

Lisa Black, Psy.D., BCB, BCN

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Summary

Dr. Lisa Black, Psy.D., is a licensed clinical psychologist with a specialization in integrative psychology and over a decade of experience in mental health care. Her expertise lies in ketamine-assisted psychotherapy (KAP), Eye Movement Desensitization and Reprocessing (EMDR), and culturally responsive care, complemented by a strong foundation in neurofeedback and biofeedback. As the CEO of Silvi Integrative Health, Dr. Black oversees a multidisciplinary clinic providing comprehensive mental health services. She is a seasoned educator and presenter, frequently delivering continuing education (CE) talks on diverse topics such as trauma-informed care, integrative therapies, and behavioral health in primary care. Her scholarly contributions include published research, curriculum development, and presentations at national conferences, highlighting her dedication to advancing mental health practices through innovation, education, and inclusivity.

Education

Psy.D. in Clinical Psychology, specialization in Integrative Psychology (2016)

Alliant International University, San Diego

Dissertation: *Implementation of Neurofeedback into the Primary Care Setting.*

Chair: Steve Hickman, Psy.D.

M.A. in Psychology, specialization in Health and Cultural Psychology (2009)

San Diego State University

Thesis: *Acculturation as a Protective Factor in the Stress and Coping Process.*

Chair: Scott Roesch, Ph.D.

B.A. in Psychology, minor in Addiction Counseling and Prevention Services (2005)

University of Nevada, Reno

Honors Thesis: *Young Adults Attitudes Toward Intimacy.*

Chair: Alan Fruzzetti, Ph.D.

Board Certifications

4/2017 Psychology board certification Psy 29110

12/2016 BCIA certified in biofeedback (B6042) and neurofeedback (E6042).

Clinical Experience

2022 - Present

Silvi Integrative Health, Inc.

- **Position:** CEO
- **Description:** Silvi is an integrative health clinic that provides comprehensive mental health care.
- **Duties:**
 - Oversee daily operations.
 - Hire employees.
 - Train and supervise associates.
 - Maintain an individual caseload of 12 patients while collaborating with other health professionals (e.g., psychiatrists, family physicians, acupuncturists, etc.) that comprise the patient's health care team.
 - Patients are typically seen for 8-40 sessions, either for short-term or long-term therapy.
 - Therapy modalities consistently implemented include ketamine-assisted psychotherapy (KAP), Eye Movement Desensitization and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), existential therapy, humanistic therapy, neurofeedback, biofeedback, and mindfulness.

2021 - 2022

Kaizen Brain Center

- **Position:** Director of Neurofeedback & Biofeedback Services
- **Supervisor:** Mohammed Ahmed, MD (CEO)
- **Description:** Kaizen is a neurocognitive clinic that provides state-of-the-art, evidence-based care for people living with various brain disorders, including Memory Disorders, Traumatic Brain Injury (TBI), and PTSD.

- **Duties:**
 - Train and supervise interns in neurofeedback, biofeedback, and psychotherapy.
 - Educate referring providers through formal presentations and informal communication to increase proper referrals.
 - Expand and maintain biofeedback and neurofeedback services by analyzing clinical, operational, and financial aspects of expansion and sustainability.
 - Maintain an individual caseload of 12-18 patients while collaborating with other health professionals.
 - Patients are typically seen for 8-40 sessions, either for short-term or long-term therapy.
 - Therapy modalities consistently implemented include KAP, ACT, CBT, MI, existential therapy, humanistic therapy, neurofeedback, biofeedback, and mindfulness.
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2019 - 2020

UCSD Family and Preventative Medicine Collaborative Care

- **Position:** Lead Therapist for Whole Person Health Clinic
 - **Supervisor:** William Sieber, Ph.D.
 - **Description:** UCSD's Whole Person Health Clinic uses a team-based approach to offer medical, behavioral health, social work, and pharmacy services in the same appointment, increasing access and improving collaboration for managing co-occurring physical, mental, and social health conditions.
 - **Duties:**
 - Assess, treat, and manage care for patients with multiple co-occurring diagnoses within a primary care appointment.
 - Collaborate with physicians, psychiatrists, social workers, pharmacists, and other care providers to assess and manage patients' health needs.
 - Manage an average clinic session (4-hour block) with a patient load ranging from 5-8.
 - Complete joint sessions with physicians for 15-45 minutes to assess and manage care.
 - Therapy modalities consistently implemented include MI, sleep hygiene, mindfulness, diaphragmatic breathing, psychoeducation for both patients and families, supportive therapy, and resource allocation.
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2016 - 2021

UCSD Sports Medicine Collaborative Care

- **Position:** Lead Therapist for Sports Concussion Clinic
 - **Supervisor:** William Sieber, Ph.D.
 - **Description:** UCSD's Sports Concussion Clinic uses a team-based approach, embedding a mental health, vestibular-ocular physical therapist, and physician team within the primary care setting to improve collaboration and care for patients with concussions.
 - **Duties:**
 - Assess, treat, and manage care for patients with concussions within a primary care appointment.
 - Manage an average clinic session (4-hour block) with a patient load ranging from 3-6.
 - Complete 15-30 minute assessments and management sessions.
 - Therapy modalities consistently implemented include assessing, collaborating, and guiding patients through mental health and social aspects of return-to-learn, return-to-play, and return-to-exercise protocols; MI; sleep hygiene; mindfulness; diaphragmatic breathing; psychoeducation for patients and families; supportive therapy; and resource allocation.
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2015 - 2021

UCSD Family and Preventative Medicine Collaborative Care

- **Position:** Lead Therapist for Biofeedback & Neurofeedback Services
- **Supervisor:** William Sieber, Ph.D.
- **Description:** UCSD's collaborative care program embeds mental health professionals within the primary care setting to improve access to mental health services and enhance provider skills in screening for mental health conditions and managing health behaviors.
- **Duties:**
 - Train and supervise students and interns in neurofeedback, biofeedback, and licensure hours.
 - Maintain referral queues by identifying improper referrals and delegating them to proper care providers.
 - Educate referring providers through formal presentations and informal communication to increase proper referrals.
 - Expand and maintain biofeedback and neurofeedback services by analyzing clinical, operational, and financial aspects.
 - Maintain an individual caseload of 12-18 patients while collaborating with other mental health professionals.
 - Patients are typically seen for 8-40 sessions for short-term or long-term therapy.

- Therapy modalities consistently implemented include ACT, CBT, MI, existential therapy, humanistic therapy, neurofeedback, biofeedback, and mindfulness.

2014 - 2015

UCSD Family and Preventative Medicine Collaborative Care

- **Position:** Pre-doctoral Intern
- **Supervisor:** William Sieber, Ph.D.
- **Description:** UCSD's collaborative care program embeds mental health professionals within the primary care setting to improve access to mental health services and enhance provider skills in screening for mental health conditions and managing health behaviors.
- **Duties:**
 - Improved sustainability of neurofeedback services.
 - Collaborated with mental health professionals, psychiatrists, family physicians, and other care providers to assess and manage patients' behavioral health needs.
 - Maintained an individual caseload of 12-18 patients.
 - Therapy modalities consistently implemented included ACT, CBT, MI, existential therapy, neurofeedback, biofeedback, and mindfulness.

2014 - 2015

San Diego LGBT Center

- **Position:** Pre-doctoral Intern
 - **Supervisor:** Joseph Severino, Ph.D.
 - **Description:** San Diego's LGBT Center serves lesbian, gay, bisexual, and transgender adults with behavioral health needs.
 - **Duties:**
 - Provided individual therapy, group therapy, psychosocial intakes, crisis intervention, treatment planning, and discharge.
 - Managed a caseload of 10-15 patients for both long-term and short-term therapy.
 - Therapy modalities consistently implemented included ACT, Dialectical Behavioral Therapy (DBT), CBT, MI, existential therapy, humanistic therapy, and mindfulness.
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2013 - 2014

UCSD Family and Preventative Medicine Collaborative Care

- **Position:** Practicum Intern
 - **Supervisor:** William Sieber, Ph.D.
 - **Description:** UCSD's collaborative care program embeds mental health professionals within the primary care setting to improve access to mental health services and enhance provider skills in screening for mental health conditions and managing health behaviors.
 - **Duties:**
 - Implemented neurofeedback services into UCSD's primary care clinic.
 - Provided triage care, including on-call brief behavioral health interventions during primary care appointments.
 - Collaborated with patients' health care teams to assess and manage behavioral health symptoms.
 - Maintained a caseload of 8-17 patients.
 - Therapy modalities consistently implemented included MI, sleep hygiene, ACT, CBT, existential therapy, humanistic therapy, neurofeedback, biofeedback, and mindfulness.
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2012 - 2013

Casa Palmera

- **Position:** Practicum Intern
 - **Supervisor:** Jeff Poizner, Ph.D.
 - **Description:** Casa Palmera is a collaborative treatment center serving adults with chemical dependency, eating disorders, trauma, and co-occurring disorders.
 - **Duties:**
 - Provided individual therapy, group therapy, psychosocial intakes, treatment planning, and discharge.
 - Received training in neurofeedback (Loreta) and biofeedback.
 - Managed a caseload of 3-7 patients for a 30-90 day period, with sequential step-down in care.
 - Modalities consistently implemented included ACT, DBT, CBT, biofeedback, mindfulness, Alcoholics Anonymous 12-step program, and psychodynamic therapy.
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2011 - 2012

UCSD Moore's Cancer Center

- **Position:** Practicum Intern
 - **Supervisors:** Mary Collins, Ph.D., and Wayne Bardwell, Ph.D.
 - **Description:** Moore's Cancer Center is a comprehensive cancer treatment center.
 - **Duties:**
 - Co-facilitated an art therapy group.
 - Co-created group curriculum.
 - Provided emotional support to cancer patients and their families using general therapeutic techniques.
 - Assisted patients in obtaining mental health, financial, and social support resources.
 - Helped patients and families understand their diagnoses and treatment options.
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2005 - 2006

Avalon Counseling

- **Position:** Group Drug and Alcohol Counselor and Intake Coordinator
 - **Supervisor:** Paul Edwards, M.A., MFT, LADC
 - **Description:** Avalon Counseling Center offers drug and alcohol assessments, individual counseling, and community groups.
 - **Duties:**
 - Co-facilitated group alcohol abstinence sessions following AA guidelines.
 - Conducted intake interviews, substance abuse screenings, and mental health questionnaires.
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2005 - 2006

Crisis Call Center and Sexual Assault Support Services

- **Position:** Volunteer Sexual Assault Victim Advocate
- **Supervisor:** Rotating staff
- **Description:** Crisis Call Center and Sexual Assault Support Services offers crisis telephone services and in-person support for sexual assault exams in the emergency room.
- **Duties:**
 - Acted as a crisis advocate for women receiving medical exams to collect forensic evidence after a sexual assault.
 - Supported and educated patients about the exam process and their available choices, including counseling and other resources.

2002 - 2006**Center for Advanced Learning (now Fit Learning)**

- **Position:** Case Advisor, Manager, and Tutor (advanced in positions)
 - **Supervisors:** Kimberly Berens, Ph.D. & Nick Berens, Ph.D.
 - **Description:** The Center for Advanced Learning isolates core learning skills and trains them to fluency—a measure of mastery and proficiency through the utilization of behavioral analysis and relational frame theory.
 - **Duties:**
 - Implemented behavioral therapy and precision teaching methods with children and adolescents diagnosed with developmental, behavioral, and other learning disabilities to facilitate placement in a public-school setting.
 - Monitored client progress through the program and assessed the need for adaptation of application protocols on a case-by-case basis.
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2002**University of Nevada, Reno**

- **Position:** Peer Counselor
- **Supervisors:** Rotating staff
- **Description:** A program to help students access mental health and sexual health services.
- **Duties:**
 - Served as a peer counselor within my dormitory, providing advice and support regarding mental and sexual health.

Clinical Research Experience

2018 - 2020**University of California, San Diego**

- **Position:** Team Lead and Behavioral Health Lead
- **Supervisors:** William Sieber, Ph.D. and Constance van Eeghen, DrPH, MHSA, MBA
- **Description:** The IBHPC (Integration of Behavioral Health into Primary Care) study was a dissemination and implementation project funded by the Patient-

Centered Outcomes Research Institute (PCORI). Participating sites utilized specific implementation tools to improve the integration of behavioral health services into primary care settings, with the goal of studying the efficacy of these tools. At UCSD's Lewis Clinic, the team developed a wrap-around clinic (the Whole Person Health Clinic) to provide interdisciplinary care for high utilizers with multiple co-occurring conditions.

- **Duties:**

Team Lead Responsibilities:

- Reviewed the implementation manual and led the team through the modules.
- Facilitated monthly progress meetings with supervisors and led team meetings to review progress, set agendas, and ensure meetings stayed on track and on time.
- Addressed staff turnover by temporarily assuming responsibilities and recruiting new team members.
- Supervised the creation of a self-sustaining scheduling database in EPIC.
- Ensured that the Whole Person Health Clinic served the appropriate patient population.
- Completed pre- and post-study assessments, including readiness surveys, PIP, and burnout questionnaires.
- Defined research questions and implementation goals focused on high utilizers and integrated care.
- Determined key data points for collection (physical, behavioral, and quality of life measures).
- Developed a self-sustaining database in EPIC to identify potential candidates for the Whole Person Health Clinic.
- Created plans to engage the clinic staff in completing voluntary educational videos and questionnaires.
- Developed telephone scripts, including strategies for addressing challenging patient scenarios.
- Oversaw logistics for the successful launch and operation of the Whole Person Health Clinic.
- Analyzed and ensured the quality of research data.
- Authored research findings.

Behavioral Health Lead Responsibilities:

- Trained administrative staff on mitigating negative patient reactions when scheduling behavioral health appointments.
- Advocated for department funding to ensure a sustained behavioral health presence in the Whole Person Health Clinic.

2016 - 2017

University of California, San Diego

- **Position:** Primary Investigator
- **Supervisors:** William Sieber, Ph.D., and Steve Hickman, Psy.D.
- **Description:** The Future Innovators of Science Program (FISP, now known as Chancellor's Research Excellence Scholarships) supports multidisciplinary research projects that address society's greatest challenges by promoting interdisciplinary expertise.
- **Duties:**
 - Received funding to extend doctoral dissertation research on the implementation and sustainability of neurofeedback in the primary care setting.
 - Improved an interdisciplinary provider educational program related to neurofeedback services to increase proper referral rates.

2006 - 2010

Rady Children's Hospital, The Incredible Years Study

- **Position:** Head Research Assistant
- **Supervisor:** Michael Hurlburt, Ph.D.
- **Description:** The Child and Adolescent Services Research Center (CASRC) is a consortium of investigators and staff from multiple academic institutions in Southern California conducting research focused on improving health and developmental services for children and families.
- **Duties:**
 - Collected, coded, inputted, and ensured the quality of research data for multiple qualitative and quantitative research studies.
 - Assisted with the publication of research findings.
 - Trained interns on data collection, coding, and data inputting.

2007 - 2009

San Diego State University, Stress and Coping Lab

- **Position:** Student Researcher (M.A.)
- **Supervisor:** Scott Roesch, Ph.D.
- **Description:** SDSU's Stress and Coping Lab studies how individuals' perceptions of stressful events (e.g., appraisals, attributions) influence their coping methods.

Lab interests include the role personality dimensions and culture/ethnicity play in shaping these perceptions. The study focused on daily coping and adjustment within and between ethnic variations, with acculturation as a protective factor in the stress and coping process.

- **Duties:**
 - Coded qualitative research data and analyzed data related to the master's thesis.
 - Participated in the publication of research findings.
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Summer 2007

San Diego State University, Health Outcomes Lab

- **Position:** Student Researcher (M.A.)
 - **Supervisor:** Terry Cronan, Ph.D.
 - **Description:** SDSU's Health Outcomes Lab develops, implements, and evaluates interventions designed to improve the health and well-being of people with chronic diseases. The lab also conducts cost-benefit analyses of interventions. The study focused on increasing colorectal cancer screening for underserved populations.
 - **Duties:**
 - Recruited and interviewed participants for a colorectal cancer screening compliance study.
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Spring 2005

University of Nevada, Reno, Acceptance and Commitment Therapy (ACT) Lab

- **Position:** Student Researcher (B.A.)
- **Supervisor:** Steven Hayes, Ph.D.
- **Description:** UNR's ACT Lab focuses on developing a scientific paradigm supporting human transformation. The lab seeks to create a coherent, empirically-driven, behavioral approach to psychological science. The study focused on the efficacy of ACT in relation to alcohol abuse and the dissemination of ACT in a group setting.
- **Duties:**
 - Transcribed ACT group sessions and entered research data.

Psychology Teaching Experience

2010 - Present

San Diego Community College District

- **Position:** Adjunct Faculty
 - **Supervisor:** Dina Miyoshi, Ph.D.
 - **Description:** San Diego Mesa College (SDMC) is a comprehensive community college committed to access, success, and equity.
 - **Duties:**
 - Instructor for Abnormal Psychology, Lifespan Development, Introduction to Personality, and Introduction to Psychology.
 - Developed syllabi and curricula.
 - Taught classes of 30-50 students over 16-week durations.
 - Delivered Introduction to Psychology courses in both on-ground and online formats.
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2010 - 2016

University of Phoenix

- **Position:** Adjunct Faculty
 - **Supervisor:** Barbra Burt, Ph.D.
 - **Description:** The University of Phoenix (UOPX) is a for-profit university offering flexible scheduling and effective curriculum design to make higher education accessible to a broad audience.
 - **Duties:**
 - Instructor for Biological Psychology, Social Psychology, Basic Psychology, and Psychology Capstone.
 - Managed class sizes of 10-20 students over five-week durations.
 - Taught in an on-ground format.
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2010 - 2011

Park University

- **Position:** Adjunct Faculty
- **Supervisors:** Gerald Gray, Ph.D., and Kimberly Hall
- **Description:** Park University is a private, nonprofit liberal arts institution that focuses on transforming lives through accessible, student-centered higher education.

- **Duties:**
 - Instructor for Cross-Cultural Psychology, Social Psychology, Social Influence and Persuasion, Learning and Motivation, and Abnormal Psychology.
 - Managed class sizes of 10-20 students over eight-week durations.
 - Taught in an on-ground format.
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2008 - 2011

Platt College

- **Position:** Adjunct Faculty
- **Supervisor:** Marketa Hancova, M.A.
- **Description:** Platt College is an accredited degree-granting college that focuses solely on Digital Media Design fields.
- **Duties:**
 - Instructor for Introduction to Human Behavior. The course concentrates on disruptive behaviors (e.g., substance abuse, clinical disorders) and how they affect the mind and body.
 - Managed class sizes of 10-20 students over six-week durations.
 - Taught in an on-ground format.

Curriculum Development

2013 - Present

McGraw-Hill

- **Position:** Curriculum Developer
- **Supervisors:** Krista Bettino and Cara Labell
- **Description:** McGraw-Hill is a learning science company and one of the "big three" educational publishers, providing customized educational content, software, and services.
- **Duties:**
 - Developed digital curriculum, including:
 - Concept clips (animated informational videos) on topics such as psychological perspectives, theories of psychology, neurons, brain structures, and various psychology theories.
 - Educational video games.
 - Reviewed content for adaptive quizzes.

2013 - Present

McGraw-Hill

- **Position:** Digital Faculty Consultant
 - **Supervisors:** Krista Bettino and Cara Labell
 - **Description:** McGraw-Hill provides customized educational content, software, and services.
 - **Duties:**
 - Instructed teachers on creating online classrooms and organizing curricula.
 - Delivered webinars on increasing student engagement in both online and on-ground forums.
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2012 & 2014

Pearson

- **Position:** Author
 - **Supervisors:** Stephen Frail and Crystal McCarthy
 - **Description:** Pearson is a learning science company and one of the "big three" educational publishers, providing customized educational content, software, and services.
 - **Duties:**
 - Constructed *Psychology in a Dynamic World* Instructor's Manual (2013) and *Psychology in a Dynamic World* Instructor's Manual version two (2015).
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2011

Pearson

- **Position:** Textbook Review Consultant
- **Supervisor:** Stephen Frail
- **Description:** Pearson is a learning science company and one of the "big three" educational publishers, providing customized educational content, software, and services.
- **Duties:**
 - Reviewed two chapters of *Psychology in a Dynamic World*.

- Participated in a two-day conference with other professors to discuss the content of additional chapters and the overall language and breadth of information in the text.

Board Memberships

2018 - 2021

Center for Integrative Psychology at Alliant International University, San Diego

- **Position:** Co-chair
 - **Description:** The aim of the Center for Integrative Psychology's (CIP) collaborative program is to support the training of doctoral integrative candidates as future clinicians and researchers, sponsor public educational forums, and provide research on the outcomes of integrative practices. The CIP also fosters community networking for agents of change and provides information for researchers and practitioners to stay current with interdisciplinary and global paradigm shifts.
 - **Duties:**
 - Co-led board meetings.
 - Assisted in deciding the type of continuing education events.
 - Helped execute events.
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2018 - Present

Dynamic Brain Project, McGraw-Hill

- **Position:** Board Advisor
- **Description:** McGraw-Hill's Dynamic Brain Project is an innovative interactive 3D brain tool designed to allow students to explore the brain in more depth. This tool enables students to manipulate the brain, observe its development, and examine how various factors such as drugs and food influence the brain's functioning.
- **Duties:**
 - Advised on the development of the Dynamic Brain, including creating topic lists for activities and confirming specs for 3D visuals and flow.
 - Authored content and reviewed/revised the work of other board members.
 - Finalized content as part of a team.
 - Reviewed and provided feedback on multiple vendor builds.

Publications

Lorenz, A. and **Black, L.** (2021 in press). Thriving. *Connections in the Clinic: Relational Narratives from Team-Based Primary Care*. Switzerland, AG: Springer Nature

Black, L. (2019, July 9). Understanding the Basics of Student Loans & Repayment Options. Retrieved from <https://www.mheducation.com/highered/ideas/money-management/understanding-the-basics-of-student-loans-repayment-options>.

Black, L., Hickman, S., Madero, J., and Khadmi, M. (2016) *Implementation of Neurofeedback into a Collaborative Primary Care System* (Doctoral dissertation). ProQuest.

Black, L. (2015). *Psychology in a Dynamic World Teacher's Manual 2nd ed.* Boston, MA: Pearson Education.

Black, L. (2013). *Psychology in a Dynamic World Teacher's Manual*. Boston, MA: Pearson Education.

Roesch, S. C., Aldridge, A. A., Stocking, S. N., Villodas, F, Leung, Q. K., Bartley, C. E., & **Black, L.J.**, (2010). Multilevel factor analysis and structural equation modeling of daily diary coping data: Modeling trait and state variation. *Multivariate Behavioral Research*, 45, 767-789.

Presentations

Black, L., Dansky, D., & Bernstein, R. (2024, June). Healing Trauma with Ketamine and EMDR, Santa Cruz, CA.

Black, L., Fiorella, M., Sannidhi, D., Mnatzaganian, C., Novotny, R.W., Chuk, C. (2020, Oct.). Integration of Behavioral Health into Primary Care (IBHPC): Implementation of an Interdisciplinary Clinic Serving High Healthcare Utilizers. Presented at Collaborative Health Care Association conference, Philadelphia, PA.

Lorenz, A. and **Black, L.** (2019, Oct.). Positive Psychology: A Useful Addition to the Comprehensive Care Toolbox. Presented at New York State College Health Association and New England College Health Association combined conference, Saratoga Springs, NY.

- Sieber, W., Kallenberg, G., Sudano, L., Seifert, K., **Black, L.** (2018, Oct.). Dynamic Evolution of Integrated Behavioral Health: Developing Data Management Systems for Continuous Quality Improvement CFHA Rochester, NY.
- Black, L.** (2017, March). Implementation of Neurofeedback into the Primary Care Setting. Presented at Association for Applied Psychophysiology and Biofeedback conference, Chicago, IL.
- Black, L.** (2016, Oct.) Implementation of Neurofeedback into the Primary Care Setting. Presented at Frontiers of Innovation Scholars Program symposium, San Diego, CA.
- Black, L.** (2015, Oct.) Implementation of Neurofeedback into the Primary Care Setting. Presented at Collaborative Health Care Association conference, Washington D.C.
- Black, L.,** Leung, Q.K., Gonzales, N., & Roesch, S.C. (2008, April). Acculturation as a protective factor in the stress and coping process. Paper presented at the Annual Convention of the Western Psychological Association, Irvine, CA.
- Leung, G.K., **Black, L.J.,** Gonzalez, N., & Roesch, S.C. (2008, April). Daily coping and adjustment: Within and between ethnic variation. Paper presented at the Annual Convention of the Western Psychological Association, Irvine, CA.