

Samuel Dominicus Smith

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May 20, 2024

LACPA

Los Angeles County Psychological Association - LACPA

6345 Balboa Blvd., Bldg. 2, Suite 126

Encino, California, 91316

Dear LACPA:

As a PsyD student at California Southern University set to graduate this October, I am enthusiastic about the opportunity to participate in supervised clinical hours under the guidance of one of the association's licensed PsyD clinical psychologists. I strongly believe there is an excellent match between your requirements and my education and professional objectives.

I would find it highly rewarding to work with one of the association's licensed PsyD clinical psychologists as a part of my clinical experience, having gained significant knowledge of relevance and value during my education. Highly dedicated to providing outstanding care and counseling, I would strive to excel in personal and group settings, helping others to realize their best potential.

A skillful administrator and caregiver, with prior experience with leading state agencies, I would strive to ensure outstanding client relations as well as accuracy in comprehensive documentation and reporting. Deeply committed to personal and professional integrity, service, and courtesy, I inspire and lead others to achieve their best as well.

My CV is only a brief reflection of my qualifications. I would greatly appreciate a personal interview to learn more about this opportunity, exploring further the possibility of expanding and enriching my clinical training. Thanking you for your time and consideration, I look forward to your response.

Sincerely,

Samuel Dominicus Smith

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DEDICATION TO CLINICAL CARE & CLIENT SERVICES

Skills Gained in Psychological Assessment, Therapy & Counseling for Effective Treatment

CORE COMPETENCIES

Education in **Research & Analysis, Treatment Planning, Case Management, Recovery, Crisis Intervention, Personal & Professional Development, Community Outreach & Advocacy**. Considerable knowledge of **Evidence-Based Cognitive Behavioral Therapy**.

Dedication to effectively serve a **Wide Variety of Underserved Client Populations**, including the mentally ill, developmentally disabled and substance dependent, at-risk youths and adults.

Trained in **Group Counseling, Presentation, Education and Documentation**. Ability to foresee and pinpoint issues, providing conclusive solutions. **IT Literate**: MS Office (Word, Excel, Outlook).

Thrive in challenging, dynamic environments, applying the full spectrum of capabilities, to make contributions to achieving desirable outcomes.

EDUCATION

California Southern University, Chandler, AZ

PsyD, Clinical Psychology (Expected October 2024)

Doctoral Program in Clinical Psychology, Clinical Emphasis (Accredited by Higher Learning Commission, The InterContinental University System)

Dissertation: *Examining the Efficacy of Cognitive-Behavioral Therapy (CBT) in the Treatment of Body Dysmorphic Disorder: A Comprehensive Review and Analysis*

SELECTED PROJECTS

Cognitive Behavioral Therapy (CBT) for Generalized Anxiety Disorder (GAD) – Research Paper

Psychotherapy, especially CBT, can substantially enhance socioemotional functioning in those with GAD by targeting maladaptive thought patterns and behaviors. CBT has been found to induce changes in brain function and structure, impacting regions involved in socioemotional processing, underscoring its effectiveness in treating GAD.

Neurodivergence and CBT – Research Paper

CBT offers significant benefits for neurodivergent patients by providing effective treatment for various mental health conditions such as depression, anxiety disorders, bipolar disorder, OCD, PTSD and eating disorders. It helps individuals identify and challenge negative thought patterns, fostering the development of more realistic and constructive thinking, leading to improved self-esteem and enhanced coping mechanisms. Its present-focused and solution-oriented approach makes it particularly suitable for neurodivergent individuals, offering relatively short-term and cost-effective therapy options either as a standalone treatment or in combination with medication when needed.

CBT Application to Medication Resistant Depression – Essay: Concept Paper

Applying CBT instead of medications for depression offers a non-invasive approach by targeting negative thought patterns and behaviors, empowering individuals to manage symptoms effectively. However, the suitability of CBT should be assessed in consultation with a mental health professional, considering individual needs and the potential benefits of combining therapy with medication in some cases.

Aging Symptoms and CBT – Research Paper

CBT offers effective treatment for anxiety stemming from concerns about aging appearance and capabilities by addressing negative thought patterns and behaviors. Through CBT, individuals learn to challenge distorted perceptions, develop coping strategies and cultivate a more realistic and accepting view of themselves as they age, ultimately enhancing their self-esteem and well-being.

PRIOR EXPERIENCE & EDUCATION

Extensive, highly successful experience in operations, supervision and management with leading state and municipal agencies, including California Department of Transportation. Valuable caregiving background with California's In-Home Supportive Services, excelling in direct client interaction, holistic assessment and intervention, advocacy and resource navigation within a culturally diverse environment. Earned **MBA (Cum Laude, 2017)** and **BA in Management (Cum Laude, 2015)** from Golden Gate University.