

Rebecca Lahann, Psy.D., CST
Licensed Clinical Psychologist

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EDUCATION

Doctor of Psychology (PsyD), *Clinical Psychology* July, 2010
Capella University, Harold Abel School of Social and Behavioral Sciences, Minneapolis, MN
Graduate Honors; 4.0 GPA

Master of Arts, *Counseling Psychology; Marriage and Family Therapy Emphasis* Aug., 1999
Regis University, Denver, CO
Graduate Honors; 4.0 GPA

Bachelor of Arts, *Psychology* May, 1996
Arizona State University, Tempe, AZ

PROFESSIONAL CLINICAL EXPERIENCE

Spectrum Psychology and Wellness, LLC June 2012 – Present
Clinical Director, Licensed Psychologist, Gilbert, Arizona

- Responsible for overseeing and developing the organization's clinical aspects of program development and the delivery of patient care services.
- Oversee APPIC-approved post-doctoral resident training supervision in collaboration with the Arizona Psychology Training Consortium.

Banner Heart Hospital
Banner Health June 2014 – July 2015
Staff Psychologist, Mesa, Arizona

- Independent contractor providing on-site psychological evaluations at Banner Health Hospitals.

Arizona Heart Hospital and Phoenix Baptist Hospital
Abrazo Health Care June 2012 – Aug. 2016
Staff Psychologist, Phoenix, Arizona

- Independent contractor providing on-site psychological evaluations at Abrazo Health Care Hospitals.

HealthSouth East Valley Rehabilitation Hospital Nov. 2011 – Mar. 2016
Staff Psychologist, Mesa, Arizona

- Independent contractor providing on-site psychological evaluations through Desert Psychological Associates.

Rebecca Lahann, Psy.D., PLLC Aug. 2011 – Present
Licensed Clinical Psychologist, AASECT Certified Sex Therapist, Gilbert, Arizona

- Providing psychotherapy services for individuals age 18+.
- Specializing in adult counseling, chronic medical and pain management, holistic sex therapy and geropsychology.
- Offering speaking engagements for a variety of mental health, sexuality, and professional education topics.
- Consulted at Abrazo Arizona Heart Hospital, Abrazo Central Campus, Banner Heart Hospital, and HealthSouth East Valley Rehabilitation Hospital.
- Provided on-site consultation and evaluation services for a variety of skilled nursing facilities.

Post-Doctoral Residency Aug. 2010 – Aug. 2011

Arizona Psychology Training Consortium

John Stapert, Ph.D., PLLC, Glendale, Arizona

John Stapert, Ph.D. – Supervisor; Christopher J. Nicholls, Ph.D. – Mentor

- Participation in an APPIC approved post-doctoral residency through the Arizona Psychological Association's Training Consortium.
- Provided psychotherapy and assessment services for individuals age 18+ and couples. In addition to outpatient treatment, consultation-liaison services in hospital and nursing home settings were provided, as well as personality and pre-surgical assessments.
- Researched empirically supported CBT, interpersonal, and family systems interventions
- Received individual and group supervision weekly for a total of 2,000 hours.

Pre-Doctoral Internship

July 2009 – July 2010

Arizona Psychology Training Consortium

Carefree Psychological Services, Carefree,

Arizona

Ellen Diamond, Ph.D. – Supervisor; Mathilda B Canter, Ph.D. – Mentor

- Participation in an APPIC approved pre-doctoral internship through the Arizona Psychological Association's Training Consortium.
- Provided assessment and intervention services to children and adults in inpatient and outpatient settings.
- Provided specialized clinical services in the area of geriatric neuropsychological assessment, chronic medical and pain management, and basic differential diagnosis of dementias.
- Provided clinical services to the Fort McDowell – Yavapai Indian reservation.
- Conducted bariatric pre-surgical evaluations, competency evaluation and coordinated care among healthcare treatment teams.
- Services included psychoeducational, personality, and neuropsychological testing and report writing.
- Researched empirically supported CBT, narrative, Emotional Focused and family systems interventions with an emphasis on multicultural and diversity factors.
- Received individual and group supervision weekly on a total of 2,000 hours.

Pre-Doctoral Advanced Student

Aug. 2008 – Aug. 2009

Family Forensic Psychology, Mesa, Arizona

Paulette Selmi, Ph.D. - Supervisor

- Provided psychological services related to child custody evaluations, family reunification therapy, parenting coordination, and psychological evaluations.
- Received individual and group supervision weekly on a total of 125 hours.

Pre-Doctoral Advanced Student

Aug. 2008 – Aug. 2009

Forensic Counseling and Evaluations, P.L.L.C, Scottsdale, Arizona

David Weinstock, J.D., Ph.D.; Paulette Selmi, Ph.D. - Supervisors

- Provided psychological services related to child custody evaluations, family reunification therapy, parenting coordination, and psychological evaluations.
- Received monthly group supervision.

K-1st Grade Student Ministry Facilitator

Aug. 2007 – May 2009

Central Christian Church Student Ministries, Gilbert, Arizona

Wynanda Swanson - Supervisor

- Facilitate classroom instruction for student ministries, age 5 and kindergarten.

Psychometrician

Aug. 2007 – Aug. 2008

Private Practice; Michael J. Redivo, Ph.D, Phoenix, Arizona

Michael Redivo, Ph.D. - Supervisor

- Provided psychoeducational assessment batteries for individualized treatment plans.

Pre-Doctoral Practicum Student

Aug. 2006 - June 2007

Southwest Education Center (SWEC), Phoenix, Arizona

Michael Redivo, Ph.D. - Supervisor

- Provided psychological services to at-risk children and adolescents with severe emotional, behavioral, and/or educational problems considered unable to succeed in a standard public school environment.

Student population included K-12, with diverse socio-cultural backgrounds and a broad spectrum of psychiatric disorders.

- Services included group, individual and family systems therapy, psychoeducation, teacher consultation, brief therapy interventions, crisis intervention, communication skills and conflict management, behavior research, program development, functional behavior assessments, behavior intervention plans, and psychoeducational assessment for individualized treatment plans.
- Clinical research.
- Received individual and group supervision weekly for a total of 1,000 hours.

Counselor and Exchange and Visitation Mediator

Aug. 2003-Aug. 2004

The Shared Parenting Program (*formerly The Safe Exchange Program*), Boulder, Colorado

Steven Bennett, Ph.D.; Connie Antonelli, L.P.C. - Supervisors

- Provided therapeutic services and supervision to couples and families during parental visitation and/or ensuring safe and cooperative custody exchanges.
- Stood in as needed as Director of SEP in the acting Directors absence.
- Received individual supervision for a total of 140 hours.

Counselor and Group Facilitator

Jan. 2001-Jan. 2002

Safehouse Progressive Alliance for Nonviolence (*formerly Boulder County Safehouse*), Boulder, Colorado

Gail Marcus, L.P.C. - Supervisor

- Facilitated individual and group counseling empowering female identifying individuals (LGBTQIA+) to make informed decisions about their lives.
- Assisted clients in finding appropriate community resources through interactions with family services, housing, legal advocacy and preventative services.
- Assisted Boulder County Police as a Victims Advocate.
- Training in Alcohol and Substance Abuse; Sexual Trauma
- Total of 270 supervised hours.

Masters Practicum and Internship

Marriage and Family Therapist - Family Team

Aug. 1998-July 1999

Access Counseling (*formerly The Counseling Center*), Boulder, Colorado

Deborah King, L.P.C. - Supervisor

- Provided low-cost therapy to a diverse range of multicultural and gender diverse individuals, couples, families, and children in the community, helping other's to gain life skills and manage and resolve difficult situations before problems escalate.
- Case load specialization of couples therapy, utilizing Family Systems, Differentiation-based Sex and Marital (Crucible) therapy and Emotional Focused Therapy theoretical methods.
- Organized and delivered Pre-marital, S.T.E.P. Pre-teen and Teen workshops.
- Earned certification as "Re-Think: Anger Management Therapist for Parents/Teens."
- Received individual and group supervision weekly for a total of 1,000 hours.

Behavioral Therapist/Intern

Aug. 1995-Feb 1996

Adolescent Substance Abuse Program (ASAP), Phoenix, Arizona

Phillip Lett, Ph.D. - Supervisor

- Co-facilitated group therapy for families with adolescents' court ordered for substance abuse issues.

Behavioral Therapist/Intern

Aug. 1995-Feb 1996

Professional Psychology Associates, Phoenix, Arizona

Phillip Lett, Ph.D. - Supervisor

- Assisted in rehabilitation and substance dependency intake evaluations and co-facilitated therapeutic interventions.

Lab Facilitator

Aug. 1993-May 1994

Arizona State University (ASU), Tempe, Arizona

Robert Weigand, Ph.D.

- Child development facilitator at the ASU Directed child study lab: Child development intervention program - Ages three and four.

Research Assistant for Alex Zautra, Ph.D.

Aug. 1993-May 1994

Arizona State University (ASU), Department of Psychology, Tempe, Arizona

- Assisted in statistical analysis for joint project between ASU and the Arthritis Foundation.

PROFESSIONAL WORK EXPERIENCE

Senior Director - Curriculum Development

Aug. 2007-Jan. 2010

notMYkid, Scottsdale, Arizona

- Develop and oversee behavioral health curriculum in order to facilitate positive life choices by educating students, families and educators within communities about the consequences of destructive youth behaviors.
- Educator and speaker for notMYkid, helping to raise community awareness and education on various mental health issues.
- Facilitate national media, collateral, web, and marketing organization efforts.

IT Architect/Specialist

Jan. 2000-April 2005

IBM, Boulder, Colorado

- Coordinated the integration of web content for IBM.com in order to improve traffic and brand recognition.
- Facilitated internal and direct marketing efforts to increase brand visibility.

Market Intelligence Specialist

Dec. 1998-Jan. 2000

IBM, Boulder, Colorado

- Coordinated research on data mining, opportunity analysis and evaluation of direct marketing efforts for various IBM programs.
- Development, implementation, and training for business partner lead management tool.
- Presentation, National IBM business partner conference.

Data Analyst

July 1996-Dec. 1998

Tascor: IBM Contractor, Boulder, Colorado

- Facilitated opportunity management and lead tracking for inbound sales call center.

Mental Health Worker and Experiential Therapist

June 1996-June 1997

Mental Health Center of Boulder County, Boulder, Colorado

- Assisted the Summit Programs residential housing for female adolescent treatment as an Experiential therapist.
- Facilitated day treatment within the St. Vrain adolescent school program for adolescent youth.
- Trained in the administration of medication and safe restraint training.

CERTIFICATIONS

Certified Sex Therapist

June, 2022

American Association of Sexuality Educators, Counselors and Therapists (AASECT)

Sex Therapy Certification Program

Mar, 2022

Institute for Sexuality Education and Enlightenment

Certified Clinical Trauma Specialist – Individual (CCTS-I)

Sept, 2020

Trauma Institute International

Cognitive Behavioral Therapy Certification

Mar, 2018

PESI, Inc.

Crisis Intervener Certification Program (CI-I)

July, 2006

American Psychotherapy Association

HONORS & AWARDS

- **Appreciation Award:** AzPA Past-President, Arizona Psychological Association, 2021
- **Appreciation Award:** AzPA President, Arizona Psychological Association, 2020
- **Early Career Achievement Award,** American Psychological Association, 2016
- **Outstanding Early Career Psychologist Award,** Arizona Psychological Foundation, 2014
- **Outstanding Post-doctoral Award,** Arizona Psychological Foundation, 2011
- **Silver 15th Annual Communicator Award for Interactive Distinction,** Academy of Interactive and Visual Arts, 2009. *Nominated by The Lavidge Company for communication efforts as Senior Director of notMYkid, Inc.*
- **Scholarship Award,** The Arizona Chapter of Association of Family and Conciliation Courts (AzAFCC), Sedona, AZ: 2009
- **Scholarship Award,** Arizona Psychological Association (AzPA) Annual Convention: 2006 - 2010
- **Scholarship Award,** The Evolution of Psychotherapy, 5th Annual Conference, Anaheim, CA: 2005
- **Psi Chi** - National Honor Society in Psychology, Lifetime member
- **IBM "Bravo Award"** - Given to formally thank and recognize exceptional work efforts, 2003; 2001; 1999

PROFESSIONAL AFFILIATIONS

American Association of Sexuality Educators, Counselors and Therapists (AASECT)	2020-present
Arizona Psychological Association (AzPA)	2006-present
American Psychological Association (APA)	2005-present
International Association of Marriage and Family Counselors (IAMFC)	2001-2002
American Association of Sexuality Educators, Counselors and Therapists (AASECT)	2001-2002
American Counseling Association (ACA)	2001-2002

PROFESSIONAL ADVOCACY APPOINTMENTS

AASECT Continuing Education Committee	2022-Present
AASECT Special Interest Group's: Book Club; Sexuality and Aging, and Alt Sex	2022-Present
Member, Board of Directors: The Arizona Psychological Foundation (AZPF)	2021-2022
Past-President, Board of Directors: The Arizona Psychological Association (AZPA)	2021-2022
President, Board of Directors: The Arizona Psychological Association (AZPA)	2020-2021
President-Elect, Board of Directors: The Arizona Psychological Association (AZPA)	2019-2020
Secretary, Board of Directors: AZPA	2018-2019
President, Board of Directors: The Arizona Psychology Training Consortium (AZPTC)	2014-2017
Chair, Training Committee: AZPTC	2013-2014
Member, Board of Directors: AZPTC	2011-2020
Program Co-Chair, Key Constituent Psychologist (KCP), AzPA	2011-2014
Convention Committee Member, AzPA	2011-2012
Legislative Committee Member, AzPA	2010-2014
Legislative Advocacy - Key Constituent Psychologist for District 12, AzPA	2009-2014
Graduate Student Representative, Governing Council: AZPA	2008-2010
Chair, Academic & Student Affairs Committee, AzPA	2008-2010
Secretary, Academic & Student Affairs Committee, AzPA	2006-2008
Student Representative: Capella University - Academic & Student Affairs Committee, AzPA	2006-2008

PUBLICATIONS

- Lahann, R. (2023, October 26). Values Aligned Sexuality. *eBook*. <https://tr.ee/NQ6IyWvhdc>
- Lahann, R. L. (2008). An examination of maternal-fetal attachment in singleton and twin pregnancies. *Dissertation Abstracts International*, 69(6), 87B. (UMI No. AAT 3311261)

INVITED LECTURES

- **Are your client's sexual values aligned, or in a 69?** AASECT 2024 Annual Conference, St. Louis, MO: June 12 - June 15, 2024.
- **Navigating Jealousy and Insecurity: Practical Strategies for Positive Relationships**, Southwest Love Fest, Tucson, AZ: April 12-14, 2024.
- **Navigating The Complexity of Senior Sexuality**, AASECT AZ, Scottsdale, AZ: January 26, 2024.
- **Are Your Sexual Values Aligned...Or in A 69?**, Southwest Love Fest, Tucson, AZ: April 14, 2023.
- **Considerations in Private Practice**, The Arizona Psychology Training Consortium, Phoenix, AZ: January 18, 2024; October 21, 2022; December 17, 2021; February 19, 2021; August 16, 2019.
- **The Competencies and Arts of Private Practice**, The Annual Arizona Psychology Training Conference, Arizona State University West, Glendale, AZ: November 17, 2017.
- **The Inside Scoop on Private Practice** - Organized by Arizona Psychological Association & ASU Counseling & Counseling Psychology, Tempe, AZ: February 29, 2016.
- **Clinical Work with Geriatric Patients: Complexities, Impairments and Interventions**, The Arizona Psychological Association (AzPA) Annual Convention, Carefree, AZ: October 16, 2015.
- **Optimizing Recovery in Heart Patients**, Mended Hearts, Inc Valley of the Sun, John C. Lincoln Hospital, Phoenix, AZ: October 8, 2015.
- **Keynote: Training Interns and Residents for the Integration of Mental and Physical Health within Primary Care Medicine**, The Annual Arizona Psychology Training Conference, Arizona State University West, Glendale, AZ: November 15, 2013.
- **Treating the Whole Patient: Advances in the Integrated Science of Mental Health Treatment**, The Arizona Psychological Association (AzPA) Annual Convention, Carefree, AZ: October 12, 2013.
- **Clinical Work with Geriatric Patients**, The Arizona Psychology Training Consortium (AZPTC), The Arizona Heart Institute, Phoenix, AZ: July 21, 2011.
- **Understanding Dementia**, Staff Inservice, Sunrise of Gilbert Senior Housing Community, Gilbert, AZ: November 3, 2010.
- **Understanding Depression**, Town Hall Discussion, GateWay Community College (GCC), Phoenix, AZ: September 24, 2010.
- **Keynote: "When It's Your Call, Will You Supply the Alcohol?"** notMYkid Spring Fathers Breakfast; Spring Mothers Luncheon, The Ritz Carleton, Phoenix, AZ: April 9, 2008.
- **Keynote: "Trends Every Parent Should Know: Cyber Bullying, Safe Dating, and Generation Rx,"** notMYkid Fall Fathers Breakfast; Fall Mothers Luncheon, Arizona Biltmore Resort & Spa, Phoenix, AZ: October 1, 2007.

MEDIA APPEARANCES

Chambliss, K. (Host). (2024, March 27). *Are your sexual values aligned...or in a 69?* (No. 241). In Loving Without Boundaries Podcast. <https://lovingwithoutboundaries.com/2024/03/27/podcast-interview-dr-rebecca-lahann-sex-therapist-psychologist-kink-bdsm-friendly/>

PsychologistBrief.com. (2024, January 31). *How do clinical psychologists manage countertransference with patients?* Psychologist Brief. <https://psychologistbrief.com/qa/how-do-clinical-psychologists-manage-countertransference-with-patients/>

CounselorBrief.com. (2024, January 26). *What resources help students manage academic pressure?* Counselor Brief. <https://counselorbrief.com/qa/what-resources-help-students-manage-academic-pressure/>

NurseMagazine.co. (2024, January 11). *What techniques are effective for compassionate communication with stressed patients?* Nurse Magazine. <https://nursemagazine.co/qa/what-techniques-are-effective-for-compassionate-communication-with-stressed-patients/>

- Visser, R. (2023, December 20). *Experts share impacts of cognitive distortions on mental well-being*. Crescent Coaching. <https://crescentcoaching.ca/journal/major-impacts-of-cognitive-distortions-on-mental-well-being>
- Terkel. (2023, December 11). *Why are you passionate about mental health?* Pursue The Passion. <https://pursuethepassion.com/why-are-you-passionate-about-mental-health-2/>
- Maslow, F. M., & Maslow, J. (2023, November 21). *3 ways attachment style impacts romantic relationships*. Rest Equation. <https://resteuation.com/attachment-style-impact-relationship/>
- Maslow, F. M., & Maslow, J. (2023, October 16). *4 ways demisexuality can intersect with mental health*. Rest Equation. <https://resteuation.com/demisexuality-mental-health/>
- Weiss, S. (2023, June 13). *43 sex experts recommend: Top sex positions for 6 sexual issues*. Between Us Clinic - Sex Therapy Online Programs. <https://www.betweenusclinic.com/sex-surveys/best-sex-positions-survey/>
- Simpkins, T. (Host). (2023, Aug 2). *Embracing sexual values: shift in attitudes for healthier connections | Dr. Rebecca Lahann*. In Life In Red. <https://lifeinred.com/embracing-sexual-values-shift-in-attitudes-for-healthier-connections-dr-rebecca-lahann/>
- Gray, K. L. (Writer). (2020, Fall). *Stress for psychologists piles up during the pandemic. Interview with Rebecca Lahann, Psy.D.* The National Psychologist, 29(4).
- Hogan, S. (Writer). (2008, October). *Cyber Bully: The schoolyard bully now has a screen name. Interview with Rebecca Lahann*. North Scottsdale Times, 8-13. <http://www.timespublications.com/oct08-feature1.asp>

PROFESSIONAL LICENSES

PSY-004239, Nov. 7, 2011-Sept. 30, 2025
LAC-13008, June 1, 2008-May 31, 2012

REFERENCES

Available on request.