

Curriculum Vitae

David I. Mellinger

Licensed Clinical Social Worker & Psychotherapist

Private Practice:

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EDUCATION

M.S.W., University of Kentucky

B.A., University of Michigan

CURRENT POSITIONS

Licensed Clinical Social Worker/Psychotherapist, Sherman Terrace Psychiatry Clinic,
Kaiser Permanente, Reseda, CA. 11/96-present.

Private Psychotherapy Practice, Woodland Hills and Westlake Village, CA, since 1982.

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-present.

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.