

GHADA OSMAN, Ph.D., LMFT # 83472
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EDUCATION

- Chapman University
Master of Arts, Psychology, with Marriage & Family Emphasis, January 2010
Grade Point Average: 4.0
- Harvard University
Doctor of Philosophy, History & Middle Eastern Studies, 2001
- University of California, Los Angeles
Master of Arts, 1995; Bachelor of Arts (with honors), 1994

SELECTED PROFESSIONAL EXPERIENCE

- **Associate Faculty**, MiraCosta College Health Services, March 2018-present
Provide therapy to individuals and couples presenting with complex psychosocial, personal, and family issues including various Axis I and II diagnoses, grief & loss, sexual trauma, relationship violence, and addictions.
- **Psychotherapist in Private Practice**, Carlsbad, CA, 2014-present
Work with individuals & couples to develop inner strength, centeredness, and personal empowerment as they face relationship issues, depression, anxiety, trauma, grief & loss, separation/ divorce, chronic illness, and other life transitions.
- **Professor & Chair, Department of Linguistics & Asian/ Middle Eastern Languages**, San Diego State University, San Diego, CA, 2001-2015
Headed department with 30 full-time and part-time faculty members, and taught a total of over 3,000 students. Chaired/ served on 34 Department-wide, College-wide, and University-wide committees, and served as Vice Chair of the University Senate.
- **Co-Trainer, Peer Education Program**, MiraCosta College Health Services, Oceanside, CA 2013-2014, 2016-2017
Trained student peer educators on the content and delivery of classroom presentations on depression & anxiety. Co-facilitated weekly 2-hour training for these students.
- **Trainer, Yoga for Mental Health**, Carlsbad, CA & Coconut Grove, FL, 2013-present
Instructor and mentor for continuing education units and certifications for LMFTs, LCSWs, LPCCs, LEPs, and yoga therapists on using yoga for mental health issues.
- **Mental Health Counseling Intern**, MiraCosta College Health Services, 2009-2013
Provide therapy to individuals and couples presenting with complex psychosocial, personal, and family issues including various Axis I and II diagnoses, grief & loss, sexual trauma, relationship violence, and addictions. Worked with other staff on campus on aspects of crisis/suicide intervention & trauma response/debriefing.
- **sBereavement Counselor**, Hospice of the North Coast, Carlsbad, CA, 2012-2013
Provided end-of-life counseling to hospice clients. Provided pre-/post-bereavement individual and group therapy for adults, children & families coping with grief & loss.

- **Professional-Level Yoga Instructor, 2000-present**
Teaching yoga to a variety of populations in diverse group and individual settings.

RELEVANT PSYCHOTHERAPY TRAINING

Eye Movement Desensitization & Reprocessing (EMDR)

- Advanced EMDR trainings in: Dissociation (2017), Addictions (2016, 2012), EMDR with Children (2014), Neurobiology of EMDR (2013), Early Trauma and Neglect (2012)
- Basic EMDR training, Levels 1 & 2, 2010

Yoga & Expressive Arts Therapy

- Grandparented by International Association of Yoga Therapists as Certified Yoga Therapist due to 15+ years of experience, 2016
- Street Yoga (teaching yoga to at risk populations), 2011
- Expressive Arts Therapy, 2010
- Healing Touch Program, Level 1, 2008
- Phoenix Rising Yoga Therapy, Level 1, 2005
- Kripalu Center for Yoga & Health
500-hour Yoga Teacher Training Certification, 2003
200-hour Yoga Teacher Training Certification, 2000

Other Training

- Internal Family Systems, PESI, In Progress
- 60-Hour Traumatic Stress Studies Certification, Trauma Center at JRI, 2017- 2018
- Narrative Therapy Training Group, November 2017-April 2018
- Couples' Mediation, 2016
- Emotional Freedom Technique, 2013
- Prolonged Exposure, 2013
- Gottman Couples' Therapy, 2012
- Dialectical Behavior Therapy, 2011
- Cognitive Therapy, 2010

SELECTED SERVICE TO THE PROFESSION

- Member, Scope of Practice Task Force, California Association of Marriage & Family Therapists (CAMFT), 2018-2020
- Manuscript Proposal Reader, Routledge Press, 2017-present
- Member, Continuing Education Provider Approval, CAMFT, 2016-present
- Speaker, Second Saturday Divorce Advice Workshops, 2015-present

RECENT SELECTED PUBLICATIONS

- *Translation & Interpreting in the Mental Health Field* (with C. Angelelli, In Progress)
- *Yoga and Mental Health* (Routledge, September 2018)
- "Why Listening to a Loved One Could Be a Life Saving Exercise," *San Diego Union Tribune* (June 22, 2018)