

# BAHAR (SUMMER) YAGHOUBIAN, LCSW

Licensed Clinical Social Worker | Forensic Mental Health Consultant

California BBS License #27960

Calm Body and Mind | 17337 Ventura Blvd, Encino, CA 91316

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## AREAS OF EXPERTISE

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- Psychological impact of trauma, including complex and developmental trauma
- Post-Traumatic Stress Disorder (PTSD), acute stress reactions, and trauma-related conditions
- Immigration psychological evaluations (hardship, asylum, U-visa, VAWA, T-visa)
- Mental health professional standard of care, including ethical practice standards, boundary violations, and dual relationships under California BBS regulations
- Suicide risk assessment and clinical management of high-risk populations
- Anxiety disorders, depressive disorders, bipolar disorder, ADHD, and co-occurring conditions
- Trauma-informed assessment and treatment in culturally diverse populations
- Effects of domestic violence, intimate partner violence, and coercive control
- Treatment-resistant conditions and indications for specialized trauma modalities

## LICENSURE

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- Licensed Clinical Social Worker, State of California, Board of Behavioral Sciences, License #27960

## EDUCATION

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**Master of Social Work (MSW)**, *University of Southern California, Los Angeles, CA* 2008

**Master of Jewish Non-Profit Management**, *Hebrew Union College, Los Angeles, CA* 2008

**Bachelor of Arts, Cultural Anthropology**, *University of California, Los Angeles* 2004  
*Summa Cum Laude*

## FORENSIC AND SPECIALIZED TRAINING

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### Forensic Training

- SEAK Expert Witness Training, SEAK Inc., 2025
- Immigration Psychological Evaluation Training, RealHope / Marc Sadoff, 2026

### Continuing Education in Forensic-Relevant Topics

#### NASW-CA EmpowerED Program

- Suicide Risk Assessment and Intervention, Module 1 (3 CEUs), January 2025
- Suicide Risk Assessment and Intervention, Module 2 (3 CEUs), January 2025
- SPA Module 1: Introduction to Intimate Partner Violence (IPV) (3 CEUs), January 2025
- Legal and Ethical Aspects of Telehealth for California LCSWs and LMFTs (6 CEUs), January 2025
- A Brief Overview of Dialectical Behavior Therapy (DBT) (3 CEUs), January 2025
- Integrated Strategies for Treating Co-Occurring Disorders (6 CEUs), February 2025

## **Zur Institute**

- Supervision III: Supervision Specific to Social Work (3 CEUs), 2025
- Managing Multiple Relationships in Psychotherapy and Counseling: Ethical and Clinical Considerations (6 CEUs), 2023
- Suicide Assessment and Intervention (6 CEUs), 2023
- Digital Ethics: Keeping Abreast of Clinical and Ethical Considerations (3 CEUs), 2023
- Digital and Social Media Ethics: Clinical & Ethical Considerations (4 CEUs), 2021
- HIV/AIDS Assessment and Treatment (7 CEUs), 2021
- Suicide Assessment and Intervention (6 CEUs), 2021

## **EMDR Training (Parnell Institute)**

- EMDR Basic Training, Part 1, Parnell Institute, New York, NY, 2015
- EMDR Basic Training, Part 2, Parnell Institute, San Francisco, CA, 2016
- Attachment-Focused EMDR (PAR7A), Parnell Institute, Woodland Hills, CA, 2017
- Treating Chronic Pain with EMDR Therapy, Parnell Institute, 2020 (2 EMDRIA CE credits)
- The Flash Technique (Dr. Philip Manfield), evidence-based trauma intervention for reducing distress associated with traumatic memories, 2020

## **Trauma Resiliency Model Training**

- Trauma Resiliency Model (TRM), Level 1, Trauma Resource Institute, 2018 (18 hours)
- Trauma Resiliency Model (TRM), Level 2, Trauma Resource Institute, 2019 (18.5 hours)

## **Trainer Role**

- Trainer, Trauma Resource Institute (TRI): Trauma Resiliency Model skills

## **PROFESSIONAL EXPERIENCE**

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**Founder and Psychotherapist**, *Calm Body and Mind, Private Practice* May 2012 – Present  
Woodland Hills, California (telehealth practice serving clients throughout California)

- Provides intake screenings, psychiatric evaluations, DSM-5-TR diagnostic assessment, and treatment planning for adults with PTSD, anxiety disorders, depressive disorders, bipolar disorder, ADHD, and relational problems.
- Specialist in complex trauma interventions and treatment-resistant conditions using EMDR (including Attachment-Focused EMDR) and the Trauma Resiliency Model.
- Conducts immigration psychological evaluations for hardship, asylum, U-visa, VAWA, and T-visa petitions, including structured clinical interviews, DSM-5-TR diagnostic formulation, and preparation of written evaluation reports for submission to USCIS and immigration courts.
- Provides clinical consultation to other mental health professionals on trauma-related cases.
- Serves as a trainer for Trauma Resource Institute, teaching trauma modalities to therapists and social workers.
- Maintains an active caseload averaging 20+ concurrent clients weekly; has treated over 500 individual clients across career to date.

**Psychiatric Social Worker**, *Kaiser Permanente, Woodland Hills, California* May 2018 – May 2021

- Member of a multidisciplinary team including psychotherapists, psychiatrists, and nurses, providing mental health services to Kaiser members in the San Fernando Valley.

- Responsible for client assessment, treatment plan development, individual psychotherapy, group therapy, and case management.
- Utilized Trauma Resiliency Model and EMDR to treat clients with PTSD, chronic pain, and anxiety disorders.
- Provided individual therapy utilizing TRM, EMDR, CBT, EFT, DBT, and Solution-Focused Therapy.
- Guest lecturer on EMDR for PTSD, Trauma Resiliency Model Skills, and Pain Management for the broader Kaiser medical professional community.
- Led Trauma Resiliency Model Skills classes for clients with anxiety disorders and PTSD.
- Led a Pain Management class in the Pain Management Department, using Trauma Resiliency Model skills (March 2019 – March 2020), in conjunction with physical therapists.

**Psychiatric Social Worker**, *Kaiser Permanente, Reseda, California* May 2013 – May 2018

- Therapist for the Intensive Outpatient Program (IOP); provided weekly therapy for clients in crisis struggling with depression, anxiety, medical problems, panic disorder, grief, and phase-of-life problems.

**Case Manager**, *Kaiser Permanente, Reseda, California* May 2012 – May 2013

- Responsible for client assessment, psychosocial intake, treatment plan development, individual and group psychotherapy, and case management.
- Worked with at-risk populations at elevated risk of psychiatric hospitalization, including clients presenting with depression, active suicidality, and bipolar disorder; responsible for suicide risk assessment, safety planning, and coordination of higher levels of care when clinically indicated.
- Worked with the Eating Disorder Program providing assessments, group therapy, and case management services.

**Clinical Social Worker**, *Jewish Family Services – Field Capable Clinical Services Program, North Hollywood, CA* January 2009 – April 2012

- Community-based mental health services for adults 55 and older, delivered through a Jewish Family Services program contracted and funded by the Los Angeles County Department of Mental Health (LADMH).
- Responsible for client assessment, psychosocial intake, treatment plan development, individual and family psychotherapy, case management, record maintenance, and regulatory compliance.
- Created and presented community workshops, including presentations for the Iranian-American community and for LADMH on accessing Department of Mental Health services.

**Case Manager / Clinical Social Worker**, *Forever Young Adult Day Health Care Center, Chatsworth, CA* 2008

- Managed caseload for an adult day health care program serving older adults; responsibilities included client intake and assessment, treatment planning, group counseling, outside program referrals, and interdisciplinary team collaboration.

**Social Worker Intern**, *USC Center for Work & Family Life, Los Angeles, CA* 2007 – 2008

- Provided client assessment, employee counseling, conflict resolution, and outside program referrals for university employees.
- Created and presented a workshop on sleep for the Employee Assistance Professional Association in Higher Education.

**Social Worker Intern**, *Multipurpose Senior Services Program, Los Angeles, CA* 2006 – 2007

- Case management within a multidisciplinary team serving frail, homebound elderly clients; managed 20 cases including in-home assessments and treatment plan development.
- Compiled a comprehensive transportation manual for clients.

## EXPERT WITNESS AND FORENSIC SERVICES

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### Directory Listings

- SEAK Expert Witness Directory — Active Profile

### Available for Retention In

- Immigration psychological evaluations (hardship, asylum, U-visa, VAWA, T-visa)
- Psychological impact of trauma and PTSD
- Mental health professional standard of care, including ethical practice and boundary violations
- Suicide risk assessment and clinical management (standard of care review)
- Effects of domestic violence and intimate partner violence
- Damages evaluations involving psychological injury (civil matters)
- Cultural and linguistic assessment (English/Farsi bilingual)

## TEACHING AND PRESENTATIONS

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- Guest Lecturer, Kaiser Permanente: EMDR for Post-Traumatic Stress Disorder, Trauma Resiliency Model Skills, and Pain Management
- Instructor, Pain Management Class, Kaiser Permanente Pain Management Department, using Trauma Resiliency Model Skills
- Trainer, Trauma Resource Institute: Trauma modalities for therapists and social workers
- Community Workshop Presenter, Jewish Family Services and Los Angeles County Department of Mental Health: Department of Mental Health services orientation and outreach to the Iranian-American community
- Workshop Presenter, Employee Assistance Professional Association in Higher Education: Sleep and workplace wellbeing

## LANGUAGES

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- English (native / professional fluency)
- Farsi / Persian (native / professional fluency) — available for forensic evaluations and testimony in Farsi

## REFERENCES

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Available upon request.