend national EBP conferences.

**Expert Witness, Forensic Evaluator, Independent Contractor** **2017 – Present**

*Clark County - Las Vegas, Nevada*

Collaboration with attorneys at federal and state level as expert witness for capital punishment and other forensic cases. Experience with worker's compensation evaluations. Screen patients and perform intake evaluations. Perform psychological testing batteries as necessary. Complete competency evaluations. Report writing to be presented to court. Collaboration with attorneys and other medical experts on patients' cases. Give expert testimony under oath.

**Staff Psychologist – PTSD Clinical Team** **2016 – Present**

*VA Southern Nevada Healthcare System – N. Las Vegas, NV*

Currently holding position as staff psychologist within the PTSD clinical team at VA medical center. Creator of military sexual trauma (MST) specific track within PTSD program. Lead monthly PTSD education seminar for patients and their families. Provide bilingual short-term and long-term individual, couple, family, and group therapy to veteran patients. Provide evidence-based treatments. Hold provider status within the VA for Prolonged Exposure, STAIR, and ACT-D protocols. Completed training in EMDR. Integrated into multidisciplinary team with weekly meetings. Member of training committee for interns and practicum students. Primary supervisor of PTSD, BHIP, and EBP rotations within APA-accredited internship program. Plan, organize, and lead annual behavioral health staff retreats.

**Military Sexual Trauma Coordinator** **2016 – Present**

*VA Southern Nevada Healthcare System – N. Las Vegas, NV*

Creator of military sexual trauma (MST) specific track within PTSD program. MST Coordinator involved in outreach and administrative tasks related to coordination of patient care. Lead monthly meetings for all MST coordinators in VISN21. Present MST data to administration during SAIL meetings locally, as well as to VISN21 Chiefs.

**Core Training Instructor** **2016 – Present**

*Trauma Recovery Yoga (T.R.Y.) – Las Vegas, NV*

TRY provides a 20-hr weekend intensive training for providers and instructors interested in expanding their skills into trauma sensitive yoga. Yoga Alliance Certification. Currently work as a core training instructor, teaching the interactive module on “The Psychology of Trauma,” helping participants understand the effects of trauma on the brain and body, as well as how to use yoga to heal such effects.

**Acting Director of Psychology Training** **2022 – 2023**

*VA Southern Nevada Healthcare System – N. Las Vegas, NV*

Manage and develop the APA accredited psychology internship program and psychology practicum program. Lead weekly training committee meetings of 25 psychologists. Participated in National MATCH system for intern placements. Involved in self-study. Organized and led training committee staff retreat.

**Employee Whole Health Coordinator** **2021 - 2022**

*VA Southern Nevada Healthcare System – N. Las Vegas, NV*

Creator of yoga program within PTSD Clinic and Pain Clinic. Chartered multidisciplinary employee whole health committee. Conducted whole health needs assessment for employees

hospital-wide. Created programs that align with goals of whole health.

**Lead Clinical Psychologist**

**2018 – 2020**

*Calm Clinic - Las Vegas, NV*

Lead psychologist for the therapy team of a multidisciplinary private practice clinic. Provide individual therapy from a variety of modalities, specializing in trauma-focused therapies. Collaboration with psychiatrists and other medical professionals.

**Yoga Instructor**

*103 Hot Pilates & Yoga – Las Vegas, NV*

**2015 - 2020**

*Sadhana Healing Arts Studio- San Juan, PR*

**2014 - 2015**

Give 2 to 5 classes per week. Certified yoga instructor through All Yoga Bali ©, an internationally certified program through Yoga Alliance. Experience with Ashtanga-Vinyasa flow and Yin Yoga. Organization and implementation of yoga retreats and various workshops.

**Independent Contractor**

**2016 – 2019**

*Psych Testing Center – Beverly Hills, CA*

Administer neuropsychological testing batteries to former NFL players to assess impairments per criteria for the Concussion Injury Litigation Class Action Lawsuit. Scoring, analyzing, interpreting, and comprehensive report writing. Test battery includes neuropsychological, cognitive, intelligence, memory, and personality testing. Working within very limited time frame for each submission. Coordination with neurologist and attorneys.

**Fellowship: Women’s Clinic - VA Caribbean Healthcare System**

**2014 – 2015**

*San Juan, Puerto Rico*

*Training Director: Mabel Quinones, Ph.D.*

APA-Accredited. Rotations: (1) Outpatient Mental Health, (2) Psychological Assessment Unit, (3) Mental Health Trauma Recovery Center, (4) Women’s Clinic, and (5) Primary Care Mental Health Integration. Provide bilingual long-term and short-term individual, couple, and group therapy to mostly Spanish-speaking female veterans at VA Medical Center. Emphasis on Evidence-Based Treatments such as Prolonged Exposure, Cognitive Processing Therapy, ACT, Motivational Interviewing, CBT, and Solution-Focused Therapy. Conduct intake interviews. Experience with multi-disciplinary case consultation as the primary psychologist on PACT team. Supervision of interns administering comprehensive psycho-diagnostic test batteries with reports. Co-facilitation and supervision of intern advanced clinical skills group. Weekly seminars and didactic attended and given. Weekly individual and group supervision under various supervisory styles. Overall specialization working with female veterans, trauma, and co-occurring medical diagnoses.

**Internship: VA Caribbean Healthcare System**

**2013 – 2014**

*San Juan, Puerto Rico*

*Internship Training Director: Rafael Cancio-Gonzalez, Ph.D.*

APA Accredited. Rotations: (1) Outpatient Mental Health, (2) Psychological Assessment Unit, (3) Returning Veteran’s Outreach, Education, and Care Program, and (4) Mental Health Trauma Recovery Center. Provide bilingual long-term and short-term individual, couple, and group therapy to mostly Spanish-speaking veterans at VA Medical Center. Emphasis on Evidence-

Based Treatments. Conduct intake interviews. Experience with multi-disciplinary case consultation. Administer comprehensive psycho-diagnostic test batteries with reports. Weekly seminars and didactic attended. Weekly individual and group supervision under various supervisory styles. Multiple presentations to psychology and psychiatry departments.

**Advanced Therapy Practicum**

**2012 – 2013**

*Saddleback College – Mission Viejo, CA*

*Supervisor: Tina Freeland, Ph.D.*

Provide individual therapy at a community college mental health center. Bilingual treatment of individuals, families, and couples from diverse backgrounds with an array of psychological disorders. Developed and implemented two therapy groups. Weekly rotation at crisis unit on-site. Conduct intake interview and psycho-diagnostic test administration to produce comprehensive reports. Experience with outreach and collaboration with several departments on campus. Weekly individual and group supervision. Monthly didactic training on Interpersonal Neurobiology.

**Therapy Practicum**

**2011 – 2012**

*View Heights Convalescent Hospital – Compton, CA*

*Supervisor: Israel Rubenstein, Ph.D.*

Provided individual therapy sessions at an adult in-patient psychiatric hospital to adults with a wide range of psychotic and axis II disorders. Experience running a variety of psycho-educational and interpersonal group therapy sessions including: Substance Abuse, Sex Education, DBT and Creative Expression. Conducted in-service trainings. Weekly group supervision and in-service training. Assisted in the creation of a patient-lead newsletter within the facility to improve communication and outreach among staff, residents, and community.

**Diagnostic Practicum**

**2010 – 2011**

*Argosy University Therapeutic Assessment & Psychotherapy Services – Orange, CA*

*Supervisor: Mark Hume, Ph.D.*

Therapeutic psycho-diagnostic test administration and assessment at a university clinic for adults with a wide range of neuropsychological, mood, cognitive, and developmental disorders. Experience with intake interviews and feedback sessions. Experience with psycho-diagnostic scoring, analysis, and extensive full-battery report writing. Trained in Therapeutic Assessment©. Weekly individual and group supervision.

**6-Month Diagnostic Practicum Rotation**

**2011**

*Ocean Recovery – Newport Beach, CA*

*Supervisor: Mark Hume, Ph.D.*

Mid-year rotation through Argosy University Therapeutic Assessment & Psychotherapy Services. Therapeutic psycho-diagnostic test administration and assessment at a substance abuse and eating disorder rehabilitation center. Experience with brief-supportive therapy sessions. Weekly individual and group supervision.

**Senior Behavior Specialist & Bilingual Parent Consultant**

**2012**

*Behavior Functions – Orange County, CA*

Worked one on one in a home setting with children with a variety of behavioral and cognitive

deficits, most notably children on the Autism spectrum. Provided behavioral modification services that focus on parent training and intensive Applied Behavior Analysis. Developed, implemented, and assured the integrity of assigned long-term and short-term personal program and objective of children. Worked closely with parents and provided consultation sessions in English and Spanish.

**Behavior Specialist**

**2009**

*Hawaii Behavioral Health - Honolulu, HI*

Worked one on one in a school setting with children on the Autism and MR Spectrum. Used behavioral therapy techniques such as Applied Behavior Analysis (ABA) interventions. Experience writing daily reports, charts, graphs and assessment summaries for each patient. Self-motivation and autonomous decision making working independently without a supervisor on site. Bi-weekly individual supervision.

**Developmental Disorder Specialist**

**2008 – 2009**

*Care Hawaii Inc. - Honolulu, HI*

Worked in a shelter setting with homeless adolescents as a primary guardian/caregiver as well as behavioral interventionist. Team cooperation towards implementing effective and individualized treatment plans. Collaborated with a staff nurse and psychiatrist regarding medication prescriptions and administrations. Monthly group training courses in areas such as first aid, CPR, non-violent crisis interventions.

**Transcriber**

**2008 – 2009**

*Craig Robinson, Ph.D. - Honolulu, HI*

Transcriptions and clerical work in the office of a licensed clinical psychologist specializing in the areas of marriage/divorce and substance abuse. Produced clinical assessment reports for mandated patients. Weekly contact with Hawaii's judicial system to arrange appointments with mandated patients, follow-ups, case documentation exchanges and trial information.

**RESEARCH & EXPERIENCE:**

**Women's Clinic Focus Group**

**2015**

*VA Caribbean Healthcare System – San Juan, PR*

Facilitator of focus group aimed at exploring the quality and accessibility of medical and mental health care for underserved female veterans.

**Doctoral Dissertation**

**2011 – 2013**

*Argosy University – Orange County, CA*

A qualitative study, interviewed women who do not end their marriages to unfaithful husbands. Explored the coping mechanisms, traumatic experiences, and cognitive appraisal/reasoning behind these women's continued commitment to an adulterous marriage.

**TEACHING EXPERIENCE:**

**Facilitator**

*Evidence-Based Psychotherapy (EBP) Workshops – Las Vegas, NV*

**2017 - Present**

Annually teach 32-hours of EBP workshops to psychology interns and practicum students at the VA Southern Nevada Healthcare system on the theory and practice of Prolonged Exposure (PE),

Cognitive Processing Therapy (CPT), and Acceptance and Commitment Therapy for Depression (ACT-D). Supervision of EBP cases with trainees on weekly basis, both individually and in group format.

### **Expert Speaker**

*Crisis Intervention Training at Metro Police Department – Las Vegas, NV* **2017 - 2021**  
Present monthly trainings to Las Vegas Metro police officers on the topic of Posttraumatic Stress Disorder (PTSD): history, symptom presentation, prognosis, treatment options, and techniques for working with those affected by PTSD.

### **Co-Facilitator**

*Acceptance and Commitment Therapy Workshop – Las Vegas, NV* **2019 - 2020**  
Taught two (2019 and 2020) 16-hour workshops to psychologists and licensed clinical social workers at the VA Southern Nevada Healthcare system on the theory, practice, and implementation of Acceptance and Commitment Therapy for Depression (ACT-D).

### **Expert Speaker & Co-Facilitator**

*Military Sexual Trauma (MST) Workshop – Las Vegas, NV* **June 2017**  
Presented at and facilitated 4-hour MST Workshop that was approved for CEUs for licensed clinical psychologists, licensed nurses, licensed administrators, and licensed social workers at the Brady Industries in Las Vegas, NV. Partnership with the Nevada Department of Veterans Services (NDVS) and the Perry Foundation, hosts of this event.

*Military Sexual Trauma (MST) Workshop – Reno, NV* **May 2017**  
Presented at and co-facilitated 4-hour MST Workshop for Veterans, healthcare providers, and general public at the Vet Center in Reno, Nevada. Partnership with the Nevada Department of Veterans Services (NDVS) and the Department of Veterans Affairs (DVA), hosts of this event.

### **Co-Facilitator**

*Advanced Clinical Skills Seminar – San Juan, PR* **2015**  
Co-taught a 6 session seminar to VA Caribbean Healthcare interns on the topic of advanced clinical skills. Seminar emphasized The Satir Model, attachment theory, theories of intersubjectivity, and Person of the Therapist Training.

### **Teacher's Assistant**

*Tica Lopez, Ph.D. – Orange County, CA* **2012 - 2013**  
Teacher's assistant at Argosy University for a doctoral level internship preparation/writing course. Edited, reviewed, and assisted student write internship essays and prepare internship material.

### **RELEVANT VOLUNTEER EXPERIENCE:**

**NAN Conference Student Volunteer** **2012**  
*National Academy of Neuropsychology - Nashville, TN*

### **Grief Counselor**

*Our House Grief Support Center – Los Angeles, CA* **2011 - 2013**

Trained and certified as grief counselor through Our House. Work therapeutically with children and adolescents who have recently lost a close loved one and are experience bereavement. The format is not traditional psychotherapy; rather I work as a mentor and “big sister” to these children.

### **ADDITIONAL TRAINING**

#### **Mitigation 101 Training Course**

**2022**

*Las Vegas, NV*

16 hours of training presented by diverse group of experts, discussing topics relevant to the role of mitigation specialist on a defense team.

#### **Eye Movement Desensitization and Reprocessing (EMDR)**

**2021**

*Las Vegas, NV*

Trained by Laurie Colson-Young of EMDR Consulting through a 5-day intensive workshop, plus 10 hours of consultation. EMDR is an evidence-based protocol that uses bilateral stimulation (sometimes rapid eye movements) as a catalyst to create change. EMDR is helpful for a variety of diagnoses such as PTSD, depression, anxiety, phobias, sleep, and chronic pain.

#### **Skills Training in Affective and Interpersonal Regulation (STAIR) - Provider Status**

**2020**

*Las Vegas, NV - Virtual Training*

Trained by the Veteran’s Health Administration in Skills Training in Affective and Interpersonal Regulation (STAIR) an evidence-based, manualized protocol effective for treatment for patients who experience emotional dysregulation and relationship difficulties due to history of trauma.

#### **Acceptance and Commitment Therapy for Depression (ACT-D) - Provider Status**

**2018**

*Palo Alto, CA*

Trained by the Veteran’s Health Administration at Menlo Park, CA CBOC with Dr. Robyn Walser in ACT-D an evidence-based, manualized protocol effective for treatment of depression.

#### **Prolonged Exposure - Provider Status**

**2016**

*Las Vegas, NV - Virtual Training*

Trained by the Veteran’s Health Administration in Prolonged Exposure (PE), an evidence-based, manualized protocol effective for treatment of Posttraumatic Stress Disorder (PTSD).

#### **Certified Clinical Trauma Professional**

**2012**

*Orange County, CA*

Trained and certified at the Trauma Competency Conference under Dr. Eric Gentry. The training included: The 10 Core Competencies of Trauma, PTSD, Grief and Loss and Evidence-Based Trauma Treatments & Interventions.

#### **BASICS Certification**

**2012**

*Orange County, CA*

Trained and certified under Dr. Steven Parks to administer BASICS: Brief Alcohol Screening and Intervention for College Students). The basics model is a motivational interviewing intervention targeted at the college population.

## **PUBLICATIONS:**

Anders, N. (2020). *One Hundred Goodbyes: On Addiction, Heartache, Grief, and Love*. Lifestyle Entrepreneurs Press.

## **PRESENTATIONS:**

Anders, N. (Oct 2020). *The Impact of Military Sexual Trauma*. Oral presentation to attendees of “Veteran’s Week” at Touro University 2020. Las Vegas, NV.

Anders, N. & Levi-Minzi, M. (Oct 2019). *Compassion Fatigue and Self-care*. Oral presentation to attendees of Global Peer Support Day 2019. Las Vegas, NV

Anders, N. & Potts, B. (Oct 2019). *PTSD for Crisis Negotiations Team*. Oral presentation to Las Vegas Metro Police Department SWAT Team. Las Vegas, NV.

Anders, N. (May 2018). *Trauma and its Impact on the Community*. Oral presentation to Community Partners for Mental Health 2018 Awards Luncheon. Las Vegas, NV.

Anders, N. (April 2015). *Working with difficult populations: How to ask about suicide and military sexual trauma*. Oral presentation to medical students as part of interdisciplinary lecture series at VA Caribbean Healthcare System, San Juan, PR.

Anders, N. & Long, A. (February 2015). *Through the lens of gender*. Oral presentation to psychology interns as part of diversity seminar at VA Caribbean Healthcare System, San Juan, PR.

Anders, N. (November 2014). *Smoking Cessation: Yoga for smokers*. Oral and experiential presentation as part of the Smoke Out Day Activity at VA Caribbean Healthcare System, San Juan, PR.

Anders, N. (October 2014). *Converting providers into yogis*. Oral and experiential presentation at Women’s Clinic, VA Caribbean Healthcare System, San Juan, PR.

Anders, N. (May 2014). *When the therapist is a yogi*. Oral and experiential presentation at VA Caribbean Healthcare System, San Juan, PR.

Anders, N. & Johnson, A. (December 2013). *The efficacy of psychodynamic psychotherapy*. Oral presentation on Evidence-Based Psychotherapies (EBPs) at VA Caribbean Healthcare System, San Juan, PR.