**Curriculum Vitae**

Sean J. O'Hara Psy.D, NCAC I, SAP

## PERSONAL DATA

Occupation-Itinerant Psychologist Address - San Diego, California Phone - Work (619) 994-9550 Citizenship - United States of America, Commonwealth of Australia NSW Birthplace - New Brunswick

Languages - English

Hobbies - Cycling, Surfing, Travel, Yoga

Dr. O'Hara holds Dual Citizenship and is a legal citizen holding passports in the United States of America & Commonwealth of Australia--New South Wales

## LICENSURE

STATE OF CALIFORNIA Board of Psychology; License # PSY-19909

AMERICAN PSYCHOLOGICAL ASSOCIATION #06665789

STATE OF HAWAI'I Board of Psychology PSY-1741

## CERTIFICATIONS

National Association of Alcoholism and Drug Abuse Counselors Certification # 32773

International Consortium of Alcoholism and Drug Abuse Counselors Certification #13337

United States Department of Transportation: Substance Abuse Professional (SAP)

## EDUCATION

1989 to Date - Continuing Education Conferences-
*American Psychological Association

*Professional Psych Seminars

2019 November- Michael Yapko Ph.D-16 Hour Advanced Training Treating Depression with Clinical Hypnosis.

1992 to Present (SAP) Substance Abuse Professional for Department of Transportation and Department of Defense

2015-Michael Yapko Ph.D- 16 Hour Advanced Training in Clinical Hypnosis to treat Anxiety and Depression-Discrimination Techniques

2007 Michael Yapko Ph.D- 100 Hour Training in Clinical Hypnosis to treat Anxiety and Depressive Disorders.

2004 American Pacific University. Clinical Hypnotherapist.

1999 to 2000 - Doctor of Psychology
(Specializations in Industrial/Organizational
Psychology , Clinical, Sports and Addiction Psychology)
United States International University/ Alliant University

1995 to 1997 - Master of Arts in Clinical Psychology
Accumulative Grade Point Average 3.9
Graduated Magna Cum Laude
United States International University

1993 to 1995 - Bachelor of Arts in Psychology Accumulative Grade Point Average 4.0 Graduated Summa Cum Laude
United States International University

1990 to 1993 - Associate of Arts in Behavioral Sciences
Accumulative Grade Point Average 4.0
Graduated Summa Cum Laude
San Diego City College

1990 to 1993 - Certificate of Achievement in Addiction and Compulsive Disorders Counseling
Accumulative Grade Point Average 4.0
Graduated Summa Cum Laude

San Diego City College

## CLINICAL EXPERIENCE & EMPLOYMENT

1990-to Present- Substance Abuse Professional for Department of Transportation and Department of Defense

performing evaluations for residents/employees in the State of California and the State of Hawai'i

2004 to present - Sean O'Hara Psy.D, NCAC I, SAP Treatment & Consultation, San Diego, California Psychoanalysis, Psychotherapy, Assessments for DOT and DOD, Clinical Hypnosis, Psycho-Education and Crises Intervention with Individuals, Couples and Families, Corporations and Athletes, Psychometric Testing, TBI, Crises Intervention, Sports Psychology and Forensics Evaluations

2015 to 2020- Clear Recovery Center Los Angeles, California- Director of IOP/PHP Administrative and Clinical Program Development- Intensive Outpatient Program for Clinical Psychiatric Disorders and Addictions-Clinical Supervisor for Department of Psychology Predoctoral and Postdoctoral Interns, Marriage and Family Therapists and CCAPP/NAADAC Addiction Counselor Interns

2002 to 2014- Alvarado Parkway Institute San Diego, California - Clinical Supervisor for Department of Psychology, Predoctoral and Postdoctoral interns.

2002 to 2008 -Pacific Health Systems, San Diego, California. Director of Behavioral and Addictive Disorders Services.

1995 to Date- Cloverdale Miracle Houses, New Life House and Reality House Structured Recovery and Behavioral Living for Men, Los Angeles, California- Consulting Psychologist.

2002 to 2011 Alvarado Parkway Institute Hospital, San Diego, California - Program Director of Behavioral and Addictive Disorders.

2005 to 2009 Athletes, Artists and Entertainers Retreat, San Diego, California- Consulting Psychologist.

1996 to 2002 - PsyCare Medical Corporation, San Diego, California -Director of Behavioral and Addictive Disorders

1990 to Date - Sean O'Hara Treatment & Consultation, San Diego, California—Addiction and Behavioral Psychology, Crises Intervention, Forensic Psychology, Pathological Gambling, Affective Disorders, Personality Disorders

1993 to 1996 - Charter Behavioral Health Systems of San Diego Director of Behavioral Disorders

1992-1996- Director for CAADAC Region 1 South, San Diego, California

1989 to 1993 - Alvarado Parkway Institute, San Diego, California Dual Diagnosis Counseling

## PUBLICATIONS

O'Hara, Sean J. (2012) "FREUD AND JUNG" "When Geniuses Collide" A Screenplay. Registered: American Screenwriters Guild: Hollywood, CA.

O'Hara, Sean J. (2009) "THE HOUSE" A Screenplay. Registered: American Screenwriters Guild: Hollywood, CA.

SCREENPLAY CORRESPONDENCE: Colin John O’Hara:

colin1@me.com

IMDB: Colin O’Hara.

O'Hara, Sean, J., (2001). Outcomes and Efficacy of School Violence Prevention Programs. Bell & Howell Co.

O'Hara, Sean, J.,(2001). A New Millennium: Parity, Third Party Pay and the Counselor. Freedom: May/June.

O’Hara, Sean, J.,(1998). Field Specialization in Substance Abuse Counselors.
Freedom: Vol. 22, No. 3, 2-4, January.

O’Hara, Sean, J., (1997). Finding your Niche in Specialization. Counselor Magazine: Vol. 15, No. 6, November-December.

O’Hara, Sean, J.,(1995). Substance Abuse in the Workplace. San Diego Rental Owner: Vol. 42, No. 2, 18-19, February.

**LECTURES, SYMPOSIA & MEDIA**

(Selected from over 1000)

Impact of Quarantine, Isolation and Covid19 on Mental Health, Alcoholism and Addictions Across Diverse Populations: Review of Statistical Implications, Outcomes and Comparisons to previous Pandemics-

State of Hawai'i-Department of Addictive Disorders, Department of Behavioral Sciences, Department of Psychology and Teachers Association- Honolulu, Hawai'i 19 July 2021.

Cyberbullying, Cyberstalking, Sexting and the Law: Impact of Quarantine and Covid19 and Aggressive Behavioral Problems- State of Hawai'i-Department of Addictive Disorders, Department of Behavioral Sciences, Department of Psychology and Hawaiian Teachers Association- Honolulu, Hawai'i 21 June 2021.

Culture of Smoking: Vaping Nicotine and Cannabis- Impact of Quarantine and Covid19 and National Statistics on Health and Mortality. State of Hawai'i-Department of Addictive Disorders, Department of Behavioral Sciences, Department of Psychology and Teachers Association- Honolulu, Hawai'i 24 May 2021.

Impact of Covid19 and Quarantine on Mental Health, Social Distancing, Anxiety and Depression. University of Hawai'i Maui Campus, Kahului Hawai'i November 9th 2020

Impact of Covid 19 and Quarantine on Substance Use Disorder- What is Real and What is Propaganda.
University of Hawai'i Maui Campus, Kahului Hawai'i October 12th 2020

Culture of Smoking Vaping: Nicotine and Cannabis.
University of Hawai'i Maui Campus Kahului Hawai'i April 29th 2020

Forensics Psychology and Personality Disorders
University of Hawai'i Maui Campus Kahului Hawai'i
June 5th, 2019

Clinical Hypnosis and Guided Imagery and Treating Anxiety and Relapse Prevention Workshop
State of Hawai'i Department of Behavioral Sciences, Aloha House. Wailuku, Hawai'i June 14th, 2019.

"Statistics, Diagnosis and Treatment Implications"
Anxiety Disorders- Promoted By Propaganda and Media
Aloha House, State of Hawai'i Department of Behavioral Services, Maui, Hawai'i April 5th, 2019

Tech and Gaming Disorder- "Neurobiological, Social and Psychological Impact on Diverse Populations"
University Of Hawai'i, Maui Campus, April 4, 2019

"The Addict Archetype" Jungian Archetypal Imagoes in Popular Media and Culture. Propaganda and Media.
University of Hawai'i Maui Campus, Maui, Hawaii
December 6 2018

"The Addict Archetype" Jungian Archetypal Imagoes in Popular Media and Culture.
LahainaLuna High School, Lahaina, Maui, Hawaii December 5 2018

“Tech Addiction and Gaming Disorder” Statistics on Social, Psychological and Cultural Impact.Wailuku Family Center, Wailuku Maui, Hawaii December 4 2018

“Etiologies, Neurobiology and Behavioral Aspects of Mental Health and Personality Disorders
Psychology Department and Faculty, University Of Hawai’i, Maui Campus August 10th 2018.

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact.
Association for the Boys and Girls Club, Kahului, Maui, Hawai’i August 10, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact.
Aloha House, Makawao, Maui, Hawai’i August 7, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact.
Kaiser Permanent South Bay, Los Angeles, California June 20, 2018
“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact.
School Theatre Rancho Bernardo High School May 22, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact.
Clear Recovery Center, Redondo Beach California May 14, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact.
Longshoreman Union, South Bay, Los Angeles, California April 17, 2018

“The Addict Archetype” Jungian Archetypal Imagoes in Popular Media and Culture. Propaganda Manipulations.
Aloha House, Makawao, Maui, Hawai’i March 14, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact.
Open Theatre at Mt. Carmel High School February 20, 2018

“Bullying, Cyberbullying, Sexting and the Law” How to Prevent Violence in our Junior and Senior High Schools and University Campuses-
Teachers Association San Diego, California. September 17th, 2018.

Etiologies, Neurobiology and Behavioral Aspects of Mental Health and Personality Disorders
Psychology Department and Faculty, University Of Hawai’i, Maui Campus August 10th 2018.

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact. Association for the Boys and Girls Club, Kahului, Maui, Hawaii August 10, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact. Aloha House, Makawao, Maui, Hawaii August 7, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact. Kaiser Permanente South Bay, Los Angeles, California June 20, 2018

“Technology and Gaming Disorder” Statistics on Social, Psychological and Cultural Impact. School Theatre Rancho Bernardo High School May 22, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact. Longshoreman Union, South Bay, Los Angeles, California April 17, 2018

“Technology and Gaming Disorders” Statistics on Social, Psychological and Cultural Impact. Clear Recovery Center, Redondo Beach California May 14, 2018

"The Addict Archetype” Jungian Archetypal Imagoes in Popular Media and Culture. Aloha House, Makawao, Maui, Hawaii March 14, 2018

"Tech Addiction” Statistics on Social, Psychological and Cultural Impact. Open Theatre at Mt. Carmel High School February 20, 2018

PBS- The History Channel- “Artificial Humans and Emotional Attachment” Taped 12 February 2018 Culver City, Los Angeles, California.

“VGA, Tech Addiction & FOMO” - Poway Unified School District- Theater of the Arts- Mt. Carmel High School, Rancho Penasquitos, California January 2018

Anxiety Disorders and Adjustment Reactions Types and Traits. 22cd Annual Scripps Medical Conference in Paradise. Hyatt Regency Kaanapali Maui, Hawaii. March 2017

Mortality Rates Vs. Treatment Interventions in Alcoholics, Addicts and Pathological Gamblers in National Populations. 22cd Annual Scripps Medical Conference in Paradise. Hyatt Regency Kaanapali Maui, Hawaii. March 2017

Video Gaming Addiction and Socialization Deficits in Younger Populations. Hawaiian Preparatory Academy. Kailua-Kona, Hawaii March 2016

Utilizing Hypnosis and Guided Imagery in Relapse Prevention. Smoking Cessation and Weight Reduction. Alvarado Parkway Institute Behavioral Healthcare. San Diego California February 2016

DSM-V Personality Disorders: Who Uses What? Alvarado Parkway Institute Behavioral Healthcare. San Diego California November 2015

The Addict Archetype: Archetypal Imagoes in Modern Society. Alvarado Parkway Institute Behavioral Healthcare. San Diego California. June 2015

Internet and Video Gaming Addiction: Interventions and Treatment. San Diego Unified School District. San Diego, California. April 2015

Internet and Video Gaming Addiction. 20th Annual Scripps Medical Conference in Paradise. Hyatt Regency Maui, Hawaii. March 2015

DSM V Personality Disorders. 20th Annual Scripps Medical Conference in Paradise. Hyatt Regency Maui, Hawaii. March 2015

Internet and Video Gaming Addiction in young Adults. San Diego Unified School District, San Diego, California. October 2014

Personality Disorders[ “Traits and Identification in Medical Populations.” Scripps Medical Association Annual Conference for Medical Doctors. Mission Bay Hilton, San Diego, California. August 2014

Etiology of Addictions in the Lifespan Ages: County of San Diego. Rancho Bernardo Unified School District, Teacher and Parents Association, Rancho Bernardo, California. January 2012

Personality Disorders: Diagnosis and Approaches for Treatment. Reality Cloverdale House, Los Angeles, California. January 2012

Opioid Epidemic: Intervention, Prevention and Treatment. County of San Diego. Poway Unified School District. San Diego, California. September 2011

Clinical Hypnosis: Treatment Approaches and Efficacy. County of San Diego Employee Assistance Programs, San Diego, California. June 2008.

Clinical Hypnotherapy: History of Hypnosis and it's efficacy on Affective Disorders, Weight reductions, Addictions Performance Anxiety and Sports. (SDSU) San Diego State University: Department of Student Health and Medicine. January 2008.

Pathological Gambling in the Technological Era. County of San Diego Employee Assistance Program Department (EAPA). San Diego, California. July 2006.

Neurobiology and Treatment Approaches. Artists Athletes & Entertainers Retreat, San Diego, California. July 2005

Anabolic Androgenic Steroids (AAS) & Creatine Usage in High School and Collegiate Athletes. Coach Association. Dept. of Education, San Diego 2002.

MTV new series: “ Ground Zero Addictions". Aired July 2002, Los Angeles, California.

Symposium: "Sports - Exploring Drug Policies and Strategies for Student Athletes", 7th Annual Substance Abuse Summit, May 13-14, 2002, San Diego, California.

Television show: "Heaven Help Us!" with Father Miles O'Riley, aired on April 21, 2001 on PBS, San Francisco, California.

Television program: "Flipped" aired on MTV on August 6, 2001 at 10:30 pm. Shapiro Productions.

Television program: "The Teen Files: The Truth About Drugs", aired on the UPN Network on Friday, April 7, 2000. Shapiro Productions. Video available at http://www.teenissues.com.

O'Hara, Sean J., Interventions with Adolescents in the Community. Symposium presentation at SECAD-South Eastern Conference on Alcohol and Drugs, 21st Annual meeting, Atlanta, Georgia, 1998. An audio tape is available.

O'Hara, Sean, J., Case Management, Managed Care and Chemical Dependency Treatment. Symposium presentation for National Association of Alcoholism and Drug Abuse Counselors, 22nd Annual meeting, San Francisco, 1997.

O'Hara, Sean, J., Diagnostic and Clinical Considerations in Chemically Dependent Teenagers. Lecture presented at HHRC Insurance and Employee Assistance Group of San Diego 1997.

Radio Program, KSON FM, San Diego: Detection and Intervention of Substance Abuse in families. April, 1996.

O'Hara, Sean, J., Working with Managed Care and Addictive Disease Treatment.

Symposium presentation for California Association of Alcoholism and Drug Abuse Counselors, 17th Annual meeting, Sacramento, 1995.

O’Hara, Sean, J., Diagnosing Adolescent Substance Abuse. Lecture presented to Allied Mental Health Professionals of San Diego, 1996.

O’Hara, Sean, J., Trends in Chemical Dependency. Lecture presented at Alvarado Parkway Institute of San Diego, 1995.

## TEACHING EXPERIENCE

2003 to 2012- Stanford School of Medicine- Provides lectures of psychology, pharmacology and addictive disorders to medical and nursing students

1992 to 2010 - Provides lectures on psychology, psychopharmacology, addictive disease, intervention, treatment, and mental health issues at the following:

San Diego City College Department of Psychology, Behavioral Sciences and Alcohol and Drugs Studies; Adjunct Professor.

Fraternity and Sorority Organizations, University of San Diego.

San Diego Unified School District, San Diego, California.

Escondido Unified School District, Escondido, California.

Poway Unified School District, Rancho Bernardo, California.

Coronado Unified School District, Coronado, California.

San Diego Juvenile Court, San Diego, California.

Recovery Homes of San Diego County, California.

Children's Home Society, San Diego, California.

Phoenix Academy, Descanso, California.

## PROFESSIONAL EXPERIENCE

1996 to 2002 National Association of Addiction Specialists (NAADAC) Board of Directors, Ad Hoc Managed-Care Committee Chair

1996 to 1997 National Association of Alcoholism and Drug Abuse Counselors (NAADAC) Legislative Committee Board Member.

1992 to 1995 California Association of Alcoholism and Drug Abuse Counselors, San Diego, California, Board Of Directors, Director for Region 1 South.

## RESEARCH EXPERIENCE

2001 to Present -Synergy San Diego, California. Assessment and referral to various ongoing research programs

1998 to Date - Substance Abuse Subtle Screening Inventory. SASSI Institute -Adolescent Profile Revision.

1997-2001 - Violence Prevention Programs.
United States International University, San Diego, California.

1996 to 1997 Naltrexone and Alcohol Craving in Clinical Populations. PsyCare Medical Corporation, San Diego, California.

## ORGANIZATIONAL MEMBERSHIPS & AFFILIATIONS

1997 to Date - American Psychological Association. 1997 to Date- California Psychological Association.

1991 to 2007 - California Association of Alcoholism and Drug Abuse Counselors.

1992 to Date - National Association of Alcoholism and Drug Abuse Counselors.

1993 to 2008 - International Consortium of Addiction Professionals.

1994 - Psi Chi, United States International University Chapter, San Diego, California.

## SCHOLARSHIPS AND COMMENDATIONS

1994 Psi Chi. Honors. United States International University Chapter, San Diego, California.

1994 Presidential Scholarship.
United States International University, San Diego, California.

1993 Commendation.
Charter Behavioral Health System, San Diego, California.

## REFERENCES

Ryan Wilke MD Psychiatrist San Diego, California
858-592-0995

Kent Layton Psy.D Psychiatric Health Systems 7200 Parkway Drive Suite 113 La Mesa, Ca 91942
(619) 922-3817

Rosben Guiterrez MD Psychiatrist PsyCare Medical Corporation- 619-708-2052

Robert Friedman M.D. PsyCare Medical Corporation 4550 Kearny Villa Road
San Diego, California 92103 (619) 279-1223 Extension 412

Neenah Amarel Ph.D San Diego, California 858-485-1234

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SECAD Conference Administrator Charter Behavioral Health Care Systems
577 Mulberry Street
Macon, Georgia 31298
(800) 845-1567

Harold Brown Ph.D Clinical Psychologist San Diego, California 619-992-9879