

ANDREA M. KULBERG PHD, CEDS

LICENSED PSYCHOLOGIST CA#29196 CO#2652 WA#61104614

1482 East Valley Rd Suite 17
Montecito CA 93108
970 309 1160 (c)

drk@anxietyexperts.com
www.anxietyexperts.com
805 878 7161 (f)

CURRICULUM VITAE

EDUCATION

Alliant International University (fka California School of Professional Psychology)

San Diego CA

PhD Clinical Psychology

1995

MA Clinical Psychology

1992

Westmont College

Santa Barbara CA

BA Psychology; Minor, Religious Studies

1988

EXPERIENCE

Anxiety Experts of California (Santa Barbara/Montecito/Ventura/Santa Monica)

6/18-present

Clinical Director, supervising team of therapists and dietitians, treating children and adults with OCD and related disorders (including BDD, BFRB's, tic disorders, generalized anxiety, panic, school refusal, social phobia, performance anxiety, anorexia, bulimia, BED, ARFID, OSFED); offering outpatient and intensive outpatient (IOP) levels of care.

Eating Recovery Center, Seattle WA

3/19-5/21

Primary Therapist & Utilization Review Coordinator

Treated patients with eating disorders in virtual PHP and IOP programs; provided group, individual, and family therapy; attended weekly team meetings; completed case reviews for eating disorder patients; interfaced with treatment teams and insurance companies to advocate for coverage appropriate to treatment plans.

Private Practice

9/97- 12/18

Santa Barbara CA (06/17-06/18)

Fort Collins CO (05/15-06/17)

Basalt CO (10/02-09/15)

La Jolla CA (09/97-09/02)

Individual, couples, and family therapy focusing on anxiety-related problems, including OCD & eating disorders; psychodiagnostic, psychoeducational and neuropsychological testing; supervision of community-based therapists in the treatment of eating disorders and severe anxiety disorders.

Mission Harbor Behavioral Health Adolescent Programs, Santa Barbara CA

6/18-12/18

Clinical Director, Partial Hospital and intensive outpatient programs for mood and anxiety disorders; program design, implementation, and supervision of therapy interns, support staff.

La Ventana Eating Disorder Treatment Programs, Adolescent & Adult, Santa Barbara CA

06/17 - 6/18

Clinical Director, partial hospital and intensive outpatient programs for eating disorders, mood disorders and anxiety disorders; program design, implementation and supervision of therapy interns, support staff.

Eating Recovery Center, Denver CO Primary Therapist II, Child and Adolescent Unit Inpatient, residential and partial hospital treatment of children and adolescents with eating disorders and co-morbid anxiety, obsessive-compulsive disorder, depression, and PTSD. Individual and family therapy; ERP groups; behavioral intervention.	08/15 – 06/17
Valley View Hospital, Glenwood Springs CO Behavioral Health Crisis Team Bedside assessment of inpatients in critical care unit & emergency department to determine need for placement in psychiatric facility; discharge planning for follow-up outpatient mental health treatment.	2/14 – 8/15
Bethel Theological Seminary, San Diego CA Associate Faculty Marriage, Child, and Family Counseling program; Professor of Individual and Family Psychopathology.	6/98 – 6/01
Christian Heritage College, El Cajon CA Adjunct Faculty Professor of Introduction to Psychology and Physiological Psychology.	9/97 – 6/99
Learning Services, Escondido CA Staff Psychologist Neuropsychological counseling, cognitive rehabilitation, and behavioral management at a residential facility for neurologically involved adults.	6/96 – 12/99
New Life Clinic, San Diego CA Psychological Assistant Supervised by: Daniel L. Jenkins, PhD Individual child, adolescent, and adult psychotherapy; couples and family psychotherapy; psychodiagnostic, and psychoeducational testing.	12/95 – 8/98
Douglas E. Harrington, PhD, ABPN, Private Practice, Newport Beach CA Christina A. Baser, RN, PhD, Private Practice, Carlsbad CA Psychological Assistant/Psychometrician Neuropsychological assessment, neuropsychological counseling, and cognitive rehabilitation with adolescents and adults.	9/94 – 8/97 5/95 – 9/97
Cedars-Sinai Medical Center, Rehabilitation Psychology and Neuropsychology, Los Angeles CA Psychology Intern Supervised by: Steven I. Boksenbaum, PhD, ABPP Neuropsychological assessment, neuropsychological counseling, and cognitive rehabilitation with adult in-patients of varying diagnoses from cerebrovascular accident and brain tumor to traumatic brain injury and dementia; behavioral management; individual and family psychotherapy; rounds presentations; author on two research papers related to cognitive awareness of deficits, including data collection, data analysis, and manuscript preparation.	9/93 – 8/94
Coastline Community College, Traumatic Head Injury Program, Costa Mesa CA Psychometrician Supervised by: Douglas E. Harrington, PhD, ABPN	7/92 – 8/93

Neuropsychological assessment/treatment of brain-injured adults; individual, couples, and family psychotherapy.

Alliant International University (fka California School of Professional Psychology), San Diego CA 8/91 – 6/95

Research Assistant

Studying under: Sharon L. Foster, PhD

Research design; data collection and analysis; manuscript preparation for studies in children's peer relations.

Alliant International University, San Diego CA 9/92 – 12/92

Teaching Assistant

South Bay Guidance Center, Chula Vista CA 7/91 – 9/92

Psychology Intern

Child, adolescent, and adult individual and family psychotherapy, group therapy, and psychodiagnostic assessment.

New Haven Home, Vista CA

2/90 – 10/90

Group Home Manager

Design/implementation of behavioral modification program for adolescent boys; training/supervision of 10 employees

Rapha, HCA South Arlington Medical Center, Arlington TX 10/88 – 1/90

Psychiatric Technician

Milieu therapy with adult psychiatric in-patients

The Devereux Foundation, Santa Barbara CA 1/88 – 7/88

Psychology Intern

Co-facilitation of group therapy, including social skills training with developmentally disabled adolescents; vocational rehabilitation, including task analysis, time studies, and job training/coaching

PUBLICATIONS

Foster, S.L., Martinez, C.R. Jr., & Kulberg, A.M. (1996). Ethnicity in children's peer relations. In T. M. Ollendick & R.J. Prinz (Eds.), *Advances in Child Clinical Psychology* (Vol. 18) NY: Plenum.

RESEARCH PAPERS/PRESENTATIONS

Kulberg, A.M., Hollister, C., Hamilton, K., Hamilton, Z., & Eddy, F. (2024, July). Conquering Stigma and Shame Around Sexual and Aggressive Obsessions: A Family Panel. International OCD Foundation Conference, Orlando FL.

Kulberg, A. (2024, June). Proper Assessment and Treatment for Anxiety-Based Disorders. Closing Keynote at West Coast Symposium on Addictive Disorders, La Quinta CA.

Kulberg, A. & Evans, S. (2023, June). The Intersection of Diabulimia and Athletics. A live talk for the Southern California Chapter of the International Association of Eating Disorder Professionals (IAEDP).

Kulberg, A. & Sterling, G. (2022, October). Add Some Acceptance & Commitment Therapy to Your ERP, Without Confusing Things! A Family Workshop. Online International OCD Foundation (IOCDF) Conference.

Kulberg, A. (2022, May). Eating Disorders as an OCD-Spectrum Illness. A live webinar for the Denver Chapter of the International Association of Eating Disorder Professionals (IAEDP).

Kulberg, A. & Evans, S. (2022, May). Treating ARFID: Live and Imaginal Exposure Protocols for Therapists and Dietitians. Multi-Service Eating Disorder Association (MEDA) Annual Conference, Boston MA.

Kulberg, A. (2022, April). Doubt & Uncertainty: Clinical Methods to Help Clients Find Greater Freedom From Anxiety. A live webinar for the Santa Barbara Chapter of the California Association of Marriage and Family Therapists.

Kulberg, A. (2019, September). Why Your Client With Substance Use Disorder Won't Stay Sober Until the Eating Disorder is Treated. A live webinar for C4 Recovery Foundation Events.

Kulberg, A. (2018, November). Why Most Therapists Make Anxiety Disorders Worse, And What to Do Instead. A live webinar for C4 Recovery Foundation Events.

Kulberg, A. (2018, June). When Coping Kills: Applying Exposure Therapy to Eating Disorders & Addiction in Patients with Pre-Existing Anxiety. West Coast Symposium on Addictive Disorders, La Quinta CA.

Kulberg, A. (2018, May). When the 12-Steps Aren't Enough: The use of Exposure with Response Prevention (ERP) Therapy in the Treatment of Substance Use Disorders. A live webinar for C4 Recovery Foundation Events.

Kulberg, A. (2018, March; 2018, April). Exposure With Response Prevention Therapy for Eating Disorders and Anxiety Disorders: An Overview. Presentation to Clinical Team at New Beginnings Treatment Center, Camarillo CA; also presented to case management team at Del Amo Behavioral Health, Torrance CA.

Kulberg, A., & Evans, S. (2018, March). How the Anxiety-Disordered Brain Gets Stuck on Body Image, Food & Exercise During Adolescence. International Association of Eating Disorder Professionals Annual Conference (IAEDP), Orlando FL.

Kulberg, A. (2017, October; 2018, March). How to Know When Disordered Eating Becomes an Eating Disorder. A CME presentation to Clinical Team of UCSB Student Health; also presented to PsyD/MFT students at Cal Lutheran. Oxnard CA.

Kulberg, A. (2017, October; 2017, November). When OCD Gets Stuck on Food and Body Image...and How to Fix It. A CEU presentation sponsored by La Ventana Treatment Programs, for mental health professionals in the Santa Barbara & Santa Monica communities.

Kulberg, A., & Weber, J. (2017 September; 2017 October). Perceptions, Distortions & Breaking Free: Debunking Food Myths and Body Image. Presentation to undergraduate students at Santa Monica & Ventura Colleges respectively.

Kulberg, A., & Evans, S. (2017, July). When OCD Gets Stuck on Food and Body Image...and How to Fix It: A Family Workshop. International Obsessive-Compulsive Disorder Foundation (IOCDF) Annual Conference, San Francisco CA.

Foster, S.L., Kulberg, A.M., Martinez, C.R., Jr., Conner, S., Duncan-Bazil, L., & Vaughn, B. (1996, November). Factors related to African-American, Hispanic, and Anglo children's tolerance for antisocial behavior. Paper presented at the Association for Advancement of Behavior Therapy (AABT), New York.

Kulberg, A.M., & Foster, S.L. (1995, November). A comparison of child-defined and adult-defined aggression in African-American, Mexican-American, and Anglo boys and girls. Association for Advancement of Behavior Therapy, Washington DC.

Kulberg, A.M. (1995, May). Liking ratings of experimenter-defined aggression and their relationship to child-defined aggression in African-American, Mexican-American, and Anglo fifth and sixth grade boys and girls. Unpublished Doctoral Dissertation. California School of Professional Psychology, San Diego.

Coben, R.A., Boksenbaum, S.I., & Kulberg, A.M. (1994, November). The Cognitive Estimation Test: a potential new measure of frontal-mediated executive functioning. National Academy of Neuropsychology, Orlando.

Coben, R.A., Boksenbaum, S.I., & Kulberg, A.M. (1994, November). Cognitive determinates of unawareness of deficits: the importance of specific frontal-mediated executive functions. National Academy of Neuropsychology, Orlando.

Foster, S.L., Kulberg, A.M., Sullivan, N., Bologlu, L., & Chang, M.K. (1994, November). Latina and Anglo girls' evaluations of positive and negative peer behavior. Association for the Advancement of Behavior Therapy, San Diego.

Foster, S.L., Kulberg, A.M., Sullivan, N., Bologlu, L., & Chang, M.K. (1994, November). The impact of behavioral history on girls' peer liking ratings. Association for Advancement of Behavior Therapy, San Diego.

Foster, S.L., Kulberg, A.M., Sullivan, N., Bologlu, L., & Chang, M.K. (1994, April). Comparability of girls' liking ratings following videotaped versus questionnaire vignettes. Western Psychological Association, Kona, Hawaii.

PROFESSIONAL AFFILIATIONS

American Psychological Association

1988-present

REFERENCES

Liza Feilner, LPC, CEDS-S
Clinical Director, Eating Recovery Center
Child and Adolescent Unit
7351 E Lowry Boulevard, Suite 200, Denver CO
623 451 6278

Michael Spaulding-Barclay, MD
Associate Medical Director, Eating Recovery Center
Child and Adolescent Unit
7351 E Lowry Boulevard, Suite 200, Denver CO
913 948 0591

Dustin Sanchez, MD
Medical Director, Mission Harbor Behavioral Health
403 E Montecito Street, Suite A, Santa Barbara CA
805 364 3165

SAMPLING OF RECENT CONFERENCES/WORKSHOPS ATTENDED

International OCD Foundation Conference (July 2024)

International Association of Eating Disorder Professionals annual conference (February 2023).

Online OCD Conference (October 2022).

Multi-Disciplinary Eating Disorders Association (MEDA) annual conference (May 2022).

13th Annual Eating Recovery Conference on Eating Disorders, presented by the Eating Recovery and Pathlight Foundation, Virtual (August 2021).

International Association of Eating Disorder Professionals annual conference, virtual (March 2021).

International Association of Eating Disorder Professionals annual conference, virtual (March 2020).

Creating Change in Eating Disorder Treatment: A Paradigm Shift. A CE course featuring Leslie A Verral, sponsored by IAEDP Central Coast (May 2018).

Prayer For Compassion – Collaboration Between Eastern and Western Medicine Traditions in the Treatment of Eating Disorders. A CME workshop featuring Terry Eagan, MD, sponsored by Castlewood Treatment Centers for Eating Disorders (March 2018).

Trauma and Addiction. A CE course featuring Jon Caldwell, DO & Alexandra Katehakis, PhD, sponsored by The Meadows (March 2018).

Impacts of DBT in Mind-Body Resolution of Trauma. A CE course featuring Amy Costa, PsyD & Sarah Burney, LCSW, sponsored by Center For Discovery (February 2018).

Nutrition Interventions from Inpatient to Outpatient. A CE course featuring Megan Kniskern, RD, sponsored by International Association of Eating Disorder Professionals Central Coast (February 2108).

Developing Secure Attachment: Making Sense of Your Past to Empower Your Future. A CE course featuring Lisa Firestone, PhD, sponsored by Antioch University (January 2018).