

INDHUSHREE RAJAN PH.D.

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Education and Training

Ph.D, Clinical Psychology Pacifica Graduate Institute — Carpinteria, Ca., U.S.A. Summa Cum Laude	2014
Masters, Literary Criticism and Theory California State University — Fullerton, Ca., U.S.A. Summa Cum Laude	2004
Bachelor of Arts, Literature University of California — Irvine, Ca., U.S.A.	1995

Professional Summary

Skilled clinician, possessing in-depth knowledge of principles, methods and procedures for diagnosis and treatment. Extensively trained in the following modalities: psychodynamic, cognitive behavioral, client centered, and family systems.

Team-oriented with strong track record of establishing solid relationships with clients, co-workers, administration and local agencies.

Well versed community mental health practitioner with demonstrated track record of successfully working with diverse client populations (adults, adolescents, and children) in one-on-one and group settings.

Therapist skilled at motivating, communicating and advocating for clients dealing with severe trauma histories, mental health and emotional disorders. Extensive training in psychotherapy, art therapy, and play therapy.

Motivated, enthusiastic educator with over 10 years experience fostering cooperative, creative learning environments, for high school, college, and graduate level students.

Skill Highlights

- Knowledge of the ins and outs of Child Protective Services (CPS)
- Suicide risk assessments
- Superior communication skills
- Practiced in adult and child assessment batteries
- Excellence in writing psychological assessment reports and case
- Excellent written and verbal communication skills
- Experience with creating curricula for psycho-ed classes and groups
- Experienced public speaker
- Experience working with sex trafficking survivors, and survivors of severe trauma in impoverished, developing

- conceptualizations
- Therapeutic expertise
- Specialized training in grief counseling
- Psychiatric population familiarity
- Family therapy aptitude
- Family therapy background
- Solution-focused counseling
- Clinical documentation mastery
- Community resources specialist
- Parenting skills educator
- Suicide precautions expertise
- Dual diagnosis expertise
- Mood disorders specialist
- Experienced in psychoanalytic psychotherapy
- environments
- Extremely hard working, detail oriented, passionate, and dedicated
- Committed to perpetually learning and evolving, both professionally and personally
- Experience creating and teaching curricula for high school and college level composition and literature students

Presentations

Single-Authored Papers, Conference Presentations, Guest Lectures and Media Credits

1. *"Postcoloniality and the Body: Sociocultural Identity, Diaspora, and Migration Related Trauma."* Presenter. 12th Annual Multi-Cultural Symposium. Clinicians IN Society: Solidarity and Social Justice in Mental Health. The Wright Institute, Berkeley, CA. April, 22, 2016

2. *"Sex Trafficking and Trauma: Clinical and Cultural Issues in Therapy Work with Survivors of Sex Trafficking in Los Angeles, California."* Presenter. Commercial and Sexual Exploitation of Children Conference: Human Trafficking Awareness Training. Sponsored by the Los Angeles County Probation Department. Liberty Community Plaza, Whittier, CA. February, 17, 2016.

3. *"Sex Trafficking, Culture, and Clinical Process."* Presenter. CPAGS 8th Annual Cross Cultural Conference. The Wright Institute, Berkeley, CA. January, 23, 2016.

4. *"Healing Awareness: Clinical and Cultural Issues in Sex Trafficking."* Seminar Teacher. Sponsored by The Los Angeles County Psychological Association, Diversity Committee. Encino, Ca. June, 20, 2015.

5. *"PSY 617- Clinical Expertise II: Attachment Theory and the Neurobiological Bases of Psychodynamic Psychotherapy."* Guest Lecturer. Reiss-Davis Graduate Center Weekend Psy.D. Program. Los Angeles, Ca. June, 12, 2015.

6. *"Soul Consciousness: The Spiritual Impact of Sex Trafficking."* Featured Speaker. "Human Trafficking: A Global Spiritual Crisis" Conference. Casa de Maria Spiritual and Healing Center, Santa Barbara, Ca. May, 3, 2015.

7 *"Children for Sale: The Lived Experience of Sex Trafficking Survivors in Kolkata, India."* Seminar Teacher. Sponsored by The Aeolian Center. Montecito, Ca. October, 2014.

8. *"Medical Trauma and Implications for Therapy."* Guest Lecturer. MFT Program. Pepperdine University, Encino, CA. October, 2014.

9. *"Psyched 4 Jobs."* Sponsored by the MA in Applied Psychology Program, University of Southern California, Los Angeles, CA. October, 2014.
10. "Sex Trafficking and Socio-cultural Violence," Guest Lecturer, Psy.D. Program. Virdis Graduate Institute. Santa Barbara, Ca. September, 2014.
11. *"Medical Trauma and Implications for Therapy."* MFT Program. Pepperdine University, Malibu, CA. February, 2014.
12. *"Seeking Compassion in the Dark: Sex Trafficking Survivors in Kolkata, India Share their Stories."* Presentation. Society for Humanistic Psychology Conference, Division 32, American Psychological Association, Pacifica Graduate Institute, Santa Barbara, California, March, 3, 2013.
13. *"Speaking Self Out of Darkness: The Lived Experience of Sex Trafficking Survivors in Kolkata, India"* as panel member: Human Trafficking in the United States, Africa, and India: Current Research. The Annual American Psychological Association Convention, Orange Convention Center, Orlando, Florida, August 2-5, 2012.
14. Rajan, I. (Featured Guest). (2012, October 9). Indhushree Rajan, creator of non-profit, Project Satori, speaks about her work with trauma survivors, and the worldwide sex trafficking pandemic . In J. Bernstein (Host and Producer), Get the Funk Out. Irvine, Ca. KUCI Public Radio.
15. "Sex and Shadow: Sex Trafficking in Modern Day India" The 2nd International Conference of the International Association of Jungian Studies: "Psyche, Power, and Society." Cardiff University, Wales, U.K. July, 2009.
16. "Empowering Minority Feminine Voice through Myth." The 3rd Multi-disciplinary Academic Conference of the International Association for Analytical Psychology: "Contemporary Symbols of Personal, Cultural, and National Identity: Historical and Psychological Perspectives." Eth Zurich University, Zurich, Switzerland. July, 2008.
17. "Dialogue and Discourse: The Relationship between Dialogism and Postmodern Narrative Strategies in the Postwar Novel," as panel member: "Postcolonial Theories of Identity, Literature, and Culture." The Acacia English Graduate Studies Conference. California State University, Fullerton, March, 2002.
18. "Accessing 'Self': Identifying Postmodernism within Its Process of Movement," as a member of the panel on "Postmodern Literature and Theory." English Graduate Studies Conference: "Identities, Connections, and Understanding." California State University, Los Angeles, April, 2001.

Publications

Book and Journal Publications:

1. Yakushko, O. & Rajan, I. (in press). Global love for sale: Divergence and convergence of human trafficking with "mail order brides" and international arranged marriage phenomena. *Women and Therapy special issue: Human trafficking of women and girls: Characteristic, commonalities, and complexities.*
2. Yakushko, O. & Rajan, I. (2013). *Clinical Applications With Refugees.* In D.W. Sue, M. E. Gallardo, & H.A. Neville (Eds.), *Case Studies in Multicultural Counseling and Therapy* (pp. 141-148). NY: Wiley & Sons Publishing, Inc.
3. Rajan, I. (2013). Rhythms of a Life Letting Go: Images of Story, Self, and Meaning from *Life of Pi*, directed by Ang Lee. *Spring Journal: Jung and India* (90), 418.
4. Rajan, I. (2011), *Voices from the Void: A Depth Psychological Reconceptualization of Sex Trafficking in Modern-Day India.* *Psychotherapy and Politics International*, 9: 97-102. doi: 10.1002/ppi.238
5. Rajan, I. (2010). *The Gift of Voice: Providing Non-Profit Mental Health and Trauma Care for Women and Children in the Third World.* in Nejeed Kassam (Ed.) *The High on Life Book.* pp. 176. Canada: Ponder Publishing.
6. Publication credit in article by Folkenflik, R. (2000). *Gender, Genre, and Theatricality in the Autobiography of Charlotte Charke.* In P. Coleman, J. Lewis, & J. Kowalik (Eds.) *Representations of the Self from the Renaissance to Romanticism.* Cambridge: Cambridge University Press. 97-116.

Professional Experience

Registered Psychological Assistant PSB94020992 Sep 2014 to Current
Private Practice of Dr. Paula Bruce — Beverly Hills, CA

- works with children, adolescents and adults conducting individual, couples and family psychotherapy.
- conducts psychological evaluations.
- works with clients presenting with a wide range of concerns, including but not limited to: severe depression, anxiety, PTSD, anger management issues, 1st generation cultural transition and identity issues, life transitions, learning disabilities, SED and LD designations.
- particular expertise in working with trauma stemming from sexual and physical abuse.

Adjunct Faculty Member Aug 2014 to Current
Antioch University — Santa Barbara, Ca.

Teach courses to doctoral and masters level students in the areas of: multicultural clinical issues and cultural diversity in psychology.

- Prepare all reading lists, curricula, and assignments for doctoral and masters level students.
- Create grading rubrics and tests.
- Grade all student work.
- Participate as a reader on doctoral dissertation committees.
- Participate in faculty committees.

Intern Therapist
Families in New Directions — Crenshaw, Ca.

Sep 2010 to Mar 2013

- Individual psychotherapy case load (10-12 clients per week): Children Adolescents Couples Department of Child and Family Services (DCFS) cases Court mandated therapy Child Protective Services (CPS) cases Victims of Crime (VOC) cases Group therapy with adults: Leader of weekly "Anger Management" group, co-leader of weekly "Parenting" group, co-leader of "Depression/Anxiety" group.
- Participation in weekly large group supervision case discussions and presentations Brief therapy with children and families Sand tray work with children Art therapy with children and adults Play therapy with children and adults Counseling and case management work with domestic abuse victims, rape survivors, adult and child survivors of sexual molestation, and severely mentally ill adults and children.
- Treatment planning for counseling cases and creation of curricula for weekly groups. Familiarity and work within the scope of the following treatment modalities: Cognitive Behavioral, Client Centered, Psychodynamic, and Family Systems.
- Administering psychological assessment batteries, and writing assessment reports for court.

Pre-Doctoral Psychology Practicum Trainee Sep 2008 to Dec 2009
 Tarzana Treatment Centers, Dual Diagnosis Facility — Tarzana, Ca.

- Weekly completion of Addiction Severity Inventory (ASI) assessments, MMSEs, and projective assessments
- Individual psychotherapy case load (3-4 patients per week)
- Participation in weekly large group supervision case discussions and presentations
- Co-leading weekly therapy groups: Stress Management group in the substance detox unit, Feelings Management group in outpatient services, Healthy Relationships group in outpatient services, Short-Term Process group in residential services
- Weekly didactic trainings spanning the following topics: methamphetamine addiction, alcohol addiction, opioid addiction, psychiatric medications, Vivitrol and Suboxone treatment., psychotherapy with gay and transgendered clients, eating disorders, substance abuse and at-risk youth, therapeutic intervention with gang populations, psychotherapy with diverse populations, Posttraumatic Stress Disorder and sexual abuse, mindfulness interventions in the treatment of PTSD..

Creator/Director Jul 2008 to Current
 Project Satori, Mental Health Care, Non-Profit — Huntington Beach, CA

- Committed to facilitating psychological healing for sex trafficking survivors and their families, both domestic and international, with special focus in California and India
- Responsibilities, Values, and Vision: Seek partnership with NGOs worldwide to help raise public awareness around the mental health needs of sex trafficking survivors, domestic and abroad.
- Create educational materials that will address issues of gender violence, rape, and sexual exploitation from a psychotherapeutic perspective.
- Create mental health/counseling facilities in diverse communities, based on localized, culture-specific mental health needs assessments.
- Operate from a paradigm of values emphasizing indigenous ethics,; understand local healing practices, so that the interventions we offer and participate in embrace indigenous wisdom, and also integrate therapeutic practices that can be of greatest benefit to those seeking help for psychological trauma.
- Facilitate psychological research and clinical training focused on providing mental health care for human trafficking survivors, domestically, and abroad.
- www.projectsatori.org
- <http://www.gofundme.com/ph2sgo>

Educational Counselor and Teacher Jan 2004 to Jan 2008
 Lighthouse Academy — Torrance, Ca.

- Teach high school and middle school English (Literature, Grammar, Composition, Creative Writing, Critical Thinking)
- Educational counseling for students and their families.
- Design curricula for middle school and high school programs, specifically for the

following classes: Grammar, Composition, Critical Thinking, Vocabulary, and College Preparatory English Literature.

- Organize and co-lead teacher training and professional development seminars.

Counselor and Case Manager Jun 2003 to Jun 2004

Bay Area Community Resources Mental Health Care — Richmond, Ca.

- Brief therapy with children and families
- Sand tray work with children art therapy with children
- Counseling and case management work with domestic abuse victims
- Treatment planning
- Group therapy with children and families
- Investigation of/reporting of child abuse
- Client referrals for outpatient treatment and community resource linkage (food/shelter assistance)
- Behavioral de-escalation/management for troubled students
- Teacher/student communications liaison
- Weekly individual supervision
- Weekly group supervision
- Total Supervised Hours: 1800.

Intern College Teacher/Lecturer Apr 2001 to Jun 2002

Fullerton Junior College — Fullerton, Ca.

- Prepare lessons and curricula in the areas of English composition, creative writing, and gender theory.
- Facilitate discussion about lecture material and encourage student participation.
- Develop activities and assignments that help students develop capacities for critical thinking, written analysis and synthesis of information, as well as the construction and defense of argument.
- Work with students to help them improve their ability to write clear and coherent essays that are mechanically and stylistically sound.
- Help students realize the broader implications of literature, theory, and writing within the context of a pluralistic, multicultural worldview.
- Help students rise to the performative challenge of university level examinations, presentations, research papers, and essays.

Intern College Teacher/Lecturer Sep 2000 to Jun 2001

California State University — Fullerton, Ca.

- Prepare lessons and curricula in the areas of postcolonial literature and theory, postmodern and modern literature and theory, English composition, creative writing, and gender theory.
- Facilitate discussion about lecture material and encourage student participation.
- Develop activities and assignments that help students develop capacities for critical thinking, written analysis and synthesis of information, as well as the construction and defense of argument.
- Work with students to help them improve their ability to write clear and coherent essays that are mechanically and stylistically sound.
- Help students realize the broader implications of literature, theory, and writing within the context of a pluralistic, multicultural worldview.
- Help students rise to the performative challenge of university level examinations, presentations, research papers, and essays.

At Risk Teacher and Counselor Dec 1996 to May 2003

OCDE/ACCESS Program — Costa Mesa, Ca.

William Lyon School, Orangewood: 1996-1997

Otto Fisher School, Juvenile Hall: 1997-1998

Albert Sitton School, Interim Care Facility: 1999-2003

- High school, and middle School teacher, all subjects.

- Crisis counseling with students as needed throughout school day
- Substance abuse groups, behavioral intervention and de-escalation trainings (attended and taught)
- Behavioral assessments and creation of individual behavioral contracts for students
- Creation and maintenance of classroom token economies
- Creation of original academic curricula (English, Poetry, Composition, Grammar)
- Extensive experience doing individual modifications of curricula for IEPs
- Behavioral management training per the "Boys Town" model
- Collaborative work with court facilitated support services including: The VIP Program, TBS Student Support, and "Wrap Around" Support Services
- SCT (Student Counseling Team) member, PTT (Psychiatric Treatment Team) member
- Extensive knowledge of social services, probation, and county mental health procedures and policies as relevant to the care of "at-risk" youth (students with SED, ED, and LD diagnoses)
- Long-term collaborative work and trainings with various agencies such as: The Orange County Probation Department, Orange County Department of Mental Health, and Orange County Social Services.
- Extensive experience in the monitoring, counseling, and behavioral de-escalation of adolescents and youth.

In affiliation with OCDE (Orange County Department of Education) and ACCESS Programs, I attended seminars and and teacher trainings on the following topics:

- Medication safety training
- Behavioral intervention training for work with gang populations
- substance abuse intervention and treatment
- Victims of rape and domestic violence
- Understanding cycles of violence
- Recognizing sexual trauma in children

Dissertation

Rajan, I. (2014). Speaking Self out of Darkness: The Lived Experience of Sex Trafficking Survivors in Kolkata, India (Doctoral dissertation, Pacifica Graduate Institute, 2014)

Human trafficking is practiced in many countries throughout the world, and every year millions of women and children are bought, sold, and traded into commercial sexual and labor-based slavery. Among these countries, India is one of the largest portals and destination grounds for the trafficking and sexual enslavement of women and children. This phenomenological study of sex trafficking survivors in Kolkata, India, sought to gain an in-depth understanding of seven womens' lived experiences before and during trafficking, as well as postrescue. The study provides a thorough evaluation of the circumstances and conditions which led to the trafficking of these women, their perceptions of themselves and life for the duration of their trafficking experiences, and their impressions of themselves, their treatment and their futures, postrescue. This study sought to understand sex trafficking trauma, survival, and rescue first hand, toward the end of discovering unique impact that this type of research would have on psychological interventions and treatment of survivors postrescue.

Accomplishments

- Project Satori, nonprofit organization committed to provided trauma care for women and children in developing countries, and survivors of sex trafficking, both domestic and abroad, Creator/Director, since 2008.
- The Xrysalis Foundation, a non-profit community outreach and mental health organization, Board Member since 2008.
- Keynote speaker, "Sex Trafficking Awareness Night," Remnant Outreach Group,

Corona, Ca., September, 2010.

- Featured speaker, "Sexual Exploitation and Violence against Women and Children in India," University of California, Berkeley, Student Union, Berkeley, Ca., August, 2008.
- Acacia Literary Honor Society, California State University, Fullerton Chapter, Member 2004-1999.
- American Psychological Association, Member, since 2006.
- The C.G. Jung Society, Orange County, Ca. Chapter, Member, since 2006.
- Pre-Graduate Mentorship Fellow, University of California, Irvine, 1994.
- Orange County Business Journal, Business Woman of the Year Nominee, 2014.
- Member of the Los Angeles County Psychological Association, Diversity Committee.
- Member of the Inter-Agency Council on Child Abuse and Neglect (ICAN).
- Member of the (ICAN) Anti-Trafficking Taskforce work group, "Placement and Reintegration Services."
- STAR Behavioral Health national Tier 2 provider of psychological services for military service members and their families, specializing in combat trauma.

Languages

1. Spanish: speak, read, write, fluent.
2. Tamil: speak, write, fluent.
3. Hindi: speak, write, beginner.

Community Service

SanLaap, India, Nonprofit 2011-2012
Trauma Counselor

Volunteered as a trauma counselor and outreach assistant with sex trafficking survivors in Kolkata, India.

The House of Mercy, Non-Profit 1991-1995
Crisis Counselor/Case Manager

- Domestic violence counseling/intervention
- Rape crisis intervention counseling
- Substance abuse counseling
- Gang intervention groups
- Aide for food and job network
- Community liaison for the homeless (food and clothing drives)

References

References available upon request.