

Dr. Foojan Zeine is an International Speaker, Author, Psychotherapist, Life and Executive Coach. She has a large private practice in Tarzana, California. Her expertise is in Intimate Relations and Addictive Behaviors. She has extensive experience treating Depression, Anxiety, Traumas, and Domestic Violence.

Foojan is the founder, CEO and the Clinical Director for Personal Growth Institute, a not for profit organization that offers psychotherapy services to the multi-cultural and multi-lingual population. PGI offers affordable psychotherapy services in Persian, Armenian, English, and Spanish languages at three locations of Tarzana, Pasadena and West Los Angeles in the state of California, USA.

Foojan is the originator and the author for “Awareness Integration” psychotherapeutic model, which is a multi-modality approach and intervention toward minimizing Depression, Anxiety while improving Self Esteem and Self Confidence. She conducts training workshops to educate psychotherapists in this model.

Foojan is the founder and the Director of My New Life, outpatient drug and alcohol recovery program. With her expert team of psychotherapists, art therapists, neuro-feedback specialist, chemical dependency counselors and yoga masters in a wraparound service offers a comprehensive program to the users, abusers, addicts and family members.

Foojan presents internationally and is a leading expert in the field of Online Therapy, She is the Co- author of “Online Therapy: A Therapist's Guide to Expanding Your Practice”, published by W.W. Norton 2005. She also has a chapter published titled “Life Coaching” in “A Practice that Works: Tips and Strategies for your Stand Alone Therapy Practice”, 2005. And published an article titled “Moving Away, Moving Toward – Immigration & the Acculturation process” in “Family Therapy” Journal Jan/Feb 2008 pg.26-27.

Foojan has been a guest speaker in many academic and nonacademic institutions. She has given talks, among different places, at UCLA, USC, Aliant University, Massachusetts Institute of Technology (MIT) and Harvard University in Cambridge, MA. She was an invited guest in the Dr. Phil show in 2005

Foojan has been in Hospital Administration. She has headed the Partial Hospital Program Team for Hollywood community of Van Nuys and Pacifica Hospital. She was responsible for organizing, facilitating, and supervising the Clinical and Mental Health staff and Created strong and impact full programs for the Partial Program patients. She has also developed two Transitional Housing Programs for Battered women Alternative in Northern California and Haven Hills in Southern California. These programs offered case management, individual and family counseling for women and their children who have been victims of domestic violence, and had to deal with issues of domestic violence, post traumatic stress disorder, depression, child abuse, parenting, self-esteem, career development, chemical dependency, and eating disorder

Foojan is a co-founder and past elected President of Iranian-American Mental Health Association IAMHA and the Vice President of the Iranian American Psychological Association IAPA. She conducts experiential and interactive seminars that focus on Addiction, Couples' Communication, self-improvement, and organizational skills for the public, psychotherapists and the corporate world.

Foojan hosts a live international satellite television and radio show "*Inner Voice* " on addressing Relationship, Sexuality and psychological issues relevant to the general public. She hosts a variety show that she has artists, singers, actors, and entertainers as her guests and she discusses their art, their life and their experiences in combination with the latest psychological research. She also hosts a show in "Iranian Cinema Channel" where she analyzes movies from psychological perspectives and interview actors and directors of those movies. She is a frequent guest in Voice of America International Television, 670AM KIRN radio program, and is published in various International publication.

FOOJAN ZEINE, Psy.D., M.F.T.

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EDUCATION

- 2003 *Southern California University*
For Professional Studies
Clinical Psychology – Psy.D.
- 1993 **La Jolla University**
Clinical Psychology with an emphasize in
Marriage & family Therapy – M.A.
- 1986 **Pacific International University**
Clinical Psychology & Nutrition – B.A.

LICENSES

Marriage and Family Therapist ... License # **MFC 33723**

CERTIFICATIONS

- Originator of Awareness Integration Model ®
- Certified in Motivational Interviewing Model
- Certified in EMDR Level I
- Certified in 50-hours of Biofeedback Training
- Certified in 40- hours Domestic Violence Training
- Certified in 100 hours of Hypnosis
- Certified in Thought Field Therapy
- Certified Online Therapist and Life Coach
- Certified Reiki Master

RESEARCH

Southern California University 2003

Online Therapy- Utilization and Benefits

PROFESSIONAL MEMBERSHIPS

- California Association of Marriage and Family Therapist (CAMFT)
- American Association of Marriage and Family Therapist (AAMFT)
- Iranian-American Psychological Association (IAPA)

BOARD POSITIONS

- Board PresidentPersonal Growth Institute
- Past Board Vice PresidentIAPA –
Iranian American Psychological Association
- Board SecretaryAndishgah Organization
- Past Board President.....IAMHA-
Iranian American Mental Health Association

PROFESSIONAL EXPERIENCE

2011 **MyNewLife**

Tarzana, CA

Director

Founder and Director for this 90 days outpatient intensive Alcohol & Drug Treatment program.

2000 - present **Personal Growth Institute**

Tarzana, CA

Chief Executive Officer/ President

Founder and Chief Executive Officer for this non-for-profit organization that offers psychological services to multi-cultural and multi-lingual population in three locations of Tarzana, Pasadena and West Los Angeles. Administration, fund-raising, grant writing, clinical supervision for more than 15 interns and trainees.

1996 - present **Private Practice**

Tarzana, CA

Private Practice

Providing individual, couple, group, and family therapy. Facilitating groups including: dispute and conflict resolution, stress/anxiety and anger management, dealing with mentally ill family members, relationship and communication skills, and parenting. Providing lectures for various organizations.

2000 – 2005 **Innovative Professional Solutions** Woodland Hills, CA

Vice President of Program Development

Innovative Professional Solutions is a subsidiary of My Therapy Net; Inc. IPS provides coaching workshops and seminars for corporations, universities, and governmental agencies. IPS utilizes proprietary software and web-based technologies to provide customized measured results and online follow-up. All workshop participants will be provided with online follow-up. Cruises for therapists to earn CEUs (Mexico and Alaska Cruises)

2000 - 2005 **myTHERAPYnet.com**

Woodland Hills, CA

Vice President of Program Development

This company provides online therapy and life coaching for therapists and the consumer. myTHERAPYnet.com is an advanced site that can hold at least 10,000 therapists. This company provides many free services on the site for the public, clients, and therapists. myTHERAPYnet.com is also a provider of educational workshops for both the therapists and the public. Present contract with the Dr. Phil Show.

1998 - 2000 **Bonyan USA** Tarzana, CA

Chief Executive Officer

Administration of this international company which offers self improvement seminars and coaching to public and organizations. Conducted, researched and implemented over 30 experiential and interactive seminars focusing on self improvement, communication skills, organizational skills, healthier relationships, and life-coaching.

1999 **Hollywood Community Hospital of Van Nuys** Van Nuys, CA

Program Administrator

Headed the Partial Hospital Program Team. Responsible for organizing, facilitating, and supervising the Clinical and Mental Health staff. Provided team leadership to ensure efficiency and quality to the program. Developed daily group schedules, outings, and community outreach. Responsible for chart reviews, staff hiring and training, and evaluating patients for appropriate admissions. Created strong and impactful programs for the Partial Program patients.

1998 **Alliance Health Care** Van Nuys, CA

Program Administrator

Responsible for the following duties in the Partial Program setting: caseload, daily groups, individual sessions, patient outings and activities, group and individual documentation, communication with Board and Care operators, treatment planning, marketing and community outreach. Also responsible for Communication with Board and Care operators which included the coordinating of the marketing for the Partial Programs.

Case Manager

Responsible for the following duties in the Inpatient setting: average daily caseload of 10 to 15 patients, daily groups, individual sessions, community outreach, probable cause hearings, one on one basis with the mental health court systems which also included public and private conservators and the legal powers, treatment planning individually and with a team, discharge planning

1998 **Optimist Youth Homes** Van Nuys, CA

Therapist

Provided individual, group and family therapy for teens who were at risk and resided in the group home. Designed groups for the adolescent which included some of the following: conflict/dispute resolution, educational goal setting, acceptance of alternative lifestyles, self-esteem building, multicultural education and sensitivity, stress and anxiety management, relationship and communication skills, substance abuse education, and sex education.

1997 **Haven Hills** Canoga Park, CA

Transitional Housing Supervisor

Case management, individual and family counseling for women and their children who have been victims of domestic violence. Responsible for program development, daily operation, and supervision of Transitional Housing programs. Dealt with issues of domestic violence, post traumatic stress disorder, depression, child abuse, parenting, self-esteem, career development, chemical dependency, and eating disorder. Provided crisis intervention counseling and intake.

1996 **Bienvenidos Foster Family Agency** West Covina, CA

Therapist

Case management of foster children and families. Individual and family therapy with children, the foster families and the biological families. Responsible for educating the foster families with latest parenting skills and the laws pertaining to foster children.

1994 – 1996 **Battered Women's Alternatives**

Concord, CA

Transitional Housing Supervisor

Case management, individual and family counseling for women and their children who have been victims of domestic violence. Responsible for program development, daily operation, and supervision of Transitional Housing programs. Dealt with issues of domestic violence, post traumatic stress disorder, depression, child abuse, parenting, self-esteem, career development, chemical dependency, and eating disorder. Provided crisis intervention counseling and intake.

Men's Program Counselor & Shelter Counselor

Conducting groups for the batterer's program and the women and children in the shelter.

1991-1994 **Randon Institute**

Pasadena, CA

Therapist

Providing individual, couple, group, and family therapy. Specializing in Depression, Anxiety, Post Traumatic Stress Disorder, Anger Management and Obsessive-Compulsive Disorders.

LECTURES

- Find the love that want & Deserve – September 2011 – Los Angeles, CA
- Education & Parenting of Children – August 2011- Los Angeles, CA.
- Choose Your Mate – July 2011- Los Angeles, CA
- Effective Communication – June 2011 – Los Angeles, CA
- Prevention of Mental Illness – June 2011- UCLA, Los Angeles, CA
- Love, Marriage & Sex – May 2011- Los Angeles, CA
- Marriage: the Good, the Bad and the Ugly – April 2011 – Los Angeles, CA
- Managing Psychological State in Business – September 2010, Los Angeles, CA
- Family & Youth In Iran – September 2010, San Diego, CA
- Authenticity – August 2010, Los Angeles, CA
- Implication of Drugs & Alcohol on Teen's life – June 2010 – Los Angeles, CA
- Neuroscience of Overcoming Destructive Behaviors - May 2010- UCLA, Los Angeles, CA
- Cultural Implication of The Answer Model- May 2010- UCLA, Los Angeles, CA
- Secret of Parenting –From Diaper to Dating – Feb. 2010 – UCLA, Los Angeles, CA
- Mental Health in Economic Distress – Nov. 2009 – Los Angeles, CA
- Cultural Depression – Nov. 2009 – UCLA, Los Angeles, CA
- Immigration & Acculturation, A Family Process- Oct.2009 – AAMFT Annual Conference – Sacramento, CA.
- Effective Leadership – May 2009 – USC, Los Angeles, CA
- Moving Away, Moving Toward & Renewal of Life – April 2009 – CAMFT 45th Annual Conference – Los Angeles, CA
- Immigration and Acculturation – Jun 2009 – FIGT Annual Conference, Houston, TX
- Stress & Anxiety – Feb. 2009 – UCLA, Los Angeles, CA.
- Domestic Violence in the Persian Community – Oct. 2008- California State University, Northridge, Northridge, CA.
- Anger Management – Sept. 2008 – UCLA, Los Angeles, CA
- Acculturation of Iranian Immigrants – Aug. 2008- 7th Biennial Conference of the International Society of Iranian Studies (ISIS)- Toronto, Canada
- Effective Teamwork – Jun 2008- USC, Los Angeles, CA.
- Our Role in the lives of Children – Nov. 2007 – Child Foundation – Irvine, CA.
- Addiction – October 2007 – Peirce College, Reseda, CA.
- The good, the bad & the Ugly of Marriage – Aug. 2007 – Mehregan Foundation, San Diego, CA

- Tap into the Leader within – May 2007- California Technology Institute, Pasadena, CA
- Intimate Relationship – May 2007 – Harvard University, Boston, MA
- Immigration & Acculturation – Feb. 2007 – MIT, Boston, MA
- Law & Ethics – Aug. 2004 - myTHERAPYnet.com – UCLA, Los Angeles, CA.
- Online Therapy – July 2004 – AAMFT
- Life Coaching – July 2004 - AAMFT

MEDIA AND PUBLICATIONS

- Guest appearance on the “Dr. Phil” show (May 2003) as an expert on the Dr. Phil Method
- Published Author with W.W. Norton Publishers; Online Therapy: A Therapist's Guide to Expanding Your Practice; Kathleene Derrig-Palumbo and Foojan Zeine
- Chapter published titled “Life Coaching” in “A Practice That Works: Tips and Strategies for Your Stand Alone Therapy Practice”, David C. Ivey, Steven M. Harris, & Roy A. Bean 2005
- Article titled “Moving Away..Moving Toward – Immigration & Acculturation Process” in Family Therapy Journal, Jan/Feb 2008 Pg. 26-27
- PEN International TV- “*Inner Voice*” - Weekly live television show with more than 8 million viewers – 2005 -Present
- Andisheh International TV – “Negareh” – Weekly live television show regarding Science. 2011
- 670AM KIRN – Guest Speaker as an expert in psychological subjects. 1996 - Present
- www.Irandoht.com –Monthly articles – 1996 - Present
- Tehran Magazine – weekly articles – 1996- 2009
- Jam-O-Jan Magazine – Monthly articles - 2007
- NITV International television – Weekly television show- 2002
- Jam-E-Jam International Television – Weekly television show – 2005
- IPN International Television – Weekly television show- 2001