Carolyn Parker

Psychology

CONTACT INFORMATION

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EDUCATION

Psy.D., Clinical Psychology, Pacific University, 2018

B.A., Psychology, University of Oregon, 2012

State Psychologist License, Oregon (in good standing)

KEY SKILLS

- Cognitive behavioral therapy
- Acceptance and commitment therapy
- Cognitive processing therapy
- Prolonged Exposure
- Psychodiagnostic assessment including adult intelligence and personality inventories
- Suicide risk assessment and safety planning
- Clinical supervision
- Integrated primary care consultation
- Epic and TheraNest documentation
- Confidential telehealth service delivery

ABOUT ME

Clinical psychologist with eight years of practice across community mental health and integrated primary care. Focus areas include evidence-based talk therapy for anxiety, depression, and trauma in adult populations. Comfortable running a full caseload while supervising practicum students and consulting with medical teams.

PROFESSIONAL EXPERIENCE

STAFF PSYCHOLOGIST | CEDAR RIDGE BEHAVIORAL HEALTH, PORTLAND, OR
2020 - PRESENT

- Carry a caseload of 28 to 32 weekly clients, mostly adults referred for trauma, generalized anxiety, and mood disorders.
- Cut average intake-to-first-session wait from 21 days to 9 by rebuilding the triage form and rotating urgent slots across four clinicians.
- Supervise two doctoral practicum students per year, including weekly individual supervision and co-signing progress notes.
- Consult with primary care physicians on medication concerns and psychoeducation for shared patients.

POSTDOCTORAL FELLOW, TRAUMA PROGRAM | WILLAMETTE VETERANS COUNSELING CENTER, SALEM, OR
2018 - 2020

- Delivered structured trauma-focused therapy and exposure treatment to veterans with combat-related trauma.
- Ran a weekly skills group of 6 to 10 members focused on distress tolerance and sleep.
- Contributed to a program evaluation showing a 34 percent reduction in average trauma symptom scores across 47 completers.

PREDOCTORAL INTERN | NORTHWEST HEALTH CONSORTIUM, EUGENE, OR
2017 - 2018

- Rotated through inpatient, outpatient, and integrated primary care sites over 12 months.
- Completed 40+ psychodiagnostic assessments including attention, learning, and personality batteries.
- Co-facilitated a skills-based therapy group for adolescents in partial hospitalization.