

Debra T. Kessler Psy.D., R.N., M.N.

95 N. Marengo Ave. #200

Pasadena, CA 91101

(818) 248-6414

EDUCATION

Doctorate in Psychology

California School of Professional Psychology, Alhambra, CA.

Individual, Family and Child Emphasis

Awarded: June, 2001

Masters of Nursing, Pediatrics

University of California, Los Angeles

Los Angeles, California

Awarded: 1982

Bachelor of Science in Nursing

Vanderbilt University, Nashville Tennessee

Awarded: 1979

PSYCHOLOGY EXPERIENCE

7/2013 – 6/2014 Clinical Instructor of Family Medicine at the Keck School of Medicine

8/03 to Present: Private Practice

95 N. Marengo Ave. #200

Pasadena, CA 91101

Clinical Psychologist

5/04 – 12/04 Social Skills Program (BLAST) - Tom Sawyer Camps

707 W. Woodbury Rd. Unit F

Alta Dena, CA 91001

Consultant

8/03 to 6/04: Reiss Davis Child Study Center, A Division of Vista Del Mar

3200 Motor Ave. Los Angeles, CA 90034

Consultant

9/01 to 8/03: Reiss Davis Child Study Center, A Division of Vista Del Mar

3200 Motor Ave. Los Angeles, CA 90034

Post Doctoral Fellow

RESEARCH/PUBLICATIONS

- 2013 Kessler, D. "It isn't whether you win or loose, it is how you play the game, or is it????? The law of unintended consequences" <http://www.psychalive.org>
- 2013 Kessler, D. "I don't know", "I don't remember", "I didn't do it": Opportunities to teach responsibility" <http://www.psychalive.org>
- 2012 Kessler, D. "Thoughts about a Massacre" <http://www.psychalive.org>
- 2012 Kessler, D. Op-Ed: "What we can do in light of Newtown" *Valley Sun* (La Canada, CA) December 20, 2012 A6 print
- 2012 Kessler, D. "A Horrific Event – What Can We Learn From the Sandy Hook Shooting" <http://www.psychalive.org>
- 2012 Kessler, D. "Teaching Right from Wrong" <http://www.psychalive.org>
- 2012 Kessler, D. "In wake of Ferraro suicide, psychologist says warning signs are all important." Lacanaonline.com/news/opinion/tn-vsl-0222-in-wake-of-ferraro-suicide-psychologist-says-warning-signs-are-all-important,0,3471646.story
- 2012 Kessler, D. "If All You Have is a Hammer, Everything Looks Like a Nail" <http://www.psychalive.org>
- 2011 Kessler, D. "Siblings: Retaliation or Sadistic Pleasure" <http://www.psychalive.org>
- 2011 Kessler, D. "How to Approach Learning Challenges with your Child" <http://www.psychalive.org>
- 2011 Kessler, D. "Should our goal for our kids be for them to happy?" <http://www.psychalive.org>
- 2010 Kessler, D. "Stuck' A Life Lesson on Parenting" <http://www.psychalive.org>
- 2009 Kessler, D. "Nerf Guns - What Are We Afraid of?" <http://www.psychalive.org>
- 2009 Lillis, C & Turnbull, J Infant/Child Mental Health, Early Intervention, and Relationship-Based Therapies: A Neurorelational Framework for Interdisciplinary Practice. Contributor
- 2000 Kessler, D. T.: Program for Supporting Positive Parenting: a program of providers of child-care to toddlers and preschoolers. Doctoral Project. *Supervised by: Dr. Lisa Harris and Dr. Karen Finello*

1997 Huckabay, L.M.D.; Kessler, D. T.: Parental stress and coping in the PICU. Completed research accepted for publication March, 1997 in Dimensions of Critical Care Nursing.

1990 to 1992 Member of Institutional Review Board; Long Beach Memorial Medical Center.

1988 Research Committee Member for Masters of Nursing student thesis at California State University, Long Beach.

PSYCHOLOGICAL PRESENTATIONS

- 2017 Redefining Negative Emotions as Road Signs on Life's Journey
Growing Families – La Canada Presbyterian Church
<https://www.lacnadapc.org/groups-classes/parents-families/growing-families>
- 2017 Back to School.
Community Prevention Council YouTube Podcast.
<https://vimeo.com/135305043>
- 2016 Parenting in the Age of Technology: The Good, the Bad and the Ugly
YMCA: Family Talk
- 2012 Guest Lecturer, Pacific Oaks College Marriage and Family Therapy Program, MFT 510-2P Personality Theories and Psychological Test “Overview of Behavioral Therapies”
- 2012 “Fostering the Capacity for Resilience after Loss” Seventh Annual Conference on Childhood Grief and Traumatic Loss. Pasadena, CA
- 2012 “Responding to Sibling Challenges” Cresenta/Canada YMCA, CA
- 2012 “Building Healthy Relationships with Special Needs & Typical Developing “Siblings” Cresenta/Canada YMCA, CA
- 2011 “Fostering the capacity or resilience after loss” Sixth Annual Conference on Childhood Grief and Traumatic Loss. Pasadena, CA
- 2009 “Derailment or Resilience in The Traumatized World of A Child”. National Alliance for Grieving Children 13th Annual Symposium. Long Beach CA
- 2009, 2010 Guest Lecturer at Alliant University “Introduction to Assessment and Treatment of Young Children: Theory and Its Relationship to Understanding Self and Mutual Regulation “
- 2006 “Trouble with Kids” Cresenta/Canada YMCA, CA

2005 “Do Tantruming Toddlers become Troubled Teens” Crescenta/Canada YMCA, CA

LICENSURE/CERTIFICATES/SPECIALITY TRAINING

2018 Certified Adolescent PEERS Provider

2014 to Present DBT Basic and Advanced Training

2009 - 2013 Mindsight Colloquium with Dan Siegel M.D.

2003 - 2009 Interpersonal Neurobiology Study Group with Daniel Siegel M.D.

2009 Level I Avanced Training: The Collaborative Problem Solving Approach with Ross Greene, Ph.D.

2008-9 Clinical Hyponosis, UCLA

2008 Certified Bereavement Facilitator

2008 Zero-Three 23rd National Training Institute

2006, 2008 Dyadic Therapy – Working with abused and Neglected Foster and Adopted Children. Training – Level I and Level II with Daniel Hughes, Ph.D.

2007 DIR Floortime *DIR® Certificate Candidate, Level II*

2005 Neurobiofeedback Training completed at EEG Institute

2004 Eye Movement Desensitization and Reprocessing Training (Part 1 & Part 2)

2003 to present California Licensed Psychologist # 19100

2002 Sensory Integration Praxis Test Certified

1980 to present California Registered Professional Nurse #322177

1993 to 1997 ANCC Certification in Nursing Continuing Education/Staff Development