



Danielle Beck-Ellsworth, PsyD, MFT

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EDUCATION

Alliant International University, San Diego, CA

- PsyD in Marital and Family Therapy, concentration in Gerontology
- Dissertation Topic: Marriage and family therapists' competence and mental health literacy in eating disorders

Alliant International University, San Diego, CA

- M.A. in Marital and Family Therapy

University of California, San Diego, La Jolla, CA

- B.S. in Cognitive Science; concentration in Neuroscience
- B.S. in Psychology; concentration in Clinical Psychology

LICENSURE

Licensed Marriage and Family Therapist (LMFT #48529)

- California Board of Behavioral Sciences

CERTIFICATIONS

Certified Eating Disorder Specialist (CEDS)

- International Association of Eating Disorder Professionals

Certified in Eye-Movement Desensitization Reprocessing

- EMDRIA

CLINICAL EXPERIENCE

Private Practice, San Diego, CA

- Licensed Marriage and Family Therapist
- Specialty: Eating Disorders and Trauma

Center for Healthy Change, Del Mar, CA

- Independent Contractor: Marriage and Family Therapist

Caldwell-Clark: A Center for Individual and Relational Growth, San Diego, CA

- Independent Contractor: On-call Marriage and Family Therapist Supervisor

Mindfulness Group, Healthy Within, San Diego, CA

- Facilitate bi-weekly mindfulness group for eating disorder IOP.

Montecatini, Residential Eating Disorder Treatment Center, Carlsbad, CA

- Provide treatment for patients with eating disorders, drug and alcohol abuse, depression, anxiety disorders, and dual-diagnosis.

SDSU Research Foundation, San Diego, CA

- Per Diem Counselor: individual phone counseling
- Provide counseling to patients with drug and alcohol dependence using motivational interviewing interventions.

San Diego Psychology Center, San Diego, CA

- Marriage and Family Therapist Intern
- Mental Health Consultant for Community Development Institute's Head Start programs.
- Conduct observations and provide interventions and strategies for students (ages 3 to 4 years old), teachers, and parents.

Healthy Within, Inc., San Diego, CA

- Program Therapist: family, individual, couples, group, and multi-family group therapy.
- Provide eating disorder therapy for men and women
- Prevention Specialist: Skilled in eating disorder and childhood obesity prevention, train facilitators to facilitate prevention programs with teens.

Cal Works-South, Mental Health Systems, Chula Vista, CA

- Therapist: individual and family therapy, parenting group, anger management group, family therapy group, and toddler group.
- Provide therapy for mothers who were supported by welfare
- Treated clients with drug and alcohol abuse, mood disorders, anxiety disorders, and dual-diagnosis.

TEACHING EXPERIENCE**San Diego State University, San Diego, CA**

01/15 – 05/15 Stress Management (undergraduate upper-division course)

University of California, San Diego, CA

09/14 – 12/14 Adolescence (undergraduate upper-division course)

09/14 – 12/14	Eating Disorders (undergraduate upper-division course)
08/14 – 09/14	Adolescence (undergraduate upper-division course)
07/14 – 08/14	Eating Disorders (undergraduate upper-division course)
04/14 – 06/14	Social Psychology (undergraduate lower-division course)
04/14 – 06/14	Eating Disorders (undergraduate upper-division course)
09/13 – 12/13	Behavior Modification (undergraduate upper-division course)
09/13 – 12/13	Adolescence (undergraduate upper-division course)
07/13 – 08/13	Social Psychology (undergraduate lower-division course)
07/13 – 08/13	Eating Disorders (undergraduate upper-division course)
04/13 – 06/13	Adolescence (undergraduate upper-division course)
04/13 – 06/13	Eating Disorders (undergraduate upper-division course)
01/13 – 03/13	Behavior Modification (undergraduate upper-division course)
01/13 – 03/13	Social Psychology (undergraduate lower-division course)
09/12 – 12/12	Eating Disorders (undergraduate upper-division course)
06/12 – 08/12	Eating Disorders (undergraduate upper-division course)
03/12 – 06/12	Eating Disorders (undergraduate upper-division course)
09/11 – 12/11	Dying, Loss, & Grief (senior seminar)
09/11 – 12/11	Social Psychology (undergraduate lower-division course)
08/11 – 09/11	Eating Disorders (undergraduate upper-division course)
06/11 – 07/11	Drugs, Addictions & Mental Disorders (undergraduate upper-division course)
04/11 – 06/11	Eating Disorders (undergraduate upper-division course)
08/10 – 09/10	Eating Disorders (undergraduate upper-division course)

Alliant International University, San Diego, CA

06/15 – 08/15	Eating Disorders (doctorate elective course)
08/14 – 12/14	Practicum (master course)
06/14 – 08/14	Eating Disorders (doctorate elective course)
01/14 – 05/14	Practicum (master course)
01/13 – 05/13	MFT Assessment (master course)
08/12 – 12/12	Research Methods (master course)
08/12 – 12/12	Practicum (master course)
06/12 – 08/12	Eating Disorders (doctorate elective course)
06/11 – 08/11	Eating Disorders (doctorate elective course)
01/09 – 05/09	System Theories (undergraduate course)
01/08 – 12/09	Marriage Family Therapy Techniques Lab (masters course)
08/08 – 12/09	Interviewing Techniques Lab (masters course)

Argosy University, San Diego, CA

06/12 – 08/12	Human Growth and Development (masters course)
06/12 – 08/12	Clinical Skills II (masters course)

05/12 – 08/12	Substance Abuse Counseling (masters course)
03/12 – 05/12	Interpersonal Effectiveness (undergraduate course)
01/12 – 03/12	Clinical Skills II (masters course)
01/12 – 05/12	Professional Group I (masters course)
01/12 – 05/12	Diagnosis and Treatment Planning (doctorate course)
09/11 – 10/11	Clinical Skills II (masters course)

RESEARCH EXPERIENCE

Alliant International University, San Diego, CA

- Research Assistant/Teaching Assistant for Narumi Taniguchi, Ph.D.

The Center for Autism Research, La Jolla, CA

- Research Assistant-Neuroanatomist: Assist at MRI scans, update databases, liaison between subjects and research.

Developmental Neuroscience, La Jolla, CA

- Independent Study: Assisted in behavioral experiments and ERP's with toddlers ages 18 months to 36 months.

COMMUNITY SERVICE

Savor Podcast, San Diego, CA

- Co-produce and co-host podcast with Kelly Hinds, RD
- Explore topics that are related to health, body image, nutrition, and mindfulness.

International Association of Eating Disorder Professionals, San Diego, CA

- Volunteer on San Diego Chapter Board as Chief Financial Officer
- Plan community education events, manage chapter finances, fundraise.

Healthy Within Foundation, San Diego, CA

- Executive Director/Volunteer: Prevention of eating disorders
- Trainer/Supervisor for *Full of Ourselves* program: prevention group for middle school and high school girls.
- Curriculum Development: wrote co-ed 30 week Life Skills course for 6th graders.
- Group Facilitator: Girl Talk, Full of Ourselves, Life Skills course.
- Newsletter layout and design
- Website layout and design

INVITED WORKSHOPS/PRESENTATIONS/LECTURES

Beck-Ellsworth, D. (December 2014) *Eating Disorders*. Workshop for students at UCSD. Invited by AS Women's Commission.

- Beck-Ellsworth, D. (October 2013) *Eating Disorders*. Workshop for public health nurses. Invited by president of PAC.
- Beck-Ellsworth, D. (April 2013) *Professor Unscripted: Indulgent Self-Control*. Invited by UCSD special events coordinator.
- Beck-Ellsworth, D. (March 2013). *Eating Disorders: Trends and Special Cases*. CEU training for Aurora Behavioral Health Care. Invited by Community Outreach Liaison.
- Beck-Ellsworth, D. (March 2013). *Using Mindfulness to Treat Trauma and Eating Disorders*. Lecture for Green Neuroscience Laboratory. Invited by Director.
- Beck-Ellsworth, D. (Oct 2012). *Eating Disorders, Body Image, and Sexual Health*. Workshop for Planned Parenthood's CORE conference. Invited by Health Information Specialist.
- Beck-Ellsworth, D. (May 2012). *Adolescents and Eating Disorders*. Lecture for master's level children and adolescents course at Argosy University. Invited by professor.
- Beck-Ellsworth, D. (April 2012). *Media vs. Reality*. Workshop for Torres-Martinez Tribal TANF in Thermal, CA. Invited by Family Perseverance Specialist.
- Beck-Ellsworth, D. (April 2012). *Eating Disorders and Assessment*. Lecture for master's level assessment course at Alliant International University. Invited by professor.
- Beck-Ellsworth, D. (February 2012). *Marriage and Family Therapists*. Guest lecture for undergraduate course at UCSD. Invited by professor.
- Beck-Ellsworth, D. (February 2012). *Why we do what we do*. Staff training for clinicians, nurses, and patient assistants at Montecatini. Invited by Clinical Director.
- Beck-Ellsworth, D. & Nasim, B. (November 2011). *Mind the Body*. All-day workshop for UCSD Extension in San Diego, CA.
- Beck-Ellsworth, D. (May 2011). *Treatment of Eating Disorders*. Presentation for clinicians at Cal Works, North, Mental Health Systems. Invited by Clinical Director.
- Beck-Ellsworth, D. (April 2011). *Treatment of Eating Disorders*. Presentation for treatment team at Cal Works, North, Mental Health Systems. Invited by Clinical Director.
- Beck-Ellsworth, D. (April 2011). *Eating Disorders and Adolescents*. Lecture for undergraduate level child and adolescent course at San Diego State University. Invited by professor.
- Beck-Ellsworth, D. (April 2011). *Eating Disorders and Assessment*. Lecture for master's level

assessment course at Alliant International University. Invited by professor.

Beck-Ellsworth, D. (November 2010). *Introduction to Eating Disorders*. Presentation for clinicians at North County Lifeline. Invited by Clinical Director of Juvenile Justice Services.

Beck-Ellsworth, D. (October 2010). *Introduction to Eating Disorders*. Presentation for case managers at North County Lifeline. Invited by Director of Juvenile Justice Services.

Beck-Ellsworth, D. (July 2010). *Adolescents and Eating Disorders*. Lecture for master's level children and adolescents course at Argosy University. Invited by professor.

Beck-Ellsworth, D. (June 2010). *Group Therapy and Eating Disorders*. Lecture for master's level group therapy course at Alliant International University. Invited by professor.

Beck-Ellsworth, D. (April 2010). *Introduction to Eating Disorders*. Lecture for master's level assessment course at Alliant International University. Invited by professor.

Beck-Ellsworth, D. & Taniguchi, T. (October 2009). *Eating Disorder Competence and Attitude in MFT Graduates and First Year Students*. Poster session presented at the 67th Annual Conference of the American Association for Marriage and Family Therapy, Sacramento, CA.

Beck-Ellsworth, D. (May, 2008). *Less Stress, More Energy*. Workshop presented at Continuing Education high school: Women's Day. Invited by school.

Kakaiya, D. & Beck-Ellsworth, D. (April, 2008) *Healthy Within Foundation*. Presentation presented to Soroptimist International of Poway. Invited Speaker.

Beck-Ellsworth, D. (March, 2008) *Parenting Healthy Children*. Workshop presented at Girl Scouts Troop Leader's Meeting. Invited by Troop.

Kakaiya, D. & Beck-Ellsworth, D. (March, 2008) *Eating Disorder Prevention*. Lecture for undergraduate eating disorder course at UCSD. Invited by professor.

Beck-Ellsworth, D. (Feb, 2008). *Less Stress, More Energy*. Workshop presented at San Marcos High School Summit: Girl's Day. Invited by school.

Kakaiya, D. & Beck-Ellsworth, D. (January, 2008) *Healthy Living*. Presentation for 5th grade class at local elementary school. Invited by school.

Beck-Ellsworth, D. (November, 2007). *Healthy Living*. Workshop presented to high school students at

Hoover High School. Invited by SDSU Young Women's Studies Club.

ADDITIONAL TRAINING

- 03/2016 EMDR for Borderline Personality Disorder, Dissociation & Complex Trauma, Colin Ross, Dolores Mosquera
- 11/2015 Mastering the Treatment of Complex Trauma: Transforming Theory into Practice, Kathleen Martin, Cindy Shrigley
- 11/2015 Integrating Structural Dissociation Theory and the Polyvagal Theory into EMDR Psychotherapy and a Phase-Oriented Treatment of Complex Development Trauma Disorders, Roger Solomon, Gunilla Klensmeden
- 06/2015 History Taking and Preparation for EMDR Therapy in Complex Cases, Andrew Leeds and Dolores Mosquera
- 03/2015 Treating Complex Trauma with EMDR and Structural Dissociation: A Practical Approach, Kathleen Martin
- 06/2014 Feeling State Addiction Protocol, Robert Miller
- 12/2012 Eye-Movement Desensitization Reprocessing Basic Training Completion
- 11/2011 Eye-Movement Desensitization Reprocessing (EMDR) Basic Training (Part 2), Offered by EMDR Institute
- 06/2011 Eye-Movement Desensitization Reprocessing (EMDR) Basic Training (Part 1), Offered by EMDR Institute

AWARDS AND RECOGNITION

Outstanding Doctor of Marital and Family Therapy, Alliant International University, San Diego.

PUBLICATIONS

Beck-Ellsworth, D. (2015). *Understanding eating disorders: Risk factors, diagnosis, treatment, and recovery*. USA: Cognella Inc.

Beck-Ellsworth, D. (Spring 2009). Mindfulness Tips for Eating Disorders. *Eating Disorders Today*, Gurze Books.

Beck-Ellsworth, D. (Winter 2008). Prevention in Your Communities and in Your Homes. *Eating Disorders Today*, Gurze Books.

PROFESSIONAL MEMBERSHIPS

Eye-Movement Desensitization Reprocessing International Association
International Association of Eating Disorder Professionals

