

Curriculum Vitae

David I. Mellinger, M.S.W., B.C.D.

Licensed Clinical Social Worker & Psychotherapist
Board Certified Diplomate in Clinical Social Work (ABECSW)

Independent Psychotherapy Practice

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EDUCATION

M.S.W., University of Kentucky, Major: Mental Health.

B.A., University of Michigan, Majors: English, Secondary Education

PROFESSIONAL CERTIFICATIONS AND LICENSES

Licensed Clinical Social Worker # LCS 8374, State of California, 1980- present.

Board Certified Diplomate in Clinical Social Work #11597, American Board of Clinical Social Work, 1980-present.

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

American Board Clinical Social Work – since 1980

Anxiety and Depressive Disorders Association of America – since 1985

Association of Behavioral and Cognitive Therapy – since 2004

PROFESSIONAL POSITIONS

Psychiatric Social Worker (LCSW) – RETIRED from Kaiser Permanente Department of Psychiatry, Reseda (Los Angeles), CA, 1996- June 2017. Licensed Clinical Social Worker/Psychotherapist; Coordinator of the K-P Valleys Service Area Anxiety Disorders Treatment Program from 2007 until 2015.

Program Director of Compass House – Community Counseling Service, Los Angeles, CA – Directed a short-term treatment program of residential crisis stabilization for mentally ill adults. 12/94-11/96.

Director of Clinical Social Work Service, Mental Health Unit, Encino Hospital, Encino, CA, 8/89-9/91.

Psychiatric Social Worker and Staff Consultant, Anxiety and Panic Disorders – Hillview Mental Health Center, Lake View Terrace, CA. 1979- 89 and 1992-1994.

RECENT TRAININGS

Mindful Self-Compassion –One-day training with Kristin Neff, PhD, Anaheim, CA, 4/17.

Emotion Regulation Therapy – Half-day training with David Fresco, Ph.D. & Douglas Mennin, Ph.D., NYC. 10/16.

Mindfulness-Based Cognitive Therapy (MBCT) – Day long Retreat and one-day training with Zindel Siegel, Ph.D & Mark Lau, Ph.D., Association of Behavioral and Cognitive Therapy, Philadelphia, PA, 11/14.

Cognitive-Behavioral Therapy for Social Anxiety Disorder – One-day training with David M. Clark, Ph.D., Association of Behavioral and Cognitive Therapy, Philadelphia, PA, 11/14.

PUBLICATIONS

Books, Chapters, Articles, Papers, and Lectures

Mellinger, D. I. (2011-2017). Protocol of the Fundamentals of Treatment of Anxiety Workshop (FTAW) – a 6-week, 12-hour intensive, transdiagnostic group treatment for anxiety disorders, implemented in clinical settings in southern California.

Mellinger, D. I. & Lynn, S. J. (2015). *Anxiety Smarts: Cutting Edge Strategies for Overcoming Anxiety and Worry*. Unpublished book manuscript.

Lynn, S., Malaktaris, A., Maxwell, R., Mellinger, D. I., van der Kloet, D. (2012). Do Hypnosis and Mindfulness Practices Inhabit a Common Domain? Implications for Research, Clinical Practice, and Forensic Science. *Journal of Mind-Body Regulation*, 2, 1.

Lynn, S. J., Matthews, A., Fraioli, S. M., Rhue, J. W., & Mellinger, D. I. (2006). Hypnosis and the Treatment of Dysphoria: The 5-Finger Technique. In Yapko, M. D.

(ed.). *Hypnosis and Treating Depression: Applications in Clinical Practice*. New York: Routledge Press.

Mellinger, D. I. (2010). Mindfulness and Irrational Beliefs. Chapter in David, D., Lynn, S. J., & Ellis, A. (2010). *Rational and irrational beliefs: Clinical, research, and theoretical perspectives*. New York: Oxford Press.

Mellinger, David MSW (Spring 2006). Delivered the master lecture on Cognitive-Behavioral Therapy to the student body of the UCLA Department of Social Welfare.

Mellinger, D. I. & Lynn, S. J. (2003). *The Monster in the Cave: How to Face Your Fear and Anxiety and Live Your Life*. New York: Berkley/Putnam-Penguin. (Presents an empirically grounded, cognitive-behavioral, self-directed approach to the treatment of anxiety disorders and conditions). Reprinted in paperback, 2004.

Mellinger, D. I. (January 2003). Professional Help for Angry Professionals. *Southern California Psychiatrist*, 51, 4.

Mellinger, D. I. (Spring 1998). Anxiety: Two Minds for One Mood. *ADAA Reporter*, IX, 2.

Mellinger, D. I. (1992). The Role of Hypnosis and Imagery Techniques in the Treatment of Agoraphobia: A Case Study. *Contemporary Hypnosis*, 9, 1.

Mellinger, D. I. (1988). Anxiety Disorder Treatment with Borderline Personality Disorder Patients. *Phobia Practice and Research Journal* (Fall/Winter), 1, 2.

Mellinger, D. I. (1988). About Relaxing. *Anxiety Disorders* (1988, Fall). 3, 1.

Recently Publications on the World Wide Web

Mellinger, D.I (January 2018). Brief Guide to CBT Self-help for Anxiety, Panic, & Over-worry. Published in www.PanicBuster.com and www.WorryBuster.com..

Mellinger, D. I. (2016). Urgent Care for Panic: Engaging specific mental skills for *gaining the upper hand over panic*. Published in www.PanicBuster.com..

Mellinger, D.I. (April 23, 2014). Mindfulness and Acceptance Can Ease Your Emotional Distress: Meditation-based Cognitive-Behavioral Therapy. Published in www.PanicBuster.com and www.WorryBuster.com..