

Dominique Benavidez, Ph.D., PSY22620

25550 Hawthorne Blvd., Suite 210

Torrance, CA 90505

info@drdbenavidez.com | (310) 913-1964

CLINICAL EXPERIENCE

View Heights Psychiatric Hospital Los Angeles, CA / Feb 2024 – Present

Provided clinical supervision and mentorship to practicum and intern students delivering psychological services, including individual and group therapy. Supported their development in conducting comprehensive psychological assessments, including diagnostic interviews, standardized testing, and behavioral observations. Led case consultations, offering feedback on treatment planning, case formulation, and intervention strategies. Held regular supervision sessions to strengthen clinical skills, promote ethical practice, and encourage professional growth. Worked closely with multidisciplinary teams to enhance students' understanding of integrated care and real-world application of psychological theory. Designed and facilitated training sessions on evidence-based practices, cultural competence, and crisis response. Assessed student progress and provided thorough performance evaluations to guide their academic and clinical advancement.

The Gronowski Center Los Altos, CA / May 2021 –2022

Psychology Clinical Supervisor (Stanford and Palo Alto University Students)

Supervised practicum students providing psychotherapy to a culturally diverse client population in a low-fee, community-based training clinic. Guided students in applying evidence-based approaches, including CBT, DBT, ACT, and psychodynamic techniques, tailored to each client's presentation and treatment needs. Clients commonly presented with relationship issues, mood and anxiety disorders, childhood and sexual trauma, and autism spectrum disorders. Oversaw students' intake assessments, diagnosis formulation, and treatment planning. Provided weekly individual supervision with video review, as well as facilitated two-hour group supervision sessions focused on case conceptualization, clinical skill development, and ethical practice.

Dominique Benavidez Psychology Consultant & Associates Inc. Torrance, CA / Jan 2009 – Present

Director & Clinical Supervisor

Lead a multidisciplinary group practice comprising psychological, psychiatric, and medical professionals, including Euna Chung, MD (psychiatrist) and David Cho, MD (anesthesiologist/pain medicine). Oversee all clinical and administrative operations, including staff management (reception, billing, IT, and support personnel).

Provide and supervise comprehensive psychological services for children, adolescents, and adults, including individual, family, and group therapy. Administer and interpret psychoeducational and neuropsychological evaluations and consult with schools on IEPs and 504 Plans. Deliver specialized services to professional athletes, veterans, and individuals undergoing pain management, including evaluations for spinal cord stimulators.

Employ a wide range of therapeutic interventions such as biofeedback, hypnosis, mindfulness, CBT, trauma-focused therapy, child-centered play therapy, and crisis intervention. Additionally, supervise doctoral practicum students and postdoctoral fellows, offering training in assessment, psychotherapy, clinical interviewing, client/family feedback, and didactic seminars.

LICENSES & CERTIFICATIONS

- Licensed Psychologist, CA #22620 (2009 – Present)
- Licensed Psychologist, NM #PSY1057 (2008 – 2010)
- Licensed Psychologist, VA #PSY0810008079(2023 – 2026)
- Licensed Psychologist, AL #PSY2366 (2024 – Present)

PROFESSIONAL TRAINING

- Mindfulness-Based Cognitive Therapy Certification (2019)
- Hypnosis Training, Michael Yapko, Ph.D. (100 hrs, 2018)
- Advanced Hypnosis, ASCH (2016-2017)
- Biofeedback Certification, Stens Corp (2014)
- Psychological First Aid, Harbor UCLA (2008)
- Parent Management Training, Harbor UCLA (2007)
- CBT Training, Reiss-Davis (2002-2006)
- *Current:* Perinatal Mental Health Certification training (completion expected 12/2025)

PROFESSIONAL AFFILIATIONS

- American Society of Clinical Hypnosis (Member, 2015 – Present)
- International Society for Traumatic Stress Studies (2015 – 2017)

- California Psychological Association (Member, 2009 – Present)
- American Psychological Association (Member, 2005 – Present)
