

Curriculum Vitae

David I. Mellinger. M.S.W.

Licensed Clinical Social Worker & Psychotherapist

In Private Practice

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EDUCATION

M.S.W., University of Kentucky

B.A., University of Michigan

IN PRIVATE PRACTICE IN WOODLAND HILLS AND WESTLAKE VILLAGE, CA SINCE 1982

MOST RECENT POSITION

RETIRED, JUNE 2017 from position as Licensed Clinical Social Worker/Psychotherapist since 1996. Served as Coordinator, Anxiety Disorders Treatment Program, 2007-2015, Sherman Terrace Psychiatry Clinic, Kaiser Permanente, Reseda (Los Angeles), California.

PROFESSIONAL CERTIFICATIONS AND LICENSES

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

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

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

American Board of Examiners in Clinical Social Work – since 1981

Anxiety and Depressive Disorders Association of America (ADAA) – since 1985

Association of Behavioral and Cognitive Therapy (ABCT) – since 2004

International OCD Foundation (IOCDF) – Since 2014

PROFESSIONAL POSITIONS

Psychiatric Social Worker (LCSW) – Kaiser Permanente Department of Psychiatry, Reseda, CA, November 1996-June 2017..

Coordinator, Anxiety Disorders Treatment Program, Sherman Terrace Psychiatry, Kaiser Permanente, Reseda, CA. 2007-2015.

Program Director of Compass House – A short-term treatment program of Community Counseling Service, Los Angeles, CA, providing residential crisis stabilization for mentally ill adults – 1994-1996.

Director of Clinical Social Work Service, Inpatient Mental Health Unit, Encino Hospital, Encino, CA, 1989-1991.

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

PUBLICATIONS

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 University Press.

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/Penguin Group. (A critically acclaimed, empirically grounded, 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. (Fall/Winter 1988). Anxiety Disorder Treatment with Borderline Personality Disorder Patients. *Phobia Practice and Research Journal*. 1, 2.

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

RECENT TRAININGS

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

Mindfulness-Based Cognitive Therapy – One day retreat and one day training with Zindel Siegel, Ph.D., Association of Behavioral and Cognitive Therapy, Philadelphia, PA, 11/14.

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