

Virgil Moorehead Jr.

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Education

The Wright Institute – Berkeley, CA

Psy.D. in Clinical Psychology (August, 2014)

Masters of Arts in Clinical Psychology (June, 2012)

Sacramento State University – Sacramento, CA

Masters of Science in Marriage, Family and Child Therapy (June, 2008)

University of California, Davis – Davis, CA

Bachelors of Arts, double major in Communication and Sociology (June, 2004)

Clinical Training Experience

Stanford University, Stanford, CA

Counseling and Psychology Services

8/14-present

Postdoctoral Fellow

- Provide weekly individual therapy to undergraduate and graduate students at Stanford University
- Attend to presenting issues including; depression, anxiety, social anxiety, acculturation stress, LGBT concerns, relationship concerns, substance and/or dependence, stress management, grief/loss, and trauma
- Provide crisis counseling on a weekly eight hour counselor on day shift
- Facilitate grief group for Native American students
- Facilitate weekly Native American Men's group
- Created Digital Storytelling Workshop for Native American students
- Work closely with Stanford Bridge Peer Counseling center
- Teach two classes in Peer Counseling in Education department
- Attend weekly individual supervision, case consultation and professional development meetings.
- Provide outreach programs to various campus departments on cultural sensitivity, Native American Mental Health, distress tolerance, grief, and wellness.

University of Michigan, Ann Arbor, MI

Counseling and Psychological Services (CAPS)

7/13-8/14

Clinical Psychology pre-doctoral Internship

- Participated in University of Michigan Community Research and Action Workgroup
- Provided weekly individual therapy to Native American undergraduate and graduate students
- Provided brief individual therapy and group counseling to undergraduate and graduate students at University of Michigan
- Provided crisis counseling on a weekly four hour counselor on day shift

- Worked with students struggling with grief/loss, depression, anxiety, social anxiety, acculturation stress, relationship concerns, substance abuse, stress management, and grief/loss.
- Received training in the following screenings: Eating Patterns assessment, Attention Deficit and Hyperactivity Disorder, and Assessment of Substance Abuse Patterns.

Native American Health Center, Oakland, CA
Psychology Intern/ Program Manager

8/11 – 7/13

- Hired as full-time employee after beginning as intern.
- Provided individual and family therapy, substance abuse treatment and traditional Native American healing practices to adults and adolescents of American Indian, Mexican American, and African American ancestry. Caseload: approximately 12-14 individuals per week.
- Created youth cultural exchange: the quarterly exchange brought together 12-15 Bay Area Native American youth and 12-15 Yurok/Tolowa/Hoopa Native American youth around cultural activities.
- Created original Native Youth Internship for students in Bay Area community.
- Facilitated two weekly groups: a weekly Native American men’s group focusing on relationship issues such as trust, intimacy and communication, and led a youth group that teaches life skills aimed at promoting a greater sense of identity and cognitive-emotional development.
- Tracked the outcome of the agencies Youth Wellness Program to insure that it meets the goals and objectives of the Youth Wellness Initiative grant.
- Provided therapy to clients from the Native American LGBT community; conducted community outreach in the LGBT community about the agency’s services. Helped to facilitate a “Two Spirit” Digital Storytelling Workshop for the LGBT Native community.
- Assist workshop- the applied suicide intervention skills training (assist) workshop

The Y Team Mental Health Program, Richmond, CA
Psychology Intern/Group Facilitator

8/10 –6/13

- Provided weekly individual, group therapy and crisis counseling to predominantly Latino and African American high school students referred for counseling due to behavioral problems in the classroom. Presenting problems also included social withdrawal, trauma, loss, and family problems. Weekly caseload included 10-12 clients.
- Hired by agency to facilitate weekly groups that I developed. Groups included approximately 12-15 African American young men and lasted for three years. Topics include: education, relationship skills, intimacy, applying to colleges and attending job interviews. Created curriculum that is now being used throughout Contra Costa County school district.
- Participated in several Individual Educational Planning (IEP) meetings with clients, and frequently collaborated with the school psychologist and school staff around their treatment.

The Effort Community Health Center, Sacramento, CA
Addiction Counselor

08/07 – 5/09

- Hired as a full-time employee after interning for six months. Provided crisis counseling, individual therapy, family therapy, and couples counseling to court-mandated clients. Provided brief therapy interventions for clients in the Proposition 36 program (deferred prosecution).
- Responsible for doing intakes and brief psychotherapy using motivational interviewing with clients diagnosed with eating disorders and substance abuse issues.

- Assisted clients with medication management; facilitated process and addiction awareness groups; collaborated with California and parole probation officers.
- Facilitated weekly groups at Sacramento County Juvenile Hall and Sacramento County Boys Ranch.

Sexual Assault and Domestic Violence Center. Woodland, CA

7/07 – 3/08

Counselor

- Provided individual therapy and crisis counseling to women, children, and men who were victims of sexual abuse and domestic violence. Facilitated a domestic violence and sexual assault support group.
- Conducted groups in safe houses with approximately 6-8 women and children who were escaping violent relationships. Provided outreach in the community on domestic violence awareness, including presentations to the Woodland police and fire departments.

Sacramento State Counseling Center. Sacramento, CA

9/06 – 5/07

Counselor

- Provided individual therapy with clients from the community as well as group therapy with students in the counselor education program at Sacramento State University.
- Provided crisis counseling to students in need; conducted outreach about available counseling services at Sacramento State.

Teaching Experience

- Stanford University, Palo Alto, CA
Education 193A- Listen Up!: Core Peer Counseling Skills
Stanford University, Palo Alto, CA 9/14-Present
- Education 193B- Peer Counseling at the Bridge
Stanford University, Palo Alto, CA 9/14-Present
- Psychology and American Indian Mental Health
Co-taught course with Dr. Teresa LaFromboise 3/13-6/13
- Sacramento State University, Sacramento, CA
Multicultural/Ethnic Counseling Teaching Aide 1/07-6/07
- University of California at Davis, Davis, CA
Student-Athlete Life Skills Teaching Aide 1/03-6/03

Research Experience

Psy.D., Clinical Psychology Program, The Wright Institute, Berkeley, CA

2/12 – 8/13

Dissertation: Native American Health Center Digital Storytelling Workshop: A Consensual Analysis of Participants' Experiences.

Chair: Alicia del Prado, Ph.D.

Reader: Teresa LaFromboise, Ph.D.

This study investigated the experience of participants in the Native American Health Center (NAHC) Digital Storytelling Workshop to assess its efficacy as a treatment modality. Digital

storytelling, which involves having participants create a short film of their life story, has been used throughout the world in a variety of different contexts to promote learning, healing, and community building experiences. Twelve Native American individuals who took part in the Digital Storytelling Workshop participated in semi-structured interviews that asked them to describe their experiences as participants in the workshop. An Interpretative Phenomenological approach was used to determine the relevant themes across various subjects and to examine the workshop impact on their healing and sense of cultural identity.

Native American Health Center & Yurok Cultural Exchange, Oakland, CA 8/12 – 8/13

Created the first Native American Health Center and Yurok Youth Cultural Exchange Program. Developed a treatment modality and evaluation protocol that was designed to foster intertribal coalition building. Organized the evaluation of the exchanges through collaboration with internal and external evaluators. Activities included visiting Alcatraz Island, Stanford Native American center, and the Intertribal Friendship house.

Youth Wellness Initiative, Native American Health Center, Oakland, CA 5/12 – 8/13

Served as project co-leader with a licensed psychologist on the Youth Wellness Initiative grant, a suicide prevention project. The wellness initiative enacted community-focused, culturally specific suicide prevention programs for local Native youth. Conducted outreach in the Bay Area with the Alameda County Justice Department and Alameda County School District. Participated in monthly phone meetings on the status of the program with Substance Abuse and Mental Health Administrators (SAMHSA). Developed and completed a community needs assessment that involved conducting interviews about suicide and the effectiveness of suicide prevention efforts.

Peer Counselor in Athletics. University of California at Davis, Davis, CA 9/00 – 6/03

Provided dynamic outreach programs to student athletes at U.C. Davis. Managed domestic violence and addiction awareness groups. Conducted research project on alcohol abuse in college.

Related Professional Experience

Native American Health Center Youth Internship, Oakland, CA 12/12 – 8/13

Co-created Native American internship for youth ages 14-20, including curriculum, funding, events empowering Native American youth and advancing their leadership potential.

Gathering of Native Americans (GONA), Sausalito, CA 8/12

Co-facilitator for the Gathering of the Native Americans (GONA) that conducted cultural activities for groups of approximately 60 Native American youth.

Native Men's Conference, Native American Health Center, Oakland, CA 7/12

Co-organized the 2012 Men's Conference at the Intertribal Friendship House. 70 Native American men/adolescents participated, which included a traditional talking circle, cultural speakers, recovery talking circle and cultural activities. Helped develop the conference agenda and obtain the speakers.

Wright Institute Multicultural Symposium, Berkeley, CA 5/10

Assisted in organizing symposium on Multicultural Awareness in Psychology at the Wright Institute. Brought in several experts to present on relevant multicultural issues in psychology.

The Effort, Sacramento, CA

Created a 12-week group curriculum with a licensed social worker for dually diagnosed clients. Treatment modality included trauma-informed therapeutic interventions and motivational

interviewing techniques tailored to help individuals suffering from substance abuse and at least one psychiatric illness. The curriculum was funded by Sacramento County.

Educational Opportunity Program (EOP), 6/08 – 9/08
Sacramento State University, Sacramento, CA

Served as resident advisor for the Summer Bridge Academy, which provides assistance to EOP first-year students entering Sacramento State University in the fall. Worked collaboratively with students to engage in the transition process from high school to college. Assisted students with academics, social network skills, and personal development.

American Indian Summer Institute, 8/08
Sacramento State University, Sacramento, CA

Served as a counselor during the American Indian Summer Institute. The program assists California tribes in preparing youth for college. Activities included: team building, Native leadership, completing college applications, academic and career planning, and cultural excursions including cultural workshops and experiences with tribal leaders.

Child and Family Institute, Sacramento, CA 6/06 – 6/07

Volunteered in the Family Wellness Center serving sexually and physically abused children, ages 5-12.

Grants Funded

Urban Native Center For Life Empowerment II, 7/12
Native American Health Center, Oakland, CA

A trauma-informed project designed to implement culturally competent, evidence-based, trauma-informed services in community settings and institutions that serve urban Native American children, adolescents and their families in Alameda, San Francisco, Contra Costa, Marin, and San Mateo counties. Helped to write the evidence-based practices component of the grant. The \$1.2 million grant has been awarded to our agency. My role as co-investigator included providing evidence-based therapeutic interventions to Native American youth in the Bay Area and evaluating the effectiveness of the treatment program.

Conference Presentations

Gone, J., Moorehead, V., & Hartmann, W. (2015, June). *Reintroducing clinical settings to community Psychology: Clinic-Based research with American Indian communities*. Symposium at upcoming 2015 SCRA Conference Celebrating 50 Years of Community Psychology: Bridging past and future, University of Massachusetts, Lowell, MA.

LaFromboise, T., Gone, J., Moorehead, V., Hartmann, W., & Ramirez, L.C. (2014, June). *Native American Mental Health*. Symposium conducted at the third Biennial APA Division 45 Research Conference, University of Oregon, Eugene, OR.

Moorehead, V. & Lucero, E. (2012, October). *Reclaiming our identities: The role of community storytelling in Native community health*. Symposium conducted at the 140th Annual Meeting of the American Public Health Association, San Francisco, CA.

Moorehead, V., King, J., & Black Calf, S. (2012, June) *Healing one story at a time: Native American Digital Storytelling*. Symposium Conducted at the 100th Annual Society of Indian Psychologists Conference, Utah State University, Logan, UT.

Invited Talks and Presentations

- (February, 2015). Guest lecture. *Creative therapeutic interventions with Native American communities*. Stanford Research Group on Collective Trauma and Healing. Stanford, CA.
- (January, 2014). Workshop. *Digital Storytelling Workshop*. Native American Cultural Center. Stanford, CA.
- (March, 2014). Invited Presenter. Healing one story at a time: Digital Storytelling and Native Americans. Martin Luther King Day. University of Michigan, Social Work. Ann Arbor, MI.
- (May, 2013). Invited Speaker. *American Indian Identity: A Technological Revolution*. National Conference on Race and Ethnicity in Higher Education (NCORE). New Orleans, LA
- (March, 2013). Newspaper Article. *Student spotlight. Digital Storytelling and healing in Indian Country*. Indian Country Today magazine. New York, NY.
- (March, 2013). Invited speaker. *Native American healing and storytelling*. San Francisco County Tools for Change Conference: Freeing Our Communities from the Stigma of Mental Health, San Francisco, CA.
- (January, 2013). Newspaper Interview. *Program spotlight. Native American Health Center youth cultural exchange*. Indian County Today Media Network, New York, NY.
- (November, 2012). Newspaper Interview. *Kennedy Young Men's Group. Interview with the Richmond Confidential newspaper*. Richmond, CA.
- (November, 2012). Invited Speaker. *Healing one story at a time: Native American Digital Storytelling*. University of California at Los Angeles Digital Storytelling Conference. Los Angeles, CA
- (November, 2012). Invited Speaker *Healing one story at a time: Native American Digital Storytelling*. Stanford University Native American Culture Center, Stanford, CA.
- (October, 2012). Presentation. *Kennedy High School Young Men's Group*. Presentation to Richmond, CA City Council meeting. Meeting aired on local ABC television channel.
- (October, 2012). Invited Speaker. *A Digital Revolution: Native American Digital Stories*. Department of Anthropology, Stanford University: Academia and Activism Conference, Stanford, CA.
- (October, 2012). Invited Speaker. *Prevention in Indian Country through the Use of digital media*. Reducing Behavioral Health Disparities for American Indian/Alaskan Natives Conference, Oakland, CA.
- (September, 2012). Guest Speaker. *Youth wellness initiative and Native American cultural exchange*. Appearance on Creat TV San Jose Native Voices television show. San Jose, CA.
- (August, 2012). Presentation. *Native American Digital Storytelling*. Behavioral health staff at the Sacramento Native American Health Center, Sacramento, CA.
- (April, 2012). Invited Speaker. *Native American Historical Trauma*. The Annual Building Opportunities for Self-Sufficiency conference, Oakland, CA.

Academic Publications

Book Chapter

- Moorehead, V. & LaFromboise, T. (2013). American Indian interventions and social justice: Storytelling and social justice interventions. In C. Johnson & J. Diaz (Eds.), *Praeger Handbook for Social Justice and Psychology*. New York, NY.

Peer Reviewed Journals

Moorehead, V. & Gone, J. (under review). A Gathering of Native American Healers: Exploring the Interface of Indigenous Tradition and Professional Practice.

Moorehead, V. & Sevig, T. (under review). An overview of Native American mental Health concerns in College Counseling.

Continuing Education

- Leadership and Decision-Making. Continuing Education. Stanford, CA, 3/15
- Improvisational Speaking. Continuing Education. Stanford, CA, 3/15
- Interpersonal Neurobiology Conference. University of California at Los Angeles, 3/15
- Negotiation Mastery. Continuing Education. Stanford, CA, 1/15
- Fail Fast, Fail Hard: Finding your life Passion (Career Counseling) Stanford, CA, 2/15
- American Sociological Association Annual Conference. San Francisco, CA. Stanford, CA, 8/14
- Indian Child Welfare Act (ICWA) training. Oakland, CA, 12/11
- Counseling with LGBT training. Pacific Center, Berkeley, CA 11/10
- 65-hour Crisis Line Training Program, The Effort, Sacramento, CA, 10/09
- Trained as a registered Addiction Specialist Intern, Breining Institute, Sacramento, CA, 8/08
- Two-day Applied Suicide Intervention Skills Training, The Effort, Sacramento, CA 8/08

Professional Affiliations

- American Psychological Association
- American Psychological Association Division 45
- Society of Indians in Psychology
- Toastmasters International

Honors and Awards

- President, Sacramento State University Native American Club, 2007
- Five-year Varsity Wrestler, University of California, Davis, 1999-2004
- Pac 10 Conference Scholastic Student Athlete Team, GPA 3.6, 2003, 2005
- University Dean's List, University of California, Davis, 2003, 2004, 2005
- National Young Leader's Leadership Conference, Washington D.C., 2000

References

- Karen Biestman, Native American Cultural Center Director, Stanford University Kbiestman@stanford.edu
- Dr. Teresa LaFromboise, professor, Stanford University lafrom@stanford.edu
- Dr. Joseph P. Gone, associated professor, University of Michigan jgone@umich.edu
- Dr. Eduardo Duran, Native American psychologist, soulhealing16@yahoo.com
- Dr. Utaka Springer Native American Health Center, Clinical Director, utakas@nativehealth.org, (510) 434-9574