

DR. HEATHER A. ALVARADO, PH.D.

PSY #33884

Bilingual Clinical Neuropsychologist

www.mindfulneuron.org

(323) 638 - 7660

EDUCATION

Walden University, Minneapolis, MN Ph.D. Clinical Psychology	2020
Walden University, Minneapolis, MN M.S. in Applied Psychology	2016
University of Texas at Arlington, Arlington, TX B.A. in Developmental Psychology, <i>magna cum laude</i>	2013

LICENSURE

➤ California Board of Psychology License #33884	2022
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Work Experience

Mindful Neuron Center, Los Angeles/San Diego/Murrieta Bilingual Clinical Neuropsychologist Owner/Founder	May 2023 - Present
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- Specializes in conducting bilingual (Spanish and English) formal independently assessed educational evaluations for individuals ages 3 to 22. Assessments included are Psycho-Educational Evaluations, Neuropsychological-Educational Evaluations, Transition Assessments, Functional Behavior Assessments, and Socio-Emotional Assessments (ERMHS/ERICS). Addresses client needs by engaging in multi culturally attuned, comprehensive, and inclusive intake and testing processes. Coordinates and collaborates with student schools to conduct observations and complete testing within the least restrictive environment for students. Attends IEP conferences and reviews evaluation interpretation results with parents, school staff, and other required personnel to discuss student academic needs. Provides evidence-based information and offers individualized recommendations on matters related to interpretation of evaluations, and development of IEP.

SUPERVISORY EXPERIENCE

Neuro-Educational Clinic, Riverside, CA

August 2022 – December 2023

Supervisor of Practicum Students

- Provides individual supervision and case consultation for master's level clinicians. Facilitates clinicians in scoring and interpretation of psychological, educational evaluations, and transition plan results. Provides constructive feedback.

POST-DOCTORAL FELLOWSHIP & INTERNSHIP

Neuro-Educational Clinic, Riverside, CA

2020 - 2022

Post-Doctoral Fellowship in Clinical Neuropsychology

(3,000 hours) – Emphasis in neuropsychological testing for independent educational evaluations (IEE)

Neuro-Educational Clinic, Riverside, CA

2019 - 2020

Internship in Clinical Neuropsychology

(2,000 hours) – Emphasis in psycho-educational testing, transition assessments, and socio-emotional evaluations for IEE's

SUPERVISED CLINICAL EXPERIENCE

Neuro-Educational Clinic, Riverside, CA

January 2023 – December 2023

Bilingual Clinical Psychologist

Post-License Clinical Neuropsychology Training

- Provides formal neuropsychological testing for children and adults. Assessments for school-aged students also include psycho-educational evaluations, socio-emotional assessments, and transition plans. Transition plans varied from students in the general education setting to students who were placed in Special Day Class. Evaluations conducted in English and Spanish.

Neuro-Educational Clinic, Riverside, CA

May 2020 - December 2022

Postdoctoral Fellow in Clinical Neuropsychology – 3,000 hours

- Provided formal individualized neuropsychological testing for patients under worker's compensation claims. Assessments vary from neurocognitive screenings, neuropsychological evaluations, and stress assessments. Scoring and interpretation of cognitive measures and personality assessments were conducted to appropriately provide recommendations for the patient's daily life and living. Evaluations conducted in English and Spanish.

- Completed Psycho-educational evaluations, functional behavior assessments, socio-emotional assessments, and transition planning assessments for students in middle school and high school. Conducted Career Personality Inventories and transition plan interview to identify best fit for future career and vocational interests. Inventories also assisted with extracurricular and work-study placement.

Neuro-Educational Clinic, Riverside, CA

May 2019 - May 2020

Internship in Clinical Neuropsychology – 2,000 hours

- Provided formal individualized psycho-educational assessment for children and individual neuropsychological assessment to school-aged children (ages 3 to 22). Engaged in client intake by discussing presenting academic issues with parents. Met with parents and/or teachers to interpret evaluation results. Participated in staff conferences to exchange information
- Provided recommendations on matters related to interpretation of evaluations, and development of IEP. Observed students in school environment. Worked collaboratively with district and school staff. Evaluations conducted in English and Spanish.

Neuro-Educational Clinic, Riverside, CA

May 2019 – December 2022

Registered Psychological Assistant – 5,000 hours
(Internship and Post-Doctoral Fellowship)

- Provided formal individualized neurobehavioral assessment for geriatric residents in nursing facility. Met with family and/or medical professional to interpret evaluation results. Provided individual psychotherapy to individuals with mood disorders and cognitive disorders. Plan, assess, and attend multidisciplinary meetings for the design and monitoring of ongoing care for geriatric residents. Evaluations conducted in English and Spanish.

Brea Olinda School District, Brea, CA

Sept 2018 - May 2019

Practicum student - 340 hours
(Psychotherapeutic Interventions and Consultation)

- Provided individual and group therapeutic interventions using CBT and insight-oriented modalities to school-age and adolescent students. Assisted in crisis management and developed effective treatment plans based on the student's IEP goals and mental health goals. Planned, assessed, and attended staff development for the design and monitoring of behavior support plans. Completed transition plans for students with an IEP. Presented results at IEP meeting.

Neuro-Educational Clinic, Riverside, CA

Jun 2018 - June 2019

Practicum student - 490 hours
(Neuropsychological and Psychoeducational Testing, Report Writing)

- Provided formal individualized psycho-educational assessment for children as needed. Conducted individual neuropsychological assessment to school-aged children (ages 3 to 22). Met with parents and/or teachers to interpret evaluation results.

Participated in staff conferences to exchange information and offer recommendations on matters related to interpretation of evaluations, and development of IEP. Observed students in school environment. Worked collaboratively with district and school staff. Also, worked in geriatric settings assessing individuals with cognitive challenges and provided individual psychotherapy. Evaluations conducted in English and Spanish.

Norco College Health and Psychological Services, Norco, CA Apr 2018 - Dec 2018

Practicum student - 165 hours

(Testing, Psychotherapeutic Interventions)

- Conducted ongoing individual counseling with students from varied levels with a mix of gender, ethnicity, socioeconomic status & developmental issues. Utilized psychotherapeutic methods with clients to enhance individual's psychosocial development. Assessed client's underlying symptoms to provide accurate diagnosis and treatment plan. Maintained case files that include activities, progress notes, evaluations, and recommendations.

TEACHING EXPERIENCE

Mt. San Jacinto Community College & Norco College

2017 - Present

Associate Faculty

(Presentation/Research Skills, Curriculum Development, and Distance Education)

- Designing, preparing and developing teaching materials. Educate and provide technological and academic training to students. Analyze outward signs of problems that students may have that inhibit their achievement and take appropriate action. Use a variety of modalities during instruction (discussion, group work, mini-lectures, question and answer, etc.) to support active learning and student engagement.

Riverside Community College

2016 - 2020

Associate Faculty & Guest Lecturer

(Presentation skills, Lesson Planning, and Distance Education)

- Designed, prepared and developed teaching materials for distance education class. Responded to students in online discussion boards as well as email messages. Educated and provided technological and academic training to students. Analyzed outward signs of problems that students may have had that inhibited their achievement and took appropriate action. Used a variety of modalities during instruction (discussion, group work, mini-lectures, question and answer, etc.) to support active learning and student engagement. Supported students through a advisor role.

COURSES TAUGHT

- Abnormal (Clinical) Psychology
 - Gender Psychology
 - Honors Psychology
 - Behavioral Statistics
 - Social Research Methods
 - Intro to Psychology
 - Developmental Psychology
 - Research Methods & Design
 - Child Development
 - Human Development
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CLINICAL EXPERIENCE

Child Development Center, Edwards, CA

Jan 2015 - Nov 2015

Program Teaching Assistant
(Lesson Planning and Behavioral Interventions)

Developed lesson plans weekly based upon developmental milestones. Employed behavioral modification plans in order to support psychosocial development. Utilized solution focused strategies in order to redirect youth to make positive choices.

Penny Lane Child & Family Specialist Los Angeles, CA

Nov 2015 - Oct 2016

Child and Family Specialist
(Behavior modification, coaching, crisis intervention)

- Developed strategies and behavior modifications for family plan and provided behavioral and educational support. The CFS tracked weekly progress of individual rehabilitation goal and modified strategies in order to increase frequency of goal(s). The CFS utilizes problem solving and crisis intervention skills in order to deescalate potential volatile situations and also maintains a close and supportive relationship with the child and family, educational personnel, program staff, and any others who may be involved with the youth.

Newport News School District Newport News, VA

Jun 2013 - Dec 2013

Facilitator and Therapeutic Program Counselor
(Mentoring, Coaching, Behavioral Interventions, Group Management)

- Facilitated group-play among children, interacted with children who experienced emotional problems, established time for nutrition, and regulated activities such as arts and crafts to enhance individual and social behavior. Developed behavioral plans for providing structure of activities in order to facilitate physical, social, and emotional health for children in program.

CERTIFICATIONS & TRAININGS

- Equitable Assessment in English Language Learners
- Using the Battelle Developmental Inventory 3 in the Assessment of Young Children with Autism Spectrum Disorder
- CORA Racial Microaggressions
- Executive Functioning Skills in the School Environment
- ADHD Certification
- Mental Health Challenges in the Classroom
- Promoting Racial Healing in Academic Settings
- Developmental Indicators of Learning and Behavior Problems: Special Considerations
- Integrating the WJ V into A Comprehensive Dyslexia Evaluation
- Report Writing When Using PSW to Identify Dyslexia
- Empirically Supported Methods for Autism Screening and Diagnosis in Young Children
- Appropriate Use of Standardized Instruments in Assessment and Differential Diagnosis of Autism Spectrum Disorder
- The IEP Report Card: How is Your Team Doing?
- California Workers' Compensation Medical Legal Report Writing
- Neurodiversity in Higher Education Settings
- Standards for Quality Online Teaching
- Critical Thinking and Generative AI

RELATED EXPERIENCE

Mt. San Jacinto College

October 2020

Co-Facilitator of Coming Out Forum

- Responsible for directing student lead discussions centered around the LGBTQI community. Also, monitored Q & A forums for students to ask questions about LGBTQI issues and the coming out process. These questions were then directed to student leaders who answered student questions.

Riverside University Health System Behavioral Health

April 2019

Directing Change Judge-Suicide Awareness Month

- Responsible for viewing a variety of different media submissions related to the awareness of suicide prevention. Collaborated with other professionals in assessing quality and sensitivity of media related to suicide on rubric scale.

University of Texas, Arlington, Industrial/Organizational Lab May 2012 - Apr 2013
Research Assistant

- Facilitated in coding of data collection, assisted in writing of research and paper documents, conducted study in regards to research protocol and procedures.

University of Texas, Arlington, iEngage Mentoring Program June 2012 - Aug 2012
Mentee

- Gain research experience, instilled academic discipline, and refined skills critical for academic and professional growth.

University of Texas, Arlington, Reading and Memory Lab May 2011 – June 2012
Research Assistant

- Compiled reports: including statistical significant figures, provided additional support in research articles for literature reviews, facilitated writing of proposals, conducted study in regards to research protocol and procedures.

RELEVANT GRADUATE COURSEWORK

- Multicultural psychology
- Foundations of Clinical Psychology
- Interventions I & II
- Research Methods and Design
- Quantitative Research
- Qualitative Research
- Lifespan Development
- Social Psychology
- Personality & Cognitive Assessment
- Ethical Standards of Psychological Practice
- Supervision and Consultation
- Writing a Quality Prospectus/Dissertation
- Clinical Psychopharmacology
- Advanced Quantitative Reasoning and Methods
- Social Change in Psychology
- History of Systems

- Cognitive and Affective Bases for Behavior
 - Stress and Coping
 - Changing Health Behavior
 - Teaching of Psychology
 - Domestic and Spousal Abuse
 - Child Abuse
 - Human Sexuality
 - Suicide Awareness and Prevention
 - The Aging Brain: Dementia and Other Cognitive Diseases
 - Chemical Dependency & Detection
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PUBLICATIONS

- Alvarado, H.A., Martin, M. (2023). Infidelity Perceptions Among Civilian Spouses during Active-Duty Members' Deployment. (In process)
 - Alvarado, H.A. (2020). Attachment and Perceived Infidelity of Military Spouses During Active-Duty Members' Deployment.
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PROFESSIONAL PRESENTATIONS

- Alvarado, H. (May, 2025). Mt. San Jacinto College Guided Mental Health Workshops
 - Gratitude Exercises for Students
 - Sleep: The Key to Mental Health
 - Meditation
 - The Power of Yoga
- Alvarado, H. (December, 2024). Mt. San Jacinto College Guided Mental Health Workshops
 - Creating a Mindful Workspace
 - Breathing Techniques
 - Relax and Recharge with Progressive Muscle Relaxation
- Alvarado, H. (October, 2024). The Power of Building Habits. Mt. San Jacinto College, Menifee, CA. Virtual
- Alvarado, H.A. (November, 2023). Imposter Syndrome in Higher Level Education. Mt. San Jacinto College, Menifee, CA. Virtual.
- Olvera, V.I., **Alvarado, H.A.** (March, 2023). *Neurocognitive Sequelae of Fetal Alcohol Spectrum Disorders (FASD): Relevant Implications for School Psychologists Since the Passing of CA Bill SB1016*. California Association of School Psychologists (CASP) Conference, Spring Institute. Virtual.

- Alvarado, H. A. (2016). *The Debate: Prescribing Pharmacological Agents By Clinical Psychologists. Media Presentation.*
 - Alvarado, H. A. (2012). *Narrative Processing in Young Adults And Children.* Conference Presentation.
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MEMBERSHIPS

- American Psychological Association
 - The University of Texas at Arlington Alumni Association
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LANGUAGE PROFICIENCY

Bilingual in English and Spanish