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Top Skills

Stress Management
Health
Psychology

Certifications

Licensed Psychologist
APA Membership 2026

Honors-Awards

United States Naval Commendation
National Honor Society

Publications

Antecedents and Consequences
of Family Responsibilities
Discrimination in the Workplace

Avoiding Family Responsibilities
Discrimination: EAPs can help
employers understand and mitigate
the risks of discrimination against
workers with family responsibilities

Building a Legal Case for Work-Life
Balance Policies

Dr. Christine E. Dickson

Recognized 21st-Century American Psychologist | Licensed Clinical Psychologist | Dual PhD in Clinical & Industrial-Organizational Psychology | Writer | Keynote Speaker | Expert in Mindfulness based CBT

San Francisco, California, United States

Summary

Dr. Christine E. Dickson holds Dual PhDs in Clinical Psychology and Industrial-Organizational Psychology and has been licensed as a clinical psychologist by the California State Board of Psychology since 2004 (CA License #PSY20050). Recognized by Wikipedia as a 21st-Century American Psychologist, she brings more than 25 years of direct clinical experience helping clients create meaningful change in both their personal and professional lives.

Experience

Dr. Christine E. Dickson, PhD Clinical Psychologist
Private Practice Owner
2011 - Present (15 years)
San Francisco, CA

Dr. Christine Dickson is a California licensed psychologist [CA Lic# PSY20050]. She is licensed to work throughout California and offers individual therapy, couples counseling, and executive coaching.

Specialties include:

- Life Balance
- Work-Related Stress
- Stress Management
- Weight Loss
- Emotional Eating
- Medical Conditions
- Pain Management
- Relationship Difficulties
- Reproductive Issues
- Sexual Problems
- Sexual Orientation
- Anger Management

- Anxiety Disorders
- Obsessive-Compulsive Disorder
- Sleep Problems
- Depression
- Bipolar Disorder
- Eating Disorders
- Grief & Loss
- Trauma & Abuse
- Addictions

CLIENT TESTIMONIALS:

"I value every minute of our sessions. It was just my best luck in a long time when you took me as a client. My expectation was that you'd help me survive the last few months with minimal damage. I not only survived, I am happier and healthier now than I can remember. I would not have gotten here alone or with any therapist I've seen before."

To read more client testimonials go to: trivalleypsychotherapy.com/testimonials.html

The Blog of Clinical Psychologist, Christine E. Dickson Blogger

2017 - Present (9 years)

California, United States

Initially started as a blog to share self-help advice with my clients but has grown to 100 plus articles, nearly 40,000 views, and read worldwide in the US, Canada, Brazil, Argentina, Panama, Jamaica, most of Europe, Russia, India, Pakistan, Lebanon, Egypt, Kenya, South Africa, Japan, China, Vietnam, Singapore, Indonesia, Malaysia, Philippines, Australia, and New Zealand.

Claremont Behavioral Health

Contract Psychologist

2011 - 2021 (10 years)

Alameda

Offered the following services:

- Executive Coaching for Public Sector Employees.
- First Responder Services for Alameda County Police, Firefighters, and BART Police.

-Trauma Response Counseling and Fitness for Duty Evaluations for AC Transit and BART.

-Critical Incident Stress Debriefings.

University of Southern California

Guest Lecturer, Executive Master of Leadership Program, Price School of Public Policy

June 2015 - June 2015 (1 month)

-Designed and delivered an interactive 3-hour workshop entitled, "Building Emotional Intelligence" to executives in a broad range of industries.

-Discussed 5 Core Skills of Emotional Intelligence outlined by Daniel Goleman, PhD in his book "Emotional Intelligence: Why it is More Important than IQ"

-Executives completed an Emotional Intelligence Assessment to identify strengths and areas for improvement.

-Utilized tools from Mindfulness-based Emotional Intelligence Training to build self awareness.

-Executives were introduced to cutting edge research in neuroscience by Jon Kabat Zinn, PhD to

demonstrate how mindfulness meditation can strengthen neural circuitry in the brain associated with self awareness, introspection, and compassion as well as weaken neural circuitry associated with anxiety and anger.

-A 10 minute mindfulness meditation called "Take 10" by Headspace.com was delivered.

-Executives were trained in cognitive behavioral techniques to provide them with tools to better regulate emotions when dealing with difficult people and stressful work situations.

-Executives learned to better cope with information overload and electronic distraction in order to maintain focus and motivation using techniques by Daniel Levitin, PhD in his book "The Organized Mind."

-Empathy and compassion was emphasized using strategies outlined by Chade-Meng Tan from the Search Inside Yourself Leadership Institute.

-Cognitive behavioral techniques in assertiveness training were utilized to help executives better master communication with difficult people. 5 techniques were emphasized such as Broken Record/ Clarification, Fogging, Content-to-Process Shift, Defusing, and Assertive Inquiry.

State of California

Consulting Psychologist

2006 - 2011 (5 years)

San Francisco Bay Area

Conducted large-scale audits to ensure compliance with court mandated requirements, conducted weekly peer review audits, coordinated the referral, tracking, processing, transfer and follow up of patients to the California Department of Mental Health, completed monthly reports and statistical analyzes of program utilization, built relationships with key institutions and staff, and delivered feedback in monthly management meeting. Conducted over 2,850 psychological interviews, assessments, and follow-up sessions.

National University

Adjunct Professor of Management & Psychology

June 2000 - June 2008 (8 years 1 month)

National University is the second-largest private, nonprofit institution of higher education in California and the 12th largest in the United States. I had the pleasure of teaching face-to-face and online courses for 8 years in both management and psychology to adult students working full-time in business.

Wells Fargo

Consulting Psychologist

2004 - 2006 (2 years)

San Francisco

Conducted over 500 coaching sessions with employees and managers. Developed an Emotional Intelligence Resource Kit as part of a corporate leadership development initiative, conducted trainings on appreciative inquiry techniques used in high-level business consultations, and consulted on outcomes measurement and tracking systems.

Foresight Management

Founder & Consultant

May 2003 - 2006 (3 years)

-Awarded grants from the Alfred P. Sloan Foundation, U.S. Department of Labor, and U.S. Chamber of Commerce to support outreach and educational workshops for San Francisco Bay Area Employers on the benefits of workplace flexibility. My workplace flexibility forums were featured in the San Francisco Chronicle, the San Francisco Business Times, and the Northern California Human Resources Association (NCHRA).

-Participated in think tank sessions on workplace flexibility at IESE business school, in Barcelona, Spain, one of the top ranked international business schools in the world.

- Presented "Flexibility: A Critical Leadership Skill" at The Conference Board an association providing the world's leading organizations with trusted business insights.
- Keynote speaker on leadership and workplace flexibility at the National Employee Assistance Professionals (EAP) Association.
- Conducted trainings and consultations with businesses on the benefits of workplace flexibility.
- Conducted research on the business case for workplace flexibility.
- Interviewed on Local Job Network Radio, which airs to over 15 million listeners on "How to Negotiate a Flexible Work Schedule."
- Facilitated group sessions for employees on "How to Negotiate a Flexible Work Schedule."
- Worked closely with the Families and Work Institute, NY, NY, "When Work Works Initiative" to create a large scale business forum on workplace flexibility.

Scripps Health

Clinician - Postdoctoral Fellowship

2003 - 2004 (1 year)

La Jolla, California

Facilitated and designed over 480 groups including cognitive therapy, anger and stress management, problem solving, conflict resolution, and communication skills, facilitated a 40-week psychosocial skills workshop, and provided weekly individual and couples counseling to clients.

US Navy

Clinician - Pre-doctoral Intern

August 2001 - August 2002 (1 year 1 month)

Awarded a Letter of Commendation for superior performance and achievement as a clinician for the National Naval Medical Center, Department of Internal Medicine. In this role, I facilitated support groups and workshops, conducted psychological assessments, personality and intelligence testing, neuropsychological testing, and weekly individual therapy as well as couples counseling for active duty and retired U.S. Navy and Marines diagnosed with HIV/AIDS. In addition, I conducted monthly workshops for the Department of Preventive Medicine on the relationship between substance abuse and sexually transmitted disease.

City of San Diego

Consultant

September 2000 - September 2001 (1 year 1 month)

Facilitated diversity committee meetings, strategic planning support groups, and labor-management partnership committees. Developed a multimedia presentation on gender, race, and class stereotypes for a Diversity Leadership Conference. Wrote an Award-winning essay on a large scale organizational change effort, which won the 2001 Program Excellence Award for Innovations in Local Government Management, Washington, D.C. Project leader on a Web-based Training Survey. Managed all aspects of a system-wide Pay for Performance Reward Program.

Palomar Health

Clinician- Pre-doctoral Intern

September 1999 - September 2000 (1 year 1 month)

Facilitated and designed over 240 groups on stress management, goal setting, communication skills, problem solving, coping skills, death/dying, and grief/loss. Conducted bio-psychosocial assessments and neuropsychological screening batteries to access for Organic Brain Syndrome.

California School of Professional Psychology

Graduate Teaching Assistant

September 1998 - June 2000 (1 year 10 months)

Graduate teaching assistant for Organizational Behavior and Intelligence Testing Courses. Graduate level writing proficiency tutor for 3 years.

Rutgers University

Writing Tutor

September 1994 - August 1998 (4 years)

New Brunswick, NJ

I was honored to be selected my junior year to work at the amazing writing center at Rutgers University. I had the pleasure of helping students at all levels develop their critical thinking skills. I was empowered by the Center to philosophically examine social and psychological concepts in an effort to assist students in developing creative arguments for their expository writing classes. I continued to work for the Center while completing my graduate degree.

YMCA

Life Guard

June 1992 - August 1994 (2 years 3 months)

As a young person, I took responsibility for the lives of children and adults as a lifeguard and swimming instructor for the YMCA.

Education

Rutgers University, The State University of New Jersey - New Brunswick

B.A. (Graduated Magna Cum Laude), Psychology & English Literature · (1992 - 1996)

University of California, Berkeley

Postdoctoral Coursework in Counseling / Psychotherapy · (2005 - 2010)

California School of Professional Psychology, San Diego (APA Accredited)

Dual Ph.D., Clinical Psychology & Industrial/Organizational Psychology · (2000 - 2003)

California School of Professional Psychology, San Diego (APA Accredited)

M.S., Psychology · (1998 - 2000)

Kean College of New Jersey

M.A. (Graduated Summa Cum Laude), Industrial-Organizational Psychology · (1996 - 1998)